

**Lower Connecticut Valley AAUW
Branch Meeting
February 13, 2025**

Members Present: There were approximately 40 members and 1 guest present at the meeting held at Old Saybrook Acton Public Library.

The meeting was called to order at 11:30 AM by President Jeannette Santovasi. Jeanette welcomed everyone and explained that since this was the Valentine Luncheon, lunch would be served first from 11:30 - 12:30 followed by a presentation.

12:30 Presentation: Our speaker, Kim Pereira, ADHD Life Coach, was introduced by her mom, AAUW member Dawn Boulanger.

- Dr. Pereira spoke on the following: "What's Happening with Kids? ADHD & Anxiety: Definitions; Behaviors; How to respond effectively.
- Dr. Pereira made the following key points:
 - ADHD is not a behavioral disorder.
 - Those with ADHD have a neurological brain difference, not a disorder.
- ADHD diagnosis symptoms may include attention, impulsivity, hyperactivity.
- ADHD Myths:
 - a modern farce created by drug companies
 - a result of bad parenting
 - affects only boys
 - can outgrow it
- How to manage ADHD:
 - Education to understand it
 - Make accommodations
 - Medication
 - Exercise
 - Therapy
- Support for those with ADHD
 - Be careful of the words you use-don't shame; they are not lazy or not good enough
 - Think of environment - noise, friendly, etc.
 - Use Structure with flexibility
 - Establish clear deadlines and expectations
 - Discipline not punishment
 - Emotional safety
 - Develop a toolbox of strategies

Business Meeting

1. Book Author Luncheon
 - a. Gloria Gery shared that as of this date 130 tickets have been sold and \$8,900 collected from sponsors.
 - b. The committee has enough baskets for the Auction but bows and ribbons are needed.
2. Nominating Committee
 - a. Vice President Penny Hine announced members of the Nominating Committee as Mary Jane Peterson, Margie Rice, Gloria Gery, and Penny. She explained that the committee is looking for people to serve on the following positions:
 - i. ESP Chair; BAL Chair; BAL Donations; Hospitality; Membership; Cultural Trips; and Programs.
 - ii. A description of each job was given and in some cases, mentoring will occur.

- iii. Contact Penny or any member of the Nominating Committee if you are interested in any position.
3. Judith Slisz shared information on the Trinity Prison Education Program, which has 12 students vetted by York Prison and Trinity College to take courses. ESP approved a \$10,000 scholarship for women at York Prison to take a course at Trinity.

A motion to adjourn the meeting was made by DeDe Volz and seconded by Liz Weinstein. The motion passed. The meeting adjourned at 2:06 pm.

Respectively Submitted,
MaryAnn Iadarola