

WORKSHOP DESCRIPTIONS: Oregon Virtual Convention, April 24, 2021

Registration is Required as these will be held in Zoom Breakout Rooms.

SESSION 1: 10:30 – 11:15

High-lighting The Benefits of Membership

Candace Martin, SE Regional Director, Chi, Arkansas

Are you aware of the many benefits of DKG membership to which YOU have access? This session will give you information about several of these...perhaps, some you did not know about!

Cultivating Resilience Through Travel

Nancy Lewis, Beta Beta

Each year, OEA-Retired sponsors travel programs for individuals and groups to domestic and international locations with Collette and Grand Circle Travel Companies. Nancy will share the programs for 2021 and 2022.

Tai Chi Chih

Jo Ann Brinkman, Beta Beta

Tai Chi Chih is a joyful meditation practice. It consists of 19 moves. Benefits may include peace of mind, improved health, and joy. This is a brief introduction to the practice.

Virtual Education Panel: Blessings and Challenges of the New Normal

Priscilla Ing, Moderator, Lambda

A panel of working educators will share their experiences reflecting varying grade levels and community/geographic situations during the COVID-19 pandemic. They will share their thoughts on what they have learned during this time and what post-pandemic education may look like in the near future.

SESSION 2: 11:25 – 12:10

Just One More Thing

Melissa High, Alpha

The simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worthiness, resilience, effectiveness, well-being, insight, and inner peace. For example, taking in the good protecting your brain, feeling safe, relaxing anxiety about imperfections, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart.

From Exclusion to Inclusion, Special Education at Huruma in Tanzania

Bertha Haas, Psi

This talk will trace the journey of children with disabilities in one Tanzanian community from invisibility to inclusion in family, neighborhood, school and workplace. Bertha Haas, Psi member and former Omicron and Iota member, assisted parents in establishing Huruma Special Unit in 2004. She continues to encourage and help fund this school for children with a variety of disabilities.

Cultivating Resiliency Through Yoga Mind, Body, and Soul

Kim Brown, Beta Beta

Develop skills to strengthen your body while building your mental resilience and invigorate your soul. Yoga is a group of mental, physical, and soulful practices that help elevate your mood, invigorate your body, and sharpen your mind. It is a time-tested practice with scientific research to back up its many benefits! My goal is to equip all participants, so they walk away with at least one mind-changing idea and practice that will motivate them towards self-improvement and increased resiliency in their life. Join me for this interactive 50-minute session that is packed full of information in a fun learning environment.

DKG Zoom Olympics

Amber Roberts, Alpha Epsilon, Tennessee

Members will play games that demonstrate some of Zoom's functions to increase meeting engagement and interaction.