



PacWest SFS Summer 2021 Newsletter



PacWest SFS friends,

Summer is amongst us and hopefully you have some fun summer activities planned. My hope is that this message finds you all in renewed spirits.

A lot has transformed since my last communication with you. The exciting news regarding the vaccinations, the COVID-19 regulations becoming less restrictive, and the new normal comes to reality. Some may have reunited with loves ones, friends and family far and near, and what a great feeling it is.

We celebrate the return to the new normal this fall and what the return will look like; I am sure we are excited to be reunited with our colleagues. Please continue to share your support with PacWest SFS as an organization where you can be involved to share and hear from your peers from different schools across the nation. If not already a member, ***consider joining our organization***. We are still providing virtual sessions as we determine when we will offer an in-person conference. So let's get educated, connected, and inspire each other at our next virtual recess. See you there.

Thank you,

Becky Schlafer
PacWest SFS President

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Languishment and Thriving

July 15, 2021 - 10:30 am 11:45 am PST

During the last year, we have seen a development of people experiencing a feeling of being disconnected, no longer “interested” in the same things that they once were and having an overall sense of loss. It doesn’t meet the criteria of depression but is a very powerful and real feeling. There are 5 daily activities that are noted to help a person have a sense of connection and overall greater functioning to re-establish and re-connect to ourselves and others.

Presenter

Dr. Andrew Kami is a military veteran, Honorably Discharged from the United States Marine Corps. He is also a Licensed Clinical Psychologist, a Licensed Marriage and Family Therapist, and a Licensed Administrator for the State of California. He served for over a decade as a Director for a facility working with Schizophrenia Spectrum Illnesses and before his current academic appointment, served as Adjunct Faculty at various colleges and universities. He currently serves as Director of psychological services at a local university and performs psychological and personality assessments for the Departments of Mental Health and Children and Family Services in Los Angeles, as well as provides clinical directorship, supervision and training at numerous agencies, universities, and clinics nationwide.

Andrew is committed to sharing his expertise; he currently teaches graduate level Practicum, Trauma, and Psychopharmacology courses and is also engaged in research work toward developing new and innovative methods of treatment for brain-based illnesses including Schizophrenia. He is an active lecturer and has presented to a number of agencies including NAMI (National Alliance on Mental Illness), Meeting of the Minds Conference, Santa Ana Police Department, California State Department of Health and Human Services, Community Care Licensing, Dialectical Behavioral Center of Orange County, and many others. He is currently authoring a variety of works including The Treatment of Schizophrenia, Psychodynamic Practices and Interventions, and personal works of reflection and reverie. Finally, he maintains a private practice treating military veterans, pro bono.

Growing up in East Los Angeles, Andrew is half Japanese and half Mexican and has pulled from these cultural lenses to help inform and support his work. He has experienced the hardships of homelessness, the death of both his parents and two older sisters, and the uncertainty of moving from group home to group home. He persisted and put himself through college by joining the US Marine Corps. He enrolled in a master's degree program in Psychology and Marital and Family Therapy before entering into post graduate training with the numerous agencies, multiple community-based clinics, and completing his Doctoral degree in Clinical Psychology with a specialization in Depth.

If you are a current PacWest SFS member you can register below.

PacWest SFS will not host an in-person conference in May 2021. We will continue to host Virtual Recesses on industry-related topics for our members.

[Register Here](#)

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Hot Freebie Alert for Thursday, July 15!!

You will automatically be eligible for freebies if you have paid the \$75.00 PacWest SFS membership fee and attend the Virtual Recess, Languishment and Thriving.

You will feel educated, connected, inspired and excited to win!!

Meditation for Stress Relief

Find Freedom From Within

Connect to a place of inner strength you didn't know you had. Stress relief meditation explains how our mind processes our thoughts, which are the cause of our stress and tension in daily life, or in certain situations.



Click on the link below to view the schedule and book a free class.

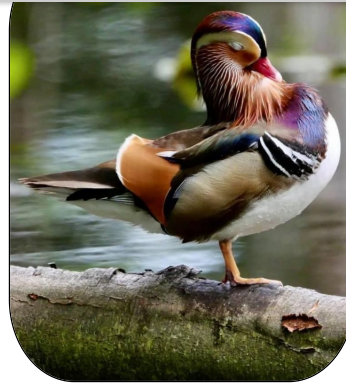
<https://onlinemeditationevents.com/class/meditation-for-stress-relief/>

11 Good Things That Came Out of The Pandemic Year

1. Spending more time with loved ones.
2. Drive-ins, puzzles and board games made a strong comeback.
3. People everywhere recognized how difficult homeschooling is, and began giving teachers the praise they've deserved all along.
4. Health care workers got the praise they deserved, too.
5. Essential workers gained recognition.
6. Musicians entertained us with concerts via social media live streaming.
7. Working habits have changed.
8. Community involvement has increased.
9. People are venturing out into the fresh air and are more active.
10. People are focusing on hobbies.
11. We found new and creative ways to celebrate milestones.



As things are opening up, Marisa visited the San Diego Zoo to find a new Hummingbird Exhibit.



Marisa's daughter the "birder" has captured the beauty of a Mandarin Duck enjoying a meditation session.

Post-Covid Travel Tips

We are finally able to travel after navigating the COVID-19 pandemic!!
Cheers to that!!

While travel is important, and we have surely missed it, the pandemic has and will continue to affect health and safety procedures and precautions we will need to take when traveling. Below are some important travel tips we must consider when planning our next vacation:

1. **Be flexible with your plans!** - Flexibility is going to be necessary going forward. No matter how thorough your plans, there may be unexpected delays or shutdowns that change your plans. That means having a back-up activity or destination that won't explode your budget is important.
2. **Make reservations in advance.** - Reservations will be needed more in the future than they were pre-pandemic. Theme parks and attractions like museums are going to limit how many people they cram into a limited space, so don't expect walk-in availability when you take your trip. Make your reservations as early as you can so you aren't turned away when you get to the entrance to your destination.
3. **Book your flights as early as possible!** - Flights will likewise be limited in seating availability if distancing practices continue, so don't wait to book your seats if you plan to fly. Find out what the cancellation policies are (or get travel insurance which is highly recommended) before you pay for the flight.
4. **Do your own research.** - Research the places you're visiting. Will you have to quarantine when you get there or upon return? If you have to quarantine for 2 weeks upon arrival, then it's likely you don't want to visit that destination this year. We only get limited vacation time, so find a safe place to visit that won't confine you to quarters when you arrive. Also consider whether you're visiting a place that will require you to quarantine when you get back home; we've all spent enough time on lockdown, let's not opt for any more weeks behind closed doors.
5. **Wash your hands regularly, sanitize and keep things clean.** - One thing we all learned thanks to COVID-19 is we weren't washing our hands thoroughly or often enough. The new standards of cleanliness we learned over the past year should be a permanent change, especially when we are traveling and away from home. Hand sanitizer and disinfectant wipes are also probably here to stay for the long term. Pack your own personal supply of these items when you travel and be ready to use them as needed. Don't assume a hotel room or rental car

is sanitary just because it looks clean; take a few extra minutes to protect yourself from potential pathogens.

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6. **Use personal protective equipment (PPE).** – Whether your destination requires that you wear a mask or not, you must pack masks and have them with you on your travels. You can't predict what conditions might change locally where you're going, or what businesses will require in the way of protective gear. Don't leave the mask behind just because you're vaccinated and some places no longer require them.
7. **Distance yourself where needed.** – You might not be required to keep 6 feet of distance between yourself and others in the coming year, but many people will be grateful to you if you give them some extra space. Even if both of you are healthy and vaccinated, leaving a little bit of distance sends a signal that you take each other's health and safety seriously. This little bit of good will is important when traveling and will earn you some extra hospitality.
8. **Have proof of vaccination ready.** – Get vaccinated before you plan your trip. Especially if you're going overseas, it's likely you will need to show proof of vaccination before the host country will let you in. Ultimately, your goal is to keep yourself and your family safe, and getting vaccinated does that while also protecting the people in the area you're visiting.

Traveling Trivia

1. What is the capital of the American state of Arizona?
2. The body of the Egyptian Sphinx was based on which animal?
3. How many federal states does Germany have?
4. What is the capital of Denmark?
5. What is the only state in the United States that does not have a flag in a shape with 4 edges?
6. Alaska is the largest state in the United States.
7. How many time zones does China have?
8. How many countries does the United States share a land border with?
9. There are no deserts in Europe.

Answers at the end of the newsletter.

Become a PacWest SFS Member

We invite anyone not already a member to consider becoming a PacWest SFS member. The annual membership year is January 1 through December 31. Educational institution staff member is \$75. Corporate Membership is \$150.

Educational Institution Staff Memberships Includes:

- Invitation to Virtual Recesses
- Newsletters
- Opportunity to connect with other members and corporate partners
- In-house knowledge and recourses

Corporate Membership Includes:

- Invitation to Virtual Recesses
- Direct access to the attendees of each Virtual Recesses
- Be visible on our web page
- Highlight product or services in our newsletter
- Brand building
- Enhanced vendor relationships
- Opportunity to connect with existing customers
- Opportunity for post-event interactions

[Join Here](#)

Saul Denova from San Diego State University is stepping down from his position as WebMaster with PacWest SFS.



Saul has been on the PacWest SFS committee since 2018, and what a blessing it has been to be able to know and work with Saul. Saul's contributions over the years have been instrumental to the success of the organization. Saul dedication and innovative ideas were so much appreciated. The PacWest SFS committee wishes Saul and his lovely family in San Diego the best.

It's not a good bye but see you later from your friends at PacWest SFS.

Got announcements or info to share? Or would like to submit topics for future Recess email us at:
Info@pacwestsfs.org

Thank you for your continued support of PacWest SFS!

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Windham
PROFESSIONALS

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Traveling Trivia Answers

1. Phoenix
2. Lion
3. 16
4. Copenhagen
5. Ohio
6. True
7. 1
8. 2
9. True

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