

Wellness: The quality or state of being healthy in body and mind, especially as the result of deliberate effort.

AWEC News Flash

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Wellness Committee Members

Director Colette Peters (OR)

Kuma J. Deboo (CO)

Kellie Bittorf (IN)

Kathy Kenney (KY)

Kathy Brittain (PA)

Monica Rinaldi (CT)

Christine Bodo (NM)

Deb Sahd (PA)

We Need to Hear From You

Take the **survey** – We want to develop a wellness effort that reflects your interests and the survey will provide insights from you. Please know that the information you provide is anonymous. Please complete survey no later than August 24, 2018.

12:34: Reflect each day. We would like to create a Wellness footprint in advance of the conference because not all of the membership will be in attendance. In that spirit we suggest the Dr. Brene Brown 12:34 pm collective moment of gratitude and a specific time to think of our sisters and colleagues within this organization to begin to join us together at one time each day. It's a subtle way to create connection. Check out this **12:34 reflection video!**

~Your Wellness Committee~

Wellness

~Message from your President & The Executive Team~

You asked for it, you got it! AWEC is pleased to announce to our members that our wellness committee is operational and ready to contribute to your healthy lifestyle by providing you with information, videos, ideas, etc., to make sure you are living your best life. The enthusiastic committee co-chairs are **Kuma Deboo**, retired Warden with the Federal Bureau of Prisons, **Deb Sahd**, Special Assistant to the Secretary (PA) & Agency Staff Wellness, and committee consultant **Colette Peters**.

At our 2017 Association of Women Executives in Corrections (AWEC) conference in Daytona Beach, Florida, we provided an opportunity for people to volunteer on different committees. Wellness had not previously been among the committees, but we had several people sign up.

When we had our strategic planning committee, staff wellness was a topic. The national voice committee recently held a teleconference, and one of our areas to focus on is staff wellness. Our very own Colette Peters, Director of Oregon Department of Corrections, chairs the Healthy Cultures Committee for the American Correctional Association. Any criminal justice agency, any agency for that matter, worth its salt is talking about staff wellness. After all, we all know that staff are our greatest resources so we need to act like we know that. Let's get busy!

Check out these other Videos on

Worthiness, Shame v Guilt

& Empathy

Have a wellness tip or want to volunteer for a committee, please share with AWEC's Executive Director

Francine Perretta.