

May 2018

The Little Memo



Monthly publication of the Pilot Club of Patchogue • PO Box 1313 • Patchogue NY 11772
www.pilotclubofpatchogue.org

Lisa Caselles - President

Eileen Swanberg – Editor

PRESIDENT'S MESSAGE

Our May meeting will be held on Thursday, May 3rd at the South Country Library. This meeting will begin at 6pm. Please feel free to bring a bagged meal for dinner to this meeting. At this meeting, our convention delegates will tell you all about the awards luncheon, the workshops, and the celebration for our very own Sue Kahl – District Governor for the 2018 – 2019 club year. It was a wonderful conference. There was a great deal of information shared and even more laughter and support. Our ECR, Deb Hayes, was funny, intelligent and clear in her communication from Pilot International. I think everyone who attended had a great time and left feeling inspired.

For our May meeting, please bring any notebooks or other files you may have from the division you served on this year. There will be time at this meeting for divisions to meet and to begin working on plans for the upcoming year.

May 5th is our Craft and Vendor Fair. We have over 30 vendors signed up to sell their items. Share information on this fair with your family, friends, and coworkers. We have some really great vendors that might have the perfect Mother's Day gift for someone special in your life.

And, speaking of May, I just received my May/June issue of *Psychology Today*. One article that really resounded with me is titled 10 Life Skills – Lessons for happiness that are never taught. This article outlines skills that should find their way into educational curriculum. Along with the other skills necessary to be successful, skills about resilience, happiness, and mindfulness are just as important to navigate life. So here are the 10 skills that we can all learn – and teach to others:

1. **Understand that not everything that happens to you is about you.** The morning traffic, your

partners change in mood, the sudden meeting at work may have nothing to do with you.

2. **Focus on other people without dwelling on how they view you.** When we care less about our self-image we open the door to interacting more genuinely.
3. **Realize that you don't have to act the way you feel.** Sometimes changing how you act will change how you feel.
4. **Be able to reframe (and manage) disappointment and adversity.** See setbacks as opportunities.
5. **Know how to solicit honest feedback.** Find the "loving critics" in your life.
6. **Stay true to your own values despite what others expect of you.** If you don't accommodate your own needs and values, you will be setting yourself up for a life of regret and resentment.
7. **Be open to new information and thinking.** Because the world doesn't stand still
8. **Master a fall-safe way to motivate yourself, one that works when interest flags.** For many of us, it means creating habits that take over when motivation is not there.
9. **Zone in on your purpose in a zoned-out world.** Turn away from the small screen and into the big picture.
10. **Tolerate ambiguity.** Uncertainty is a condition of life. Accept it.

~Lisa Caselles

IMPORTANT REMINDERS:

If you are **bringing a guest** or **cannot attend the next meeting**, contact **Linda Pickford**.

Leave a message at 631-758-9048 or email me at lindapickford@hotmail.com

ANNOUNCEMENTS

- May 3 Business Meeting, 6 pm, South Country Library Program Room (take the stairs or elevator to your Immediate right upon entering the Building)
- May 5 Craft and Vendor Fair, 8 am, United Methodist Church of Patchogue
- May 8 Friendship Night, 6 pm Mediterranean Manor, Patchogue
- May 12 Caregivers Day of Renewal, Jefferson Ferry, South Setauket
- May 21 Board Meeting, 6 pm, Patchogue-Medford Library, Meeting Room E

FROM PROJECTS DIVISION

Thank you to all those who came and lent a helping hand assembling and sewing the fidget quilts. We now have 40 quilts to present to Day Haven's Day of Renewal for Caregivers on May 12th. We had a fun time sewing and enjoying each other's company. Thank you Gail Braverman for hosting us and chairing this project.

Cathy Fiebe, Projects Coordinator

FROM FUNDRAISING DIVISION

We are gearing up for our second annual Craft and Vendor Fair on May 5 at the United Methodist Church of Patchogue. The Fundraising committee has been hard at work making sure we have everything ready for this event. We are happy to report that we have 31 vendors signed up!

*Eileen Swanberg, Fundraising
Co-Coordinator*

FROM PIFF DIVISION

The partner report with the Dana Alliance concerning our Brain Awareness activities was completed. The Pilot Club of Patchogue was listed on their website as an organization that supports and promotes brain health and safety.

Thank you to Gail Braverman and Sue Kahl for presenting the BrainMinders Buddies program to our Club members! Through the use of puppets and a script, the members saw an enthusiastic demonstration about brain-safety. We also learned about the new materials that Pilot International has created about bullying.

Nine volunteer Pilot Club members will be presenting our BrainMinders Buddies program to the kindergarten children in the Patchogue-Medford School District. Elementary school principals are being contacted. As of this time, Tremont Elementary School, Medford Avenue Elementary School, and River Avenue Elementary School have been scheduled.

Linda Tabatchnik, PIFF Coordinator

FROM MEMBERSHIP DIVISION

Diane Shubert and Maryann Schick have decided to join our Club. They will be installed at the July meeting, but will attend all end of the year events.

Lorraine Dechert has expressed interest in joining. She will be attending the May meeting to find out more about us.

There are still some member profiles that have not been turned in. Please do so as soon as possible. Photos and retakes (some at Painter's were very dark) will be taken at the May meeting. These profiles will become part of our annual Yearbook. It will be a wonderful was for members to get to know one another more quickly.

Happy Birthday on May 18th to Dorothy!

Sue Kahl, Membership Coordinator

PICK ME UPS

A \$50.00 gift card to any one of the three Lombardi's restaurants was given to a Pilot in another Long Island Club. She lives in Holtsville and is taking care of her twin who had back surgery.

Sue Kahl



News from Brookhaven Memorial Hospital:

- Dr. Naila Mirza is the physician lead of the Hospital's Palliative Care team. She has a Fellowship in Hospice and Palliative Care Medicine and will be working closely with the professional medical staff to develop an out-patient palliative care program. Dr. Mirza worked at the Greater Danbury Health Center.
- Donaldson Subaru chose Brookhaven Memorial Hospital as the hometown charity in Subaru's nationally advertised *Share-The-Love* campaign. The 2017 contribution amounted to \$41,000.
- Under the leadership of Dr. Spaniolas and Program Director Mary Zotos, Brookhaven Hospital's bariatric program has received accreditation as a Comprehensive Center by the American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.
- Dr. Waqas Khan, Interventional Cardiologist at the Knapp Cardiac Care Center, was honored at the Long Island

Pulse Magazine's Doctors of Distinction Award Dinner, in the Cardiology category.

- At the 2018 Volunteer Awards Luncheon, Margaret Rand was the recipient of the Lifetime Volunteer Award with 55 years of service.
- The new entranceway to the Hospital, the Walter & Rosemary Ladick Lobby, is completed and open to welcome patients and visitors.

Linda Tabatchnik



A Reminder from our Treasurer:

Just a reminder that the 2018-2019 annual dues and insurance are due on or before June 12 in the amount of \$100, payable to the Pilot Club of Patchogue. If you have any questions, please contact Fran.

INTRODUCING Our 2018-2019 Northeast Potomac District Administrative Council



L-R, Sue Kahl, Governor; Mollieann Gray, Governor Elect (PC of Pittsburgh); Lynda Benanti, Secretary; and Jean Ann Saville, Treasurer (PC of Valley Forge)