VCCA Annual Conference 2022

Support Staff Commission Meeting

Thursday, 10/6/22, 10-10:45 a.m.

The meeting was called to order by Stacey Lyons, Co-Chair. All attendees were warmly welcomed. We had 14 in attendance.

It was noted that Christie Bradley, long-time commission secretary was retiring. Since there would be at least one position that needed to be filled, all were given a heads up so they could be thinking about their willingness to volunteer. The business part of our meeting would be held after our presenters completed their presentation.

- **Presentation: Deskercise: Simple exercises you can do at or near your desk.**

  Mary Louise Gerdes and Cindy Duncan, CommonHealth

  https://www.youtube.com/c/bobbrad: suggested website, physical therapists, for tips and exercises.

  Based on the participants reactions and comments, the presentation proved to be helpful and fun. There were suggestions for all types of body types and fitness levels.

- **The concurrent session presenters that the Support Staff was sponsoring this year were:**
  - Choosing Work Transcendence, Daye Faulks-Brayboy (TCC)
    Thursday, 10/6/22, 9-9:45 a.m.

  - Power of Disconnecting, Prof. Mozell Person (TCC)
    Thursday, 10/6/22, 1:45-2:30 p.m.

- **Officers:** With no further volunteers or nominations, Stacey Lyons (Brightpoint Community College) has volunteered to remain on as Chair.
  Kelly Jones (Systems Office) has volunteered to remain on in the role of Secretary.
  Susan Simmers will remain our Liaison to the Executive Committee.

  Please show your appreciation to and support of each of these women for their willingness to continue to actively represent the Support Staff Commission.

- A discussion was held regarding the VGEA, what they did and the support they give to Virginia State Employees. Attendees were encouraged to give membership some thought.
- Finally, discussion was help regarding the attendance and participation in the VCCA and the Support Staff Commission in general. Discussion was held regarding the hindrances to people attending and participating. A suggestion was made to perhaps have a quarterly Zoom meeting for all staff with the hope that this would allow for a greater since of belonging and desire to participate.

The officers of the Support Staff Commission for the upcoming year are:

Stacey Lyon, Chair

Brightpoint Community College, 804-594-1464, slyon@brightpoint.edu

Kelly Jones, Secretary

Systems Office, 804-819-4982, kejones@vccs.edu

Susan Simmers, Liaison to the Executive Committee

Blue Ridge Community College, 540-453-2223, simmersS@brcc.edu

Visit the VCCA website often and watch your email for news and updates. We look forward to seeing all of you at the next conference, if not before!

Respectfully,

Christie Bradley, Secretary (Retiring) TCC