

President's Weekly Bulletin – May 1, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

May Day is **celebrated** in many different countries on May 1st, and it signifies the transition from spring to summer. It's a time that neighborhoods and friends can come together to enjoy the warm spring air and fresh flowers. This year we need to do this virtually or from a distance, but try to take a moment to appreciate the changing of the season, do something silly or fun, and enjoy nature.

May is also Mental Health Awareness month. As we transition to spring, and continue to address so many mental health needs of our children and families, I hope you all consider doing your own “mental health checkup” as well! It can be very difficult to remember to take care of yourself, but in this time, it is even more crucial. And many of us have difficulty asking for help. You can be grateful that you are not sick, still have a salary and/or a home to work from, while managing untold stressors at the same time. Yet, reaching out can be a blessing – for you & for those who can help. Getting coverage from colleagues so that I could take one full day off seemed to be such an imposition. To my surprise (as someone who has a hard time asking!), the immediate response when I did put out a gentle ask brought tears to my eyes. Several colleagues responded with a bigger offer to help out than I had asked. And to my surprise, I accepted. The gratitude I felt for the help, and the gratitude my colleague expressed to be able to help was impressive.

I encourage you to ask for help in the way it would benefit you. Whether that is getting some temporary coverage, reaching out to an old friend, taking a long hike to celebrate spring, or even declining that awesome virtual happy hour because you can't do another moment on zoom....take care of you. And reach out. Your mental health is important too.

With that, next week's **SDBP Connect** will highlight Residency/Fellowship Interview updates, led by our own Jill Fussell. Join us **Wednesday May 6th at 12 noon EST**. Jill will give us the latest update on this hot topic, as well as address additional training questions. Other questions, concerns AND support is also encouraged!

SDBP Connect ZOOM CALL: Wednesday, May 6, 2020 - 12:00pm Eastern

Join Zoom Meeting:

<https://us02web.zoom.us/j/86936420901?pwd=bFpIRmxRU2NjRzR5SkZldWpHZ2g0QT09>

Meeting ID: 869 3642 0901

Password: 689001

Lastly, we are truly trying to find an alternate time for SDBP connect to reach our members who cannot do 12 noon EST on Weds. If you are interested in joining SDBP connect, please go to the following link & indicate what times (based on EST – sorry!) that you would be available for a 30-45 min SDBP Connect meet up!

Note: For When to Meet you do not have to create an account. You just have to put a name in, drag the times that work for you and it will automatically save!

LINK for SDBP CONNECT POLL: <https://www.when2meet.com/?9082692-bdPBc>

My favorite resources of the week:

Special thanks to Juliet Vogel for convincing her Center to put these fantastic resources under one link!

[COVID-19 Resources for Parents of Children with Intellectual or Other Developmental Disabilities](#)

Self Care Reminder:

Enjoy Spring – Pick a day to go outside & intentionally notice the colors, the smells, the tastes & how it feels.

Warmly,

Robyn Mehlenbeck

President, SDBP

© Paying it
Forward ~ One
Day at a Time

Life is short...

Laugh **Be Grateful**

Breathe Deep Appreciate

Hug Tight Keep Promises

Dream Big **Share Happiness**

Love Unconditionally Make wishes

Help Others **Do Your Best**

Have Hope Keep Your Chin Up

Speak Kindly Learn

Play Cherish **Read**

Smile
