

**CAB Conference Call
December 2, 2021
12:00 ET
Meeting Minutes**

Participants:

Andrea	Jacobi Medical Center
Anisa	Harvard T.H. Chan School of Public Health
Claire	Harvard T.H. Chan School of Public Health
Christine	Children's Hospital Colorado
Eduardo	Harvard T.H. Chan School of Public Health
Falon	University of Colorado, Denver
Haleigh	FSTRF
Julie H.	University of Alabama, Birmingham
Karim	Westat
Kim	Texas Children's Hospital
Liz	Harvard T.H. Chan School of Public Health
Mandy	Harvard T.H. Chan School of Public Health
Megan	Westat
Raiko	University of Colorado, Denver
Sharon	Harvard T.H. Chan School of Public Health
Vanessa	Harvard T.H. Chan School of Public Health

• **APPROVAL OF MINUTES**

The minutes from the October call were approved with no changes.

• **UPCOMING MEETINGS**

Megan explained that due to the December holidays, the next CAB meeting will be on Thursday, January 27, 2022. The next PHACS network meeting is scheduled for May 2022. The meeting will have virtual and in-person components. If the in-person component continues to be planned, all meeting attendees will be required to submit proof of COVID-19 vaccination. There will likely be additional health and safety measures.

• **WORLD AIDS DAY REFLECTION**

Megan mentioned that the theme for World AIDS Day 2021 is "Ending the HIV Epidemic: Equitable Access, Everyone's Voice." She encouraged everyone to reflect on their feelings on World AIDS Day.

• **PHACS CAB NEWSLETTER, JANUARY 2022 EDITION**

Megan said that the theme for the newsletter is "Feeding the Whole Body".

Suggestions for the newsletter presented at the CAB retreat included the following:

- Self-care
- Self-love
- Exercise

- Sleep
- Recipes (indulgent and nutritious)

The following suggestions were made during the call:

- **Eduardo** recommended including a self-care through reading section. He mentioned a self-care book. The title of the book is: "30 Days of Self-Love: A Workshop for Gay Men" by Stephan Dahl.
 - **Claire** recommended the book "No Mud, No Lotus: The Art of Transforming Suffering" by Thich Nhat Hanh.
 - **Liz** mentioned that Thich Nhat Hahn's writing is simple and profound. She mentioned the book "Being Peace" about meditation.
 - **Mandy** suggested poems by Mary Oliver. She likes the idea of feeding the emotional self. And also feeding the intellectual self.
 - **Vanessa** suggested looking at the life of women of the past. Women like Daisy Bates and Fannie Lou Hamer. Knowing their wonderful stories can help us in the modern day.
 - **Haleigh** mentioned that rereading the Harry Potter books is very comforting. She liked the idea of indulgent food like ice cream. Ice cream is good for the soul!
 - **Claire** suggested a book called "Healing After a Loss: Daily Meditations for Working through Grief" by Martha Whitmore Hickman. It's a two paragraph a day meditation that goes through a calendar year.
- **Kim** suggested decorating a room and meditation as activities for self-care.
- **Megan** mentioned that a relaxing activity is making holiday cards.
- **Sharon** suggested making puzzles because it is a good distraction and mental game. The group liked the idea. **Vanessa** suggested custom puzzles.
- The group suggested activities like cooking and baking.
 - **Liz** mentioned that baking bread is super meditative.
 - **Claire** recommended the book "Ratio: The Simple Codes behind the Craft of Everyday Cooking" by Michael Ruhlman. The book provides the ratio of the ingredients when cooking. In addition, she suggested the book "Culinary Artistry" by Andrew Dornenburg. This books provides instructions on how to pair different ingredients and herbs when cooking.
 - **Haleigh** suggested two books about cooking techniques
 - "100 techniques: Master a Lifetime of Cooking Skills, from Basic to Bucket List" by America's Test Kitchen
 - "The science of cooking" by Stuart Farrimond.
- **Sharon** mentioned there are different types of subscriptions boxes for self-care that can include snacks, makeup, food, bath bombs, among other things.
- **Kim** suggested instructions on how to stretch before exercise. **Liz, Eduardo** and **Vanessa** mentioned having stretching resources to share.
- **Haleigh** recommended a free YouTube channel "Yoga with Adriene".

Megan reminded the CAB to send all newsletter articles to her by Monday, January 10, 2022.

- **HECC UPDATE**

Megan mentioned the following HEC call schedule:

- HEC Committee meeting is scheduled for next Thursday, December 9.
- HEC Core meeting is scheduled for next Tuesday, December 7.

Megan asked the CAB to share about filming videos for the 40th anniversary project:

- **Raiko** mentioned they are trying to find the best way to film and allow everyone enough time. They are planning to have everyone film at the clinic during a time slot.
- **Claire** mentioned that people could share pictures, drawings, record their voice only, among other artistic projects.
- **Raiko** asked for ideas of things that can be submitted. **Claire** and **Mandy** will resend the guidance about materials that can be submitted.

NOTE: The next CAB call will be January 27, 2022 at 12:00 PM ET.