

GENESEE COUNTY CLERK'S/TREASURER'S ASSOCIATION MEETING
JANUARY 7, 1998, 12:00 P.M., WALLI'S SUPPER CLUB

The Meeting was called to order by Janet Johnston, Vice President, at 12:42 P.M.

Mrs. Johnston welcomed Dan Kildee, Genesee County Treasurer and his assistant, Lee Gonzalez to the meeting.

ANNOUNCEMENTS:

Mrs. Johnston noted that several of the Treasurer's were away at a conference.

MTA will not be held in January because of the State MTA Convention being held in Detroit.

MONTHLY REPORTS:

Ginger Spencer gave the Treasurer's report. (See Attached)

Janet Johnston reported the Clerk's met on December 18th at Weekday's for the Christmas luncheon. New officers were elected. The next meeting will be held in March.

GUEST SPEAKER: Monica Kenney, McLaren Wellness Center-Stress Management

Mrs. Kenney said she has been conducting seminars for McLaren Wellness Center for the past six (6) years. Prior to that time she was involved in education.

Mrs. Kenney said everyone is over stressed in one way or another. She said stress may cause many reactions in people, such as high blood pressure, ulcers, depression, heart disease, etc. There are many different kinds of stress related problems and when we are stressed, our immune system suffers because we are in a weakened condition and are more susceptible to illness. Everyone should take steps in alleviate the stress in their lives. There are three aspects of stress: 1) Mental; 2)Behavioral and 3) Physical. All stress cannot be eliminated from our lives. Mrs. Kenney presented a handout of 20 Quick Tips for Managing Stress. She stated the most important one on the list is Item #13-Spend at least 15 minutes a day doing something you enjoy. Another thing to consider when under a great deal of stress is to avoid coffee, colas, chocolate and anything else with caffeine. Avoid violent movies and cut down on the level of stimulants. She noted that if some is getting up through the night, stress has gone into the physical stage. One way to help eliminate this problem is by avoiding anything that is stressful after 6:00 P.M. Listen to music, but make certain it is instrumental because vocal music is thought provoking. Another important item is to get plenty of rest and eat a healthy diet. Take care of yourself. Remember that exercise goes a long way. If you can't get to sleep after 15 minutes, go into another place and try to sleep. Delegating tasks instead of trying to do everything yourself, is another way of helping to relieve the stress in your life.

Mrs. Kenney explained the Type A behavior. She stated that no one is a total Type A personality or they would be institutionalized. They are very aggressive, strong achievers and generally successful. Type A personalities can be modified.

Mrs. Kenney noted that there are many other areas regarding stress that has not been discussed. McLaren Wellness Center offers four (4) week classes for \$40.00 per person. If anyone is interested in taking a stress management course, please contact the Wellness Center. This class will give you many more helpful hints to alleviate the stress in your life.

Mrs. Johnston adjourned the meeting at 1:25 P.M.

Cheryl M. Ladd, CMC/AE
Secretary

