

## NYSFAAA – Region 5 Meeting

### Minutes:

Date: January 11, 2023

Time: 10:00 AM

Facilitators: Jennifer Trauman, Co-Chair Region 5

Emma Ritter, Co-Chair Region 5

### In Attendance:

Patti Donahue, Binghamton University, NYSFAAA President

Janice Hilbrink, Pace, Region 5 Exec Council Representative

Jennifer Trauman, CollegeAve, Region 5 Co-Chair

Emma Ritter, Vassar, Region 5 Co-Chair

Ben Loya, Earnest Student Loans, a Navient Company, Region 5 Treasurer

Sabrina Hartless, SUNY Ulster, Region 5 Secretary

Dan Robinson, Pace

Corinna Sutherland, Vassar

Kathleen Hasbrouck, SUNY Ulster

Rob Zasso, SUNY Dutchess

Jeanine Gemmell, Culinary Institute

Jason Sitler, Culinary Institute

Kelly Lake, Culinary Institute

Kelly Harper, Culinary Institute

Joe Weglarz, Marist

Angelica Pavelock, Marist

Samantha Estey, Marist

Raymond Sykes, Citizens Bank

Lou Murray, Earnest Loans

Dianne Pepitone, College of Westchester

Michelle Sandman, College of Westchester

Clem Lapietra, Monroe College

Maria Goncalves, Cochran School of Nursing

Thomas Dalton, Edamerica

Maureen Lohan-Bremer, SUNY New Paltz

Alyson Harte, Bard College

Patricia ORoark, Bard College

## NYSFAAA:

Welcome back, very happy to be in person!

Vote in new Region 5 Secretary, Sabrina Hartless. 27 “Aye’s” / 0 “Nay’s”

Patti Donohue:

1. Continue to work with colleagues and associates to train and mentor.
2. Plans to work on website, a lot of work needed. Give if a lift. We don’t have to pay for our site, Sean Sherman (Patti’s right hand at Binghamton) is tech-savvy and working on the website with exec. Council. “New” site will be up “hopefully in a few months.”
3. Want to inspire new generation of financial aid administrators, get fresh ideas.

Exec. Council meeting will be held virtually, February 13<sup>th</sup>.

## When Your Business Impacts Your Business

### Lou Murray, Sr. Account Executive, Campus Partnerships, Earnest

- Trying to break the stigmas and stereotypes surrounding mental health. Very passionate about what he does.

How many of you love what you do? Are you still passionate about what you do?

How many of you are tired?

How many of you are stuck, just a beating heart getting by?

Think about how complicated your world is. Our bodies are built like a motor, very complex. There’re physical ailments, which we’re quick to go to a doctor for. Mental ailments we tend to dismiss, like this will blow over.

Half of us don’t know what’s going on with us and 80% won’t do anything about it.

It’s 2023, things are happening and this is real. Now we can talk about this [mental health] openly.

Work/life balance – does it actually exist?

At work there are demands and expectations that need to be met. At home there are things that need to be done. And social media doesn’t help – being told different timelines that we’re supposed to follow.

Main causes of stress

46% workload

28% people issues

20% juggling work and personal lives

6% lack of job security

56% of employees believe there is more on-the-job stress than a generation ago.

26% of workers said they often feel burned out or stressed by work.

Work stress

62% of employees experience work-related neck-pain

20% of employees quit their last job due to stress

50% of employees say they spend at least 12 hours a day on work

80% of our workforce feels stressed-out, but only half of them will get help managing it.

So, we're stressed- who do we talk to, confide in?

Stress is contagious and energy transfers.

10.8 million full time workers have a substance use disorder.

35 million workdays are lost each year due to mental illness.

\$105 billion is the cost of untreated mental illness in the US each year, mostly due to lost productivity!

Mental health is the second highest reason in the US that students consider dropping out.

- Mindfulness/mental health plan.

Disconnect to reconnect - take 30 seconds. Close your eyes. What can you hear? What can you feel? What can you smell? Slow your breathing. Like rebooting a computer – unplug, and plug it back in.

Mental health plans can change and they're different for everybody.

You can choose your mood/set your tone daily. In the morning, think about what you are going to face today, and how you will react to it.

Keep learning and accept challenges. You can make a change and bring in the new.

Verbalize your thoughts and feelings, self-talk. Have a conversation with yourself. When you let your mind go in conversation, you often say things you didn't know you were feeling. Then you can choose to write it down and reflect.

- Be gracious. Love your livelihood in the moment. Don't take the little things for granted. Stop and smell the roses.

Slow down. Pace your run. We all have different worlds, we can all have different speeds and timelines.

Suicide and Crisis lifeline, dial 988.

### Lisa Simpson, HESC Update:

- Not accepting copies of tax returns anymore
- NEED the student ID on application
- Will be trying to send out monthly e-mails reminding students with an excelsior application that they also need to apply for TAP if they haven't already done so.
- Nurses for our future scholarship program
  - 987 Awardees
  - No certification, no roster, no funding.
  - Distributed by SUNY
  - Students **do not** need to start in the Spring term.  
BUT! Students need to email HESC and let them know *why* they can't start now [in the spring term].
- Vaccine scholarship, lottery/raffle for Covid vaccine.
  - 100 students, randomly selected.
  - The value of the scholarship will be the SUNY COA
  - Will be seeing these scholarships for years to come, since very young children were eligible to apply for it.
- Fresh start guidance – if eligible, yes, they can get TAP.
- FAFSA completion events coming up, always looking for volunteers.
- Excelsior training, will go over every detail, all of the nitty-gritty, sometime in January
- Part-time TAP training in the works, stay posted.