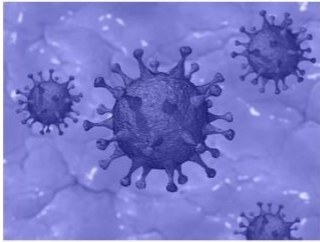


**Association for Trauma Outreach and Prevention (ATOP)  
Meaningfulworld Bulletin  
APRIL 2020**

**Editor: Cheyenne Clardy, M.A.**

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**A Message From Our President Dr. Kalayjian Regarding the Health Pandemic!**



**Dear family and friends:**

I like to express my sincere love and concern regarding your health and well-being! I think first and foremost is to care for yourself, your families and communities! I recommend the following natural supplements and oils for protection and activation of our immune system.

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**Please maintain the following for good health & well-being in general, but especially now in times of CoVID 19!**

- 1. Turn off the news at evening hours to receive a good night sleep.**
- 2. Drink lots of water with lemon and organic apple cider vinegar; drink every 15 minutes.**
- 3. Take L-Lysine (double dose) 1,000 Mg daily, if you have some low degree symptoms take it twice! It's an essential Amino Acid to support collagen synthesis and promote healthy immune function.**
- 4. Burn sage (when you leave & return from home, work or shopping).**
- 5. Apply Rosemary oil on your chest for lung support as well as for activating your killer cells; also have oregano oil if your lungs are compromised.**
- 6. Gargle with little salt and warm water for clearing bacteria from your throat.**
- 7. Also use distilled warm water and sea salt to wash your nostrils.**
- 8. Don't give in to fear and find ways to focus on your usual goals; if you can't then stretch your body, mind and spirit.**
- 9. Focus on incomplete projects; or start reading that wonderful book on your reading list: Forget Me Not: 7-steps for Healing our Body, Mind, Spirit & Mother Earth (Kalayjian) or How to Stop Worrying and Start Living (Carnegie); as well as gardening and walking.**
- 10. Create laughter, Laugh as much as you can, or watch comedy shows.**
- 11. Help yourself, your family and local community with lots of love.**
- 12. Silence the chatter; breath deeply or meditate! Remember I love you and God and Universe loves you too!**

**If you need assistance please contact me!**

**Dr. Ani Kalayjian**

## 25 APRIL MEANINGFULWORLD ZOOM WORKSHOP

**Conflict Transformation & Peace-Building: Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness**



**Facilitator: Dr. Ani Kalayjian, Founder – ATOP Meaningfulworld**  
**Visionary Speaker: Deborah Barbieri - Diplomate Oriental & Herbal Medicine**  
**Saturday, 25 April 2020**

**RSVP by 4/18/20 and take advantage of the promo to bring a guest!**

**For more information: <https://meaningfulworld.com/our-work/workshops>**

## FREE ZOOM SUPPORT GROUP: HOW TO MANAGE STRESS, ANXIETY, FEAR AND UNCERTAINTY IN TIMES OF GLOBAL CRISES



**Emotional support group hosted via zoom**

**Facilitator: Dr. Ani Kalayjian, Founder – ATOP Meaningfulworld**

**Thursdays from 12:00-1:00 PM**

**RSVP: [Info@Meaningfulworld.com](mailto:Info@Meaningfulworld.com)**

**\*RSVP to receive zoom link\***

## ATOP MEANINGFULWORLD ANNUAL MIND-BODY- ECO - SPIRIT CONFERENCE



**Emotional Intelligence: Managing Global Pandemic**

**Thursday, 4 June**

**Time: 2:00-4:00 PM**

**Where: Via Zoom**

**For more information: <http://meaningfulworld.com/>**



**MEANINGFULWORLD AMBASSADORS FOR HUMANITARIAN SERVICE, SELF-CARE, PEACE BUILDING & CONFLICT TRANSFORMATION**

**Thursday: 4 June 2020**

**Time: 2:00-4:00 PM**

**Venue: Via Zoom**

## ATOP MEANINGFULWORLD VOLUNTEER OPPORTUNITIES

### Call for Interns, Fellows and Coordinators



The following positions are available:

1. Grants
2. Outreach
3. Fundraising
4. Website and Digital Media

For more information:

<http://meaningfulworld.com/get-involved/internship>

## GENOCIDE PREVENTION ESSAY CONTESTS

### SPECIAL EXTENSION

**Youth Empowerment Program (YEP) Essay, Poetry, Rap Skit Contest**

**Essay subject: "Creating Inner Peace: Transforming Bullying"**

**AWARDS: \$40 Grade School Winner; \$50 Middle School Winner; \$75 High School Winner; \$150 College Student Winner**

**Deadline 1 May, 2020**

**For more information:** <http://meaningfulworld.com/our-work/awards-essay-contest/2020-atop-meaningfulworld-peace-essay-contest-1-may-deadline>

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**Twenty-Sixth Annual Krieger Essay Contest on Preventing Genocide**

**Essay Subject: "What the Legacy of Genocide Means to Me"**

**AWARDS: \$100.00 for High School student winner (2 Awards)**

**\$200.00 for College/University student winner (2 awards)**

**New Deadline 24 May, 2020**

**For more information:** <http://meaningfulworld.com/our-work/essay-contest/2020-meaningfulworld-genocide-prevention-krieger-essay-contest-24-april>

## ATOP'S LATEST PUBLISHING

Kalayjian, A., Medina, J., Simmons, L. (Fall 2019). Stepping into health with Joy: 7-Steps for healing our mind, body, spirit & mother earth, in collaboration with Meaningfulworld Haiti Chapter. Meaningfulworld 14th Humanitarian Mission to Haiti. Trauma Psychology News, pp 14-19.

Avedisian, M. (Fall 2019). Genocide, Trauma, & Forgiveness. Trauma Psychology News, page 38, APA Annual Conference session.

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## GRATITUDE TO OUR VISIONARY SPEAKERS

Arthur Jaffe, Ali Fischer, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Chettri-Kennedy, & Anisa Keith.

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## GRATITUDE TO OUR DONORS

Dr. Grace Ilanjian; Natalia Tomassini; Talin Manukian; Taleen Gergerian; Irene Tananyan; Dr. Marianne Jeffreys; Dr. Noyemi Isnar; Dr. Harold Takooshian; Randolph Giudice; Percy Lambert; Lisa Chin; Ara Boghosian; Betty Labine; Hina Syed; Rita Zoroghlian; Anisa Polatoglu Goz; Siroun Terzian Meguerditchian; Carla Tufenkdjian; Bourquin Consulting; Alma Daniel; Supriya Reddy; Lisa Schiller; Lisa Tan; Shulamit Lazarus; Victoria Sirota; Lory Lazarus; Young Kim; Nayri Kalayjian; Dr. Tara Pir; Dr Carol Lachman; The Tapping Solution; Life Centered Therapy; Lorraine Simmons; Kathy Blount; Art Jaffe; Marian Weisberg; Janet Demirjian-DiDonato; Jackie Kazarian; Gloria Smith Cole; Eric Manigian; Kevork Ucaryan; Dr. Garen Boghosian; Ilka Peck; Jinnie & Chuck McCormick; Maureen Britt; and Dr. Maggie Avedisian; Joyce Boghosian; Marquerite Satian; Clara Andonian; and Dr. Edmund Gergerian.



**The Association for Trauma Outreach & Prevention (ATOP)**

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Phone: 1 (201) 941-2266 E-mail:  
[drkalayjian@Meaningfulworld.com](mailto:drkalayjian@Meaningfulworld.com)

## Follow us on Social Media



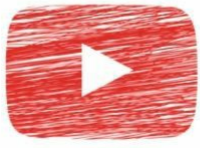
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**Twitter: @MeaningfulWorld**

**Linkedin: [www.linkedin.com/in/meaningfulworld](http://www.linkedin.com/in/meaningfulworld)**

## Additional Media



Please follow Meaningfulworld's Youtube channel and watch Dr. Kalayjian's three newly prepared videos on healing and empowering ourselves in these challenging times of global pandemic, and the 4th video is an interview.

Youtube channel:

[https://www.youtube.com/channel/UC\\_a4eBBxmAzKuLxx0KSow\\_w](https://www.youtube.com/channel/UC_a4eBBxmAzKuLxx0KSow_w)

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### 4 Videos

1. Here is a 10minute clip I prepared to help strengthen our immune system!

[HTTPS://YOUTU.BE/WET34N9HTNW](https://youtu.be/WET34N9HTNW)

2. When you can't go out to parks or to your gym, we invite you to do this short exercise in the comfort of your own home called Soul-Surfing!

[HTTPS://YOUTU.BE/NK-AEDNTLWS](https://youtu.be/NK-AEDNTLWS)

3. [HTTP://VOICEOFARMENIANS.COM/PROGRAMS/DR-ANI-KALAYJIAN-HOW-TO-MANAGE-STRESS-AND-ANXIETY-DURING-THIS-TIME-OF-CRISIS](http://voiceofarmenians.com/programs/dr-ani-kalayjian-how-to-manage-stress-and-anxiety-during-this-time-of-crisis)

4. How to manage our fear, anxiety and distress in times of global pandemic!

APodcast.com. Adrian Sinclair interviews Dr. Ani Kalayjian

On Integrative healing & discussing next steps "How do we transform crises into opportunity"

[HTTPS://YOUTU.BE/Z7WJAEDN8I8](https://youtu.be/Z7WJAEDN8I8)



**MeaningfulWorld**

**31 years**

**When One Helps Another, BOTH Become Stronger**



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