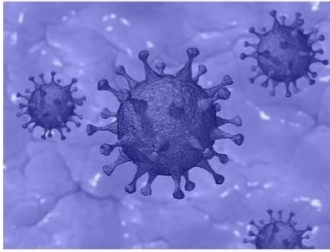


Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld Bulletin

March 2020

Editor: Cheyenne Clardy, M.A.

A Message From Our President Dr. Kalayjian Regarding the Recent 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.

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

SAVE THE DATE

NEXT ATOP MEANINGFULWORLD WORKSHOP



Post-Trauma Healing and Meaning-Making: Disaster Relief, Rehabilitation, Mindfulness, & Empathy

Facilitator: Dr. Ani Kalayjian, Founder – ATOP Meaningfulworld
Visionary Speaker: Anisa Keith - Apothecary: Essential Oils
Saturday, 28 March

RSVP by 3/20/20 and take advantage of the promo to bring a guest!

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

ATOP MEANINGFULWORLD MARCH 2020 COMMISSION ON THE STATUS OF WOMEN (CSW 64) CONFERENCE PARALLEL EVENT

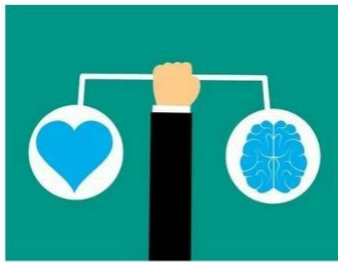


Witnessing Gender Based Violence Stories: Nurturing Inner Peace with Empathy and Empowerment: Dr. Ani Kalayjian

Tuesday, 17 March CANCELLED

CSW Message: Following the announcement by the UN Secretary-General on the coronavirus threat sent on Friday, 28 February, and the 64th session of the UN Commission on the Status of Women (CSW64) briefing held on 2 March, the NGO Committee on the Status of Women, New York (NGO CSW/NY) Executive Committee has decided to cancel all NGO CSW64 Forum events due to the current threat posed by the coronavirus as per recommendations by the UN Secretary-General, UN Women and the World Health Organization (WHO).

ATOP MEANINGFULWORLD JUNE 2020, CONFERENCE AND MEANINGFULWORLD GRADUATION TO AMBASSADORSHIP



Emotional Intelligence: Educating for Peace, Transforming Wounds to Wisdom:

Dr. Ani Kalayjian

Thursday, 4 June

Time: 3 pm

Address: Venue: TBD

For more information: More details coming soon



ATOP MEANINGFULWORLD Graduation to Ambassadorship

Thursday: 4 June

Time:

Address: Venue: TBD

NEW MEET UP GROUP



ATOP Meditation and Soul-Surfing group in New York City

Mondays: 6 April, and 11 May

Facilitators: Drs. Kalayjian & Justina Medina

Address: 185 East 85th Street, Mez #4, NYC 10028

Time: Networking at 6:15 pm, start at 6:30, end at 7:30 pm

Fee: \$15 to be paid on line: <https://meaningfulworld.com/get-involved/donation>

Meet up link: <https://www.meetup.com/New-York-Self-Exploration-Meetup-Group/events/267899224/>

ATOP MEANINGFULWORLD VOLUNTEER OPPORTUNITIES



Call for Interns, Fellows and Coordinators

The following positions are available:

- 1. Grants**
- 2. Outreach**
- 3. Digital Media**
- 4. Fundraising**

For more information:

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

ATOP MEANINGFULWORLD ESSAY CONTESTS



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)

Deadline 24 April, 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.

GRATITUDE TO OUR VISIONARY SPEAKERS

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

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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