

## Connections LIVE Events

In November, the LIFE team was brainstorming ways of coming together collectively with others, while remaining physically distanced. Through this conversation, an idea was born to host regular events for ICOF employers, their staff and network members to gather together via our newest favorite technology, Zoom! With excitement, our entire team embarked on planning, inviting and coordinating Connection LIVE events!

Since December, we have hosted 5 events including a trivia night, scavenger hunt, and music with Lynda Dobbin-Turner, Bingo and lastly, a drumming session with Milli and Rose. Reflecting on the drumming circle, Rose was inspired to write a Haiku poem to express how facilitating was different for her and a growing opportunity.

### The Usual Gone

It's possible to lose oneself  
to find everything different  
than it was before; confusion

It's possible to stop and reflect  
on the experiences felt  
and know it's okay; acceptance

It's possible to see the nugget  
of gold felt when viewed  
anew from another's eyes; growth

It's possible to know every time  
the usual gone lifts one up  
to find it's fine as is, as you are; better

Turnout for each event has been fantastic and each time we gather together – the smiling, happy faces that appear on the screen lift spirits! We have bingo winners! Expert drummers! Social butterflies who like to chat! Others who like to sit quietly and watch others! All are welcome!

If you haven't joined us yet, please consider doing so! We love to see familiar faces, but we also welcome people who are new to attending these fun filled nights.

Keep an eye out for an email invitation from your Resource Coordinator! We look forward to seeing you!