



100 East 8th Street, Suite 150, Holland, MI 49423
(616) 395-7919
MONTHLY NEWSLETTER
Number: 397

Website: www.hope.edu/hasp

Kim Mendels, Director, mendels@hope.edu

Susan Timmer, Program Coordinator, timmer@hope.edu

September 2021

Email: hasp@hope.edu

MONTHLY PROGRAM Monthly Program Chair: Claudia Berry, claudia@olwenberry.com, 616.399.2538

Date: September 7, 2021

Time: 9:30 AM-10:30 AM

Place: HASP Virtual Classroom, hope.edu/virtualhasp

Program: Rebekah Schipper, Executive Director of Opportunity Thrive, “The Greatest Threat to Thriving Schools–Teacher Burnout”

Even before COVID wreaked havoc on our education system, educators were burning out at rates only matched by the nursing profession. In Michigan, our education system loses more than 7,000 educators every year to burnout and combined with the dramatic decreases in enrollment in our teacher preparation programs, our education system is facing a crisis of human capital. Together we will move upstream on the issue—beginning with a common understanding of how teacher stress and burnout is impacting our systems, our children, and our communities, and then moving to solutions that address root cause issues. We will look at the ways that Opportunity Thrive is seeking to heal the wounds and build healthier educators and thriving school cultures, so that our children have the greatest opportunity to experience a quality, meaningful, and impactful education.

Rebekah’s passion is to help individuals experience wholeness in their places of work. As an experienced facilitator and educator, Rebekah serves as the primary instructor, curriculum designer, and Executive Director of Opportunity Thrive. She is trained in Mindfulness, Restorative Practices, Trauma-Informed Practices, PBL, Design-Thinking, Cognitive Coaching, Leverage Leadership, and Writing and Reading Workshop. As a former educator and instructional coach, she has a deep background in working with small and large groups to facilitate goal-oriented growth. In her current role, she trains and coaches educators from across Michigan to discover the pathways through their stress, and she equips districts and schools to transform their cultures to be healthier places for all to work and thrive.

Upcoming Monthly Programs:

October 5, 2021 – Shannon Aikins, Executive Director, “Brass Band of Battle Creek, MI”

November 2, 2021- Edward Woods III, Director of Communications and Outreach Commission for the Michigan Independent Redistricting Commission

PRESIDENT'S MESSAGE HASP President: Barbara Stegink: bstegink39@gmail.com, 616.990.7124

CHANGE: *verb*

1. Make (someone or something) different; alter or modify.
2. Replace (something) with something else, especially something of the same kind that is newer or better; substitute one thing for another. (*Oxford Dictionary/Lexico*)

Yes, **CHANGE!** We have all known and experienced change in our lives. Many times, it was a welcome change and other times it was not what we wanted at all. As we have grown older, perhaps more set in our ways and habits, we don't really like change. It interferes with our set patterns which have become comfortable and predictable.

Over the past 18 months, all of us have been challenged to change, alter and modify our lives. At first, it was very difficult, but gradually we found our way. And now, 18 months later, we are still making changes as individuals, communities, and societies.

As we begin our HASP programs and activities this fall, we will continue to be challenged to change in various ways. We do know that one change for the fall term is that we will be social distancing in our classroom. At the time of this writing, masks are required at Hope for all indoors settings. Guidelines have changed many times during the pandemic and will likely change in future weeks and months.

In the meantime, let's do our best to adapt, alter, and modify our "normal" and comfortable way of meeting together. Let's also keep reminding ourselves that change often brings about improvements. As lifelong learners, during the last several months, we discovered new ways of meeting and being together. Some of these new methods will continue as we move into our classroom and engage in other activities together.

CHANGE, it's a good thing. Let's embrace it and continue our journey of learning together.

MEMBERSHIP Membership Chair: Doug Walvoord, doug.walvoord@gmail.com, 616.405.2366

As we've demonstrated while living through the last 18 months, HASP members are a faithful, resilient, and forward-looking group of friends and life-long learners. Despite having most of our interactions during this time over Zoom when we'd rather meet in person, we've added 14 new members in the last two months, and our total membership now stands at 700. HASP is healthy, and we're poised to resume growing our numbers and programs. Please encourage your friends to consider joining us. A wonderful series of monthly programs and amazing course offerings await all of us. There are amazing opportunities to learn, serve, and make new friends. The Membership Committee has finally been able to meet in person, and when given the OK, we're anxious to greet you in person at a monthly meeting at the Miller Performing Arts Center, especially if we can offer you one of Hope's delicious cookies.

Sympathy *We extend our sympathy to the family and friends of HASP member, Dr. F. Phillip Van Eyl. Phil joined HASP July 1, 2011, after a 33 year career at Hope College in the Psychology Department. He also founded the Hope College men's soccer program. Phil passed away August 13, 2021, at the age of 93.*

Would you like to refer a friend to HASP? We've made it simple for potential members to get started!

Have them visit hope.edu/hasp-new-member

Potential members will:

- ❖ Step 1: Fill out this form to receive information on HASP and instructions on how to attend a monthly meeting:
hope.edu/hasp-new-member
- ❖ Step 2: Attend a monthly meeting
- ❖ Step 3: Request an application
- ❖ Step 4: Submit application by the 10th of month for membership beginning the 1st of following month

*If a potential member is unable to access the online form they can request personal assistance by contacting Susan Timmer at timmer@hope.edu or 616.414.2561.

Requirements for Membership:

- Be of retirement or semi-retirement status
- Show evidence of broad, humane interest, intellectual vitality in inquisitiveness, and a willingness to contribute to the enrichment of the lives of fellow members, Hope College students, faculty and staff, and members of the surrounding community
- Participate actively in HASP programs and classes

Note: You do not have to be a Hope College alumnus in order to become a member of HASP!

CURRICULUM Curriculum Chair: Sharon Arendshorst, snarendshorst@gmail.com, 616.335.3132

The Fall 2021 Course Catalog has been mailed to each HASP member. I hope you are excited about the selection of courses that are being offered and the various ways you can engage with the courses: in-person in the classroom, over Zoom, or by attending an off-site class. Registration for the first half of the fall (September and October courses) will open on Wednesday, September 8. Courses will begin on Monday, September 20. A second date will be announced, through constant contact, to register for the courses in the second half of the term.

Thank you to Susan Timmer, who has worked with the Curriculum Committee to update our course proposal form. The committee tested the form in preparing for fall term and we have made some minor adjustments. The new course proposal form is uploaded on the HASP website for your review, and better yet, for you to fill in with a course proposal! Simply click each grey box, add the requested material, and send it off to the appropriate subcommittee chair listed below. Yes, we are asking you to teach a class, or to find a presenter who will facilitate a topic of interest to you and other HASP members. We also welcome your ideas on topics that the subcommittees can pursue and develop.

Planning for winter/spring term will begin early this fall. We are a peer-led organization and we count on you!

Click here: [Fall Curriculum Guide](https://hope.edu/offices/hope-academy-senior-professionals/resources/fall-2021-hasp-catalog.pdf), or type the following into your browser:

<https://hope.edu/offices/hope-academy-senior-professionals/resources/fall-2021-hasp-catalog.pdf>

All committees accept course ideas and proposals year-round!

Curriculum Chair Sharon Arendshorst, snarendshorst@gmail.com, 616.335.3132

Fine Arts Sarah Briggs, sarahbriggs969@gmail.com, 517.449.5818

Humanities Amy Henrickson, amy.henrickson@gmail.com, 616.450.8820

Science, Medicine, & Technology (co-chair) Susan Couch, couchsm@gmail.com 616.399.1491

Social Sciences Larry Lynn, oldrun09@gmail.com, 616.617.8944

SIG-Gardeners

Hope this finds that you are all having a wonderful summer! My garden has prospered and I'm grateful for all the heat and humidity - because I'll really appreciate fall when it arrives! I picked up a mum at the market today - the first sign of fall.



I've planned for us to get together for a brainstorming/planning session. Hopefully, next year we can get back to some regularly scheduled outings for our group.

Guests are welcome! Please remember that masks are required in the HASP classroom at this time.

*Wednesday, September 8th,
3:00pm, HASP Classroom, 1st Floor.*

Susan Miller, semiller976@hotmail.com

SERVICE Service Chair: Gloria Goodwin, gagoodwi@yahoo.com, 845.546.6545

Volunteers needed in Hope classes!

Faculty who teach special education are looking for 8 HASP volunteers to conduct exit interviews for senior special education majors. Interview questions will be provided. Faculty hope these interviews can be conducted face-to-face.

Wednesday, September 29th 8-10:35 am (2 volunteers needed) 10:50-12:45 (2 volunteers needed) 4-6:35 pm (2 volunteers needed)	Thursday, September 30th 4:30-7:15pm (2 volunteers needed)
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Professor Berta Carrasco is looking for a Hispanic person who can speak with her Spanish 312 (Spanish for Heritage Speakers) about the experience of being Latino in Western Michigan. The class meets on M-W-F 12-12:50 pm. Professor Carrasco will work with the volunteer to find a suitable date to talk with her students. Professor Carrasco hopes the visit can be face-to-face but can also arrange a Zoom visit.

Professor Carrasco is also looking for two volunteers to speak with her Spanish 101 (Beginning Spanish) students about the importance of knowing other cultures and developing cultural competence. These volunteers might have had a business that employed people from around the world, or have lived in different countries for work, etc. The Spanish classes meet M-W-F at 9:30 and at 11 am. Professor Carrasco will work with the volunteers to find a suitable date to talk with her students. Professor Carrasco hopes the visit can be face-to-face but can also arrange a Zoom visit.

Please watch your email and monthly bulletins for more opportunities to volunteer with Hope classes.

Are you a volunteer with a local agency that could use extra support from our organization? HASP service grants support projects where our members volunteer.

You can find more information and an application online:

[SERVICE GRANT APPLICATION](#) or hope.edu/hasp>member resources>service opportunities/grants

If you can help in Hope classes, please contact Maura Reynolds mreynolds@hope.edu or (616) 392-2874.



[The Hope College Connection](#) is “An innovative online community for calling and career that brings together students, alumni, and families for mentoring and experiential learning. The site allows you to create a profile and indicate ways you would like to be of assistance to students and other alumni. This network is not open to the general public, but the opportunity to participate has been extended to HASP members.

SPECIAL EVENTS Special Events Chair: Alyce Doss, agdoss@comcast.net, 616.403.4325

The HASP Special Events committee has scheduled several exciting “happenings” for this fall.

The Summer Fling is next Wednesday, September 1, at the Old School House in Douglas. It is from 5:30 PM to 7:30 PM. BYO chair and a packaged appetizer or dessert to share. HASP will provide beverages. The space limits us to 100 people, so register SOON.

On September 27-29, is the Lincoln site trip to Springfield, IL. There are still some rooms, but hurry, spaces are filling quickly.

A HASP favorite, “ Closing of the Grand Hotel” is scheduled for Oct 30-Nov 1. All openings are taken but you can register for the waiting list.

Summer Fling

Date/Time: September 1, 2021, 5:30-7:30pm

Location: Old School House, 130 W Center St, Douglas, MI 49406

Registration Link: [SUMMER FLING RESERVATION](#) or forms.gle/R5bjZkt5mXysurH27

Lincoln Sites Bus Trip

Date: September 27-29

Registration Link Closed: There is still room, but space is limited. If you would like to register for this event, please email Susan Timmer, timmer@hope.edu

Closing The Grand

Date: October 30-November 1

Registration Link Closed: This event is currently full. To be placed on a waitlist for this trip, please email Susan Timmer, timmer@hope.edu

Save The Date -Registration Begins September 3

Gilmore Car Museum-November 17

Join fellow HASP members on a bus trip to the Gilmore Car Museum to learn about ‘the birds and the bees’ (Plymouth Superbird & Dodge Super Bee) and other classic cars. Stroll through preserved pieces of history such as the “Green Book” Exhibit on the park-like campus of historic buildings (including a 1930s gas station, 1941 Blue Moon Diner, re-created dealership row) and over 400 vintage and collector vehicles from all eras are on display in over a dozen vintage buildings located on 90 acres. The trip includes an hour and a half docent guided orientation and tour. After a boxed lunch, wander your favorite or specialty exhibits (dust bowl migration, toy cars, pedal cars, muscle cars & Happy Days Fonz’s motorcycle) and visit the Blue Moon Diner for dessert. We will follow mask guidelines that are in place at the time of the event. A registration link will be emailed to all HASP members. To request registration by phone, please email timmer@hope.edu. Cost: \$50 Registration begins: September 3



Inside The Game/Hope Women’s Volleyball-October 13



Interested in learning inside strategies to the game of volleyball with our own National Championship winning coach, Becky Schmidt? Coach Schmidt is looking forward to sharing her insights with HASP members prior to the Hope vs Adrian match on October 13, 2021. Join us for a boxed meal to be enjoyed during her talk. Wearing your HASP badge will give you free admission in the section reserved for HASP where you can cheer the Dutch to victory! We will follow mask guidelines that are in place at the time of the event. A registration link will be emailed to all HASP members. To register by phone, please email timmer@hope.edu. Cost: \$15 Registration begins: September 3

IMPORTANT NEWS REGARDING HASP EVENTS

Paper Registrations

To help save paper and streamline our recordkeeping, we will no longer be including registration forms in the newsletter. IF YOU ARE NOT ABLE TO REGISTER ONLINE or need assistance registering for an event, please contact Susan Timmer, timmer@hope.edu, 616.414.2561. Please see an important update in this newsletter under HASP Office News regarding Covid-19 precautions which includes Hope College bus transportation. Additionally, keep in mind that off-campus venues (i.e. hotels, restaurants, etc) may have different requirements which HASP members should follow.

HASP Special Events Cancellation Policy

The following is an amendment to the HASP Special Events Cancellation Policy adopted by the Board of Directors effective January 1, 2014, and revised in August, 2021.

It is recognized that circumstances may result in an event participant canceling reservations for a trip. Acknowledging that plans and arrangements are made far in advance certain cancellation charges are required to cover direct event and administrative costs. The following policy guidelines will be applied:

The Special Event cancellation fee is 10% of the event registration cost or a minimum of \$5.00 per person.

Refunds on Trips/Tours: The Special Events Committee and HASP office will administer refunds to members working with the following established policy:

1. Substitutes will first be taken in order from the "wait list".
2. If no event "wait list" exists, any and all non-cancellable costs (i.e.: hotel accommodations, meals, tickets, etc.) will be subtracted from the base price. The remainder will be refunded to the participant less the cancellation fee as stated above.
3. No refund will be made to "no shows" or cancellations within 24 hours of departure.
4. Refunds may be made in extenuating/emergency situations at the discretion of the Special Events Committee chair and HASP Director after total expense reports are finalized.

OFFICE & DIRECTOR NEWS HASP Director: Kim Mendels, mendels@hope.edu, 616.335.0627
Program Coordinator: Susan Timmer, timmer@hope.edu, 616.414.2561

The HASP office will continue to be open on Wednesdays, September 1, 8, and 15. We will also be on-site Tuesday, September 7. Beginning Monday, September 20th we will be open and onsite Monday-Friday! In the meantime please continue to reach us remotely Mon-Thurs. 9am-4pm (contact info above).

Dear HASP members:

Thank you for your patience and support as we navigate our "new normal". We know many of you have been hoping and anxious for our return to in-person programs. We are very proud that HASP programs nurture both our social and intellectual lives!

The COVID -19 subcommittee of the board met on Thursday, 8/19/21 to discuss current recommendations and data from Hope College (see copy of Hope announcement regarding masking at the end of this message), Ottawa County, and the CDC. We also took into account the results of our HASP member vaccination survey of which we had 587 responses (out of 659 contacts), with a vaccination rate of 99.7% among those who responded.

With the assistance of HASP member and retired scientist Thom Coney, we used this along with Ottawa County data to calculate the risk of infection and spread. We also discussed the efficacy of vaccines (post 6 months), boosters, and variant and breakthrough cases reported.

Epidemiology studies have confirmed that, when meeting indoors, infections increase significantly as group size increases. The Delta variant of Covid-19 is now in Ottawa County and according to the CDC, the delta variant is more than twice as infectious as the original virus and as infectious as chickenpox. Lastly, the Ottawa County Health Dept. has been tracking daily Covid cases since March, 2020. The data we evaluated was as recent as 8/17/2021. The daily case count at that time was 10 times the case count for 6/29/2021.

Based on our conversation the following recommendations were made:

- 1) September Monthly Program will be remote via Zoom. We will make Monthly Program venue decisions on a month by month basis.
- 2) Masks are required in all indoor spaces (HASP classrooms, offices, etc.) regardless of vaccination status.
- 3) 3 ft. distancing in classroom/meeting areas
- 4) Limit of 50 people for in-person classes in the HASP classroom with 3 ft. distancing. Many courses will also be available via Zoom.
- 5.) We will not offer coffee/cookie refreshment at this time.
- 6.) As a part of our care for one another, we request HASP members who have not been vaccinated to participate in courses via Zoom. Members who have been fully vaccinated may attend classes via Zoom or in-person following the above safety protocols.

Fall registration will open Sept. 8 but will ONLY be for the first 1/2 of the semester (Sept. and Oct. courses). We will continue to watch and evaluate the COVID-19 data and recommendations and make adjustments as needed to course delivery and keep our membership informed.

The safety of our members remains our highest priority. Given that we now have - and offer alternatives (i.e. Zoom and/or recorded courses), or attending in-person with safeguards (i.e. masking and 3 ft. distancing) this allows members to take their personal circumstances into consideration (i.e. vaccination status, general health and immune compromised concerns, extended family member contact, etc.) and still participate in HASP courses.

Thank you for your support and please feel free to reach out to any of us with questions or concerns.

HOPE College Announcement:

Effective Sunday, August 15, face masks, securely-fitted over the nose and mouth, must be worn in all indoor spaces on campus by all individuals regardless of vaccination status. The only exception to this guidance can occur when a person is alone in an enclosed space (i.e., private office or personal living space). Federal guidelines also require that people wear masks on public transportation; this directive includes all Hope College-owned vehicles (buses, vans, cars) unless the driver is alone in the vehicle. Hope College will continue to work with health department officials and look at federal recommendations and our local health information to decide about continued masking.

COVID-19 Subcommittee of the HASP Board:

Kim Mendels, Barbara Stegink, Brad Bright, David Blatt, Sharon Arendshorst, Scott Travis