



The Lighthouse

**NMA...The Leadership Development Organization
Columbus Public Service Chapter**
The *first* Public Sector Chapter - est.1981



MARCH ***We've Missed You***

This has been a year we never imagined. We are trying to get back into the swing of things. We had a nice turnout of membership in October 2020, when we met at the Park of Roses, got to see old faces, listen to a guest speaker and enjoy great food.

We look forward to having our next member meeting on Friday, April 30, 2021, so please be sure to RSVP for it. We would like to slowly return to our "new normal" whatever that might look like. We will continue to practice social distancing and we hope you will be able to join us at the meeting.



March 2021

Visit the Columbus
Public Service Chapter
website:

www.nma-cpsc.org

Visit us on Facebook at

[www.Facebook.com/
NMACPSC](https://www.facebook.com/NMACPSC)

Read the latest issue of
Breaktime at

[www.nma1.org/
nma-breaktime](http://www.nma1.org/nma-breaktime)

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NMA Family Scrapbook



Let us know about your new additions, or those needing our thoughts and prayers



Photos from our October 2020 Member Meeting

Announcements

April Event Christmas in April

DATE: Friday, April 30, 2021

TIME: 11:15am—1pm

LOCATION: Whetstone Park of Roses, Shelter House
3900 N High Street, In the rear

MENU: Boxed lunch from Freedom a la cart

Agenda:

11:15 Registration/Networking

11:30 Invocation/Pledge of Allegiance

11:35 Lunch is served—Meeting and activities begin

1:00 Closing Remarks

Make reservations by Monday, April 26, 2021 to
JJFiore@columbus.gov
Preferred method is to accept the meeting invitation
through Outlook

(Please let us know if you are bringing a guest)
Guest Fee: \$12

Don't forget your pop can tabs for Ronald McDonald House

NMA Calendar

May 2021

5 Cinco de Mayo
9 Mother's Day
31 Memorial Day

June 2021

19 Juneteenth
20 Father's Day

July 2021

4 Independence Day





All are welcome to attend:

**City of Columbus
Toasters**

Meetings:

**1st, 2nd & 3rd Thursday of every
month at**

Columbus Public Health
240 Parson Ave.
Room 119-C
6:00 to 7:30 PM

**For more information,
Call 645-6032 or 216-8988**

In February, NMA participated in a Zoom meeting for our February meeting event. We met with Lisa Callandar who works for EAP (Employee Assistance Program) through the City of Columbus. Lisa and her colleagues provided tips on how to deal with stress, anxiety, grief and loss during these times of Covid and quarantine. Lisa posed the question how would you grade yourself about your own stress? She inquired how members were handling stress in their lives and what are some outlets for them. Grief can be heightened. There will be ups and downs, ebbs and flows but it is up to us to work through it and lean on support if we need to.

Lisa also asked how we are functioning with work. How would we grade our team? She then wanted to know what we can do to improve these grades. Because of Covid, we are now bringing work home with us but it is still important to separate the two. She suggested we have a work area and we leave everything there when we are off the clock. Close the door and keep the work space separate. We should turn our work phone off and keep our laptop closed when we are not working. When we are working, we should be moving our body every few hours. We need to pay attention to our posture. While quarantining and/or working from home we also need to be mindful of what we are eating and snacking on.

Eat or snack healthy, establishing a routine, working out, moving our bodies and learning how to turn work off when we are off duty can make great changes for our mental health. It can help us to better cope with stress, anxiety and grief. Reach out to family and friends or even EAP if you need to talk. Just because we are quarantined we can still have interaction over the phone, Zoom, social media or email.

If you need to talk EAP is always available. Please call them at 614-645-6894

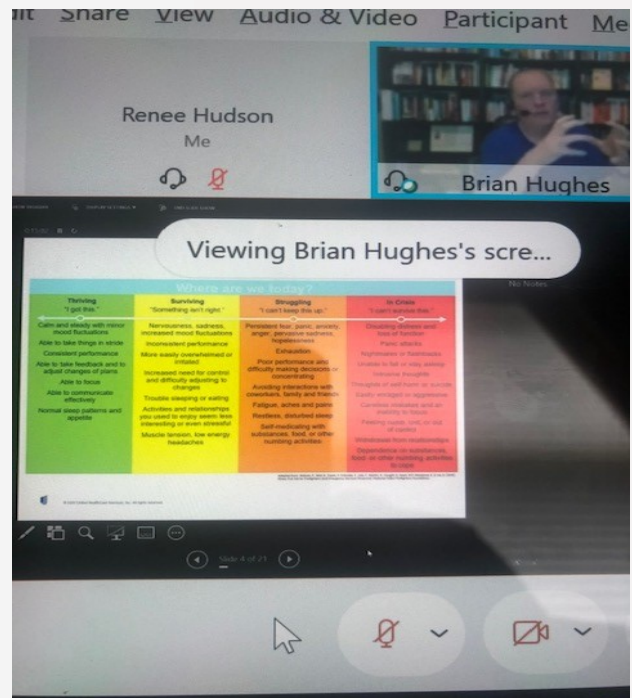
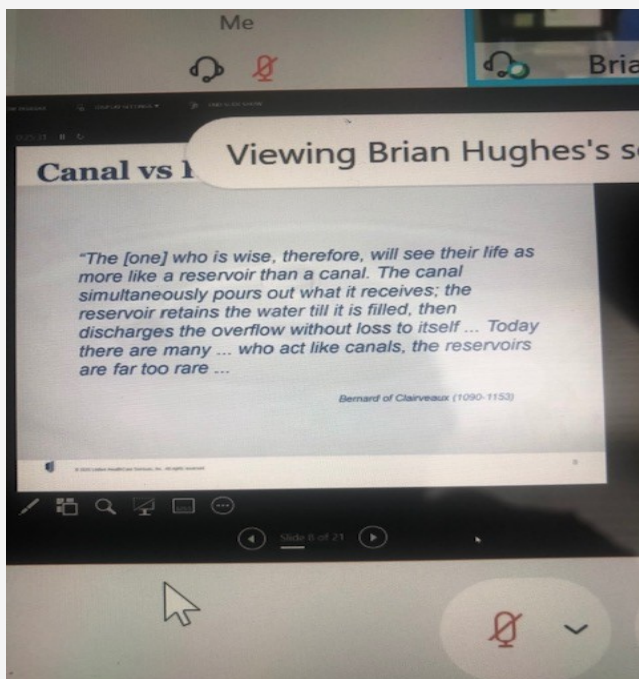
Our March meeting event was also over Zoom and our guest speaker was Brian Hughes. He is a chaplain for United Healthcare (UHC). The topic of our meeting was providing self care for caregivers. It is important to take care of ourselves before we can care for others. Brian talked about our professional healthcare workers trying to serve but also being able to care for themselves to avoid burnout or depression.

Caregivers must manage their time in order to cope with all the demands that are happening. Brian's wife is a nurse. With the large number of Covid cases, our healthcare professionals have been working long hours and putting their health in jeopardy. Brian gave the example of a Canal versus reservoir. The canal simultaneously pours out what it receives. The reservoir retains the water until it is filled, then discharges the overflow without loss to itself. Brian says you should maintain your level of self then give when you can.

Brian gave these four steps to help with self care:

1. Write down what brings you joy, peace.
2. Write down what's weighing you down.
3. Separate the list by the things you have control over and the things you don't have control over.
4. Write down how you can dial up the first list and dial down the second list.

Brian also said it is important to use your PTO to take a break and recharge. It is also helpful to keep a reflective journal, mediate and practice breathing exercises.



What is NMA?

NMA The Leadership Development Organization is a professional association headquartered in Dayton, Ohio. The Association is a national not-for profit organization serving about 20,000 members worldwide.

NMA Code of Ethics

I will recognize that all individuals inherently desire to practice their occupations to the best of their ability.

I will assume that all individuals want to do their best.

I will maintain a broad and balanced outlook and will recognize value in the ideas and opinions of others.

I will be guided in all my activities by truth, accuracy, fair dealing and good taste.

I will keep informed on the latest developments in techniques, equipment, and processes.

I will recommend or initiate methods to increase productivity and efficiency.

I will support efforts to strengthen the management profession through training and education.

I will help my associates reach personal and professional fulfillment.

I will earn and carefully guard my reputation for good moral character and good citizenship.

I will promote the principles of our American Enterprise System to others, by highlighting its accomplishments and displaying confidence in its future.

I will recognize that leadership is a call to service.

NMA Statement of Principles

NMA is dedicated to managerial excellence, personal and professional growth, and leadership development. The following principles identify NMA's core beliefs and provide the basis for the Association's Mission Statement.

We believe in the highest standards of personal and organizational integrity and respect for the individual.

We believe in lifelong learning, continuous improvement, and the development of a workforce capable of sustaining a competitive posture in the global economy.

We believe management is a creative, dynamic, and essential process enabling people to achieve personal and organizational objectives.

We believe that managerial responsibility is shared among all individuals at all levels of the organization and that leadership is critical to management success.

We believe that individuals and organizations have a community and civic responsibility.

NMA Mission Statement

NMA creates leadership development products and opportunities that maximize the potential of our members, sponsoring organizations and communities.

Helping Hands

MEMBERS—Contact us to see your name here!

Yvette Aniagolu—volunteers with IMPREM Community Outreach—assisting with its community food give away.

C. Celeste LaCour-Belyn—volunteers with Twin Rivers Links, Inc. going to middle and high schools speaking on “*The Signs that I Missed*” in relation to the death of her daughter. She also teaches a “*Safe Dates*” curriculum to school counselors and health and wellness teachers at local schools.

Bruce Black – is President of the Berwick Civic Association.

Joya Brooks—volunteers through Big Brothers Big Sisters mentor program.

Lesley Carter—volunteers for Girl Scouts GSOH Troop 1975 and Columbus City Schools Berwick Alternative K-8.

Jeff Emhuff—volunteers at the Metro Parks 2-3 times a month.

Cindy Fruth – continues to volunteer as the Treasurer of the Columbus Employees Association and is also the Treasurer of her church.

Diann Johnson—volunteers at Gloria S. Friend Christian Academy, Pelotonia of Columbus, Top Teens of America, United Negro College Fund and Urban Growth Development Corporation.

Beth Fairman Kinney – volunteers

as the Outdoor Events Coordinator for Cub Scout Pack 41 and mentors at Marion Franklin High School.

Teresa Langer – continues to sell candy bars to support the NMA speech contest.

Lisa Landoll – volunteers at the information desk at Riverside Methodist Hospital.

Victoria Landrum – volunteers with Stories Behind Their Eyes – Human Trafficking Awareness.

Terry Neal – volunteers as a Board Member for the Eastgate Garden Civic Association and is a member of the Columbus Police Civic Volunteer Corps.

Kasia Richey—volunteers through Big Brothers Big Sisters mentor program and is the Board Member/Tournament Assistant Coordinator for All Ohio Premier Basketball program.

Kathy Spatz – volunteers as a Trustee for the Inniswood Gardens Society and is a Westerville Parks and Recreation Advisory Board member.

Terrell Spencer – currently holds the office of President of the Livingston Heights Place Civic Association.

Bee Tolber – volunteers at the North Central Area Commissioner, Big Brothers Big Sisters mentor, Columbus City School Board, Tray Lee Center volunteer, also at St. Stephen’s Community House CCS Mentorship Program.

Jeff Ushry – tutors at East moor Academy where he also volunteers for the Touchdown Club and is a member of the EABPTA.

Scott Ward – is an Executive Board Member for the American Legion and the Association of the United States Army.

The NMA Leadership Model



Derived from a similar model in Results Based Leadership by Ulrich, Zenger, & Smallwood.

NMA OFFICERS AND BOARD MEMBERS JULY 2020—JUNE 2021

Officers	Name /Term	Office Phone	Department	Email
President	Kathy Spatz	614-645-0487	Recreation and Parks	kaspatz@columbus.gov
1st Vice President	VACANT			
2nd Vice President	VACANT			
Secretary	Brooke Agnew	614-645-7625	Public Utilities	bssgnre@columbus.gov
Treasurer	Audrea Hickman	614-645-8907	Development	aehickman@columbus.gov
Past President	Lesley Carter	614-645-0071	DoSD/Compost	lacarter@columbus.gov
National Director 2018 National Chair	Kathy Spatz	614-645-0487	Recreation & Parks	kaspatz@columbus.gov
Lifetime Director 2004 National Chairman	Bill Mahaffey, CM	614-795-1582	Retired	Billm4715@sbcglobal.net
Board of Directors				
At Large	Terrell Spencer 2021	614-645-6133	Finance/Fleet	tespencer@columbus.gov
Development	VACANT			
Public Safety	VACANT			
Public Service	Catrina Whitlock 2020	614-645-0529	Public Service/ Refuse	cdwhitlock@columbus.gov
Public Utilities	Debbie Ioia 2021	614-645-6276	DPU/Fiscal	daioia@columbus.gov
Technology	Margaret McDougald 2021	614-645-1608	DoT/Fiscal	mabrowder@columbus.gov
SWACO	VACANT		SWACO	
Committees				
Chapter Awards	VACANT			
Community Service	Diann Johnson	614-645-8650	Development	drjohnson@columbus.gov
Membership	VACANT			
Professional Develop.	Keith King Lisa Landoll	614-645-5504 614-645-2867	Technology Building and Zoning	kbking@columbus.gov lmlandoll@columbus.gov
Programs	Melanie Mallett John Fiore	614-645-5773 614-645-5751	Development Technology	m1mallett@columbus.gov jfiore@columbus.gov
Public Relations	Renée Hudson	614-645-4423	Public Safety/Police	rhudson@columbuspolice.org
Executive Advisory Committee				
Name	Title		Agency	Email
Derek Anderson	Assistant Director		Public Utilities	dhanderson@columbus.gov
Nichole Brandon	Director		Human Resources	nmbrandon@columbus.gov
Dr. Ned Pettus, Jr.	Director		Public Safety	npettusjr@columbus.gov
VACANT				
Lesley Carter	Past President		DoSD/Compost	lacarter@columbus.gov

The Lighthouse is published monthly by the Columbus Service Chapter of NMA, thanks to Editor Renée Hudson .