

# **NYWLE NEWSLETTER**

## **DECEMBER 2021**



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**Thank you to all our members and all first responders working the holidays.**





# Congratulations

On November 29, 2021, the new officers of NYWLE were sworn in. We congratulate them and also express our gratitude for their willingness to assume the responsibilities of leading this fine organization. Below is a screenshot from the Zoom meeting in which the officers were sworn in.

**The New Officers are:**

**President Diana Pizzuti—NYPD Retired**

**Vice President Catherine Johansen—Peekskill PD Retired**

**Recording Secretary Kimberly Shappy—New York State Police**

**Membership Secretary Jennifer Sterling—NYPD**

**Treasurer Nichole Weston — New York State Police**

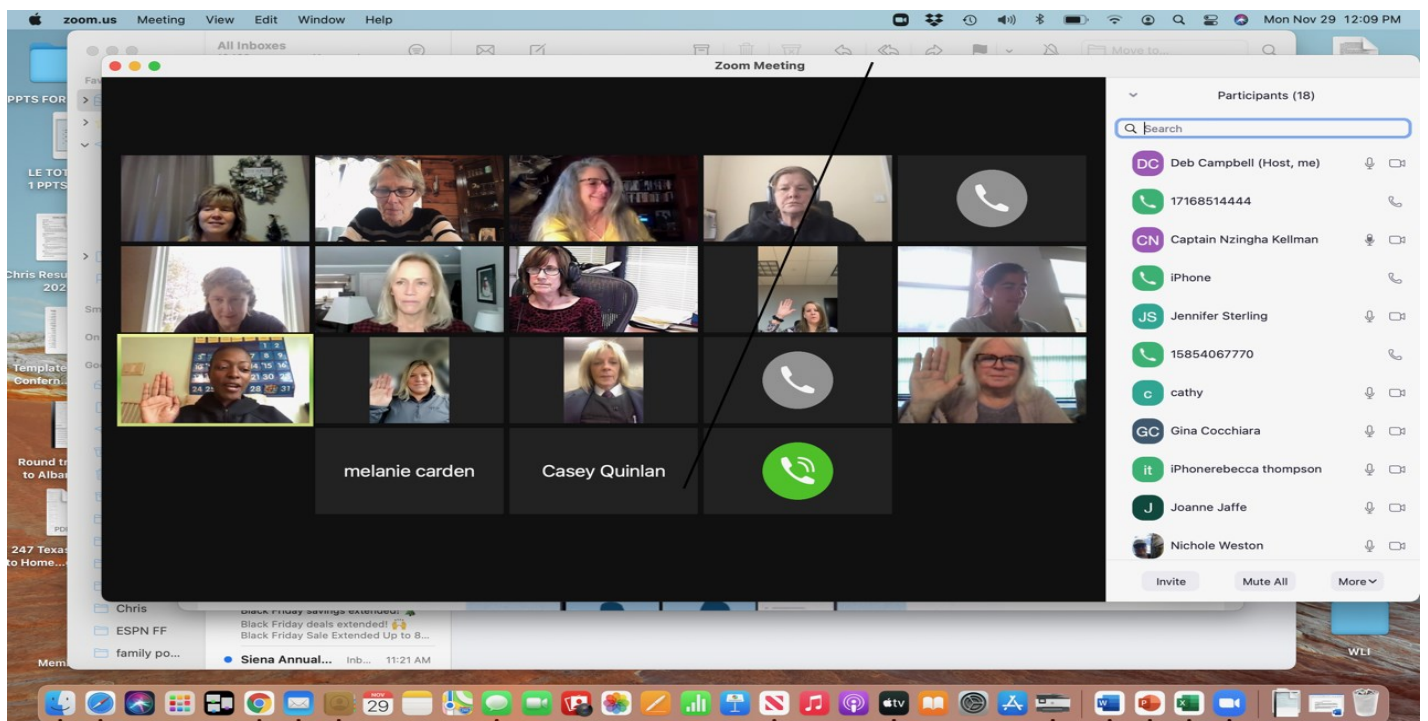
**Immediate Past President Nzingha Kellman—MTA PD**

**New/Returning\* Board Members:**

**Gina Cocchiara—Bethlehem PD**

**Susan Deshensky\*—MTA PD—Retired**

**Leigh Bishop —Queens County District Attorney's Office—Retired**





***It's the time you've all been waiting for!***

***Save the Date!***

***Join us at the Annual NYWLE Conference October 26-28, 2022.***

***Please monitor the NYWLE.org website and the newsletter for additional Information.***

***11th Annual Training Conference***

***2022 NYWLE Conference***

***Woodcliff Hotel & Spa***

***199 Woodcliff Drive***

***Fairport, New York 14450***

***585.248.4810 | 800.365.3065***

***Interested in joining the Conference Committee?***

***Contact Barbara Lark at [balark@bpdny.org](mailto:balark@bpdny.org) or call (716) 480-2710,***

***with your name and best phone contact.***

# Welcome

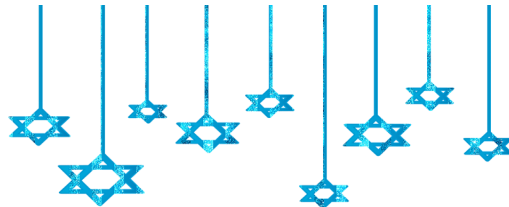
**NEW MEMBER**

**Claire Kessler**

**New York City PD- Retired**



*Happy Hanukkah*



By Joel Streed

## Mental health and the holidays: Holiday stress

**Q: Those who are vaccinated for [COVID-19](#) may be planning family gatherings, gift exchanges and big meals this year. After last year, a lot of people are feeling more pressure to make this holiday season even better for their loved ones. Do you have any tips for coping with the stress of it all?**



**A:** Whenever something is important to those we love, we direct our energy toward creating the perfect experience for them. But often there are elements out of our control – including finances, past and present relationships, health and current events – that interfere with our vision of the perfect holiday season.

When we set high expectations, we can feel stressed and unhappy when we don't meet them. We may feel as if we have let down the people we love most.

"The key to coping this time of year is to set realistic expectations," says [Lisa Hardesty](#), licensed clinical health psychologist, [Mayo Clinic Health System](#). "Remember that it's the time you spend together and the memories that you make that are most important. That is what you will remember most."

**Don't try to recreate 'perfect' holidays from years past.** People change, and holidays can change right along with them. Make every season new and special in its own way. Reflect on the "lessons learned" from dealing with the pandemic and bring that sense of meaning into the holiday time.

**Don't take too much onto yourself.** It's a good idea to delegate and let people help. Ask your children to decorate the front yard with Christmas lights and give them free rein on how they want to do it. Ask your dinner guests to each bring a favorite dish over the holidays and share stories about those dishes. Enlist your partner's help in wrapping presents. Even if it's not done perfectly, it's something you can do together, and you'll be done in half the time.

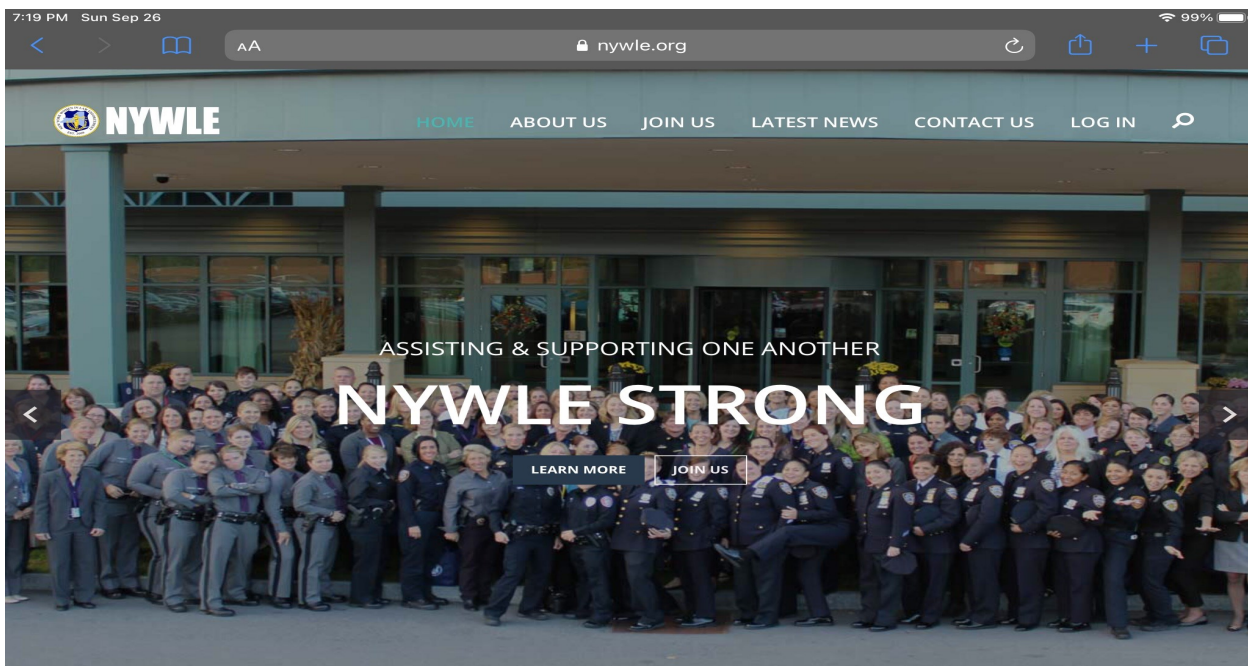
**Be gracious when dealing with uncomfortable events or relationships.** We can only take responsibility for ourselves. Our friends, family and loved ones also have this responsibility. We don't have control over their choices or if they don't choose what we think is "right." This is where grace comes in. Focus on the people, the relationships, and the time-limited nature of the holiday season.

**Be OK with moments of stress and negativity that can come up.** It's not realistic to think that the holiday season will be completely stress-free. The reality is that life is going on around us all the time. When difficult situations arise, acknowledge your feelings, try to be patient with yourself and others, and refocus your mind on the bigger picture: what you're truly grateful for this holiday season.

*Mayo Clinic Health System consists of clinics, hospitals and other facilities that serve the health care needs of people in Iowa, Minnesota and Wisconsin. The community-based providers, paired with the resources and expertise of Mayo Clinic, enable patients in the region to receive highest-quality physical and virtual health care close to home.*



## THE NEW WEBSITE IS UP!



The new website is up. You can expect to receive your new login soon.

Please take time to set up your profile.

*You will also receive your annual renewal notification automatically from the website.*

You will be able to pay online.



***NYWLE is introducing a new section for the monthly newsletter!***

### **NYWLE SOCIAL NEWS**

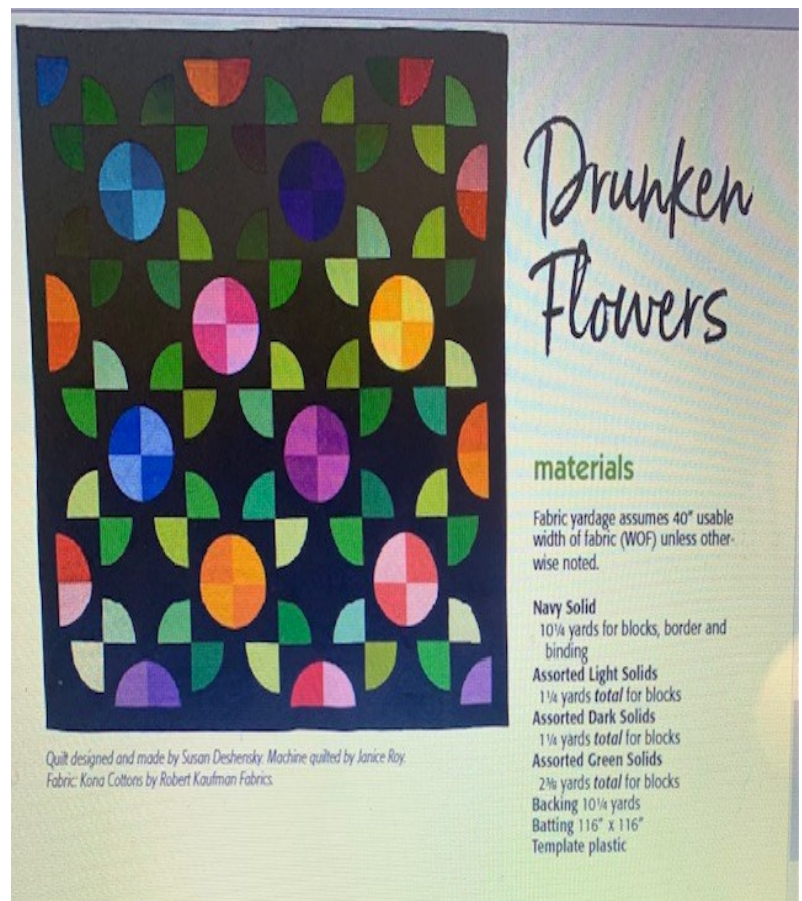
The Board of Directors have decided that it would be nice to be able to share social announcements regarding NYWLE members. This would include births, marriages/engagements, deaths, retirements, promotions, achievements and other life events of members. Please submit your news to [afitzsimmons6@gmail.com](mailto:afitzsimmons6@gmail.com). Members are encouraged to submit photos—jpeg format is preferred.

The criteria is that the announcement must be submitted by a NYWLE member. The announcement must be submitted by the 21st of the month before the next edition of the newsletter is sent out, which is usually the first of the month. The submission will be evaluated for appropriateness and it is important that the member submitting an announcement receives approval from the member who is the subject of the announcement.

The news item below is an example of some great social news.

NYWLE wishes to recognize NYWLE Board Member Susan Deshensky for her inclusion in the January/February 2022 edition of *Quiltmaker*. I am sure many of you have tried to win the awesome quilts she has made and donated to the NYWLE fundraisers at our annual conferences.

Sue is being featured in the magazine's DESIGNER SPOTLIGHT. The design is entitled *Drunken Flowers*. During Sue's interview for the magazine she mentions that quilting has been a great outlet after spending a working day in a stressful job. Something we can all benefit from! Congratulations Sue!



**2020-2021 Officers****Diana Pizzuti****President***New York City PD—retired***Cathy Johansen****Vice President***Peekskill PD- Retired***Kimberly Shappy****Recording Secretary***New York State Police***Jennifer Sterling****Membership Secretary***New York City PD***Nichole Weston****Treasurer***New York State Police***Nzingha Kellman****Immediate Past President***MTA PD***Board of Directors****Leigh Bishop***Queens County District Attorney's Office—retired***Deborah Campbell***New York State Police—retired***Gina Cocchiara***Bethlehem PD***Susan Deshensky***MTA PD—retired***Anne FitzSimmons***City of White Plains PD - Retired***Joanne Jaffe***New York City PD - Retired***Neely Jennings***New York State Police - Retired***Barbara Lark***Buffalo Police Department***Casey Quinlan***NYS Office of the Attorney General***Margaret Ryan***Dryden Police Department - Retired***Rebecca Thompson***Syracuse Police Department - Retired***Advisors****Melanie Cardin***Legal Advisor***Darcy Wells****Free Law Enforcement Training****Webinars & podcasts available to you while social distancing.****National White-Collar Crime Center** [www.nw3c.org](http://www.nw3c.org)

NW3C offers both live and on-demand webinars and podcasts on a variety of topics. The site also - offers lots of great resources including timely information, for example – U. S. Health and Human Services Guidance Document - COVID-19 and HIPAA: Disclosures to law enforcement, paramedics, other first responders and public health authorities.

<https://www.nw3c.org/docs/default-document-library/hhs-covid-19-hipaa.pdf>

**SEARCH – The National Consortium for Justice Information and Statistics**

<https://www.search.org/resources/podcasts/>

**National Criminal Justice Training Center (NCJTC) of Fox Valley Technical College****REGIONS & REGIONAL DIRECTORS:****WESTERN Barbara Lark -** [balark@bpdny.org](mailto:balark@bpdny.org)

*Allegany, Cattaraugus, Cayuga, Chemung, Chautauqua, Erie, Genesee, Livingston, Monroe, Niagara, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne, Wyoming, Yates*

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*Albany, Clinton, Columbia, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington*

**SOUTHERN Cathy Johansen –** [catjoe@verizon.net](mailto:catjoe@verizon.net)

*Dutchess, Nassau, New York City (5 Boroughs), Orange, Putnam, Rockland, Suffolk, Sullivan, Ulster, Westchester*

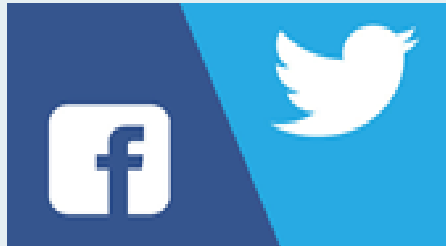
***We strongly encourage all our members to find others to join this organization. Not only do we provide educational and training opportunities, but the networking it affords is second to none.***

***Visit us on Facebook.***

***Like us on Twitter.***

***Check out the website at: [www.NYWLE.org](http://www.NYWLE.org)***

***Contact us at [nywomeninlawenforcement@gmail.com](mailto:nywomeninlawenforcement@gmail.com)***



#### Disclaimer

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