



**Ohio Chapter Meeting**  
February 19, 2021  
Virtual Meeting

**The following members attended via ZOOM:**

Patti Ianni	HW&Co.	Cleveland, Ohio
Leisha Rospert	Payne, Nickles & Company	Norwalk, Ohio
Tammy Boring	Snyder & Company	Lancaster, Ohio
Drema Foster	Suttle & Stalnaker, PLLC	Charleston, WV
Daniel Gregory	Genske, Mulder & Company, LLP	Orange County, CA
J.D. Hurley	McClintock & Associates	Pittsburgh, PA
Kim Fantaci	CPAFMA	Dayton, OH

## **Business Meeting**

Leisha Rospert, Ohio Chapter President opened the business meeting.

The minutes from the September meeting as posted were approved. If you have any changes, contact Patti Ianni, Chapter Secretary.

Tammy Boring, Chapter Treasurer, stated no new activity therefore no treasurer's report. This was approved.

Leisha Rospert reported there were no new members to the chapter.

Leisha Rospert reported that Sarah Galley, Program Chair has resigned, as she is no longer in the accounting profession. Leisha Rospert notified all attendees of the vacant position and invited all to reach out to her if they were interested in becoming Program Chair.

Leisha Rospert confirmed the remaining dates for the 2021 Ohio Chapter meetings.

May 21, 2021 (topic- The Good, Bad and the Ugly of Busy Season)

July 16, 2021

September 17, 2021

Leisha Rospert reported the 2021 National Practice Management Conference-ENGAGE is scheduled for June 8-10, 2021 at the Aria Resort in Las Vegas, NV. There are options for attending in person and virtually. Conference details and pricing are on the CPAFMA website. The conference this year is being held in conjunction with the AICPA.

Kim Fantaci, CPAFMA, reported the 2022 CPAFMA Practice Management Conference will be held solo for 2022 in Portland, Maine from June 21-23, 2022.

## **Roundtable**

- Safe send returns- a few firms using- drawback is on city returns- have to file paper returns for city. Some firms experiencing difficulty with safe send and office 365 working well together.
- Virtual team building events- White elephant gifting, teams trivia, virtual bingo
- Qualified candidates-all firms are experiencing problems finding qualified candidates at all levels. Pool is very small to draw from as applicants are resistant to leave during pandemic/remote environments.
- Patti Ianni will create a survey to send to chapter members with goal of improving meeting attendance and engagement in chapter

**Speaker: Carrie Schilling, BSN< RN< LMT- Kettering Health Network**

### **What is Stress?**

- What causes stress in your life, where does it manifest itself in your body?
- Fight or flight response- our bodies' slow down- digestive, brain-thoughts, our blood thickens- all natural reactions to stress. This is a constant level of stress, as we go through each day no spike in levels just a constant. The pandemic has brought this out in many of us.
- We need to be aware of what triggers this and how you respond to the stressors.
- Rest and digest- it is important to schedule time to inject quiet restful periods into our days- more moments of rest. This will aid your body in lowering cortisol levels. Even minutes of calm help with this.
- "Anxiety lives in past and future- NOT in the PRESENT. " Our thoughts create stress.
- Important to practice mindfulness
  - Calm- ability to pause- chose words instead of reacting.

**When working in a state of stress we do not recognize stress in others.** Pay attention to the present moment. We will then face experiences with openness, curiosity and a willingness to be with what is.

### **Some important guides to assist with recognizing stress**

Pairs of words- these will bring you peace and help you deflate. Suggested words that work for the speaker are:

Color/peace

Serenity/clarity

Blue/green

Water/grass

Comfort/peace

She suggests you think of words that bring happy, calm, peaceful items to the front of your mind and use these when you are stressed/overwhelmed. Take a moment and just say those words and feel the feelings they evoke in you.

**Breath Meditations-** force yourself into slower deeper breaths

**Alternate Nostril Breathing**- very good for when you feel scattered and need to focus. Take 1 minute. Find instructions on internet.

**Gratitude**- experience gratitude. This is associated with

- Experiencing more positive emotions, improved health
- More enjoyment in life experiences- stronger relationships, stronger coping skills when facing hardship.
- We see what we are looking for!

**How to cultivate gratitude using the following tools**

- Journaling- 4 times a day write down a thought
- Journaling helps by clarifying thoughts, you get to know yourself better, it reduces stress and helps you solve problems more efficiently and assists you with resolving disagreements with others
- Expression- write thank you notes or emails, never have to be sent, just the act of writing them provides benefit.
- Gratitude meditation- sit quietly with a thought of someone or something positive in your day.