

## Lunch & Learn Recap: Body of Water; Performance and Conversation with Sara Nesson

June 20, 2024

### Announcements

- Subscribe for Zoom recaps, updates, and invitations for future events.
  - <https://batemanhornecenter.org/outreach/newsletter/>
- BHC Research is still recruiting for two Long Covid studies. Visit <https://batemanhornecenter.org/research/> to apply or for additional information.
- Lunch & Learn series is open for presenters in 2024. Email [outreach@batemanhornecenter.org](mailto:outreach@batemanhornecenter.org) if you are interested in presenting to the BHC community.
- Latest newsletter: <https://batemanhornecenter.org/wp-content/uploads/2024/03/Winter-2024-newsletter.pdf>
- **Please note the support group date changes for July:**
  - Tuesday, July 16, at 1 pm, MT
  - Tuesday, July 30, at 1 pm, MT

*The following presentation summary, resources, and anecdotes were shared by attendees and do not necessarily reflect BHC guidance nor endorsement.*

Sara gave a beautiful performance of her solo show [Body of Water](#), a short monologue that follows her journey as a landlocked distance swimmer struggling to find the way home. Following Sara's performance, participants had the opportunity to talk about grief, loss, and resilience. Participants shared ways the piece resonated and reflected their own experiences.

If you missed the event, you can join Sara at an upcoming Body of Water program with Mass ME/CFS Association (August) or the Health Story Collaborative (September).

You can learn more about Body of Water, upcoming events, or join Sara's email list on her [website](#).

## Resources Shared During the Session

- <https://www.healthstorycollaborative.org/creativemeetups>

## General Resources

- Crisis Resources
  - Dial 988
    - [What Happens When You Call 988?](#) (Article)
  - Dial 911
  - [Crisis Text Line](#)
  - [Crisis resource page](#) (BHC)
- Support Groups
  - BHC Support Group 2<sup>nd</sup> and 3<sup>rd</sup> Tuesday at 1 pm MST
    - <https://batemanhornecenter.org/events/>
  - Surviving with ME
    - <https://www.facebook.com/groups/695317212152964>
  - ME/CFS Social Group
    - <https://www.facebook.com/groups/1202428297198122>
  - CFS/ME Friends
    - <https://www.facebook.com/groups/CFSMEFRIENDS>
  - International ME Support Chat
    - 11am-1pm EST/ 5 -7pm GMT / 3-5am Melbourne time & 9-11pm EST/ 3-5am GMT/ 2-4pm Melbourne time
    - <https://us06web.zoom.us/j/84362703704?pwd=bfKmegaCLNhS6KwOUve7fkcsQjs7sB.1>
  - ME/CFS phone support group
    - Occurs on Saturday nights at 8pm, EST.
    - Call: 609-746-1155. Punch in: 915110#. Group is open to all.
  - Massachusetts ME and FM Association Small Group Chats
    - <https://www.massmecfs.org/>
  - #MEAction Living w/ME Support Group
    - <https://www.facebook.com/groups/211058135999671>
  - Caregiver Support Group
    - <https://www.meaction.net/event/me-partner-caregivers-support->

[group/all/](#)

- Health Stories Collaborative Creative Meetups
  - <https://www.healthstorycollaborative.org/creativemeetups>
- Caregiver Support
  - [Caregiver Wisdom](#) is an online venture to support chronic illness caregivers. [Current free offerings](#) include: a [monthly support group](#), a [free online community](#) that's off of social media, and [a blog](#) with helpful posts.
  - A support group for partner caregivers (please note all caregivers are welcome) takes place the first Sunday of each month at **12 p.m. PT / 3 p.m. ET**. We focus on monthly topics and have small breakout rooms for closer community connection. To be added to the email list, contact Kim at [kim.mecfs@gmail.com](mailto:kim.mecfs@gmail.com).
  - #MEAction's support group for all family caregivers takes place the third Saturday of each month at 12:30 p.m. PT / 3:30 p.m. ET. To be added to the email list, contact Denise at [caregiver@meaction.net](mailto:caregiver@meaction.net).
  - If you are on Facebook, [#MEAction has a Facebook group for caregivers](#)
  - If you are on Discord, Nia has started a [channel for ME/Long COVID caregivers](#).