

Wellness Is a Piece of Cake

What does wellness mean to you? That was a question we at ALA headquarters were asked by our volunteer Wellness Committee. What initially came to my mind were those people who embody peak *physical* wellness – gym rats, athletes, the broccoli-instead-of-brownie folks. I'll admit that I didn't answer the question when asked, as I wasn't sold on my nescient view. There must be more to being well, I thought. So, along with my colleagues here at HQ, we dedicated the month of June to figuring it all out.



Amy Dvorak
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ASSOCIATION OF
LEGAL ADMINISTRATORS

The Wellness Committee has challenged us, but fun has been had along the way. We learned about mental health and music therapy. We learned that dental hygiene is important and that wellness is more than lifting weights and giving up Diet Dr. Pepper. We took meetings outside for a walk, tossed a Frisbee on breaks, went bowling and received sunscreen. Our friend and former ALA member Judy Hissong, now Principal of Nesso Strategies, spoke to us via webcam about communication. We created an online group to share ideas, and somewhere along the way, we squeezed in a yoga lesson. And that's not even half of it.

I learned a lot about wellness over the past month, however, my biggest takeaway is one that I did not expect. With all the learning, exercises and tips, what struck me most is the fact that we're all aiming for wellness together. We need each other. And we have support.

I am absolutely floored by the camaraderie that's come from this initiative. I know so much more about my colleagues and their lives. I witnessed new friendships form. We've created a supportive community, and that in itself is wellness.

As ALA members, I know you look to this Association for community, too. In this issue, you'll find a friend in Debbie Elsbury, CLM, who shares what she learned in preparing for the Certified Legal Manger (CLM)SM exam (p. 48). To help you with communication, we've put together a section chock-full of resources on the topic (p. 44). Finally, ALA President Rita Alli inspires and challenges us to better ourselves (p. 68).

As I sit here and finish off a greasy sandwich, I think again about what wellness means to me, and I can't help but come back to the people. Sure, there's dessert, but after, I've got a loyal gym partner at my side. I have family with open ears, and if I ever get lonely, I'll follow the advice from the movie "Almost Famous" and go to the record store to visit my friends. Be well!

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contributors



For this issue, **Debbie Elsbury, CLM**, shared with us her story "Lessons Learned from the CLM Exam" (p. 48). "I learned that my chapter members were rooting for me," she said in the piece. Elsbury is the Office Manager at Threlkeld & Associates in Indianapolis, Indiana.



We love to get to know our ALA members on not just a professional level, but a personal level, too. This month, it's **Abigail Martin** (p. 50), Office Manager at Betz & Associates. In this article we learn about her two dogs, a Twitter addiction and her firm's wellness program.