

May TWA Newsletter

Hi TWA Members,

I hope you are all doing well during this time. May is mental health awareness month –and during such an uncertain time like this, it is important to find ways cope with stress and be kind to our minds. I walk, bike, check in on friends and family via phone and something new to me is planting seeds for my garden this spring.

As I was planting seeds to start herbs, lettuce and spinach, I thought about how calming and rewarding gardening is. My Mom has always planted a wonderful garden and still does today at 85. The article [10 Mental Health Benefits of Gardening](#) discusses how spending time outside is good for our bodies and our mind. I hope you are all finding ways to refresh during this time.

I also want to wish a Happy Mother's Day to All. Each of us helps nurture others in one way or another – and it doesn't go unnoticed! Enjoy the weekend!



See below for TWA updates and initiatives this month. As always, let us know if you have any ideas or questions.

Thanks!

Kelli Morgan

TWA President



TWA Community Involvement Calendar – May

This month, the community calendar focuses on mental health awareness. Included are suggestions for managing mental health during COVID-19, and ways to help others during this time.

[Check out the full community involvement calendar](#) on the community page of the TWA website.



TWA Month of Service Volunteer Challenge

TWA Challenges all members to participate in at least one volunteer activity during our Month of Service in May. Capture your event in a picture or in a

few words and send it to myxerox@xerox.com and/or use the hashtags #XeroxCares, #VirtualVolunteering

[Learn more](#)



TWA Webinars –Recordings and Upcoming Sessions

Upcoming Webinar –*Microsoft Teams with John Barnes*

Date: May 21st | Time: 12:00-1:00pm EST

Join us as John Barnes shares how to use Microsoft TEAMS and when to use TEAMS vs Webex.

[View Invitation/Register](#)

April Webinar Replay: *How Social Media Is Transforming* with Carl Franzen, Xerox Storyteller focused on Social Media .

[Watch the Replay](#)



TWA Mentorship Program

The TWA Mentorship program could be your next best chance to align yourself with someone that will help recharge your focus towards those career goals you have been neglecting for some time. This year our program will work to align you to a mentor whose career strengths are in line with your identified areas of growth.

Learn more/sign up: <http://www.thewomensalliance.net/mentors/>

The Women’s Alliance is a Xerox recognized, independent employee group that exists to aid in achieving company diversity & inclusion objectives. TWA Communications are sent to the TWA membership distribution list as a benefit of membership. If you wish to be removed from TWA membership, please send a note to USA.TWA.Membership@xerox.com with “Cancel TWA Membership” in the subject line. Upon receiving the request, it will be processed within one business month, including reconciliation of dues payment. A confirmation email note will be sent to the requestor. Note: From this point onwards, you will no longer receive official TWA communications.


