

## Sack Lunch Series for Faculty and Staff

Fall 2009

- Pizza and Soft Drinks provided
- Noon - 1 pm
- Click on the dates below to save a place

### **How to Feed Your Family on \$40 a Week**

Kelly Hancock - Faithful Provisions



[September 17](#) (Thursday)

BSLC Conference Room B

You will learn concepts on how to stock ahead and change the way you shop, in order to save 50-75% on every grocery trip! We'll discuss how to stretch your dollar by using tools like:

- Meal Planning
  - Grocery Budgeting
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- Food Preparation
  - Reading Sale Ads
  - Stockpiling

### **Belmont's Next Steps**

Kim Daus, PhD - Professor of Chemistry and Physics

SACS Quality Enhancement Plan Coordinator

[September 29](#) (Tuesday) Noon - 1 pm

BSLC Conference Room B

Six groups have been busy creating and presenting proposals for Belmont's SACS re-accreditation Quality Enhancement Plan (QEP). This sack lunch will give you an opportunity to hear an overview with summaries of each. We will be able to give our individual feedback to Senior Leadership for their consideration in making the decision of which QEP will be chosen. This will be an exciting next step for our students' learning process.

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### **Cost of Conflict: Now's Not the Time to Waste Money**



Leigh Ann Roberts, JD - Adjunct Professor of Management

[October 2](#) (Friday) Noon - 1 pm

BSLC Conference Room B

It is not a matter of IF conflict will happen in the workplace, it is just a matter of WHEN it

happens. Progressive and successful organization leaders must have conflict management strategies that help minimize the cost of conflict within their company, community, nonprofit or other organization. Learn in detail how conflict impacts the bottom line of an organization, receive training on the various types of conflict approaches through a personalized conflict assessment survey, and turn those uncomfortable situations into positive resolutions.

Presented by Leigh Ann Roberts JD

Mediator, Arbitrator, Trainer & Consultant

For more information about Leigh Ann and her firm, go to [www.PapaRoberts.com](http://www.PapaRoberts.com)

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## How to Make a Green Bag Lady Bag

Teresa Van Hatten-Granath, Associate Professor of Art

[October 7](#) (Wednesday) Noon - 1 pm

Leu Center for the Visual Arts Lab #116

Teresa is doing an environmentally friendly art project making and giving away free cloth bags (if the recipient promises to use it instead of paper or plastic). Join us to find out how to make the bags from a free downloadable pattern on her website [www.greenbaglady.org](http://www.greenbaglady.org)

Bring your own sewing machine if you have one. There will also be several extras available in the room. Teresa will provide straps and material already cut and ready to go.

Make sure to register to attend in advance because space is limited.



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## What's for Lunch? - Living Wills. Durable Power of Attorney for Dessert!



Kate Payne, RN, JD - Director of Ethics, St. Thomas Hospital  
Chuck Wainright, PhD - Associate Professor of Management & Health Care

[October 9](#) (Friday)

BSLC Conference Room B

Medical directives have been around for decades, with an intense focus nationally since 1991 and the passage of the Patient Self Determination Act. 96% of Americans have heard about Living Wills but only 29-30% have actually filled one out. Advance care planning includes completion of medical directives but it is also a time to reflect on your personal wishes, values and goals related to health care. Come learn more about Living Wills and Power of Attorney for Health Care with Chuck Wainright, PhD and guest speaker Kate Payne, RN, JD. In her role as Director of Ethics at Saint Thomas Hospital, she sees 50 or more people each month to assist them in making their wishes known. Kate helped draft and pass the Tennessee Health Care Decisions Act which covers this aspect of life in Tennessee.

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## Tablescapes for the Holiday Season

Sherry Oliver - Sodexo Catering Director

[November 13](#) (Friday) Noon - 1 pm

BSLC Conference Room B



Join our own Sherry Oliver, Sodexo Catering Director, for an hour of creative ideas for the holidays.

Enjoy the masterful skill of this Food Network participant as she teaches you how to create tablescapes using food and items from your kitchen. Think your space too small for entertaining!

Sherry will also give tips on how to utilize your limited space to create a display your guests will envy!

