As I write my first president’s message, I can’t help but reflect on what an unusual time this is for each of us regardless of where we live or work. Our lives have been turned upside down - we’ve been challenged to learn how to work productively from home, many with kids and spouses occupying the same spaces, and we’ve adapted to an ever-changing environment, donning face masks at work or in public, plus so much more. There are so many changes to our world right now and our role as internal auditors is no different. My hope is that we are all learning to adapt both personally and professionally.

As we continue to try and bring virtual training opportunities to the chapter, we will be working with each of our presenters or the chapter facilitating the training and the various platforms they use. If your organization has strict security requirements, please reach out to us! We can share the platform being used by our upcoming presenters to give you the opportunity to work with your Information Technology Department to move towards approval to allow the webinar platform into your network to join our events. If you have recommendations for virtual speakers, please let us know by sending an email to chapter232@iia chapters.org.

Self-care has always been important, but in tough times such as the present, self-care is even more important. On that note, I’d like to share with you something I recently received in a Springfield Business Journal “Be Well for Business” email, presented by Burrell Behavioral Health in Springfield, Mo.

**Daily Acronym to Practice Self-Care**

Remember to L.A.U.G.H. Use this acronym daily to help you practice self-care.

- Limit exposure to negativity (news, social media, people)
- Anchor (adapting and/or developing rituals and routines for structure in our days)
- Unite (Do not let physical distance lead to social and emotional isolation)
- Grace (extend grace to yourself and others, we are all doing the best that we can)
- Health (daily practices to support physical, emotional and relational health)

For us to thrive personally and professionally, we must take care of ourselves. Always remember to L.A.U.G.H.!

Lastly, I am very thankful for the leadership shown by the 2019-2020 Ozarks IIA Chapter Officers, Board Members and Committee Members. I look forward to serving as the president of the IIA Ozarks Chapter for the 2020-2021 fiscal year. Stay safe and be well!

Krystal Kauffman

President

Institute of Internal Auditors, Ozarks Chapter
THE MEMBERSHIP CORNER
Let’s acknowledge those with anniversaries, welcome our newest members and congratulate those with new certificates.

ANNIVERSARIES & NEW MEMBERS
APRIL | MAY | JUNE | JULY
Katie Coleman | Leggett & Platt | New Member
Katie Dryer | OakStar Bank | New Member
Stella Aton | Cox Health | New Member
Carol Spriggs | Algonquin Power & Utilities Corp.
Angela Morelock | BKD CPAs, LLP
Robert Lawler | O’Reilly Auto Parts
Terence Arrington | BluCurrent Credit Union
Esther Axmark | General Council of Assemblies of God

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