

#MacroSW Transcript

Healthcare social media transcript of the #MacroSW hashtag.

Thu, November 21st 2019, 8:45PM – Thu, November 21st 2019, 10:15PM (America/New_York).

See #MacroSW Influencers/Analytics.



Isabella Ramirez @Isabell65489655
Hello everyone #macroSW

an hour ago



Vilissa Thompson @VilissaThompson
Welcome to the last #MacroSW chat of 2019!

an hour ago



Jonathan Singer @socworkpodcast
Episode 121: The Special Commission on Macro Practice: Interview with Dr. Darlyne Bailey and Dr. Terry Mizrahi <https://t.co/oQLjxHyIYB> #macrosw #socialwork

an hour ago



Vilissa Thompson @VilissaThompson
Tonight's chat topic is: Looking Back & Moving Forward: Reflecting on 2019 & Preparing for 2020 #MacroSW <https://t.co/h7WkfuljXx>

an hour ago



Kristin B. Frazee @porndaughter
Hello everyone #macrosw

an hour ago



Vilissa Thompson @VilissaThompson
If you are new to our Twitter chats, check out our FAQs here: <https://t.co/ixqd917Ayl> #MacroSW

an hour ago





Vilissa Thompson @VilissaThompson

an hour ago

If you are new to Macro #socialwork, we have a FAQ for that too:
<https://t.co/x9uShitEyy> #MacroSW



Maria @Maria143x_x

an hour ago

Hey my name is Maria and I am a Suny Oneonta student #MacroSW



Stephen Cummings, LISW 🎙️ 💻 @spcumings

an hour ago

It's time for the #MacroSW Twitter chat season finale!! <https://t.co/BZwFRLYKkO>



Stephen Cummings, LISW 🎙️ 💻 @spcumings

an hour ago

RT @VilissaThompson: Tonight's chat topic is: Looking Back & Moving Forward: Reflecting on 2019 & Preparing for 2020 #MacroSW <https://t...>



Vilissa Thompson @VilissaThompson

an hour ago

I'm Vilissa Thompson, your chat host for tonight and one of six #MacroSW partners. The rest of the amazing group includes: @SunyaFolayan, @poliSW, @porndaughter @spcumings, and @karengoda.



Vilissa Thompson @VilissaThompson

an hour ago

Our #MacroSW contributors are a dynamic group to work with: @AlyssaLotmore, Pat Shelly @UBSSW, and @acosaorg



Stephen Cummings, LISW 🎙️ 💻 @spcumings

an hour ago

RT @VilissaThompson: I'm Vilissa Thompson, your chat host for tonight and one of six #MacroSW partners. The rest of the amazing group incl...



Vilissa Thompson @VilissaThompson

an hour ago

Let's do introductions! #MacroSW



Anna @anna_ambrussuny

an hour ago

Hello everyone I'm Anna! #MacroSW





Vilissa Thompson @VilissaThompson

an hour ago

Have you checked out the #MacroSW Patreon? Becoming a Patron is one way to help us expand our work and continue the chats: <https://t.co/D0O8nA95GL>



Vilissa Thompson @VilissaThompson

an hour ago

If you aren't in a position to become a Patron, please support #MacroSW by retweeting the link: <https://t.co/D0O8nA95GL>



Sunya Folayan @SunyaFolayan

an hour ago

It's time for #MacroSW chat and as always this will be a good one. Please pardon tweets!



Sunya Folayan @SunyaFolayan

an hour ago

RT @VilissaThompson: If you are new to our Twitter chats, check out our FAQs here: <https://t.co/ixqd917Ayl> #MacroSW



Disney's Plus Size @CandiLand808

an hour ago

RT @VilissaThompson: Have you checked out the #MacroSW Patreon? Becoming a Patron is one way to help us expand our work and continue the c...



Vilissa Thompson @VilissaThompson

an hour ago

#MacroSW



Stephen Cummings, LISW 🎙️ 💻 @spcumings

an hour ago

@anna_ambrussuny Welcome to the #MacroSW Chat, Anna!



Vilissa Thompson @VilissaThompson

an hour ago

@MattheaMarquart Glad to see you here, Matthea! #MacroSW



Stephen Cummings, LISW 🎙️ 💻 @spcumings

an hour ago

@Maria143x_x Welcome, Maria! #MacroSW!





Vilissa Thompson @VilissaThompson

an hour ago

Please remember to use the hashtag #MacroSW in your tweets to follow the discussion and allow everyone to know what you have to say!



Anna @anna_ambrussuny

an hour ago

@spcummings Thank you so much!! Always an honor to witness and be part of discussions 😊 #macroSW



Kristin B. Frazee @porndaughter

an hour ago

Hi, I'm Kristin. #macrosw partner and @ColumbiaSSW field ed associate director.



Stephen Cummings, LISW 🎧 🖥️ @spcummings

an hour ago

@Isabell65489655 Hello and welcome, Isabella! #MacroSW



Sunya Folayan @SunyaFolayan

an hour ago

I'm @sunyafolayan. Chat partner. My interests are #MacroSW as a community engagement tool, creative practice, and financial asset building for those in our profession. Welcome to our season finale chat!



Vilissa Thompson @VilissaThompson

an hour ago

Let's begin the chat! #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

Q1: If you had to describe 2019 in one word, what would it be and why? #MacroSW



Matthea Marquart @MattheaMarquart

an hour ago

Hi #macrosw folks! I'm Matthea. Social worker into online ed, digital tech, education. Glad to make it here tonight - it's been ages since I was able to make it to one of these and it's the last one of the year!





Stephen Cummings, LISW 🎤 🖥️ @spcumplings

an hour ago

Good evening, everyone! I'm Stephen, #macroSW, Inc partner and clinical assistant professor at @UISchoolofSW. <https://t.co/a9rV3R7cXP>



Dr. SantaDaddy™ PhD @terdcarply

an hour ago

Growth



Stephen Cummings, LISW 🎤 🖥️ @spcumplings

an hour ago

@MattheaMarquart Great to see you here tonight, Matthea! #MacroSW



Victoria Strongosky @VStrongosky

an hour ago

@OfficialMacroSW For the upcoming 2020, I'm hoping to focus on the word self-care because as social work student and future professional I don't always focus on self care and it is imperative that in order to help others we are taking care of ourself. #MacroSW #CO_Jackson



Karen 🌹 Zgoda @karengoda

an hour ago

RT @VilissaThompson: I'm Vilissa Thompson, your chat host for tonight and one of six #MacroSW partners. The rest of the amazing group incl...



Crystal N. Dunivant @crysnaacd

an hour ago

#MacroSW



Queen Beryl's Nail Tech @PorterPizzazz

an hour ago

Trying



Kristin B. Frazee @porndaughter

an hour ago

RT @crysnaacd: #MacroSW <https://t.co/tyX84cDX0j>



Sunya Folayan @SunyaFolayan

an hour ago

RT @VilissaThompson: Our #MacroSW contributors are a dynamic group to work with: @AlyssaLotmore, Pat Shelly @UBSSW, and @acosaorg





zellie @zellieimani

an hour ago

RT @VilissaThompson: Have you checked out the #MacroSW Patreon? Becoming a Patron is one way to help us expand our work and continue the c...



Karen 🌹 **Zgoda** @karenzgoda

an hour ago

#MacroSW <https://t.co/Wgg2luwFiU>



Alyssa Lotmore @AlyssaLotmore

an hour ago

@spcumings It's the final #MacroSW chat of the Fall semester! Looking forward to a great discussion tonight!



Karen 🌹 **Zgoda** @karenzgoda

an hour ago

RT @AlyssaLotmore: @spcumings It's the final #MacroSW chat of the Fall semester! Looking forward to a great discussion tonight!



Stephen Cummings, LISW 🎧 🖥️ @spcumings

an hour ago

A1: 2019 in one word for me: overloaded. #MacroSW



Karen 🌹 **Zgoda** @karenzgoda

an hour ago

RT @crysnaed: #MacroSW <https://t.co/tyX84cDX0j>



Crystal N. Dunivant @crysnaed

an hour ago

A1: Eye-opening #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

A1a: Discovery. I've discovered more about myself and those around me than I ever wanted to know (and in some cases, needed to). The truth shaped the positions people have in my life & how I need to engage. A key year of growth. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

A1b: But truthfully, I'm tired of learning all of these lessons about people... it's way enough. The growth can stay, however. lol #MacroSW





Allison Stricklin @AllisonStrick1

an hour ago

RT @VilissaThompson: Have you checked out the #MacroSW Patreon? Becoming a Patron is one way to help us expand our work and continue the c...



Vilissa Thompson @VilissaThompson

an hour ago

RT @spcummings: A1: 2019 in one word for me: overloaded. #MacroSW
<https://t.co/7vAoX1nmmN>



Karen 📌 **Zgoda** @karenzgoda

an hour ago

Karen here in Boston, #MacroSW founder and social worker! Also I just introduced another friend to the magic of @FosseVerdonFX so my gifs may be themed. Musicals and Broadway, anyone? <https://t.co/V2sXqY035m>



Karen 📌 **Zgoda** @karenzgoda

an hour ago

RT @VilissaThompson: Our #MacroSW contributors are a dynamic group to work with: @AlyssaLotmore, Pat Shelly @UBSSW, and @acosaorg



Karen 📌 **Zgoda** @karenzgoda

an hour ago

RT @VilissaThompson: If you are new to Macro #socialwork, we have a FAQ for that too: <https://t.co/x9uShitEyy> #MacroSW



Kristin B. Frazee @porndaughter

an hour ago

A1: Busy #MacroSW



Karen 📌 **Zgoda** @karenzgoda

an hour ago

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Matthea Marquart @MattheaMarquart

an hour ago

A1: Fast. I can't believe the year is almost over - feels like it was January yesterday #MacroSW



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Stephen Cummings, LISW 📌 🖥 @spcummings

an hour ago

@MattheaMarquart Forgot to add a GIF...how about a control panel exploding? That seems about right. #MacroSW <https://t.co/MKTERP2LGI>



Karen 📌 **Zgoda** @karenzgoda

an hour ago

@Maria143x_x Welcome to #MacroSW tonight!



Vilissa Thompson @VilissaThompson

an hour ago

RT @MattheaMarquart: A1: Fast. I can't believe the year is almost over - feels like it was January yesterday #MacroSW <https://t.co/QYlo6QP...>



Anna @anna_ambrussuny

an hour ago

A1: personally; growth politically; exhausted #MacroSW



Ligaya Loyola #StillwithKap #RepresentationMatters @LigayaLoyola

an hour ago

RT @MattheaMarquart: A1: Fast. I can't believe the year is almost over - feels like it was January yesterday #MacroSW <https://t.co/QYlo6QP...>



Karen  **Zgoda** @karenzgoda

an hour ago

@anna_ambrussuny Glad you could join Anna! #MacroSW



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Karen  **Zgoda** @karenzgoda

an hour ago

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Karen  **Zgoda** @karenzgoda

an hour ago

RT @VilissaThompson: Please remember to use the hashtag #MacroSW in your tweets to follow the discussion and allow everyone to know what yo...



Karen  **Zgoda** @karenzgoda

an hour ago

RT @porndaughter: Hi, I'm Kristin. #macrosw partner and @ColumbiaSSW field ed associate director.



Karen  **Zgoda** @karenzgoda

an hour ago

RT @SunyaFolayan: I'm @sunyafolayan. Chat partner. My interests are #MacroSW as a community engagement tool, creative practice, and financi...



Karen  **Zgoda** @karenzgoda

an hour ago

RT @MattheaMarquart: Hi #macrosw folks! I'm Matthea. Social worker into online ed, digital tech, education. Glad to make it here tonight...



Karen Zgoda @karengoda

an hour ago

@MattheaMarquart Welcome back to #MacroSW Matthea!



Sunya Folayan @SunyaFolayan

an hour ago

A1: Unfolding #MacroSw



Queen Beryl's Nail Tech @PorterPizzazz

an hour ago

Trying because I lost a lot of family and friends this year and has really shaken me that the people I love won't always be there and I'm still trying to come to terms with it



Karen Zgoda @karengoda

an hour ago

RT @VilissaThompson: Q1: If you had to describe 2019 in one word, what would it be and why? #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

#MacroSW



Matthea Marquart @MattheaMarquart

an hour ago

@karengoda Thank you @karengoda! #MacroSW <https://t.co/l3izeR9dXq>



Crystal N. Dunivant @crysnaacd

an hour ago

@VilissaThompson It was definitely a year of seeing people and situations up close and personal. #MacroSW



Karen Zgoda @karengoda

an hour ago

A1: Grateful. #MacroSW <https://t.co/4qQkOhK22E>



Vilissa Thompson @VilissaThompson

an hour ago

RT @crysnaacd: @VilissaThompson It was definitely a year of seeing people and situations up close and personal. #MacroSW



Karen Zgoda @karengoda

an hour ago

RT @crysnaacd: A1: Eye-opening #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

Q2: What was a memorable moment of the year for you? #MacroSW



Karen Zgoda @karenzgod

an hour ago

RT @VilissaThompson: A1a: Discovery. I've discovered more about myself and those around me than I ever wanted to know (and in some cases, n...



Ligaya Loyola #StillwithKap #RepresentationMatters @LigayaLoyola

an hour ago

RT @VilissaThompson: Q2: What was a memorable moment of the year for you? #MacroSW



Karen Zgoda @karenzgod

an hour ago

RT @VilissaThompson: A1b: But truthfully, I'm tired of learning all of these lessons about people... it's way enough. The growth can stay,...



Karen Zgoda @karenzgod

an hour ago

RT @porndaughter: A1: Busy #MacroSW



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Karen Zgoda @karenzgod

an hour ago

RT @SunyaFolayan: A1: Unfolding #MacroSw



Karen Zgoda @karenzgod

an hour ago

RT @VilissaThompson: #MacroSW <https://t.co/Xs02BaJwHY>



Neptune's Child @myempireofcrap

an hour ago

Transition



Karen Zgoda @karenzgod

an hour ago

RT @VilissaThompson: Q2: What was a memorable moment of the year for you? #MacroSW



Matthea Marquart @MattheaMarquart

an hour ago

@PorterPizzazz I'm so sorry to hear about these losses. May they rest in peace. Sending you condolences. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

#MacroSW



Vilissa Thompson @VilissaThompson
#MacroSW

an hour ago



osh @bonvivant83
Q2: Receiving the 40 under 40 award #macrosw

an hour ago



Stephen Cummings, LISW 📧 🖥️ @spcumings
A1: these impeachment hearings are going to stick with me for a while, I think, but I don't know if that's what this question is asking for :) #MacroST

an hour ago



Crystal N. Dunivant @crysnaacd
A2: Over 200 social workers walking all over Capital Hill advocating for increased safety and healthy work environments for all social workers. #MacroSW

an hour ago



Karen 🏆 **Zgoda** @karengoda
A2: I work in child welfare, and watching families do the hard work to grow from their hardships inspires me and helped me feel confident in my work. #MacroSW
<https://t.co/c7s7CL1SB8>

an hour ago



Vilissa Thompson @VilissaThompson
RT @SunyaFolayan: A1: Unfolding #MacroSw

an hour ago



Ligaya Loyola #StillwithKap #RepresentationMatters @LigayaLoyola
RT @SunyaFolayan: A1: Unfolding #MacroSw

an hour ago



Queen Beryl's Nail Tech @PorterPizzazz
Going on vacation with a good friend and my partner #MacroSW

an hour ago



Karen 🏆 **Zgoda** @karengoda
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an hour ago



Vilissa Thompson @VilissaThompson
RT @PorterPizzazz: Going on vacation with a good friend and my partner #MacroSW <https://t.co/t4MsicB60j>

an hour ago



Sunya Folayan @SunyaFolayan

an hour ago

@karengoda Grateful That was my tie answer :) #macrosw



Sunya Folayan @SunyaFolayan

an hour ago

@bonvivant83 Congratulations! #macrosw



Vilissa Thompson @VilissaThompson

an hour ago

A2: Going to Vegas in May for the biggest planner conference & seeing the @magicmikelive & @BrunoMars. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

Q3: What has been the biggest lesson(s) learned in 2019 that you will carry into the new year? #MacroSW



Sunya Folayan @SunyaFolayan

an hour ago

A2: Moments spent with my daughters, and grandchildren as we are spread out all over the country; My former husbands calling to check in on me. #macrosw



Karen Zgoda @karengoda

an hour ago

RT @VilissaThompson: Q3: What has been the biggest lesson(s) learned in 2019 that you will carry into the new year? #MacroSW



Victoria Strongosky @VStrongosky

an hour ago

@crysnaed @VilissaThompson I completely agree, lots of personal growth and learning about the people in your life #MacroSW #CO_Jackson



Vilissa Thompson @VilissaThompson

an hour ago

RT @VStrongosky: @crysnaed @VilissaThompson I completely agree, lots of personal growth and learning about the people in your life #MacroSW...



Karen Zgoda @karengoda

an hour ago

A3: #MacroSW <https://t.co/VNAaaa0dcz>



Jen Parga @SD_SocialWorker

an hour ago

@VilissaThompson A1. Challenging #MacroSW



Karen Zgoda @karengoda

an hour ago

RT @SunyaFolayan: A2: Moments spent with my daughters, and grandchildren as we are spread out all over the country; My former husbands call...



Crystal N. Dunivant @crysnaacd

an hour ago

A3: There is a certain type of peace and confidence that comes from setting a boundary and saying No. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

A3: Trusting my intuition because it has never led me wrong. Being highly intuitive is a blessing & at times, frustration, when I can't ignore things that I wish I could. This is particularly so when it comes to people & the mess they bring with them. #MacroSW



Karen  **Zgoda** @karenzgoda

an hour ago

RT @SD_SocialWorker: @VilissaThompson A1. Challenging #MacroSW



Karen  **Zgoda** @karenzgoda

an hour ago

RT @crysnaacd: A3: There is a certain type of peace and confidence that comes from setting a boundary and saying No. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

RT @SD_SocialWorker: @VilissaThompson A1. Challenging #MacroSW



Sunya Folayan @SunyaFolayan

an hour ago

A3: Maintain an attitude of learning, live life now, and stay in gratitude. #macrosw



Karen  **Zgoda** @karenzgoda

an hour ago

RT @VilissaThompson: A3: Trusting my intuition because it has never led me wrong. Being highly intuitive is a blessing & at times, frustr...



Anna @anna_ambrussuny

an hour ago

RT @karenzgoda: A3: #MacroSW <https://t.co/VNAeaa0dcz>



Jen Parga @SD_SocialWorker

an hour ago

@VilissaThompson A3. Trust the process (all of them ) #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

RT @SD_SocialWorker: @VilissaThompson A3. Trust the process (all of them ) #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

RT @SunyaFolayan: A3: Maintain an attitude of learning, live life now, and stay in gratitude. #macrosw



Karen Zgoda @karenzgod

an hour ago

RT @SunyaFolayan: A3: Maintain an attitude of learning, live life now, and stay in gratitude. #macrosw



Matthea Marquart @MattheaMarquart

an hour ago

@bonvivant83 Congratulations! #MacroSW



Karen Zgoda @karenzgod

an hour ago

RT @SD_SocialWorker: @VilissaThompson A3. Trust the process (all of them 🙏) #MacroSW



Isabella Ramirez @Isabell65489655

an hour ago

RT @VStrongosky: @OfficialMacroSW For the upcoming 2020, I'm hoping to focus on the word self-care because as social work student and futur...



Matthea Marquart @MattheaMarquart

an hour ago

@crysnaed That sounds awesome! #macrosw



Isabella Ramirez @Isabell65489655

an hour ago

RT @OfficialMacroSW: Hope to see you all at our LAST #MacroSW CHAT for the Fall season! <https://t.co/GJbU1m4bpN>



Michel Coconis @mcoconis

an hour ago

Hi all. Michel from Ohio University jumping on to join late tonight. With gratitude for you all. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

RT @mcoconis: Hi all. Michel from Ohio University jumping on to join late tonight. With gratitude for you all. #MacroSW



Michel Coconis @mcoconis

an hour ago

A3. Wow. Show up. All the peoe whoneed to be there, are. #MacroSW



Michel Coconis @mcoconis

an hour ago

RT @mcoconis: A3. Wow. Show up. All the peoe whoneed to be there, are. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

#MacroSW



Michel Coconis @mcoconis

an hour ago

All of the people who need to be there, are. (Sorry slippery fingers) #macrosw



Karen Zgoda @karenzgod

an hour ago

RT @mcoconis: Hi all. Michel from Ohio University jumping on to join late tonight. With gratitude for you all. #MacroSW



Vilissa Thompson @VilissaThompson

an hour ago

Q4: As we gear up for 2020, share 2-3 goals you are considering making. #MacroSW



Stephen Cummings, LISW @spcumings

an hour ago

@mcoconis No worries!! Great to see you here on the chat, Michel! #MacroSW



Jen Parga @SD_SocialWorker

an hour ago

Love this 🙌



Karen Zgoda @karenzgod

an hour ago

@mcoconis Great to see you tonight! #MacroSW



Kristin B. Frazee @porndaughter

an hour ago

A3: Appreciating all the great work and opportunities I have been provided this year. #MacroSW



Karen Zgoda @karenzgod

an hour ago

RT @VilissaThompson: Q4: As we gear up for 2020, share 2-3 goals you are considering making. #MacroSW



Matthea Marquart @MattheaMarquart

an hour ago

A3: Appreciate people while they're here (still missing Steven Schinke, who passed this year) #MacroSW



Karen Zgoda @karenzgod

an hour ago

RT @porndaughter: A3: Appreciating all the great work and opportunities I have been provided this year. #MacroSW



Michel Coconis @mcoconis

an hour ago

A2. Giving out so many "macro persists" buttons at cswe. Going to congress to talk about tge 28th constitutional amendment. Legal observing marches #MacroSW



Karen Zgoda @karenzgoda

an hour ago

RT @MattheaMarquart: A3: Appreciate people while they're here (still missing Steven Schinke, who passed this year) #MacroSW <https://t.co/j2...>



Karen Zgoda @karenzgoda

44 minutes ago

RT @mcoconis: A2. Giving out so many "macro persists" buttons at cswe. Going to congress to talk about tge 28th constitutional amendment....



Vilissa Thompson @VilissaThompson

44 minutes ago

A4: #MacroSW 1) Take more fun trips with my crew 2) Finally move to Charlotte, & purchase the condo that has all I need & will feel like home. 3) Enjoy the new adventure I plan to take, career wise, & bet on myself because I always win.



Vilissa Thompson @VilissaThompson

44 minutes ago

RT @MattheaMarquart: A3: Appreciate people while they're here (still missing Steven Schinke, who passed this year) #MacroSW <https://t.co/j2...>



Karen Zgoda @karenzgoda

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Matthea Marquart @MattheaMarquart

44 minutes ago

@spcumings Agreed @spcumings! #MacroSW



Anna @anna_ambrussuny

44 minutes ago

A4: 1. Apply to grad school. 2. Apply to grad school. 3. Apply to grad school. #MacroSW



Vilissa Thompson @VilissaThompson

43 minutes ago

@MattheaMarquart That's a major lesson to learn, Matthea. As we say, give people their flowers while we can. #MacroSW



Dawn St. Ann @DawnStAnn504

43 minutes ago

A4: Definitely traveling more and starting the process for LCSW! #MacroSW



Stephen Cummings, LISW @spcumings

42 minutes ago

A4: Finishing a long-gestating research project, writing for a new publication, and launching a new podcast project.



Michel Coconis @mcoconis

42 minutes ago

A4. Register 1500voters. Talk to 2000 voters at agencies. Listen to even more people about what they value and need, starting w partner, neighbors, and students. GOTV like hell. CELEBRATE the win. Get back to work. #MacroSW



Karen Zgoda @karengoda

42 minutes ago

A4: Practice my bass and write more. Surround myself with good people and make more time for fun. #MacroSW <https://t.co/7iVMeJMgd5>



Vilissa Thompson @VilissaThompson

42 minutes ago

RT @DawnStAnn504: A4: Definitely traveling more and starting the process for LCSW! #MacroSW <https://t.co/Hjmc5JLUoQ>



Karen Zgoda @karengoda

42 minutes ago

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42 minutes ago

RT @VilissaThompson: @MattheaMarquart That's a major lesson to learn, Matthea. As we say, give people their flowers while we can. #MacroSW



Vilissa Thompson @VilissaThompson

42 minutes ago

#MacroSW



Karen Zgoda @karengoda

42 minutes ago

RT @DawnStAnn504: A4: Definitely traveling more and starting the process for LCSW! #MacroSW <https://t.co/Hjmc5JLUoQ>



Jen Parga @SD_SocialWorker

42 minutes ago

@VilissaThompson A1 (just considering 😊) writing and publishing, and create #trauma sensitive yoga programming/classes #MacroSW



Karen Zgoda @karengoda

41 minutes ago

RT @mcoconis: A4. Register 1500voters. Talk to 2000 voters at agencies. Listen to even more people about what they value and need, starting...



Vilissa Thompson @VilissaThompson

41 minutes ago

RT @SD_SocialWorker: @VilissaThompson A1 (just considering 😊) writing and publishing, and create #trauma sensitive yoga programming/classes...



Sdizzile @starrjaneee

41 minutes ago

Hi I'm Starr Howell & I'm a senior at SUNY Oneonta #MacroSW



Michel Coconis @mcoconis

41 minutes ago

A4. Did i misunderstand tge question?? #MacroSW



Kristin B. Frazee @porndaughter

41 minutes ago

A4: 1) more #MacroSW work 2) volunteer for Democratic candidates 3) try to write more



Matthea Marquart @MattheaMarquart

40 minutes ago

A4: Hmmm. These are in tension with each other, but 1) spend more time with loved ones, and 2) get more sleep



Vilissa Thompson @VilissaThompson

40 minutes ago

#MacroSW



Queen Beryl's Nail Tech @PorterPizzazz

40 minutes ago

Don't be comfortable; challenge yourself #MacroSW



Crystal N. Dunivant @crysnaacd

39 minutes ago

A4: Get more sleep. Present more in the community. Figure out to support clinical social workers that are in the field and on the ground. I want to crush any "us" versus "them." #MacroSW



Vilissa Thompson @VilissaThompson

39 minutes ago

RT @PorterPizzazz: Don't be comfortable; challenge yourself #MacroSW

<https://t.co/mlbnipEsGY>



Matthea Marquart @MattheaMarquart

39 minutes ago

@mcoconis Fantastic! #MacroSW



Queen Beryl's Nail Tech @PorterPizzazz

39 minutes ago

Running a half-marathon Moving to a new city



Jonathan Singer @socworkpodcast

39 minutes ago

The 2018 NASW Code of Ethics has 19 changes, most related to #SWTech. Allan Barsky and I talk about 7 of them. Listen to PART 1: <https://t.co/UtpyEzk0TF> PART 2: <https://t.co/xsP5Um0TAR> #socialwork Part 3: <https://t.co/OE7SL6HumP> #MacroSW



Vilissa Thompson @VilissaThompson

39 minutes ago

#MacroSW



Advocate @bobinelson0

38 minutes ago

RT @socworkpodcast: The 2018 NASW Code of Ethics has 19 changes, most related to #SWTech. Allan Barsky and I talk about 7 of them. Listen t...



Michel Coconis @mcoconis

38 minutes ago

Yes this last part - ending the bifurcation of us v them is righteous!! #macrosw



Michel Coconis @mcoconis

36 minutes ago

A1. Conflicted. #MacroSW



Vilissa Thompson @VilissaThompson

36 minutes ago

Last question of the night coming up! #MacroSW



Karen 📌 **Zgoda** @karenzgoda

36 minutes ago

RT @porndaughter: A4: 1) more #MacroSW work 2) volunteer for Democratic candidates 3) try to write more



Karen 📌 **Zgoda** @karenzgoda

36 minutes ago

RT @SD_SocialWorker: @VilissaThompson A1 (just considering 😊) writing and publishing, and create #trauma sensitive yoga programming/classes...



Karen 📌 **Zgoda** @karenzgoda

36 minutes ago

RT @starrjaneeee: Hi I'm Starr Howell & I'm a senior at SUNY Oneonta #MacroSW



Joi @joiultra

35 minutes ago

RT @VilissaThompson: Have you checked out the #MacroSW Patreon? Becoming a Patron is one way to help us expand our work and continue the c...



Karen 📌 **Zgoda** @karenzgoda

35 minutes ago

@starrjaneeee Welcome to #MacroSW! We're on question 4.



Vilissa Thompson @VilissaThompson

35 minutes ago

Q5: Some people pick one word to be a focus during the new year. What word would you pick for 2020? #MacroSW



Karen 📌 **Zgoda** @karenzgoda

35 minutes ago

RT @VilissaThompson: Q5: Some people pick one word to be a focus during the new year. What word would you pick for 2020? #MacroSW



Michel Coconis @mcoconis

34 minutes ago

Is this final chat of 2019? Thank you to all of the #macrosw partners, guests, and participants for a great year of chatter! #connection #MacroSW



Matthea Marquart @MattheaMarquart

33 minutes ago

@mcoconis Yes! Thank you #MacroSW folks for all you do!
<https://t.co/mFRlmtBCyX>



Whaler @Whaler180Darts

33 minutes ago

@VilissaThompson Discombobulated #macrosw



Vilissa Thompson @VilissaThompson

33 minutes ago

A5: 2019 word was: Bold 2020 is looking to have two words: Unapologetic & Prosperity.



Michel Coconis @mcoconis

32 minutes ago

A5. #electionwin. Is that cheating if you add a # to 2 words? #MacroSW



Anna @anna_ambrussuny

32 minutes ago

A5: vote vote vote! #MacroSW



Karen Zgoda @karengoda

31 minutes ago

A5: GLOW. COME ON DEMS LETS WIN 2020. #MacroSW <https://t.co/A7651xHCtn>



Vilissa Thompson @VilissaThompson

31 minutes ago

Unapologetic because I refuse to bow down to anyone or anything that's not for me or attempts to undermine my efforts. Prosperity because I plan to flourish to the highest degree in everything I do & take what's mine. #MacroSW



Karen Zgoda @karengoda

31 minutes ago

RT @mcoconis: Is this final chat of 2019? Thank you to all of the #macrosw partners, guests, and participants for a great year of chatter!...



Matthea Marquart @MattheaMarquart

31 minutes ago

A5: Vote! #MacroSW



Vilissa Thompson @VilissaThompson

31 minutes ago

RT @MattheaMarquart: A5: Vote! #MacroSW <https://t.co/vlGZcUGoxZ>



Karen Zgoda @karengoda

31 minutes ago

RT @MattheaMarquart: @mcoconis Yes! Thank you #MacroSW folks for all you do!
<https://t.co/mFRlmtBCyX>



Karen Zgoda @karengoda

30 minutes ago

RT @Whaler180Darts: @VilissaThompson Discombobulated #macrosw



Anna @anna_ambrussuny

30 minutes ago

RT @karengoda: A5: GLOW. COME ON DEMS LETS WIN 2020. #MacroSW
<https://t.co/A7651xHCtn>



Karen Zgoda @karengoda

30 minutes ago

RT @VilissaThompson: Unapologetic because I refuse to bow down to anyone or anything that's not for me or attempts to undermine my efforts....



Card Captor Thottiana @SourceDuMal

30 minutes ago

-Running 2+ 5k races 2020 -Squatting 350 pounds/deadlifting 400/bench pressing 200



Karen Zgoda @karengoda

30 minutes ago

RT @MattheaMarquart: A5: Vote! #MacroSW <https://t.co/vlGZcUGoxZ>



Vilissa Thompson @VilissaThompson

29 minutes ago

#MacroSW



Crystal N. Dunivant @crysnaacd

29 minutes ago

I saw some students tonight that are literally on the front lines fighting health disparities and barriers to treatment. They poured some life back into me. My word for 2020 is hopeful 🙏 #MacroSW



Matthea Marquart @MattheaMarquart

28 minutes ago

If there's room for another word: Kindness because we need more of that in the world #MacroSW



Karen Zgoda @karengoda

27 minutes ago

Special thanks to the #MacroSW partners and collaborators, and especially to @poliSW who keeps us focused and on task! <https://t.co/wlrPePpLd7>



Karen Zgoda @karengoda

27 minutes ago

RT @VilissaThompson: #MacroSW <https://t.co/ZP9nReVoaW>



Karen Zgoda @karenzgod

27 minutes ago

RT @crysnaad: I saw some students tonight that are literally on the front lines fighting health disparities and barriers to treatment. They...



Karen Zgoda @karenzgod

27 minutes ago

RT @MattheaMarquart: If there's room for another word: Kindness because we need more of that in the world #MacroSW



Vilissa Thompson @VilissaThompson

27 minutes ago

I just realized that these two words spell UP & that's what I plan to do: be UP in some great opportunities and keeping what matters to me UP in the forefront & not be shaken by the noise. You see what I did there, lol. #MacroSW



Neptune's Child @myempireofcrap

26 minutes ago

RT @VilissaThompson: Unapologetic because I refuse to bow down to anyone or anything that's not for me or attempts to undermine my efforts...



Vilissa Thompson @VilissaThompson

26 minutes ago

#MacroSW



Karen Zgoda @karenzgod

26 minutes ago

RT @VilissaThompson: I just realized that these two words spell UP & that's what I plan to do: be UP in some great opportunities and keepin...



Vilissa Thompson @VilissaThompson

26 minutes ago

Our time is almost up! Share any last thoughts about the new year and what you hope will come. #MacroSW



Nancy Kusmaul, PhD, MSW @nancy_kusmaul

26 minutes ago

@VilissaThompson Lots of things but I met the Finnish ambassador to the US tonight. That's why I missed #macrosw



Vilissa Thompson @VilissaThompson

25 minutes ago

RT @nancy_kusmaul: @VilissaThompson Lots of things but I met the Finnish ambassador to the US tonight. That's why I missed #macrosw



Anna @anna_ambrussuny

25 minutes ago

RT @VilissaThompson: #MacroSW <https://t.co/NVzmFVxz2D>



Karen Zgoda @karenzgod

25 minutes ago

RT @VilissaThompson: #MacroSW <https://t.co/NVzmFVxz2D>



Karen  **Zgoda** @karenzgoda

25 minutes ago

RT @VilissaThompson: Our time is almost up! Share any last thoughts about the new year and what you hope will come. #MacroSW



Anna @anna_ambrussuny

24 minutes ago

RT @VilissaThompson: I just realized that these two words spell UP & that's what I plan to do: be UP in some great opportunities and keepin...



Karen  **Zgoda** @karenzgoda

24 minutes ago

@nancy_kusmaul @VilissaThompson That's awesome! #MacroSW
<https://t.co/G5CPtALHyV>



Vilissa Thompson @VilissaThompson

24 minutes ago

Tonight's #MacroSW chat archive can be found at: <https://t.co/3FhpS7aqyd>
#MacroSW



Vilissa Thompson @VilissaThompson

24 minutes ago

We hope that 2019 ends on a high note for each of you and we look forward to seeing you in 2020! #MacroSW



Karen  **Zgoda** @karenzgoda

23 minutes ago

RT @VilissaThompson: Tonight's #MacroSW chat archive can be found at:
<https://t.co/3FhpS7aqyd> #MacroSW



Karen  **Zgoda** @karenzgoda

23 minutes ago

RT @VilissaThompson: We hope that 2019 ends on a high note for each of you and we look forward to seeing you in 2020! #MacroSW



J. @juhlayseeuh

21 minutes ago

RT @VilissaThompson: We hope that 2019 ends on a high note for each of you and we look forward to seeing you in 2020! #MacroSW



Anna @anna_ambrussuny

21 minutes ago

Goodbye everyone! Hope everyone has a great thanksgiving and a great holiday season! Let's advocate and make change in 2020 #MacroSW



J. @juhlayseeuh

19 minutes ago

@VilissaThompson Separation. I have grown tremendously throughout this year and have cut a lot of things out my life. Separation is needed when attached to things and people that ultimately are no good for me. #MacroSW #CO_Jackson



Queen Beryl's Nail Tech @PorterPizzazz

19 minutes ago

Fearless



J. @juhlayseeuh

15 minutes ago

@PorterPizzazz @VilissaThompson This is something I am coming to terms to especially as I prepare for graduate school. It's so easy to remain complacent or comfortable. Every day I strive to push my limit and learn more about myself. #MacroSW #CO_Jackson



Matthea Marquart @MattheaMarquart

15 minutes ago

@nancy_kusmaul @VilissaThompson Sounds interesting! #MacroSW



Vilissa Thompson @VilissaThompson

14 minutes ago

RT @juhlayseeuh: @PorterPizzazz @VilissaThompson This is something I am coming to terms to especially as I prepare for graduate school. It'...



Vilissa Thompson @VilissaThompson

13 minutes ago

#MacroSW



Vilissa Thompson @VilissaThompson

13 minutes ago

RT @juhlayseeuh: @VilissaThompson Separation. I have grown tremendously throughout this year and have cut a lot of things out my life. Sepa...



Matthea Marquart @MattheaMarquart

13 minutes ago

@VilissaThompson Thank you! #MacroSW <https://t.co/ZaSK1RiHli>



Vilissa Thompson @VilissaThompson

12 minutes ago

#MacroSW

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