



# HEALTHY YOU HEALTHY US



## MCEA Fall Conference Session Schedule

### WEDNESDAY - 11 AM

#### **Believe It, Build It: Use This Book!**

Overview of Believe It Build It, Minnesota's Effective Afterschool Practices guide as a tool for high-quality programming. The guidebook is meant to help us find inspiration for today & aspiration for tomorrow.

#### **Equity Learning Cohort: A Greater Minnesota Community Engagement Project**

The purpose of the Rural Equity Learning Cohort is to provide a platform for equity and inclusion learning and capacity-building through knowledge-sharing with regional stakeholders and subject matter experts in the nine county area surrounding Mankato.

#### **Keeping the Body in Mind: Integrating Mindfulness and Yoga-Based Movement**

Experience and explore how to integrate simple breathing techniques, yoga-based sequences, mindfulness practices and social/emotional skill building games into your Before and After School Program to help students with self-regulation, focus and community connection.

#### **Connecting Healthcare and Education**

Mayo Clinic and the United Way representatives will share the link between medical health and education outcomes and how partnering a medical organization with a school system can improve these outcomes.

#### **Collaboration + Innovation = Success**

Join us as we showcase innovative and collaborative work of SW ABE and its partners in rural southwestern Minnesota. Presenters will share their role and how our collaboration is a win win for customers in a wide variety of services.

#### **Eleyo Tips & Tricks: Facilities**

Become a power user of the Eleyo system by attending this session designed to share tips and tricks with other users of the same module. Participate by bringing your own powerful tips.

#### **Equity Audit Instrument**

The Equity Audit can be used for introduction dialogue on equity in our educational institutions or as a multi-year equity implementation process.

### WEDNESDAY - 1:45 PM

#### **People Do Better When They Feel Better**

Why does society say we have to make people feel worse in order for them to do better? Come learn through experiential activities how to build mutually respectful relationships that are both kind and firm.

#### **Providing a Healthy & Diverse Environment During After-School Programs**

A healthy, diverse after school environment goes far to address student needs. See how involving the community with diverse staff and offering culturally relevant classes boosts student involvement and attendance.

#### **Building Community Within Your Team**

Learn about the community building committee established by Minnetonka Community Education and their efforts to bring staff together through community service, gratitude, fitness opportunities and social gatherings.

#### **Check & Connect Mentoring for Student Success**

Come learn how our District has applied this research- proven mentoring method across schools to foster success for marginalized, disengaged students through relationship building, problem solving and capacity building, and persistence.

#### **Partnering on Immunizations: What We Learned**

Mayo Clinic representatives will share learnings from the immunization exemption in 2017 as well as plans for increased partnerships the school district, community education, and other entities in the community.

#### **Enhancing and Growing Your Adults With Disabilities Program**

Learn new ways to enhance and grow your program that serves disabled adults. Topics covered include generating new class ideas, finding new sources of funds, tips on recruiting staff and other methods to revitalize your program.

#### **Eleyo Tips & Tricks: ECFE**

Become a power user of the Eleyo system by attending this session designed to share tips and tricks with other users of the same module. Participate by bringing your own powerful tips.

## **WEDNESDAY - 3:15 PM**

### **Working Toward Inclusive Spaces**

This interactive workshop will highlight and explore four of some of the most common misunderstandings, ideologies, and behaviors that well-meaning individuals subscribe to which actually counteract their attempts to create inclusive spaces.

### **Inclusion & Customization: Two Approaches to Class Delivery**

We'll use the example of a self-advocacy class and look at the considerations to remember within each mode. A great opportunity for Adult Enrichment and AWD coordinators to attend together!

### **Forgetfulness: Is it Normal or a Warning Sign?**

When we are stressed or fatigued it is not uncommon to forget details. But for some, memory loss can be more significant. When memory loss begins to interfere with day to day functioning the problem may be a warning sign of something more.

### **The Day After Retirement**

How to put your arms around the changes inherent in retiring and grow is the focus of this class. It will help you explore a variety of ways to identify what is significant to you, then establish a purpose-filled life in retirement.

## **THURSDAY - 10:15 AM**

### **InSide Out Leadership**

Based on Joe Ehrmann's book InSide Out Coaching, this workshop will guide participants through a process designed to help enhance and strengthen the passion and purpose that fuels the fire of Community Educators. This work has been called transformational, and has the potential of impacting Community Educators in the same profound way it has transformed many coaches.

### **Using Minnesota Compass ([mncompass.org](http://mncompass.org)): Demographic and Economic Trends in Your Community**

Learn about the changing demographics in Minnesota and how you can use data for fundraising, program development, grant writing, and tracking trends in your community. We will also share Minnesota Compass data and tools that you can use to monitor trends in your region, including a tutorial on how to build customizable profiles specific to your community.

### **Working with Community Partners for Student Success**

Student success depends on a school community where educators and community partners work together towards continuous improvement. In this session, you will learn about partnership on-boarding and successful relationship building.

### **The Heart of Your Business: Delivering Exceptional Customer Service**

Explore 5 key emotions that drive customer loyalty, create a customer journey map for your program and share insights on navigating difficult situations.

### **Certification of License Exempt Child Care Programs**

Staff from the Minnesota Department of Human Services will provide an update on certification of license exempt child care programs impacted by new state and federal legislation related to the reauthorization of the federal Child Care and Development Block Grant.

### **Eleyo Tips & Tricks: Courses**

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### **Generations: Working Together**

Generations Cycles is a fascinating and eye-opening tutorial on research done in the 1980s, in which generational characteristics and cultural changes were assessed starting from the times of the pilgrim founding fathers.

### **Dynamic Description Writing**

Are your descriptions falling flat? Breathe new life into your offerings with creative descriptions that stimulate your readers' senses and generate registrations. Tips and tricks shared.

### **How Understanding Poverty Helps to Build Stronger Communities**

In this session Community Education members will get a better understanding of the different types of poverty and will learn how Community Education might better incorporate inclusive practices in order to build strong communities.

### **Everyone Wins: Making Inclusion Work in Early Childhood Settings**

Panel members will share their experience with inclusion of children with special needs into early education settings - what works well, barriers and real implementation considerations. Reflect on your own practice of inclusion and learn from other early childhood leaders.

### **Recognizing Bias**

This workshop provides an introduction to understanding and responding to unconscious bias in any workplace setting or interaction. Relevant to employees of all levels, participation in this workshop can positively impact all aspects of an organization.

### **Creating Cross Culture Dialog: One Community's Story**

The presentation will highlight the past four years of Community Interfaith Dialogue on Islam and how it has benefited Southeast MN.

## THURSDAY - 1:30 PM

### Protecting Payments: Best Practices for Registrations

Understand your responsibilities for securely handling credit card payments (PCI compliance), learn about new technologies and policies for credit card security, and what to look for in software vendors to make sure your community's information stays safe.

### Pursuit of the Possible: Embracing Out-of-School Time (OST)

Osseo Area Schools will share their experiences and triumphs as they navigate the hard OST work that has so many benefits. Come prepared to engage, share and learn from one district's pursuit of the possible.

### Nurturing Growth in your Staff

One of the hallmarks of successful organizations is having a staff that is continually growing and trying to improve themselves. We'll talk about concrete ways to support growth, reflection and learning in members of your organization.

### Challenge Your Attitudes on Aging

Challenge your attitudes on aging. Disrupt your beliefs and perceptions by joining a conversation happening among aging professionals, academic institutions, community collaborators, and consumers.

### 60 Ideas in 60 Minutes

This fast-paced presentation will combine the knowledge and experience of two Community Education departments to share 60 ideas in 60 minutes.

## THURSDAY - 3 PM

### The Somali Experience

Ahmed will share his personal experience, along with experiences of others, who have made this journey to Minnesota.

### Capturing Their Voice: Making Youth the Center of Your Programming

Make your programs truly speak to the needs of youth by hearing from them directly! We'll discuss and practice techniques that empower youth to shape your offerings through short- and longer-term feedback methods.

### Connecting with PTA's: Working Together

Engage the PTA units in your school district to bring knowledge to the entire community. PTA units offer resources and information that are important to those inside and outside of schools.

### Healthy Communities of Belonging

Join the conversation and learn about the roles and responsibilities Community Education has in building healthy communities of Belonging! Discover opportunities we are uniquely situated to leverage in our work to welcome our newest members to our communities, bridging the barriers of language and culture.

### How to Develop Active Cycling Initiatives

Come and learn how several communities have developed healthy living initiatives, walk/bike groups, and free bike sharing programs, with the goal of encouraging people of all ages to get outside, have fun, socialize, and be physically active.

### Meditation: Best Practices

Learn Samadhi, calming, meditation basics and best practices, including techniques for dealing with monkey mind interruptions. We will take time to meditate and practice what you have learned.

### Tap into Your Top Customers: Utilizing Data You Already Have

Using Eleyo, learn how to pull your top customer data. Minnetonka Community Education will share their experiences analyzing this data and hosting a Top Customer event to recognize and gain insight from these customers.

### Toxic Masculinity

RethinkManhood.org is calling for a renaissance in male culture. Part of the process includes a deliberate shift from the dominant culture's form of toxic masculinity to a trauma-informed masculinity. Join us to explore the inner worlds of boys and men.

### Employment Law for the Community Education Supervisor

This presentation is an overview of a number of employment law issues that a community education supervisor must tackle, including payment of overtime requirements, hours worked, independent contractor versus employee, documentation of employee conduct, employee data under the Minnesota Data Practices Act, reasonable accommodation of employees under the Americans with Disabilities Act.

### Healthy Snacks for Busy Lifestyles

Achieve your health goals with healthy, whole food snacks. Learn quick, easy energy and nutrient-dense snacks for when you are on-the-go.

### Social Emotional Learning Done Differently: Drawing Young People in Through the World of Sports Officiating

Learn how Official Love, an innovative program in Rochester, draws young people in through the world of sports officiating, helps youth build new skills (they can be paid for!) and develop attributes like positivity, confidence and self-control.

### Eleyo Tips & Tricks: Childcare

Become a power user of the Eleyo system by attending this session designed to share tips and tricks with other users of the same module. Participate by bringing your own powerful tips.

## FRIDAY - 10 AM

### **Every Employee Matters: Supervisor Toolkit for Recognizing Your Greatest Assets**

In this hands-on session, you will take a journey on the road to recognition; from creation of an employee recognition policy to supervisor training and implementation of daily practices which highlight the enthusiasm that staff bring to their jobs.

### **Stop Holding Your ACES! Understanding Adverse Childhood Experiences and Opportunities for Intervention in our Community**

We will describe adverse childhood experiences (ACEs) and associated health problems, present data regarding the feasibility of ACE's screening, and discuss methods to improve ACE's awareness and intervention.

### **Early Childhood Experiences: Combining Early Learning Programs Inside and Outside District Walls**

Through a facilitated Q & A, participants will listen to early childhood and community education leaders talk about how they created programming to meet the needs of the youngest members in their community.

### **Producing High Quality Programing in Large Group Settings**

Join us in this interactive session as we share our combined 30 years of out of school time, quality programming coaching, and community Ed experience. We will dig into breaking down activities and clubs with large groups while taking in ALL youths voices AND implementing it into successful programming.

### **Eleyo Tips & Tricks: Childcare Attendance App**

Become a power user of the Eleyo system by attending this session designed to share tips and tricks with other users of the same module. Participate by bringing your own powerful tips.

### **Authentic Student Partnership: A Model for Change**

Find out how St. Paul Public Schools Administration and School Board are partnering with students to shift thinking and produce change. Leave understanding our model for authentic partnership, clean impacts and how to use Community Ed expertise to do this work well.

### **Medical Fitness: Benefitting the Whole Community**

ExercisAbilities believes that health and wellness is for everybody no matter their walk in life. We strive to inspire individuals of all level of abilities to reach their full potential.