

# C.A.R.E Conference Schedule

## November 16-20, 2020

Sponsored By



<b>Monday, November 16: Fall Flannel Day</b>			
9:20 AM	<b>President Elect Welcome &amp; Opening Remarks by CPRS President Tara Gee &amp; CPRS Director Stephanie Stephen</b> Yellow Room		
9:35 AM	<b>Dr. Brandon Taylor, Fresno State</b> <b>OPENING KEYNOTE</b> Yellow Room		
10:00-11:00am	<b>Frank Carson:</b> <i>Resiliency</i> Red Room	<b>Heather Vilhauer:</b> <i>Develop Your Personal Compass</i> Blue Room	<b>Jamie Sabbach:</b> <i>The Dollars &amp; Sense of Parks and Recreation</i> Yellow Room
12:00-1:00pm	<b>Conference Social:</b> <b>Virtual Escape Room</b> Blue Room		
2:00-3:00pm	<b>Stephanie Fujimura:</b> <i>Reimagining Spaces In Response to COVID-19</i> Red Room	<b>Andrew Mendes &amp; Michael Moran:</b> <i>Camps During COVID: Reflection &amp; Where to Go From Here</i> Blue Room	

<b>Tuesday, November 17: Wacky Coffee Mug Day</b>			
9:30 AM	<b>President Elect Morning Announcements</b> Yellow Room		
9:40 AM	<b>Angela Summers, City of Henderson Nevada</b> <b>MORNING KEYNOTE</b> Yellow Room		
10:00-11:00am	<b>Janine Andrade:</b> <i>Not Your Grandmother's Senior Center</i> Red Room	<b>Liz Elliot:</b> People, Programs & Perseverance 10-11:30am Blue Room	<b>Kasama Lee:</b> <i>Be The Light &amp; Let It Shine</i> Yellow Room
2:00-3:00pm	<b>Jim Wheeler:</b> <i>Culture &amp; Grit</i> Red Room	<b>Tom Hellmann:</b> <i>Learning from Why-Leadership</i> Blue Room	<b>Adam Chow &amp; Tamara Whitney:</b> <i>5 Things I Wish I Knew Before Being a Manager</i> Yellow Room



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### Wednesday, November 18: Mickey Mouse Day

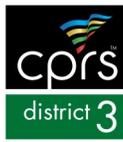
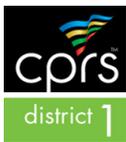
9:40 AM	President Elect Morning Announcements Yellow Room		
9:45 AM	Dan Efseaff, Paradise Recreation & Parks District MORNING KEYNOTE Yellow Room		
10:00-11:00am	<b>April Batson:</b> <i>Work Life Balance</i> Red Room	<b>Henry Perezalonso:</b> <i>Show Up, Be On Time &amp; Do Your Job</i> Blue Room	<b>Michele Crose:</b> <i>Be Thankful For Challenges: The Benefits of Gratitude</i> Yellow Room
12:00-1:00pm	Conference Social: Raffle Blue Room		
2:00-3:00pm	<b>Tara Gee:</b> <i>Diversity &amp; Inclusion</i> Red Room	<b>Frank Carson:</b> <i>Crisis Leadership</i> Blue Room	<b>Cindy Bagley:</b> Other Duties As Assigned: You Want Me To Do What? Yellow Room

### Thursday, November 19: Sports Team Spirit Day

9:00am	District 1 General Membership Meeting Blue Room	District 3 General Membership Meeting Yellow Room
10:00am-11:00am	<b>Josh Green &amp; Mike Dopson:</b> <i>Creating Your Equity Roadmap</i> Red Room	<b>Katie Houser &amp; Dr. Chris Chamberlain:</b> <i>Adaptability As A Strength</i> Blue Room
2:00pm-3:00pm	<b>Aaron Locks:</b> <i>Leveraging Resources</i> Red Room	<b>Anna Grant:</b> <i>Senior Center Programming During COVID</i> Blue Room

### Friday, November 20: CPRS/Agency Team Spirit

9:45 AM	President Elect Final Day Announcements Yellow Room	
10:00am-11:00am	<b>Becky Herz:</b> <i>Gender Spectrum Inclusion in Recreation</i> Red Room	<b>Keith Fulthrop:</b> <i>Teambuilding In The Virtual World</i> Blue Room
12:00-1:00pm	Conference Social: Virtual Zoom Dance Party! Blue Room	
2:00pm-3:00pm	<b>Leah Martinez, Ian Murdock, Jessica Wallner, RJ Natal:</b> <i>Managing Up &amp; Down During Times of Change</i> Red Room	<b>Heather Vilhauer:</b> <i>JEDI: Getting Started</i> Blue Room



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## SESSION DESCRIPTIONS

### **Frank Carson, City of El Cajon; Resiliency**

This session introduces the three traits of those who bounce back. Attendees will be provided examples of how great leaders rebound and react to disasters. This session will also offer attendees strategies how to be advocates and train advocates that parks and recreation services are essential. If they close one door, you open four more.

### **Heather Vilhauer Ed.D., California State University, East Bay; Develop Your Personal Compass: Personal and Career Growth During a Pandemic**

The pandemic has provided a unique opportunity for personal and career growth. Join us to identify the ways in which you have already grown and ways in which you can continue to grow. You will develop your own personal compass and plan for moving your personal and career growth forward.

### **Jamie Sabbach, CEO & President of 110%, The *Dollars & Sense of Parks and Recreation***

The recent health, economic and social crises have created an urgent need for organizations to better understand their financial realities to prepare themselves for the uncertainties that lie ahead. What better way to help your organization and ultimately your community than by instilling financial discipline, understanding the cost of providing services in order to make informed decisions moving forward, and adopting financial management practices and policies that will help strengthen your organization for the long haul.

### **Adam Chow, City of San Ramon & Tamara Whitney, City of Pleasanton; The 5 Things I Wish I Knew Before I Was in Management**

Do you want to move up and get into your agency's management as a Supervisor or Manager? Learn from our mistakes and misfortunes to prepare for your future management position. Discover your management potential and leadership abilities hidden within.

### **Stephanie Fujimura & Erica DiCioccio, Dahlin Group Architecture Planning; Reimagining Spaces in Response to COVID: Now and in the Future**

COVID is challenging the resiliency of our communities, including the spaces in which we gather as a community. This session will tackle pressing questions, including: How to creatively re-think current facilities to comply with COVID safety restrictions? Are there small changes that can maximize usability of gathering spaces? Are there easy to implement solutions to maximize underutilized outdoor space for programming? And looking ahead, what best practices will improve the pandemic resiliency of future community buildings? From office space for your staff to indoor and outdoor community spaces for your residents, there are solutions that will help parks and recreation continue making life better.

### **Andrew Mendes, & Michael Moran, Camps During COVID: Reflection & Where To Go From Here**

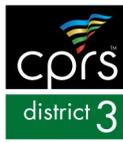
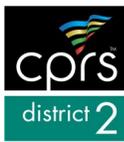
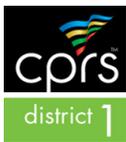
Summer camp professionals, we made it through camp 2020! Join us as we reflect on what we learned from leading camps amidst a pandemic and evaluate new takeaways, for future camps, that we may have never learned without going through these new experiences. This session will focus on both contract and "in-house" camp programs.

### **Janine Andrade, City of Norwalk; Not Your Grandmother's Senior Center**

Senior Services and Senior Centers are evolving. Catering exclusively to the bingo and blood pressure screenings at Senior Centers are changing. It is time to consider the next few generations when programming and developing space. How are we going to get us here! Let's talk about engaging programming and services that appeals to generations.

### **Cindy Bagley, City of Rohnert Park; Other Duties As Assigned: You Want Me To Do What?**

COVID-19 has us as no stranger to the term "other duties as assigned," wouldn't you say? But, why? As parks and recreation professionals we represent the soul and personality of our communities. How do you define soul? What makes up a personality? A little bit of everything! Which is why "other duties as assigned" can mean so many things in our profession, especially in times of crisis. This session will explore examples of these duties, why this is such a vital part of our job description, the expectations of such a vague phrase, and if/when to draw the line.



### SESSION DESCRIPTIONS

#### **James (or Jim) Wheeler, Hayward Area Recreation and Park District; Culture & Grit**

Understanding culture within organizations is essential for success especially if you need to implement change. Making changes large or small takes grit. This session explores approaches to understanding and building culture within an organization and how to develop the grit it takes to make change. Learn how to engineer change within an agency or community that will increase employee and community buy-in while still accomplishing your desired outcomes.

#### **Tom Hellmann, City of Folsom; Learning From WHY — Leadership**

Leadership comes in many forms and has many definitions, however today we will discuss our ability to lead others as purposeful leaders and how to become an "in your charge" leader.

#### **April Batson, City of Yorba Linda & George Dang, City of Duarte; Tips and Tricks to Maintain Work Life Balance (Even When Working From Home)**

The onset of Covid has blurred the lines between work and personal life. Learn six tips and tricks to help you (re)establish work life balance. This session is appropriate for those working from home, going into the office, or a mix of both.

#### **Henry Perezalonso, California Park & Recreation Society; Show Up, Show Up on Time and Do Your Job! A three-step approach to leadership and career navigation**

It has been said that throughout our careers we should look for ways to sharpen our skills. Come explore a three-step approach to leadership and career navigation. Learn how showing up, showing up on time and doing your job can be used to help guide your career, develop leaders, strengthen leadership skills, and help build professional credibility.

#### **Tara Gee, City of Roseville; Diversity & Inclusion: A Starting Place**

This is an introductory course that focuses on diversity and inclusion, the foundation to advancing the JEDI concept. We will broaden the definition of diversity and begin an introspective review on how our own biases affect the way we see and do things. Lastly, we will discuss how change can happen, one person at a time.

#### **Frank Carson, City of El Cajon; Crisis Leadership**

This session introduces strategies necessary to lead during crisis situations, from a seizure in the pool to facility patrons getting into fights and from managing during budget cuts to leading a department during COVID-19.

#### **Josh Green & Mike Dobson, Cosumnes Community Services District; Creating Your Equity Roadmap: Featuring Cosumnes CSD**

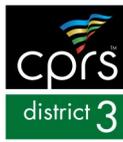
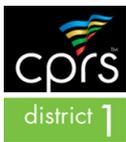
Do you aspire to be a more engaged, inclusive, community-serving organization? Not sure how to get started... lean in with us! Cosumnes CSD leadership team will tell you what they have done in this space and provide a template for you to begin or enhance your own journey into being a more effective, inclusive, and equitable organization.

#### **Kasama Lee; Be The Light & Let It Shine With Your Superhero Powers**

Let's re-build our leadership muscles. Let's have some fun, laughter and lift each other up at the same time. Be prepared to participate and play full out in this workshop. That's how we will roll! You will leave feeling taller and be the light for others. The world needs you to shine. Suggested Attire: Your superhero accessories. I'll be in my cape.

#### **Michele Crose, City of Pleasanton; Be Thankful for Challenges: The Benefits of Gratitude**

Life throws us curve balls everyday. All of these challenges take a toll on our mental wellbeing. During challenging times, it is most important to be thankful. In this session you will learn about the following: 1. What gratitude means and what it means to be thankful 2. Learn about gratitude studies and what research has shown 3. Discover the benefits of gratitude and how it can positively affect your life 4. Learn 40+ ways you can practice gratitude everyday 5. Practice one method of gratitude during the session



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### **Katie Houser, City of Sacramento & Dr. Chris Chamberlin, California State University, East Bay; Adaptivity as a Strength**

Now more than ever, the work we do in Parks and Recreation is essential to the wellbeing of our communities. As we are asked to respond in multiple and ever-changing situations from COVID response to Emergency Shelters, the ability to change gears and adjust is more crucial now than ever. We'll discuss benefits of adaptability and strategic flexibility and how these concepts can be used to continue to communicate how essential of a role parks and recreation play in our communities.

### **Aaron Locks, National Academy of Athletics & Dan Opperman, City of Napa; Leveraging Resources: Maximize Public and Private Partnerships**

We feel that there is a tremendous opportunity by putting the public and private together - We all have the common goal of providing youth sports and athletics to the kids in the community. During these challenging times Agencies much think outside the box, locate alternative resources in order to have any chance of providing quality programs in their community.

### **Anna Grant, City of Healdsburg; Senior Center Programming During COVID**

Tired of COVID cancelling all your plans at the Senior Center? Time to get creative and find new ways to engage YOUR community's seniors and active older adults. Do not let COVID stop the everyday celebrations that would typically take place at the Senior Center.

### **Becky Herz, Cordova Recreation and Park District; Gender Spectrum Inclusion in Recreation**

Explore the gender spectrum from the perspective of participants, parents, coaches, and recreation professionals. Develop staff trainings, progressive practices, and legal policies the promote inclusion.

### **Keith Fultthrop Ed.D., California State University, Long Beach; Teambuilding In The Virtual World**

Facilitating impactful teambuilding activities is challenging enough in person, making genuine attempts at online teambuilding a significant challenge. This session presents three activities and two virtual platforms that can assist you in efforts to foster teamwork in remote work settings.

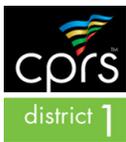
### **Leah Martinez, Ian Murdock, RJ Natal, & Jessica Wallner, Town of Danville; Managing Up, Down & All-Around During Times of Change**

During these uncertain times have you felt more alone, left out of conversations and decisions in your city/town? Are you stuck in the middle between your staff and decisions your supervisor makes? Have you heard NO a thousand times before you receive a yes? During this session, we will cover how to create your own path, find solutions to communicate your needs to your supervisor or peers before you explode and how to disagree with someone with more decision-making power than you.

### **Heather Vilhauer, Ed.D., California State University, East Bay & Brandon Taylor, Ed.D., California State University, Fresno; Justice, Equity, Diversity, and Inclusion (JEDI): Getting Started**

How can you use your position to help move JEDI forward in your organization? Join us for a conversation on JEDI, and how you can prepare yourself to become an ally and advocate in your organization.

**Liz Elliot, City of Dublin; People, Programs and Perseverance: Skills That Transcend Any Program or Pivot In Your Career**  
Luck is when preparation meets opportunity." - Unknown. Sometimes you don't know what you are preparing for. That's OK! It leaves you open to new ideas and different opportunities. This presentation discusses the universal skills that transcend any program or event. If you're new to your career in recreation, or are looking to pivot specialties or trajectory, this talk is for you. \*\*90 Minute Session



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## CEUs ADMINISTRATION

This year CEUs will be awarded to all participants and a separate fee will not be required. To receive CEUs, you must be registered for the conference and complete the session survey. The survey will be a survey monkey link provided at the end of the online session.

## GENERAL MEMBERSHIP MEETING

The General Membership Meeting for District 1 and 3 will be on Thursday, November 19 at 9am on Zoom. The General Membership meeting is open to all CPRS Members of their respective districts. The General Membership Meeting for District 2 will be held in March 2021.

## PODCAST BONUS CONTENT

To get the most out of our virtual time together, we've put together a couple of pod casts for participants to enjoy at their leisure! Enjoy them all at once or choose one day by day. Enjoy bonus content while you go for a walk or at your desk. These are conversations with leadership and key notes to get to know them better as a way for them to share more about the profession, the field and future of parks and recreation.

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## SPIRIT DAYS

We've got spirit, yes we do! We've got spirit— How about you! Enjoy our spirit days found on each of the days schedule. Wear a great shirt or find the best Zoom background— the choice is yours!

- Monday: Fall Flannel Day
- Tuesday: Wacky Mug Day
- Wednesday: Mickey Mouse Day
- Thursday: Sports Team Spirit Day
- Friday: CPRS/Agency Spirit Day

## SOCIALS

We miss socials and meeting with everyone but we can do the next best thing. Grab your lunch and jump back online from 12noon– 1pm on Monday, Wednesday and Friday to see what we have planned for you.

- Monday: Virtual Escape Room
- Wednesday: Raffle
- Friday: Virtual Zoom Dance Party