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>> Hello all.  We're going to give it one more minute so people can jump in, get connected to their audio.  Welcome to the call.

>> Cool.

>> All right.  We're going to go ahead and get started.  There's a couple more people jumping in.  But hello everybody.  My name is Sierra Royser.  I'm the program's coordinator for April association programs independent living.  Today we are doing our second part of a community engagement series which started in April.

And this is a partnership supported by University of Kansas.  So we're very excited to have this conversation.  Last month -- or two months ago -- if you weren't able to join us we spent some time talking about where we're at now.  How are we defining community?

How we defined community before COVID and how we defined community during the middle of the pandemic and hopefully coming out may look a little different and how we're reaching out to those within our community.

So we had a really great discussion last time about what you all were doing and some really great programs and ideas.  Today we want to jump into -- but today I want to jump into kind of really learning from each other.  Having the harder conversation of, "What did you try that maybe didn't work out so well?"  What lessons have you learned?

What programming have you found that just is perfect and you think is really great fit for your center that you didn't have before?  So this is going to be a conversation of just sharing now.

And learning from each other, who has tips and strategies, what resources are we using?  What videos or platforms have you found helpful and successful.

I also want to dive in today a little bit to talk about how are you reaching those that have been a little scared of technology, have not really wanted to jump into it, aren't comfortable with it, or maybe just don't have the knowledge or the know how.

And even how are you addressing those that maybe didn't have the technical devices that were needed to move everything online, or were so rural they couldn't actually access the online platforming.  So we have a lot to unravel with all those thoughts.

But today I really just wanted it to be a lot about how we can share what we've learned so far.  And this is part two.  So please know there will be a part three that will be happening in August.  That's where we're going to figure out what are we going to do then?  We're going to keep the conversation around sharing ideas tip and is tricks today.

Couple of things.  We do have closed captioning.  That can be found in the menu bar under the CC tab.  We also have a sign language interpreter.  You'll see it says George ASL interpreter in your box.  You can make him larger by pinning him.

And if you would like him even larger you can select speaker view and pin him as well.  So that will allow you to see him larger if you would like.

So this conversation does not have speakers today.  You all are the presenters, the facilitators, the experts.  And so, with that I'm going to open it up.  First I want to if anybody just happened to be on or has questions about last time that we had our conversation about how we define community and things like that.

I just want to spend a few minutes maybe revisiting that thought if anybody has any thoughts on that or things they took away from last time they want to share..

Well, I see a lot of new faces so that makes sense to me.  I will share kind of some of the stuff we talked about last time was really some really innovative stuff you all were doing.  So there was book clubs that had started.  There were goodie bags that were dropped off at doors.  There were cooking sessions where people were providing all the ingredients to the cooking sessions and then you were all doing it on zoom together.

And then there's also been some really great peer support.  We talked about how that was really needed.  And so, some of our skill based work moved to peer support work while people were needing people over the last year.

And then how you really moved to online and what that process was.  So a lot of good ideas came out of it.  Now -- and since there are so many new people I will open that up.  If you want to share kind of some highlights.  What's gone really well for you all that you want to share with the group?  We've got a nice crowd to share on here.

So what's working for you all as far as your programming right now and in the last year?  Go ahead josh.

>> Josh:  Good morning everybody.  Sorry, I needed to connect my mic.  So we certainly know that COVID has been quite the interesting year for everybody, and it's been quite an impact.  But while it's been an impact, one thing that's been nice that came out of it is the virtual portion.  Kind of like what we're doing now.  Utilizing zoom, Microsoft teams.

And other video platforms.  We've e been able to use these video platforms primarily zoom to connect to and meet with consumers as well as provide virtual activities in some of our most rural area as.  Not only that but Internet has been able to be provided.  Certain hotspots in certain areas of our outer counties our more rural arrest.  And that's been able to play a really good role where we can have individuals who we were unable to get to even before COVID.

So while COVID has been quite the impact, there's been good that's come out of it too.  We're able to meet with consumers and do intakes as well as other meetings virtually.  While we can get verbal consent while we're filling out information with them we're able to really -- it's not the same as in-person.  By no means, but it's still a way that I see when we think about barriers to independence.

And one of that being transportation.  And sometimes individuals don't have that transportation.  And I think that through video platform that we're able to really kind of get at that and kind of make another step back being able to decrease that barrier just a little bit.  And I think that's something that's been pretty good that has come out of COVID.

>> Sierra:  Thanks.  Awesome.  So you said zoom.  And you said being able to reach those rural areas.  Have you all been hitting hotspots?

>> Josh:  So with our CARES Act funding we're actually able to pay for wifi set-up as well as if someone doesn't have a phone we're able to provide a phone for them as well.  And that's not just as we have consumer meetings with them but that's if they're wanting to participate in in activities.  We utilize some of our CARES Act money and we put it around technology.  Technology being not just say tablets.

Like chrome books or things like that.  But as well as paying for wifi set-up.  So that's been able to really impact how we work with our consumers and our recreation manager.  He's been able to do activities virtually.

Very different form at first but he was able to really adjust and also see that we're able to get more individuals not just in our county where our center is at but our outer counties as well.

>> Sierra:  Awesome.  Thank you for sharing that.  I've heard of the hotspots and I've heard of the tablet but I haven't heard with the wifi.  So that's awesome.  Did anybody else -- so somebody else unmuted.  Did anybody have questions for Joshua what they've been doing or want to share what you've been doing?  What's been working -- the positives?  Go ahead.

>> Kholoud:  I just want to say -- see if anybody was having issues with zoom with sharing their screen, because we were for a while for the peer support I would do like we have Netflix account and with Netflix you're able to share your screen.  With the peer support as long as it's a Netflix original.  And I haven't been able to share my screen through zoom.

Is anybody else having difficulty whether it was Disney plus or anything like that for us to watch a movie all together on zoom for the peer support.

>> Janine:  This is Janine from Michigan.  I'm not sure if this is the issue you're running into.  But I know whenever I'm sharing video after I select "share screen," I have to optimize it.  So you need to select the two buttons that appear in the lower left-hand corner.  Unfortunately I'm not able to see what they say.  It says host disabled participant screen sharing.  So I can't see what they say.

But you would have to optimize it for video.

>> Kholoud:  Thank you.  I'm going to try that out.

>> Janine:  You're very welcome.

>> Sierra:  Julie, I see your hand's up as well.

>> Julie:  I want to say that some of what I would say is very positive from the executive director perspective.  Or some of the unintended positive things we couldn't have envisioned.  My budget has shifted significantly away from money that I needed to spend for going out of town and having training sessions like at nickel or Congress or something like that.  Silt meetings are now on zoom.

And so, I've been able to shift some of the money I had in my budget for travel to actual more consumer services.  So that's been an interesting unintended positive thing.  Another thing is that the staff doesn't have to spend as much time traveling.  And so, if there's a meeting it takes an hour to do a meeting, not five hours to do a meeting, because it takes you two hours to get there, an hour for the meeting and two hours back.

So the staff is more productive in that regard.  And we've had more participation from board than ever before.  Because typically we have allowed board members to call in, but now that we have the technology, we have more participation from board members who can -- that have significant disabilities.  And so, the consumers are benefiting from all of that.  Maybe not specifically directly.

But as an executive director I'm feeling positive about the shifts.  And we are doing a lot of education.  We've always been doing a lot of education.  We do a lot of ADA training and consulting.  And we have people now that are from all over two states that are connecting every time we have one of those rather than you have to make it to the meeting in order to participate.  So I'm seeing those as some positives too.

>> Sierra:  Those are really great.  Thank you for sharing that.     And I saw some heads nodding along with all of those things you were just sharing, Julia, of the money being able to be more applied to consumers now versus some of the staff cost of travel or any of that.  So looks like you're not alone in that thought.

I wanted to swing back to the screen sharing.  Did anybody else have -- actually wanted to specifically ask did anybody else run a youth leadership forum last year?  They uncovered some screen sharing tips last summer.  I was trying to do a quick look through see if I see anybody.

Okay.  I don't see anybody.  I don't see anybody with their hands up or unmuting.  What I was going to say sometimes Netflix has certain things that you are not able to screen share and Disney plus and some of those streaming platforms they will block it.  There is a way around it.  I know there were some youth leadership forums that screen shared Crip Camp.

And that was one of the ones that has been a little tough.  So I will follow up on how they did that, about because I didn't learn that either.  I ran into "we can screen share this -- this is great," and then a big black box.  Is that what you've been seeing the big black box?

>> Kholoud:  Literally.  I contacted Disney plus.  "Hey, we're a nonprofit.  This is what we're doing.  It's a peer support meeting." And Netflix said as long as it's a Netflix original they're fine with it.  It should be allowed.  But please if you find that webinar I would love it.

>> Sierra:  Crip Camp I think is a Netflix original.  That's the only place it streamed.  That showed the black box.  I know what you're talking about.  Oh, does somebody have the trick?

>> Jed:  I don't have the trick, but I would be willing to wager that there are folks in the disability community who can reach out to the producers of Crip Camp and perhaps clear up the problem, because I don't think -- I'm sure it's not their idea to have a problem.  That's what I was thinking.  That's certainly movie that should be very shareable.

>> Sierra:  Yeah, thanks.  One of our own -- colleagues -- has actually started doing more work with Crip Camp.  We'll have to reach out to rosy.

So thank you for that.  And we'll keep plugging in.  Go ahead josh.

>> Josh:  Crip Camp I believe -- so we've had a lot of new staff over since our new executive director stepped in.  And I stepped in as assistant director we had to fill some positions.  With the Crip Camp I believe we just did two staff meetings where we showed it as educational piece to kind of gain some more insight.

And I believe if I'm looking at this right we pulled it off of YouTube as well.  So that could be another way to use that.  So we along with our CARES Act money we did invest that into a monitor in our conference room.  And it is a zoom monitor.

We have found a few ways to share the screen -- the Netflix is definitely that was an issue.  But we had been able to -- at least with our screen -- I use an HTMI cord and I just run it off of a computer and able to do it that way.  But we still run into issues as well.  But I know with Crip Camp you can pull it up on YouTube as well.

>> Sierra:  With our brains combined we can solve the world's issues.  Thank you for sharing that.

>> Josh:  Of course.

>> Sierra:  All right.  If anybody has any tips always feel free to drop it in the chat as well.  I see in the chat right now Janene drops.  And we are fortunate to use the ADRC grant.  This provides participant with free tablet and laptop.  Basic functioning.  Use zoom et cetera.  Those who are eligible include people who don't have technology at all or have very limited technology that doesn't meet their needs.

So this gets them out of isolation and helps them with their doctor's appointments.  They telehealth.  Very awesome.  And then Jed has mentioned the bandwidth would be paramount.  That's true too.

Well thank you all.  Anybody else would like to jump in on what is working?  What are some of those wins.  Like Julia pointed out we didn't know who were coming when you started all of it.  And what did you plan that really worked.

All right.  Well then we're going to reverse the conversation.  What things -- what walls have you run into?  Oh, okay.  Kendra said more engagement from you has been a benefit, a positive.

What is not working?  Where are you at that you're stuck or that has become a little bit of a barrier or you're not sure how to navigate?  Anybody on here want to share any of those places? Because this is where you have your brain trust here of people that can maybe jump in and help with some of these things.

I know there was one -- we kind of got around talking about it on one of our last calls was a lot of cares money has gone into helping consumers get different supplies they need, maybe a food, or different technology or whatever they needed personal PPE, that kind of stuff.  But they're not interested in the aisle services or working towards a goal.

They just are looking for you to kind of pay for whatever you're paying for ongoing.  And they're not able to really engage people and to having more [indiscernible] that's led by them.  Has anybody else kind of dealt with this or seen this at all?  Have any tips for that?  I know we've seen it maybe not with the CARES Act.  But I know we've seen it sometimes in other areas.

>> Julia:  Sierra, this is Julia again.  I'd like to speak to that.  It doesn't surprise me that that's happening.  And I just wanted to take a second to go back to the aisle philosophy.  There's a reason that centers for independent living don't do services generally.  Because we want to engage folks in a longer range peer support mentoring relationship.

Rather than becoming a store.  And way back Ed Roberts said that, if you start providing services, then you become a service provider rather than becoming a center for independent living.  And every time in the course of the time that I've been in the center that there has been a opportunity for a service.  Let's say it's ramp building.  Or we had some section 8 vouchers once upon a time that we were in charge of.

And now the CARES Act money.  Any time we have those kinds of services, we lose what we are supposed to be doing, because people are coming to us like a store.  And what's going to happen is, when the CARES Act money goes away and we're not able to do that anymore, then people aren't going to be interested in us.  And so, it's not just anybody that qualifies or wants to qualify for their lives to improve.

Some people want to come to us because they want their lives to not get worse.  And we all have to as centers for independent living we have to address what our philosophy is, what our program is for.  And we tell people we're not a store.  We'd be glad to help you if there's a goal other than maintenance.

It's really difficult to do.  That's one of the struggles that we've had and I'm sure that agencies that have boards of directors that are not steeped in the independent living philosophy have had a struggle with that with their boards of directors.

>> Sierra:  Thank you for sharing that.  I think this is hard.  A lot of people got this nice chunk of money from the CARES Act and we want to help our community in whatever way that looked like and hoped to make a connection there with that part of the community in the aisle way.

But meeting those emergency needs.  And I see Kendra you said that most of the consumers you get are only interested in CARES Act.  And I'm guessing that's the same kind of situation then of only wanting what you can do with the care act funds necessarily.

And then I saw that angel said getting consumers to participate online events that are mostly aisle skills related even when they have the technology.  Okay.  So angel are you saying that they don't want to work on aisle skills for the online platforms?

>> Angel:  No, I think that because it's kind of foreign.  Some people just really don't know what it is.  Don't know what to expect.  The ones that show up really enjoy it.  They appreciate it.  They have a tendency to come back and it's just getting people to kind of buy into the whole concept of doing events online instead of in person.  I mean, it was tough getting people to come in person.

You know there's transportation issues.  And you know scheduling and things like that.  And I would think and I think that we believed that doing online events would help increase the number of participants for peer support, aisle skills, anything like that that we do.  And we've had regular events this whole pandemic.

And they've been really good content and the people that have come have really appreciated it.  But the level of participation isn't what we were hoping it would be.  And I don't know if we're not conveying properly how easy it is.  I think that I've had several people that have tried to get on.  We've done it all through zoom.

I can't say we've tried a whole lot of different.  But they've had a hard time getting in.  We have a lot of folks who are blind or low vision.  And I think that sometimes that's not a very friendly format for them initially.

But they get kind of turned off by the experience and they're reluctant to try it again even though I encouraged them, "Hey, you figured out what went wrong the first time."  You kind of figured out whatnot to do and give them ideas what to do without physically being there to see what's going on.

But I don't know if there's a particular way of inviting people or encouraging people if anybody else has that degree of participation with online aisle skills event and peer support events.

>> Jed:  I would say, you know, one of the things and Tanya Thomas if you can hear me jump in any time.  One of the things is that you're not necessarily going to attract new people with the virtual event.  I mean hopefully you do.  And I'm not saying it can't be done.

But I think if people that are already coming to your events, they might be more inclined to take the time to learn the virtual.  It's like I don't think anybody's gone out and found a new church virtually.  Maybe they have.  And I don't mean to be picking on churches here or houses of worship as an example.

You know that if you're already invested in the center for independent living or the house of worship or the elks club that you belong to you're going to take the time and the effort to keep up with it through zoom.  I'm not sure it's necessarily something you're going to want to join for the first time via zoom.

>> Angel:  Well it's kind of funny.  We've had the opposite experience.  A lot of people that show up to the online events they're kind of new to the event thing.  I'm wondering if they tend to be younger.  So it's that comfort level with the technology that may be playing into it.  And plus we've opened up all these events kind of community-wide.  We've shared it with community partners and let people know short of being a very specific peer support event, which we would not invite other people to.

We have made it where come and join us -- learn about us, we'll learn about you.  And learn about whatever topic we happen to be on.  We started this out with intersectionality, disability, housing, voting.  We've kind of done all kinds of really awesome things.  It's a shame that so many people are missing out on it.

>> Jed:  Yeah.  And again we're -- personally I can't speak for the organization I work for, but I personally have the philosophy if one person gets something from something you've succeeded.  I realize that the people who pay the bills might have a different philosophy.

And for good reason.  And I was just thinking yeah because you are going to get people and as the gentleman Joshua you're going to get people who can't necessarily physically travel.  Again, we've got a service area.  We've got two offices.  One in Billings, Montana and one in [indiscernible] Montana and our service area is just slightly smaller than the state of Pennsylvania and slightly larger than Mississippi in terms of land size.

And we're one quarter of Montana.  So you know there are events we can hold virtually that even after this pandemic we're going to continue to hold virtually, about because to get people in Billings, Montana and baker Montana and Columbus Montana and Sydney Montana together it's got to be virtually otherwise somebody is going to be in the car for an inordinate amount of time.

>> Angel:  Right.  Right.  I think part of it is on us, because we get busy with our day-to-day stuff and we're not reaching out to consumers the way we should or community partners.  And the ones that have been very successful.  I just noticed something in the chat too.  I know my comment came in kind of in the middle of a different conversation.  We're seeing the exact same thing she just wrote in the chat.

She said disability partners.  Many people wanted help paying bills but...  we all had no training before giving the funds.  I think I could have written this.  However we also had word of mouth money was available....  now we are experiencing repeat callers wanting help again.  Now that the funds are gone.  We also scholarships people would join support online that never showed up.

Yeah, I don't know that we've had the problem with people we provided the technology to.  I think that some of them have utilized it.  They're kind of also in that older age range too.  They're less likely to do these events.  Yeah, you hit on a lot of really big things.  We did get people repeated coming back for requests or for the funds and not wanting to set goals and work on independent living.  So I would sneak in some of those concepts while I was working with them.

Kind of drill down how they got to where they were so behind on bills.  And then I would share resources that kind of help people do better planning.  Looking at different opportunities for rentals that weren't quite so high.  Which here it's like unicorn finding housing at all.  Much less finding one that's affordable or accessible.  That's a whole another conversation.  Everyone that's alive would probably say the same thing.

And it was word of mouth family members people in the neighborhood.  Of course our criteria they had to be people with disabilities.  And they sure were.  We did careful screening processes and everything.  And them being able to assist people and see these tangible efforts.

But then you did run into the lack of goals and that continuation of that relationship.  And I think that's partly on us too.  We have to be able to be friendly and persist and then follow up with them to kind of don't let them fall through the cracks once we've provided that assistance follow up with them which I've done and some people have been responsive and some people they got what they wanted and they moved on.

>> Alyssa:  In our ILC we have been looking at it from a different perspective -- at least I have.  I'm coming from the perspective of an individual who lives with mental illness and is on the autism spectrum.  So it's not talking about how our clients are affected or, you know, what our clients are into and what our clients are not into.

Like some of the rest of you who lives with disabilities.  It's about what can we do to support each individual and their ability to maintain from day-to-day.  And then on top of that how can we also help enrich lives.  So what I see as a great opportunity to increase access to, you know, the Internet and to increase access to technology.

Is, you know, a peer support group that I run.  You have individuals who are desperately lonely and do not have access to people around them to be their friends.

Or to be able to support them emotionally.  Or even to discuss the opportunity of advocacy.  You know how to advocate for yourself anything from getting connection to food.  You want food? Well, we're going to reach out to this food bank and we're going to sign things up and there you go.  Advocacy for the week.  It's fantastic.

You want to write a letter to the vice president about, you know, the homelessness situation?  Because people with disabilities are 50% of the homeless individuals that are out there on the streets.  Awesome.  Let's do that.

So it's just about creating enough supports that you can hope an individual flourish with that love and acceptance and warmth and compassion, you know?  And then just broaden the horizons and give them a place to be heard and be right and do something good in their lives rather than just mess up again or just be that person who's the problem again or burden again, you know?

>>  Mm-hmm.  Yeah.

>> Alyssa:  It's just kind of one of those things I personally see it as time and support, recovery, day-to-day maintenance of disability.  And compassion.  And then expanding ability to learn efficacy.  And just moving from there.  And you have people who didn't want to be on zoom before all of a sudden they're on zoom.

They're using -- they have phones.  You can be on zoom on phones.  Everybody has a smart phone almost.  It's like there's total access to technology even if we don't hand out chrome books or whatever we got from the CARES Act which is really awesome, you know?  But not everybody needs it.

And so, it's just I know we're small and we don't have a lot of people who are able to participate, but I really feel like this has been really worthwhile.

>> Sierra:  Thank you for sharing that.  There was so much stuff you all pulled out of there.  You and angel together.  I really like some of the conversation around when they asked for short on funds well let's talk about budgeting and where your money is going and how you can work on that.  Creating that need into a skill too I think is something really important.

And then also realizing that things are sometimes day-to-day for some people and meeting that.  That's great.  Thank you for that.

I just wanted to highlight a couple of other barriers that were dropped into the chat too.  Kendra had mentioned and angel, this might go to some of what you're saying too of just online fatigue, you know, with that productivity that Julia was talking about and how we're not traveling anymore.

That does mean that we have 30 seconds if that between a meeting to another meeting.  And that can be exhausting especially if people have been we're working in an office or doing something physical before and now they have to move everything online.

And now their recreational stuff or skill building stuff it's not necessarily occupation.  Centers, goals they're working on and those types of things are online too.  That might give them some fatigue of, "I'd like to join that group, but I've been online all day."  I've heard a lot of people saying that.

>> Angel:  Yeah, I agree.  There are days where it's almost comical.  And we wouldn't do this in person.  Why are we scheduling ourselves this way virtually where you're literally in one meeting.  You are watching the clock for the last ten 15 minutes of that meeting because you know you have to jump to the next one.  Because you haven't gone to the bathroom and you need to eat or you have to return a phone call.

And four or five meetings into the day you are like what have I done?  What have I accomplished?  And sometimes beginning on the pandemic there was a lot of brain fog and disconnect and you weren't retaining a lot of things.  Yeah, it's a mixed blessing.  I have found it to be immensely helpful and rewarding in some ways but it's kind of ridiculous and comical in other ways.

You're looking with this screen.  You're interacting, which is beneficial.  And at the same time you've got one webinar overlapping with another one and five meetings into the day, you know, what have you really accomplished?  Who have you helped in that span of time and other than stare at a screen and not get up and move which is really bad for your body by the way to not take breaks from the computer.

And it's something we've encountered.  I'm wondering who else on this call can relate to that.  I see lot of heads nodding.

>> Jed:  Junior high there should be at least a 6-minute passing between each zoom meeting.

>> Angel:  That's not a bad rule.  We can contact people and say, "hey can you rearrange your zoom meeting for me?"

>> Josh:  This is josh.  Et really is a they think.  There's been days where we're all in our committees.  Our legislative committee to emergency preparedness committee.  Then those meetings stack up.  And it really is one of those things.  I have low vision and I have to put sunglasses on sometimes because I spend so much time in front of the the screen.  It's just like I need a break.  And I will say occasionally if it's a meeting that I sit on a committee.

Occasionally I will sit outside and have the meeting and throw headphones in just to try and get, you know, that sense of being outside for a minute.  Because those meetings really do stack up.

>> Sierra:  I guess we're also talking about consumers and joining your conversations.  Have you all been able to kind of address their fatigue?  I know we have fatigue on our side for sure.  You know I think all of us can relate to that.  Is there anybody that has found good tricks or ways to get around that of everybody go outside and join from outside on our meeting tonight?

What ways have you gotten around that or have you?

>> Kholoud:  With the peer support what we do is, I'll put again share my screen like a YouTube video.  And it could be like the 1-minute stretch video.  And like literally we will all stand up and do it together.  So this way hey we've been -- let's do it.  So I try to do it once a week.  Because they all get bored of the videos and stuff like that.

So I'll try to do different stretches that help them out just to get them out of their chairs and stuff.  It's very much YouTube has become my best friend.

>> Josh:  This is josh.  One thing that we did prior to me positions with our CARES Act we actually bought quite a few art kit and is some easels and fitness equipment.  And we've been able to loan all those products out.  And then what we've done is, we do the zoom activities.

We do it all our stretching and fitness activities virtually.  But our art activities, which is one of I think our most important one that is we utilize.  When I first -- and this is just one that somebody about did.  When I first started getting this up and running before transitioning.

I wanted to address that, you know, one thing that we noticed is that a lot of people just kids in general too.  They were unable to see their friends in person.  They are just cooped up.  The isolation just massive e increase in anxiety, depression.  And this art activity we would do once a month but it was an art activity where you're able to apply to a few consumers.

And the idea behind the art is we would find something that we could all paint together and talk about it.  What does isolation look like?  What is it?  As well as energy.  Somebody painted a lightning bolt and that red car off a car.  I can't remember the name of it.

And was able to express their feelings but through art.  We also do a music class that we just started up a month or so ago too.  So that kind of, you know, I'm a big proponent of music and art and I love art.  I love being able to just draw or paint or do photography to help decrease stress in my life.

When I first started this art activity the hope was to do the same thing.  The hope is that it will help individuals decrease not only isolation but have a sense of like this is very therapeutic.

>> Sierra:  Thank you for sharing that.  That's a really amazing art piece that you shared with us.  That was cool.  I wanted to go a little further up in the chat too.  One of the -- and you kind of said this a little bit too angel with some of your participants.

But consumers that don't feel comfortable doing remote trainings.  They just don't feel comfortable in that platform.  Has anybody figured out ways.  Janene just dropped a whole bunch of stuff in.  Playing games together online using platforms like Kahoot, jeopardy, trivia really helps with connection while on zoom.

And Joshua lightning McQueen thanks to Laura.

>> Angel:  We just discovered Kahoot through our youth transition coordinator.  And we played it once.  And of course there's some glitches with that too especially for those who are blind and low vision.  We just try to get around that.  But the concept of turning this kind of thing into a game and even as an ice breaker I think is a really good one.

It can be a lot of fun.  And you have to remember to make things fun.  I think that what -- and josh [indiscernible] I think is important is expression through art and music.  I think are extremely valuable.  And it's something that we really haven't thought about as a virtual thing while -- and thank you for bringing that up.

Because I've seen other people attempt to do things with, you know, kind of low participation, but it's something that I think is worth it to get people engaged.  So yeah, that's important.

But yeah I think that games is -- that's a pretty good idea.  It gets people in the door.  It gets them engaged with what you're doing.  And maybe they'll come back for other things if they've had fun.  It's just like if you're having a party make sure you have food.  Because people are always going to show up for food.

And we can't really do that virtually.  So make it fun in other ways.  Yeah, I think that's a great idea.

>> Samantha:  I did peer support zoom.  By same few people I kind of have in each one.  There's only about a handful.  But I did this one.  It's a website called AirPano and I can put it in the chat.  It's AirPano.  And it was kind of like taking a world tour.  It shows all these places around the world and just gorgeous scenery and it has music from the places around the world.

And so, that was just a really neat way.  Someone said they had visited Russia.  I think they adopted a daughter or something from Russia.  And so, we were able to pick a few different places in Russia and all of us just visit and tour together.  So that was kind of a neat way to get out of your house.

You know mentally for a little space like that.  So I know that was something they really enjoyed.

>> Sierra:  Thank you for sharing that Samantha.  If you could drop that in the chat that would be great.  I also dropped in our chat on April website there's a COVID tab.  And on one of those tabs is aisle online.  There are ways to recreate online A-Z.  So I dropped that document in there as well.

That came from one of the centers who had a recreational therapy program.  They've been engaging in lots of recreation at the very beginning.  So thank you for sharing all of those.  Those are really great.

And I guess does anybody -- so Janene shared some of the other platforms.  What other platforms -- I mean we all know zoom.

The other day I felt like the flight attendant when I came on.  All right you can get your microphone over here.  And everybody just glazes over like when is this going to be done?  So what other platforms are you not glazing over?  What new things are you seeing? Any kind of resources that you have picked up on?

If anybody is on our youth coordinator's connect help me remember what that other platform is that they stuck on there.  We're going to be doing a training on it, so I probably should know the name of it.  But it's not happening yet.  So there's another platform that I know a lot of the youth programs have started using.

>> Janene:  This is Janene from Michigan again.  I know that we actually created separate website through weebly.  And that's for our MRS fee for service especially when we do youth transition students.  So we actually take them to a different site.  We have Powerpoints and Google slides all made up for each program.

We have associated videos, pre-and post-surveys.  That really helps with organization.  It's free.  And everything is all there when you need it.

>> Sierra:  Oh, that's great.  So you created all the material that's on there though or you found it and then dropped it on to the website?

>> Janene:  We created everything that's on there.  Of course we did find resources online and included those as well just as take aways to give participants.  But our team worked together to put in all the information there.

>> Sierra:  Awesome.  Do you find -- because I'm hearing mixed reviews.  There's some people that have said some people are just struggling with the new technology and there are some people are saying some people are embracing it.  Incorporating a whole new website -- do you find that you lose some people within that process?

>> Janene:  I think one of the biggest strengths we had at least three of our team members actually have a degree in technology.  So they were able to really bring it all together.  All of us had ideas.  But they were able to make it come to fruition.  So with their help we can constantly update it when it needs it without issue.

>> Sierra:  Oh, that's nice.  And I would encourage asking -- that's a really good point Janene of asking around your staff who have hidden talents that you haven't tapped into like the IT stuff.

>> Janene:  You know something that we did run into -- when I started it, I had completely forgotten, you know, you want to make it accessible to screen readers.  You want to make it accessible to people with low vision.

So working together we were able to kind of proofread each other and say all right this is going to work and this isn't.

>> Sierra:  That's great.  Thank you for sharing that.  I just dropped in -- Adam thank you.  Discord is a great option for chatting and keeping people connected while you're not online.  That was one of the platformses we talked about.

We use that during our conference if you came to our conference last year.  That was kind of like outside the conference ways to connect with different people.  And you can create almost like little chat rooms based on topics and stuff like that.  And it's a free app that anybody can have.

So that's been really nice.  And it was accessible for screen and voice controls and all of those types of things as well.  And then the other one I dropped in the chat was Prezi.  This I have not used.  But this is something that the youth programs youth coordinators connect that we run also talked about Prezi.  And that's where it's interactive presentations if you were.

So we kind of get tired of seeing Powerpoints.  It's a little different than like the screen share.  So that's another platform that I've heard of too.  And I'll just type discord to everyone too.  Discord was the other one.

>> Eddie:  This is Eddie from northern California.  I just want to say we love Presi up here.  All the staff loves it.  They're very much into it.  Yes.

>> Sierra:  Awesome.  Okay.  So I kind of took some notes about today, because I don't have a really great memory.  But I was hoping that we would like just pour our hearts out today and say oh this has just been so hard.  All the different places.  Unless you all just didn't want to.  Overall a it sounds very positive.  You all have come out with a lot of great things to reach consumers and hidden are some bumps along the way.

I think with continued sharing of what everybody is doing and checking back in with people I would encourage you -- we have the rural conversation series as well.  And they often touch base on what everybody is doing either with the funds or post funds or just in general with online programming as well.

Just to continue sharing all of this.  We have a little bit more time.  I wanted to just open it up.  Does anybody have anything else that they want to share or would like some help with?

>> Kholoud:  I just wanted to add with the AirPano I'm interested in it.  What we've been doing is we call it going around the world.  And I've been doing YouTube videos and then I have a Google document and then I just do it where I have -- I get -- so we did Morocco this Tuesday.  And we went.  We got the history of the flag how it was made.

And you have their food and then you have tourist attractions and then you have the people like the people that live there.  The locals.  What are the placeses you need to visit from the local point of view.  Then the language and the culture.

Their traditional dress and their dance and their music.  And that's what we do every Tuesday I try to do that where we do a different country.  And sometimes we do different states throughout California.  We do the U.S. territories.

It's basically it's another version of maybe the AirPano, but I haven't looked into that one.  That's another way of doing it if you guys wanted.

>> Sierra:  Can you share your invite link and the time of that so that I can attend that class?

>> Kholoud:  Yeah.

>> Sierra:  I would really love to travel to all the countries.  So if I could do it this way I would love it.

>> Kholoud:  They prefer when I get the video from the locals about their street food the touristy videos that show the people traveling to that country and the food in the restaurants they go to.  They don't care for them as much as they want the nitty-gritty.  They want the local food.  It's really interesting and how much they learn.

And the flag stories honestly are super super interesting knowing how the flags are made and why the colors were chosen.  It's pretty interesting.

>> Sierra:  That's awesome.  I love that.  They always say you should have a local with you when you travel anyways to get good food.  You've already done the work.  All right.  Well that is awesome.  So everybody sign up for that class before leaving today.  I'm just kidding.  But that's really awesome.  Thank you all for sharing so many of your programs.

I do want to remind you that August 11th we are going to be going into the last part of this series.  And that's what we're going to talk about where are you going from here.  Some of you have created some really great online programming.

And what do you do now?  Now that things are starting to open up maybe your center is opening up.  You know, are we -- how are you bringing that community along that are either new to your programming or that are from the CARES Act that how do you keep them engaged?  What do you do going forward?

And how do you create that 6-minute gap between meetings to take care of yourself and to allow your consumers to take care of what they need to as well?  All the things that we talked about within that.  So I welcome you to join us on August 11th same time 2:00 eastern.

That's 1, 12, or 11 depending on where you are at.  I am going to save this chat.  This conversation will be dropped onto our website.  Since it is a partnership with the university of Kansas you'll find that on our partnership tab as well.

But you can keep up with it right on our home page.  There's a link to it as well.  So I thank you all for joining.  We'll head out a couple of minutes early so maybe everybody can go to the bathroom real quick.  Grab a snack.

But thank you all for joining and we will see you in August.

>>   [end of session].