



LIVE WELL ADVANCE

Live Well Advance: Living Well Across the Ages November 8, 2017

11:00am – 12:30pm **Registration, Lunch and Networking**

12:30– 1:30pm **Introduction and General Session**
Master of Ceremonies: Kimberly Hunt, ABC 10 News San Diego

Session 1 1:45pm – 2:45pm

Session 2 3:00pm – 4:00pm

Strong Families, Thriving Communities Track	Developing and Supporting Resource Families	Supporting Foster Youth Through Mentorship
Food Systems Track	Addressing Food Insecurity at Every Age	Addressing Food Insecurity at Every Age
Developing a Dynamic Community for the 21st Century Track	A Plan for Communities to Live Well Throughout the Lifespan	Exploring the Economic Case for Live Well Communities
Volunteer Track	Up Your Attraction = Getting the Right Volunteers	Prepping Your Team to Keep Volunteers Engaged
Workforce of the Future: Opportunity Youth Track	Understanding the Story, Flipping the Script	Understanding the Story, Flipping the Script
Resident Leadership Academy Track	Realizing Healthy, Safe and Thriving Communities Through Leadership Development	Resident Leadership Academy Networking

4:10pm – 5:00pm

Keynote Presenter: Nick Hardwick
Sponsored by The San Diego Foundation

Breakout Session 1 (1:45 pm to 2:45 pm)

Strong Families, Thriving Communities Track

Developing and Supporting Resource Families

As a part of the Live Well Advance, "Strong Families, Thriving Communities" will have two separate, one-hour panel discussions meant to educate attendees on how they and their agencies can contribute to the support for children and families interacting with the County's child welfare and juvenile justice systems.

The first panel will focus on the role and importance of Resource Families. Audience members will hear an overview of the process for becoming a Resource Parent from County staff, as well as insights from those with lived experiences, including a Resource Parent, a relative caregiver, and a former foster youth. The session will incorporate a panel conversation and interactive poll, and then conclude with a call to action for audience members to use their organizational capacity, networks, and personal commitment to support the needs of Resource Families in San Diego County.

Introduction to "Strong Families, Thriving Communities" – Sara Couppas, Senior Program Manager, Clinton Foundation

Moderator:

Wendy Curiel Program Manager, Child Welfare Services, County of San Diego

Panelists:

Patty Boles Resource Parent
Vanessa Davis Youth, Just in Time for Foster Youth

Speaker:

Rosalina H. Burton Member, Real World Panel, Voices for Children

Food Systems Track

Addressing Food Insecurity at Every Age (will repeat during Session 2)

Learn about food insecurity in the region, what the County and its partners are doing about it, and how you can help!

A panel of experts will share important information about food insecurity, food access and nutrition assistance in the San Diego region. We will look at data and programs available for individuals throughout their lifespan- from infants to seniors.

Learn about what other organizations are doing, as well as what you can do, to address food insecurity in our region.

Moderator:

Domingo Vigil Program Coordinator, *Live Well San Diego* Food System Initiative, County of San Diego

Panelists:

Heidi Gjertsen Research Director, San Diego Hunger Coalition
Ismael Lopez Program Specialist, Eligibility Operations, County of San Diego
Wendy Shigenaga Contractor, Aging and Independence Services, County of San Diego

Developing a Dynamic Community for the 21st Century Track

A Plan for Communities to Live Well Throughout the Lifespan

Join us as we hear from renown “Place Matters” expert, Mark Fenton, about what steps big and small we can take on an individual, community and regional level to make our neighborhoods healthy, safe and thriving. We’ll explore best practices and practical steps for creating places where people feel safe going for a walk, residents are utilizing their local parks as places for physical and social activities, neighborhoods have a variety of housing options for individuals and families, and communities promote civic engagement and pride.

Together we will explore key actions that can make a significant difference. We will lay the foundation of what exists out there in the world and look to you to provide your thoughts and expertise on what’s needed to make this vision for our neighborhoods a reality. This lively discussion will help attendees identify individual and collective actions moving forward.

Volunteer Track

Up Your Attraction = Getting the Right Volunteers

Grow your volunteer base via this interactive session on successful volunteer recruitment.

Our experts will share lessons learned, success stories, winning communication tactics, and hidden marketing opportunities to help you connect with all types of volunteers – from teens and seniors to working adults and military personnel.

Attract stellar community stewards. Build relationships with qualified applicants. Maintain a solid group of go-to volunteers. Create opportunities to give back that boost volunteerism and your bottom line.

Moderator:

Meg Storer

Vice President, Government and Community Relations, 2-1-1 San Diego

Panelists:

Tanja Schroeder

Senior Manager, Volunteer Programs and Training at Fleet Science Center

Debbie Krakauer

Volunteer Coordinator, San Diego Rescue Mission

Lucy Lu

Program and Operations Manager, HandsOn San Diego

Workforce of the Future: Opportunity Youth Track

Understanding the Story, Flipping the Script (will repeat during Session 2)

There are 43,000 young adults ages 16- 24 in San Diego County who are not working or in school. Join our distinguished panel of regional employers involved in the movement to flip the script. The audience will participate in a fun and interactive session to explore solutions to help address barriers to employment with an emphasis on Opportunity Youth.

Moderator:

Peter Callstrom

President & CEO, San Diego Workforce Partnership

Panelists:

Erik Caldwell

Director, Economic Development, City of San Diego

Carlos O. Turner Cortez

President, San Diego Continuing Education

Carrie Julius

Senior Talent Advisor, Starbucks

Clarence H. Carter

Director, Office of Family Assistance, Administration for Children and Families, U.S. Department of Health and Human Services

Resident Leadership Academy (RLA) Track

RLA Convening- Realizing Healthy, Safe and Thriving Communities through Leadership Development

Are you a Resident Leadership Academy (RLA) graduate or practitioner?

If so, join us for this special RLA Convening to celebrate the work that has been done here in the region over the last seven years and to begin to envision where RLA will take us in the next seven years and beyond!

Panelists:

The Honorable Racquel Vasquez	Mayor of the City of Lemon Grove
Nadia Arambula	Bayside Community Center
Herminia Ledesma	Vista Community Clinic
Barry Pollard	Urban Collaborative Project
Janice Reynoso	Mundo Gardens

Breakout Session 2 (3:00 pm to 4:00 pm)

Strong Families, Thriving Communities Track

Supporting Foster Youth through Mentorship

As a part of the Live Well Advance, "Strong Families, Thriving Communities" will have two separate, one-hour panel discussions meant to educate attendees on how they and their agencies can contribute to the support for children and families interacting with the County's child welfare and juvenile justice systems.

The second panel will focus on the role and importance of Court Appointed Special Advocates (CASAs) and mentors. Audience members will learn about the different roles that each play in a youth's life, the impact they have on helping to build successful adults, and receive information about local programs where they can volunteer as CASAs or mentors. As a part of the discussion, youth with lived experience will weigh-in on how volunteers have impacted their lives. The session will incorporate a panel conversation and interactive poll, and then conclude with a call to action for audience members to use their organizational capacity, networks, and personal commitment to support the needs of volunteers for foster youth in San Diego County.

Introduction to "Strong Families, Thriving Communities" – Sara Couppas, Senior Program Manager, Clinton Foundation

Moderator:

Don Wells	Executive Director, Just in Time for Foster Youth
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Panelists:

Jennifer Burleigh	Advocacy Supervisor, Voices for Children
Elizabeth Rosas	Supervisor, Child Welfare Services, County of San Diego
The Honorable Carolyn Marie Caietti	Juvenile Presiding Judge, San Diego Superior Court

Food Systems Track

Addressing Food Insecurity at Every Age (repeat of Breakout Session 1)

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Wendy Shigenaga Contractor, Aging and Independence Services, County of San Diego

Developing a Dynamic Community for the 21st Century Track

Exploring the Economic Case for Live Well Communities

Mark Fenton, a national authority on community planning and the built environment, will start the discussion on the value proposition of a Livable Community, including the economic, social capital, health, housing and infrastructure benefits. Together we will explore the “Triple Bottom Line” or the three P’s, (People, Planet and Prosperity) and how using this framework to evaluate our success provides opportunities to improve our communities in relation to the World Health Organization and AARP’s 8 Domains of Livability.

We will explore with you what a resilient community looks like and what steps your business, agency, school or city can take now and into the future to engage and retain your employees, decrease your carbon footprint, provide benefit to the individuals you serve and have a healthy bottom line. Tabletop exercises with partners from your region will explore how we might identify the economic benefit for ourselves and discuss needs or gaps that may be filled through what we’ve learned.

(Continued on back)

Volunteer Track

Prepping Your Team to Keep Volunteers Engaged

You've recruited the right volunteer – but what do you do now that you have them?

In this interactive workshop, experts with thousands of managed volunteer hours under their belts will discuss challenges, successes, and opportunities for growth. They'll turn real-life experiences into easy-to-replicate strategies and tactics that can help you keep your volunteers on site, engaged, and committed to future projects.

Prepare properly. Evaluate and recognize with intent. Develop mutually-beneficial solutions that keep your business, and your volunteer base, happy.

Moderator:

Meg Storer Vice President of Government and Community Relations, 2-1-1 San Diego

Panelists:

Christina Meeker	Volunteer Program Manager, Words Alive
Cheryl Wegner	Volunteer Coordinator, Department of Parks and Recreation, County of San Diego
Melinda Wilkes	Director of Volunteer Engagement, Special Olympics Southern California
Casilda Pagan	Regional Alumni Club Manager, UC San Diego

Workforce of the Future: Opportunity Youth Track

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