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UNIVERSITY OF MINNESOTA
EXTENSION



WELCOMING COMMUNITIES PROJECT

Zoom Session
April 23, 2020

Etiqueta de Zoom (Zoom Etiquette)

- **MUTE MIC** when NOT speaking (We may mute your mic at times if necessary).
- Use the **RAISE YOUR HAND** function to let facilitator know you want to speak or have a question.
- Turn your **VIDEO** function on (if possible) so others can see you.
- Use the **CHAT ROOM** function to speak to EVERYONE (or you can also send a private message to just the facilitator or Alejandra, for example, if you need help).
- If you are calling in from your telephone, use your **PHONE** to give your feedback instead of the chat box.

AGENDA

- **Welcome & Introductions (Bienvenida y Presentaciones)**
- **Understanding Our Change Context (Comprender Nuestro Contexto de Cambio)** – Toby Spanier, Extension Educator, University of Minnesota Extension
- **The Power and Science of Social Connections (El Poder y la Ciencia de las Conexiones Sociales)** - Toby Spanier, Extension Educator, University of Minnesota Extension
- **Sharing Resources (Compartir Recursos)**
Mental Health (Jaimee Brand, RN, PHN), Community Resources, Extension Resources
(Salud Mental, Recursos Comunitarios, Recursos de Extension)
- **Welcoming Communities Project Updates (Novedades)**
What Is Needed? (Que se Necesita?)
Action Steps (Pasos de Accion)
Taking Care of Yourself (Cuidando de ti mismo)

OVERVIEW: WELCOMING COMMUNITIES

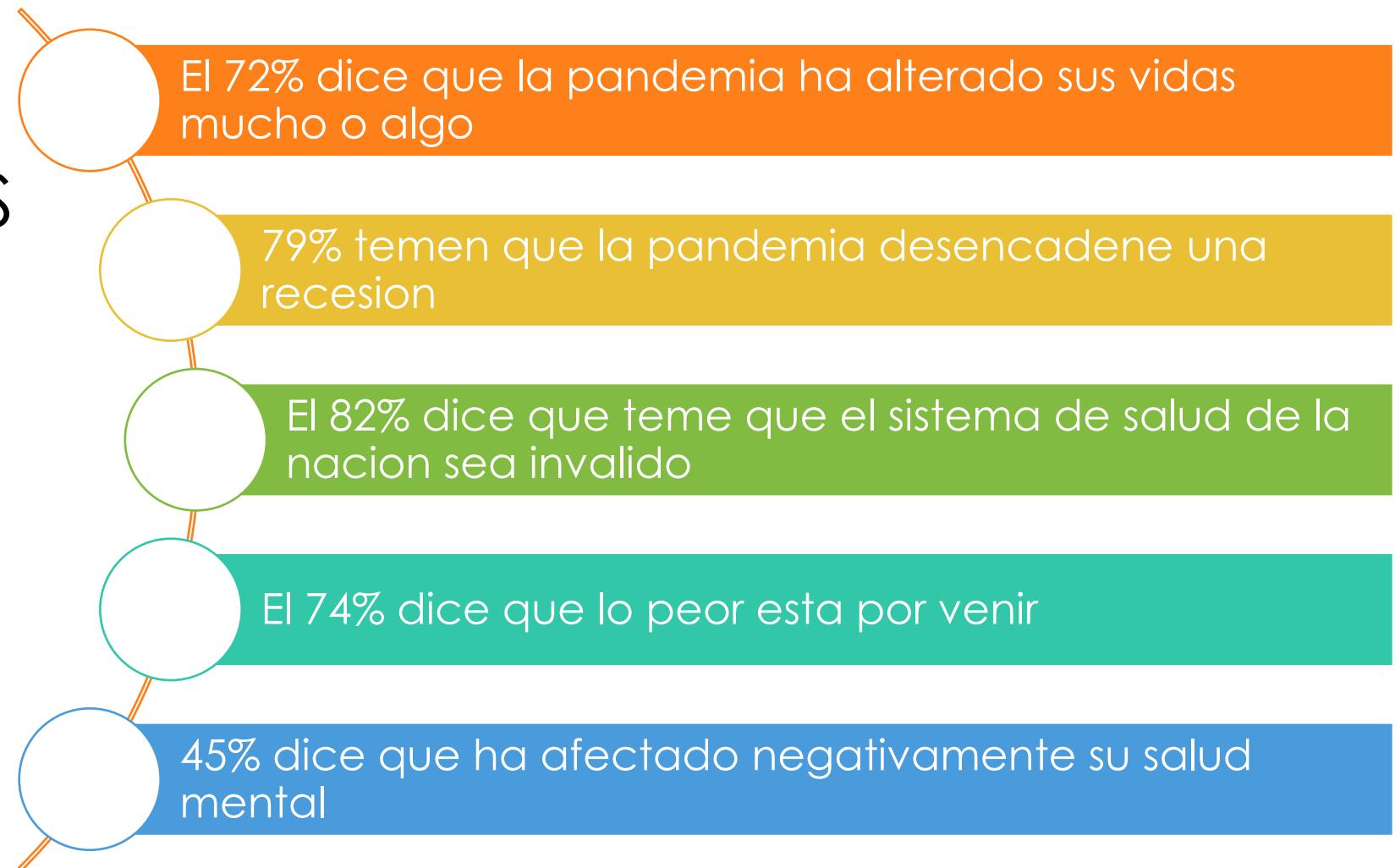
- Desarrollar la capacidad de las personas y las comunidades para responder a las necesidades de equidad e inclusión de la comunidad local.
- Para participar en la exploracion de la identidad comunitaria.
- Proporcionar una Plataforma para la educacion y los recursos.
- Compartir, examiner y explorar practicas mejores e ideas inclusivas y equitativas dirigidas a pequenas comunidades.

OVERVIEW: WELCOMING COMMUNITIES

- To build capacity in individuals and in communities to respond to local community equity and inclusion needs.
- To engage in community identity exploration.
- To provide a platform for education and resources.
- To share, examine, and explore inclusive and equitable best practices and ideas targeted to small communities.

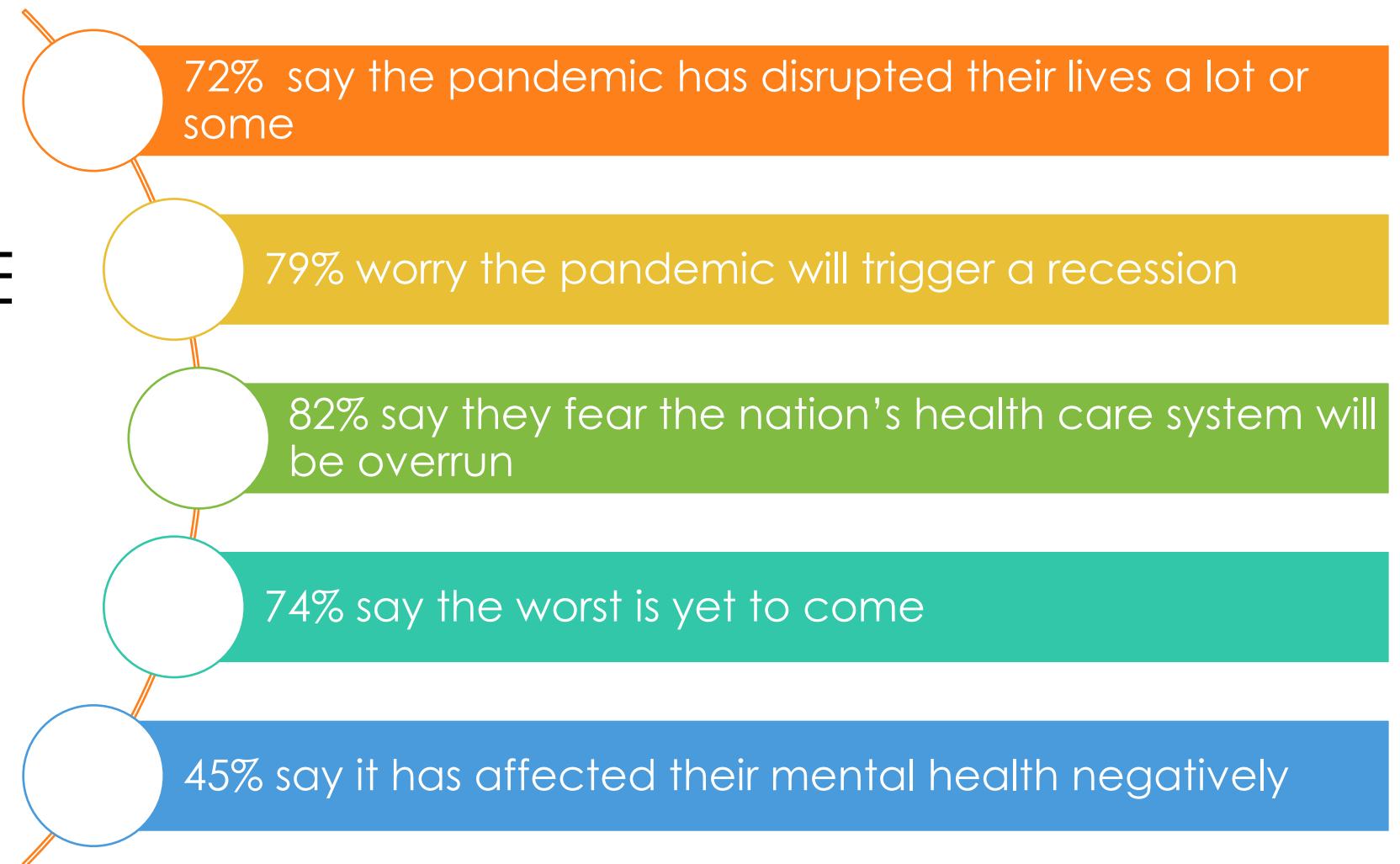
LOS AMERICANOS TIENEN MUCHO PASANDO

KFF POLL
APRIL 1



AMERICANS HAVE A LOT GOING ON

KFF POLL
APRIL 1



ECONOMIC IMPACT

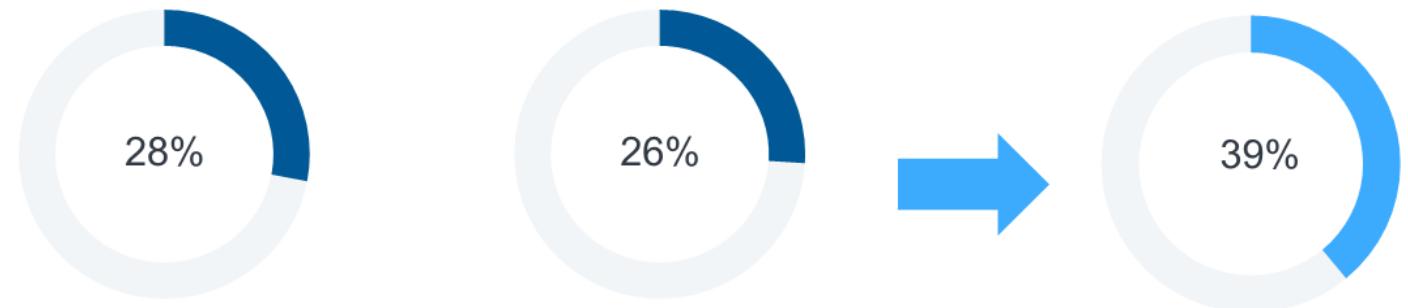
IMPACTO ECONMICO

Cuatro de cada diez reportan pérdida de trabajo, pérdida de ingresos debido a coronavirus

Figure 5

Four In Ten Report Lost Job, Lost Income Due To Coronavirus

Percent who say they have...because of the recent coronavirus outbreak:



Lost their job, been laid off,
or had their hours reduced
without pay

Perdida del trabajo

Lost income from a job or
business

Perdida de ingresos
del trabajo o negocio

**Either lost job, lost
income, or had their hours
reduced without pay**

Perdida del trabajo,
ingresos o horas reducidas

SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020). See topline for full question wording.





Experiencia que cambia tu vida

ONE LIFE CHANGING EXPERIENCE



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CAMBIO CHANGE



How has your life
changed since
COVID-19?

Como ha
cambiado tu vida
desde COVID-19?





Proactive

Reactive

**Change as
Opportunity**

Cambio como
oportunidad

**Change
as Loss**

Cambio como
perdida

RESPONSE TO CHANGE

RESPUESTA AL CAMBIO

Factores que afectan la respuesta al cambio

Proactive

Reactive

←
Change as Opportunity

Change as Loss→

Factors Affecting Response to Change

- How much
- How many
- How fast
- How much control
- How much involvement
- How viewed

OUR RESPONSE TO CHANGE

La investigacion sugiere que, dado que el cambio realmente es **dolor...**

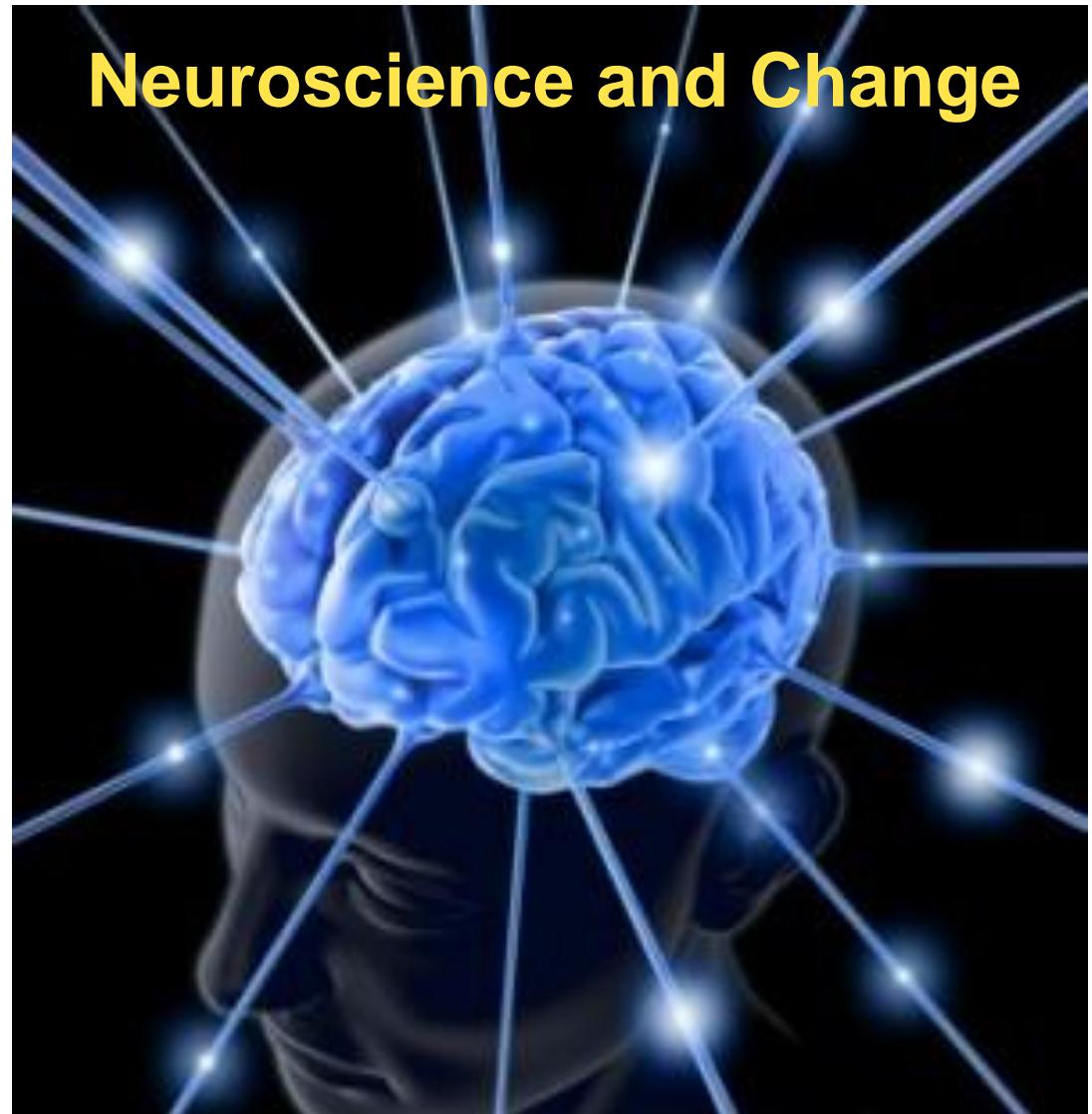
el cerebro senala malestar y meido cuando se siente abrumado

Research suggests that since change really is

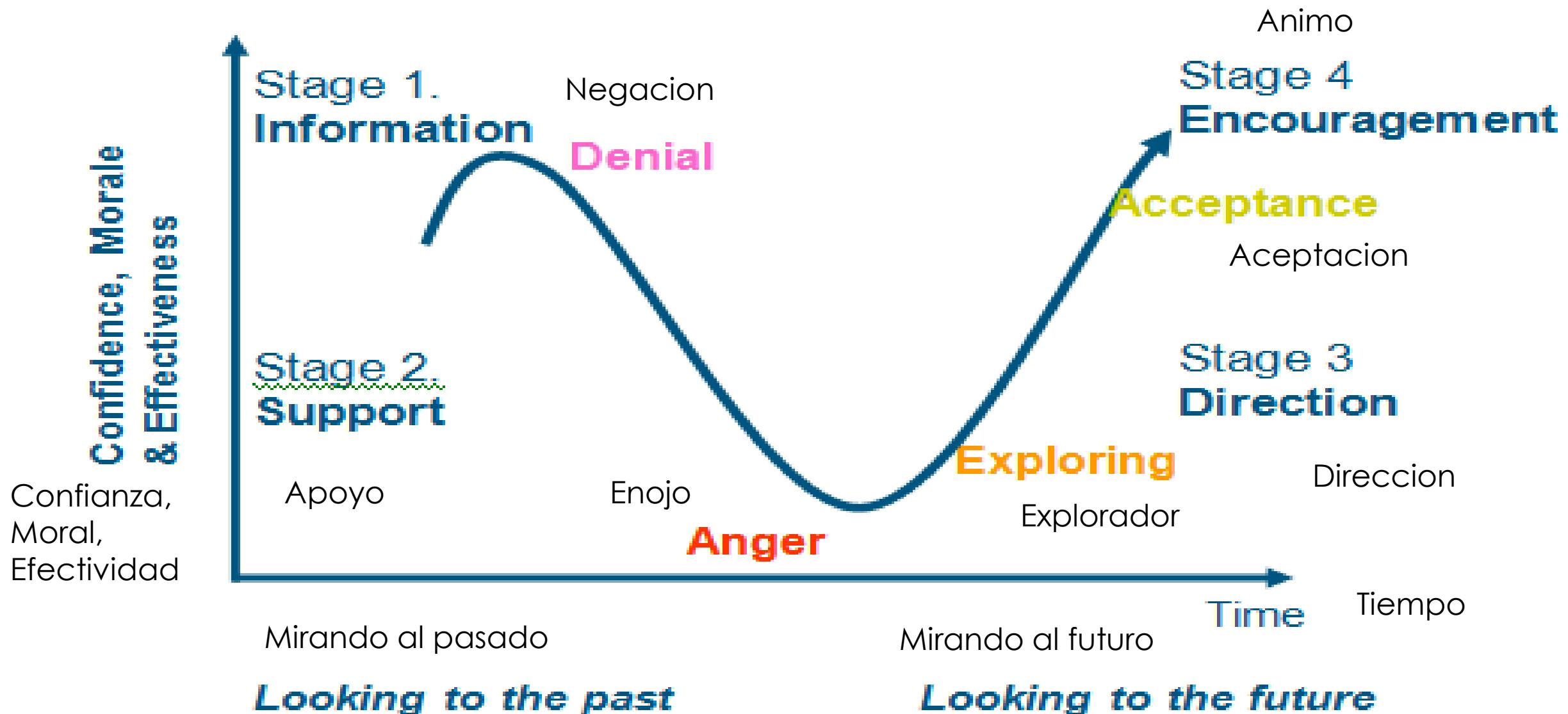


...the brain signals discomfort and fear when overwhelmed.

Neuroscience and Change



The Change Curve



PLANNING FOR CHANGE

- Accept ambiguity (Aceptar la ambiguedad)
- Share information (Compartir informacion)
- Have a vision (Tener una vision)
- Make full use of the many people around you (Aprovechar al maximo las muchas personas que lo redean)

SOURCE: Danes, Sharon M. Change: Loss, Opportunity and Resilience. University of Minnesota Extension.

ORDINARY ACTIVITIES

AXIOS-IPSOS

Los Estadounidenses ven las actividades fuera del hogar como un riesgo

Americans view activities outside the home as riskier

Particularly evident when comparing remote- and non-remote workers' risk perceptions of doing their jobs amid the pandemic

How much of a risk to your health and well-being do you think the following activities are right now?

% Large risk or Moderate risk



Traveling
on airplane
or mass
transit

In-person
gatherings of
friends/family
outside your
household

Going
to the
grocery
store

Doing
your job*

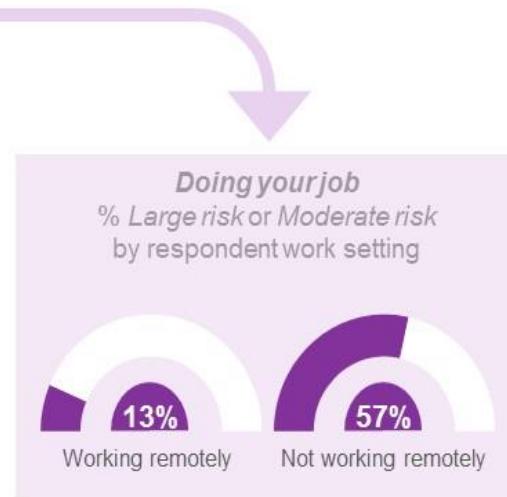
Having food
delivered to
your home
Having things
purchased
online
delivered to
your home

Q26. How much of a risk to your health and well-being do you think the following activities are right now?

Wave 5 Interview dates: April 10-13, 2020 (n=1,098)

*Among employed respondents only.

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Social Distancing

Distanciamiento Social



Physical Distancing

Distanciamiento Fisico



Social Connecting



Que son las conexiones sociales?

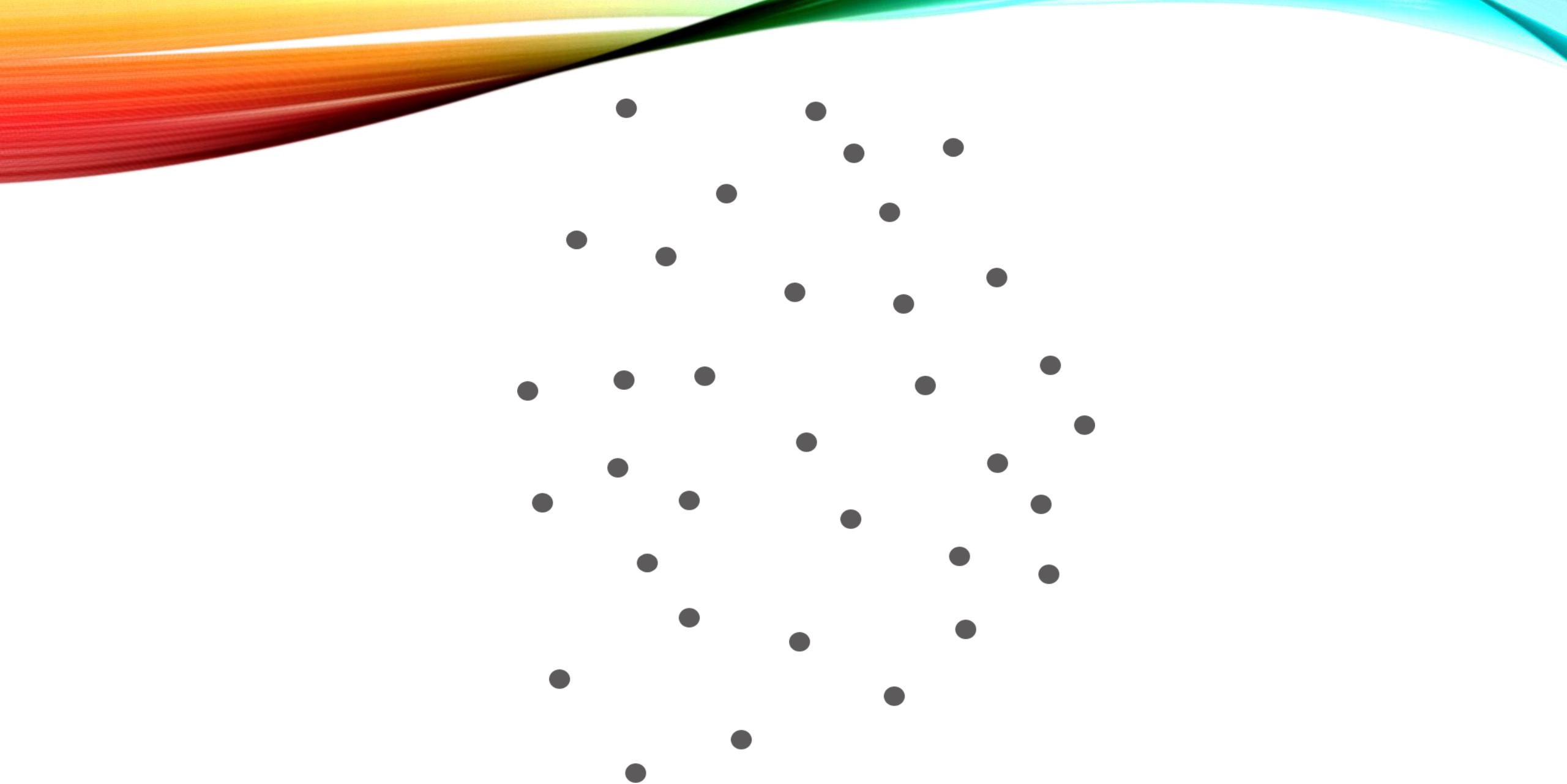
Las conexiones sociales son las relaciones que tienes con las personas que te rodean. Pueden **ser cercanos**, como familiares, amigos y compañeros del trabajo, **o mas distantes**, como personas que conoce casualmente.

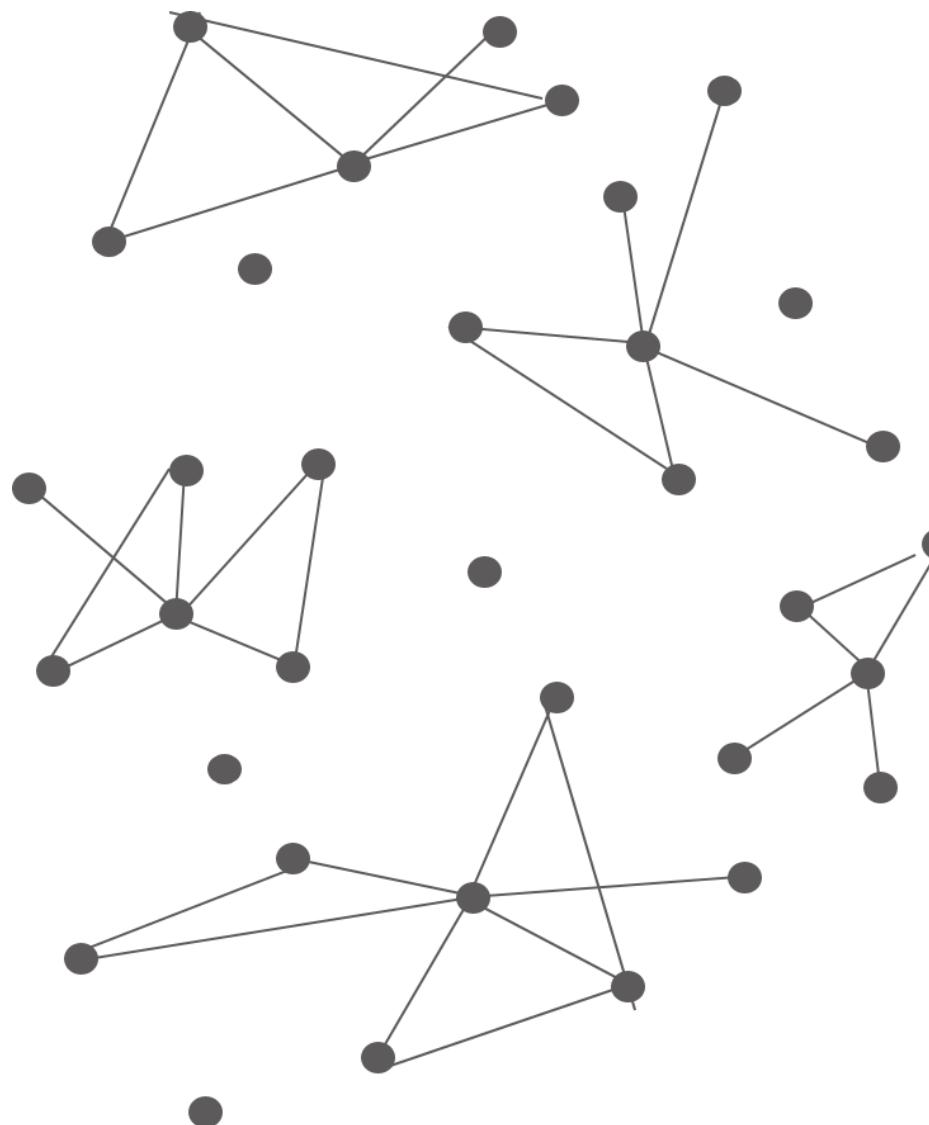
Las conexiones sociales puedan estar tan cerca como a su lado o tan lejos que solo puede conectarse con ellas por telefono o por internet.

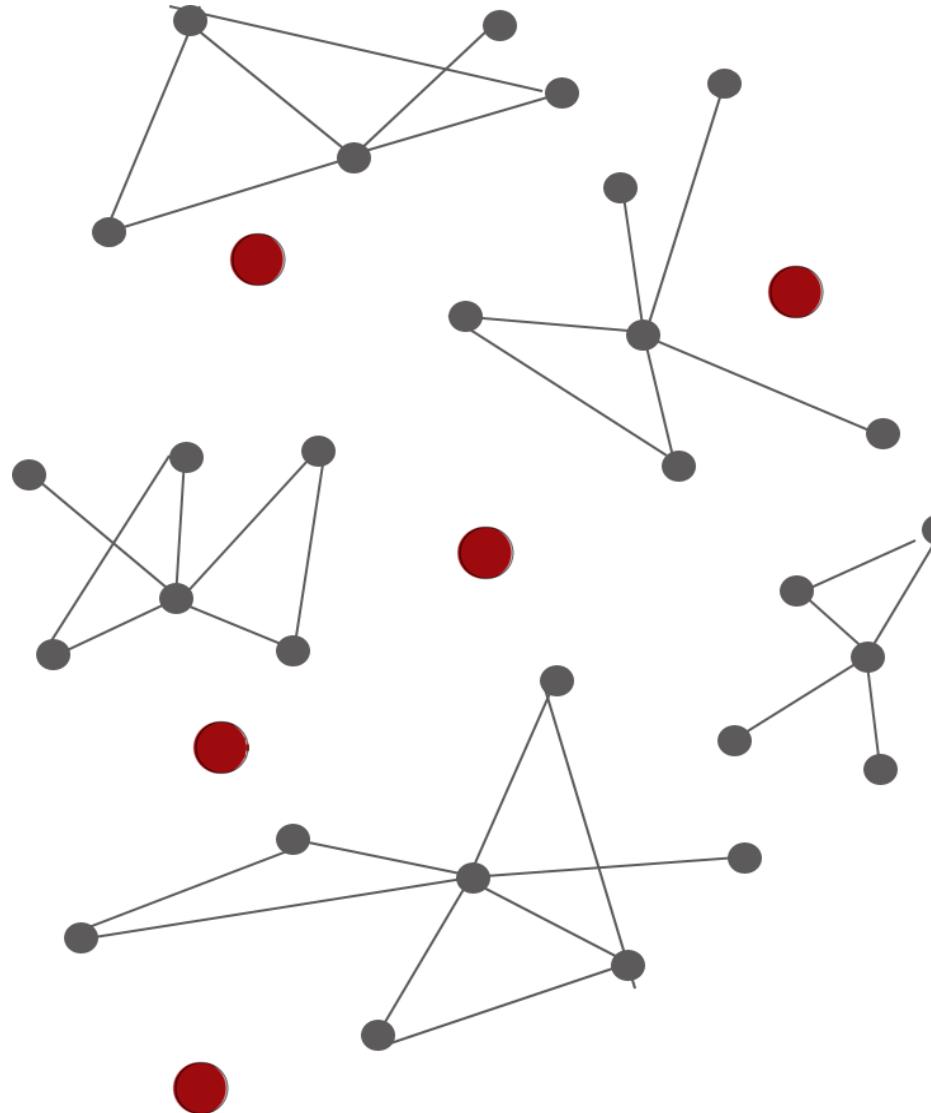
What are social connections?

Social connections are the relationships you have with the people around you. ***They may be close,*** like family, friends, and co-workers, ***or more distant,*** like people you know casually.

Social connections can be as close as next door or so far away that you only connect with them by telephone or through the Internet.







El Poder y la Ciencia de las Conexiones Sociales

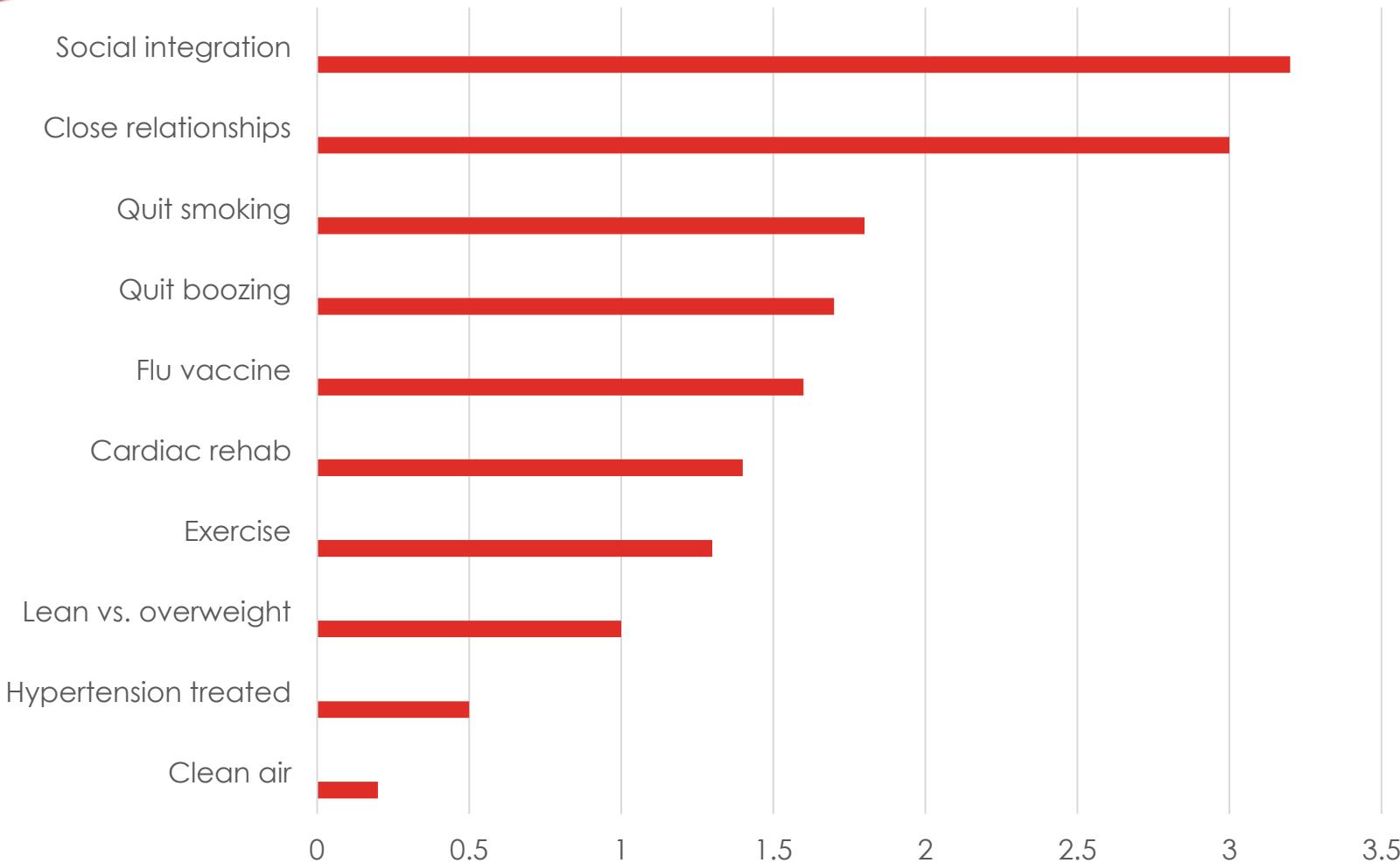


Power and Science of Social Connections



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What increases your chances of living longer?



Source: Julianne Holt-Lunstad: <https://fhssfaculty.byu.edu/FacultyPage?id=jh67>

A photograph showing silhouettes of numerous people standing on small, dark, flat surfaces that resemble small islands or perhaps surfboards, scattered across a large expanse of blue water under a sky filled with white and grey clouds.

Effects of Low or No Social Connections

Efectos de pocas o ninguna
conexiones sociales

Benefits of social connections



Beneficios de las conexiones sociales

Social Isolation Vaccine

A photograph of a young woman with long brown hair, seen from the side and back. She is wearing a white long-sleeved shirt and blue jeans. She is sitting on a couch, leaning her head against her hand, looking out of a bright window. The scene conveys a sense of loneliness and social isolation.

Vacuna de Aislamiento Social



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La Amplitud y Profundidad de las Conexiones son Importantes

Breadth and Depth of Connections is Important

5 Formas de Crear mas Conexiones

1. Dejar de a un lado el juicio
2. Diga “si” con mas frecuencia
3. Crea una lista social
4. Tomar carga
5. Ser vecino



Source: Susan Steinbrecher, CEO, Steinbrecher and Associates

5 Ways to Create More Connections

1. Put aside judgment
2. Say “yes” more often
3. Create a social bucket list
4. Step up
5. Be neighborly



Source: Susan Steinbrecher, CEO, Steinbrecher and Associates

8 Consejos para conexiones mas profundas

1. Acepta y celebra las diferencias
2. Escucha con eficacia
3. Dale tiempo a la gente
4. Desarrolla tus habilidades de comunicacion
5. Administra tecnologia movil
6. Aprenda a dar y recibir comentarios
7. Aprenda a confiar mas
8. Desarrolla empatia



Souce: Libby Webb,Training, The Official Publication of Training Magazine Network

8 Tips for deeper connections

1. Accept and celebrate differences
2. Listen effectively
3. Give people your time
4. Develop your communication skills
5. Manage mobile technology
6. Learn to give and take feedback
7. Learn to trust more
8. Develop empathy



Source: Libby Webb, Training, The Official Publication of Training Magazine Network

If you want others to be happy,
practice compassion. If
you want to be happy,
practice compassion.



Si quieres que otros sean felices,
practica la compassion. Si quieres ser feliz,
practica la compassion.

Tools to Build Connections



Herramientas para Construir Conexiones

Connecting the dots...

Virtual tools to build connections

The 10 most popular social media sites in 2020

Quick Navigation

- | | |
|---------------------------------|--------------------------------|
| 1. Facebook – 2.23 billion MAUs | 6. Instagram – 1 billion MAUs |
| 2. YouTube – 1.9 billion MAUs | 7. QQ – 861 million MAUs |
| 3. WhatsApp – 1.5 billion MAUs | 8. Tumblr – 642 million MUVs |
| 4. Messenger – 1.3 billion MAUs | 9. Qzone – 632 million MAUs |
| 5. WeChat – 1.06 billion MAUs | 10. Tik Tok – 500 million MAUs |



WHAT CAN YOU DO?

Brainstorm Things You Can Do to Build Social Connections.

Share your ideas with others...

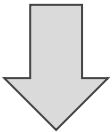
Haga una lista de ideas sobre las cosas que puede hacer para construir conexiones sociales.

Comparte tus ideas con otras...

Connecting the dots...

Share your ideas for building social connections!

Using the link in the chat, please share your ideas!



150 Ways to Build Social Connections
(during this time of physical distancing”)

A photograph of a person's hand reaching upwards against a backdrop of a blue sky filled with white and grey clouds. The hand is positioned on the left side of the frame, with fingers slightly spread, reaching towards the upper right corner where a bright, overexposed light source is visible.

**“El Cambio: siempre
existiremos en
medio de ello. Es
nuestra elección si
seremos su víctima
o su arquitecto.”**

- Merikay McLeod



A photograph of a person's hand reaching upwards against a backdrop of a blue and white cloudy sky. The hand is positioned on the left side of the frame, with fingers slightly spread, reaching towards the center where a bright, hazy light source is visible.

**“Change: We will
always exist in the
midst of it. It is our
choice whether we
will be its victim or
its architect.”**

- Merikay McLeod



Mental Health and Well- Being

JAIMEE BRAND, RN,PHN

- Take breaks from social media and the news
- Practicing Gratefulness
- Stay connected
- Write someone a letter
- Eat a healthy diet and exercise
- Do things that joy and laughter
- Learn and practice coping techniques

RESOURCES

- South Central Mobile Crisis Services/Crisis Center (Horizon Homes) - 24 hour Crisis/Warm line 1-877-399-3040
- Sioux Trails Mental Health Center - 24 Hr. Crisis Number: 800-247-2809
- NAMI HelpLine - M-F 10 AM – 6 PM 800-950-6264
- MN Warmline - 877-404-3190 Monday – Saturday 5PM to 10 PM
- Wellness in the Woods – Facebook - 844-739-0369 (5PM to 9 AM)
- Interpreters are available
- 30 minute mental well being practice sessions by The Minnesota Department of Health. They are Monday-Friday: <https://www.pcamn.org/practicing-resilience-in-community/>.



We leave you with
this:

What are you doing to
take care of yourself
during this highly
unusual and
challenging time?
[Chat your response]

Nosotros te dejamos
con esto:
Que estas haciendo
para cuidarte durante
este momento tan
inusual y desafiante?
[Habla tu respuesta]



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QUESTIONS?

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