

DDD 1st Tuesday Training Series | Introduction to Healthy Living Video Transcript

[Abigail George, DDD Training Unit]

Aloha and welcome to today's presentation. My name is Abigail from the Developmental Disabilities Division-Training Unit and I would like to express my gratitude to all of you who signed on today and took time out of your busy schedule. Before I hand the mic over to our presenters, I have a few quick housekeeping announcements first of all this presentation will be available on our website at health.hawaii.com/ddd. Next, to allow for a smooth presentation all lines will be muted. In the next few slides, I will be sharing additional features available on today's webinar platform. So, once again thank you so much for joining us and I hope you enjoyed today's presentation. Mahalo.

The purpose of DDD's 1st Tuesday Training Series, is to build a strong systemic approach of ongoing education that supports individuals with an intellectual and developmental disability and their vision for a good life.

DDD's 1st Tuesday Training Series will feature one-hour workshops that focus on aspects that are both "important too" and "important for" a person.

Workshops that are "important to" the person will provide philosophical foundation of person-centered planning and information about the life course framework. Workshops that are "important for" the person will provide information that improves the participants health and welfare.

We hope you enjoy this month's installment of "DDD's 1st Tuesday Training Series". This training series is brought to you by the Developmental Disabilities Division Outcomes and Compliance Branch-Training Unit. for more information about the training series and to view all archive presentations please visit our website at health.hawaii.gov/DDD and make sure you click on "news and events".

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For today's webinar we will be using the chat function to provide you with valuable links and handouts for today's presentation. Please locate the chat window by clicking on the talking bubble icon which is located in the zoom control panels below.

Next, to allow for a smooth presentation all lines will be muted. However, we still like to hear from you. If you have a question for our team please feel free to send it through our "Q&A" window which, is also accessible through the zoom control panels on the bottom of your screen.

So, type your questions away and our panelists will be answering your question at the end of today's formal presentation. If we don't get to your question during today's webinar, we will be providing you with an email address for you to reach out and ask any follow-up questions.

Our live webinar will be starting now once again thank you for joining us and I hope you enjoy this presentation. Mahalo!

Good morning everybody and welcome to today's First Tuesday Training series for November 2021. Today we have a few presenters that will be talking about the "Guide to Healthy Living". First off, our presenter Tammy Evrard, is the "Empowerment Director" of Tammy Evrard Consulting. Her diverse work experience provides inspiration education and support for all people to have access and opportunities in life. Her expertise has helped to develop programs training models of support and media material that focuses on individuals with disabilities having self-determined lives.

Our second presenter presenting alongside with Tammy and Zosimo Arista, Jr. Zosimo Arista, Jr. started his career at the ARC in 1984 and he is currently a "Program Specialist" with the Hawaii Council on Developmental Disabilities. Zos works with a Self-Advocacy Advisory Council to ensure self-advocates achieve their vision for a good life.

Also presenting today we have Audrey Ayer. She is a self-advocate, and she is extremely active within the self-advocacy advisory network and is also part of "Best Buddies Hawaii". Before we hand the mic over to our presenters I would like to go ahead and introduce to you, Daintry Bartoldus, who has been working in this field since 1989. In her 32 years of working with individuals with intellectual disabilities she's held various positions as a DDD certification supervisor, a case management unit supervisor and more recently the Executive Administrator of the Hawaii Council on Developmental Disabilities-- a position she's held since January of 2018. It is with my honor, that we start things off and I hand the mic over to Daintry Bartoldus.

[Daintry Bartoldus, DD Council]

Wow, Abigail! What an awesome introduction and also the preview of what to do and what not to do during this presentation. Thank you so much for this. Aloha, folks! As Abigail said I'm Daintry Bartoldus and so a little background--a little bit more-- is that I also have an individual with an intellectual disability who I became her legal guardian and basically, we've been together about 30 years now and so I've gone through the trenches. I've worked in adult foster homes. I've worked in care homes and DOM homes and ICF homes. So, I kind of know where everyone's coming from in some degree but everyone's story's a little different, so I don't want to discard anything anyone has to say. But I just want to let you know that my background with the ARC and knowing Zosimo since 89- 1989! Wow! It's just been great and then Tammy Evrard also worked for the DD council and so she started our Self-Advocacy Advisory Council and so which just gives more kudos to everything. We also "cockroach" from California, where Tammy came from, some of the things we're going to be talking about today. So that's really great. So, we're really excited about that. But really that's all I have for you guys right now. I'm very excited that Zosimo and Tammy are here today and I'm not going to steal their thunder; I'm going to turn it back over to them. So, Abigail, who's up next?

[Abigail]

Tammy Evrard.

[Daintry]

Thank you so much for this presentation. I really appreciate you guys doing this and I know the 1st Tuesday will probably be a little bit slow but as people understand the value of this, I could just see these numbers doubling. We have 68 people today, can't wait to see 300 people next time. Tammy, go ahead.

Tammy you're on mute.

[Tammy Evrard, Empowerment Director from Tammy Evrard Consulting]

I'm on mute. That's a good start. Aloha everyone. Thank you for being here today. We're so excited to talk about "Guide to Healthy Living". This actually is a project that began in 2007 in California with 20 advocates. They created this tool as a project between a healthcare provider and their case management agency at the regional center. The effort was to address obesity diabetes and cholesterol issues for people with developmental disabilities. In the five months that the team worked together everything that we present today was made by individuals with disability. Their words, their pictures, and the purpose of being healthy. And so, I appreciate Zosimo joining us today and Audrey. We did run our Guide to Healthy Living in May and June so that we could get a feel for the materials being online, as well as in person, which we have now expertise in both areas to help people to create those healthy living goals that address a positive thinking, exercise, and nutrition. Okay, that's great. Next slide please.

So, the guide to healthy living is actually a tool or a workbook that really helps people to have choices and being able to decide the different objectives or goals they want in life and that includes taking responsibility and taking care of themselves. It allows people to make new choices and have new experiences so that whether it's a choice in healthy foods exercise for the way that we're thinking, this allows us as supporters and individuals to also go on the journey of healthy living with the person. It also allows a person the opportunity to share within their group things that are really important to them. Next slide please.

Some of the things that we're going to talk about, of course, is our personal wellness goals. So, I want everyone to take a moment to think about what exactly are your personal goals. Have you set them, and you know January is coming around and we always set those new year's goals and objectives in regards to our health and then as time goes on, we kind of drift away from what we really want to achieve and bettering our life. So, I'd like all of you to think this year what were some of those healthy living goals that you had. We've kind of had a very stressful time with the pandemic and different changes in our lives and this is now a good step forward to be able to think about, what are things that we're going to do to feel good about ourselves?

What are things that we're going to do to help us move and exercise better? What are things we're going to do that make us feel really good, that when we look in the mirror, when we're interacting, that we feel that energy that excitement and being positive. And what kinds of foods are we eating? Foods that give us that energy and foods that make us feel really good about what we're putting into our bodies. And then overall, how are we help having fun and being healthy and how are we having other people participate in our healthy living goal. Next slide.

So, Zos, I think you're being "self-directed" here. <Laughs>

[Zosimo Arista, Jr., Hawaii Council on Developmental Disabilities]

Thank you, Tammy. So, during the training that we'll be providing, we're going to also be doing uh an exercise about being self-directed and being self-directed is really choosing the things that are going to be important to you as a person and one of the things that we do during the training is really learning how to take charge of your own health. Some of the decisions that maybe we haven't had a chance to really think about or put much thought into and really learning how to make decisions that are going to help us to make decisions for our own health. We're also going to learn how to think about how we feel. So, not only making decisions about our own health, but really making decisions about how we feel and how we think and how we process those kinds of thoughts and emotions during the day and during the week. During that training we're also going to be thinking about the people that help us--the kinds of supports that we will need. So, whether you're an individual who is just starting out or learning how to take charge of your own health or you've been doing this for a long time.

Sometimes, there are people who really want to help us, but we haven't invited them into our lives to really help us and so we're going to really put our minds and hearts to thinking about the kinds of help that we can get and ask for. Really being open to that. And then we'll also, in being self-directed, we're going to learn how to make a plan. And really this is the serious part about the Guide to Healthy Living is learning how to make a plan that hopefully we can stick by so that it's not only going to be a January decision time and we start off the new year with great goals and great decisions but that hopefully that plan can last throughout the year and help us to really become a lot more healthy in the things that we think about our health; how we feel and the people that can help us.

Next slide. so, we are also going to learn how to make a healthy living goal. And the healthy living goal really is your own idea about how you want to feel and the things that you want to do.

A lot of times there are people who tell us how we should feel and the things that we should do. With this guide to healthy living really is a way to plan your own goals that you want to do and really kind of set out the things that you can do. Some of us as we're going through life are different places in our health. Some of us take medication. Some of us are out running or out swimming. Some of us go walking at the park. Some of us very rarely get to be out in the environment but we're going to learn how to make some of those goals, those healthy living goals, and then put them into a little plan that we can practice, and these are things that you want to do rather than being told about what you should and should not do. The other thing that we'll be doing is we're going to take the time out to create a healthy living goal and that talks about what's important to you. So that healthy living goal is going to be will incorporate the kinds of foods that you eat, the kinds of movement or exercise that you decide that you want to involve in your life and then the kinds of thoughts and feelings positive thoughts and feelings that you want to incorporate in life. Oftentimes there's a lot of not so many positive things that we can think about or the things that we see on the television or in social media that affect us that might affect us negatively. So, this healthy living goal is going to help us to learn how to turn those kinds of thoughts into positive thoughts and really to create that healthy living goal. Next slide.

So, we utilize a strategy and self-advocates with the self-advocacy advisory council have learned from Tammy this fairly simple strategy and it's called "Think, Plan and Do" and this three-step strategy is really how easy it is to put this strategy into action. So, the first thing we do when we we're going to be thinking about our health goals is to think about how we can create our own health goals and come up with those. So that's the first step is thinking. The second step is planning and how to make a plan to fulfill or how to meet those health goals and how we can get some help and support and then this is probably the toughest part is how to get started because a lot of times getting started is probably one of the toughest things we can do because we're already living and moving and eating and walking and doing a certain way in our lives but getting started might mean some change in our lives. And then the last

step is to do--to take action and that is just putting our plan into action. So, these are ways that we are going to formulate a healthy living strategy and it's going to be a way for us to make good choices. Next.

[Tammy]

Wait, can I add something really quick, Zosimo, to the "Think, Plan, Do"? So many of us are think about what steps can we take to help people to make decisions to build skills and then to share with other people. And "Think, Plan, Do" was a strategy created by people with disabilities, [telephone rings in background] So sorry about the phone. One of the most important things about creating a plan is to share it and not just share it with the team or share it with your family it also means to be able to share it with your doctor. It also means to be empowered to share it with any natural supports or other people that could pull people into the circle that helps people to have a really good life and feel very supported in the decisions that they make. And so, "Think, Plan, Do", though it sounds very simple, I suggest all of you take an opportunity to work through the different steps about what you think about, the steps you'll take in your plan and the actions you'll do if you work on that yourself, then you'll be able to support other people who are learning the steps to empower themselves. And we always say we lead by example so we need to take action first before we can help others to do that for themselves. Okay, so thank you Zosimo, I appreciate it.

[Zosimo]

Awesome, next slide, thank you.

What are we also going to do? During the guide to healthy living sessions, we're going to also learn healthy eating strategies and part of that is completing a food diary or kind of listing down for two days things that we eat; things that we drink; things that we eat for dessert and all of the different things that we put into our mouths and our bodies for two days. And that food diary will be part of the guide to healthy living classes that we go through.

We're also going to learn about portion control and what part of the plate and how much of it should be proteins and starches, fruits, and vegetables. And so that's going to be a really exciting learning how to figure out what part of the plate we are going to have different kinds of foods make up. So, for me personally when I went through the guide to healthy living class, my portion control plate was more filled with starches rather than protein and vegetables and fruits and so after going through the class I was able to kind of re-portion what I was putting into my body and it was a great way. I definitely began to see a difference in how my body responded by changing that portion. I wasn't so tired I wasn't so sit around and do nothing. It always felt like I had more energy and so that he eating strategy really just helped me in a in a simple but profound way. And then the third thing we'll be doing is how to figure out ways that we can be positive and feel great and in just a moment we're going to have Audrey Ayer. She's a self-advocate she's going to share the different things that she's been doing in her own guide to healthy living practice. Next slide.

What we're also going to be doing during the classes are some good moves and some strategies on how to feel and how to get some exercise and listening to our bodies and how we feel. And so, for me I've had surgery on my lower back at the beginning of the year and that really changed my ability to move around and to do exercise. So, I've had to kind of change up on how I exercise and the things that I was able to do and so it helped me to review the things that I was doing like the different activities and what I really wanted to do. And so now I'm going to have Audrey kind of share the different ways that she's changed her eating habits and the activities that she's done. So, Audrey if you could share with us what you've been doing?

Audrey, I think you're mute.

[Audrey Ayer]

Thanks, Zos. When I heard about Tammy putting together the healthy living program, I have been having some challenges before about my eating habits. First, I have been thinking what I should do and what I should eat and so, I can do, is I can go out and go walking around and sometimes I can do something in Special Olympics. Right now, we are starting to get ready for the upcoming games, so it helps me to overcome my eating habits again so I was thinking I can do some exercising, thinking positively, like I'm doing my research.

I've been pushing and helping me to think positively so I can help people, to help them and to help them with sportsmanship when I am in swimming. Sometimes I do things like, you can motivate each other it really helps people to realize that we are empowering each other. So, we can help each other so it really helps people with disabilities to have their own voice to be heard.

[Tammy]

Excellent. Audrey, I love what you're saying. We had a yoga instructor part of the team as an instructor for exercise. What did you learn in regards to yoga?

[Audrey]

In yoga, I learned how to do stretches first, before we do anything else. And yoga I learned how to take a deep breath in and deep breath out.

[Tammy]

Excellent.

You talked already about eating and that was really important paying attention to what you eat. Who's the person who helps you in your life to do that?

[Audrey]

That would be my mom.

[Tammy]

Okay, and you also talked about exercise because you want to you know; you do special Olympic swimming and you also do walking. So, who helps you with that that?

[Audrey]

That would be my mom with swimming and walking with my dad.

[Tammy]

Okay, excellent. And when you were creating your plan did you put like times or date when you were going to start doing these exercises and how often you are going to do it?

[Audrey]

I have a walking app and I can download how many steps I've been taking.

[Tammy]

Excellent, thank you, Audrey. Thank you so much for sharing and I love what you're talking about helping people to have a voice and that's so important for everyone. The guide to healthy living and its training was eight sessions. What happened at the end? Did you want it to keep going or were you feeling pretty good about things?

[Audrey]

I really wanted to keep going.

[Tammy]

I know. I know and I thank you for joining us and I know you want to participate in the new trainings that are coming up. So, thank you. Zosimo, anything you'd like to ask or share before we move on?

[Zosimo]

No. We thank you, Audrey for sharing that. That was awesome and we appreciate you being part of this webinar. If we could go back to the slides, that would be great.

[Tammy]

And we will be sharing Audrey's plan, so she did give us permission to show her actual plan on the screen.

[Zosimo]

Okay awesome. Next slide. So, the last thing I'd like to talk about is-- but not the last thing today--is how during the guide to healthy living classes we're also going to be focusing in on how to have good thoughts and the different strategies, the different practical ways, that we

can put into practice how to have good thoughts. And these are going to be covering positive thoughts that are going to lead us how to take positive action and kind of like what I said, just a little earlier, sometimes the things that we watch or listen to or see in our social media or in our world around us, oftentimes can just be negative thoughts and how we can switch that around and really put into our minds and our hearts the different positive thoughts that are going to help us to have positive action. So, that's one of the things that we'll focus on during some of the classes. The other thing that we'll do is finding a trusted person that we can talk to and have good conversations with. So, like Audrey was saying, when you work together with someone, it can help you to feel empowered, in that really getting help with someone that you can trust-- Audrey trusts her mom and her dad and even the special Olympic coaches that she tends to when she goes to her practices, but she's found different people that she can trust and help her so that she can continue to accomplish. Because not every day is going to be a good day and sometimes that trusted person is what we need, when we need to lean on someone and help us kind of get through or we can share the good things that are happening to us with that trusted person, and we can help them to also feel empowered. Okay, next slide.

[Tammy]

Great, so in the healthy living trainings, as you hear, what we learn is, we don't just talk about setting a goal such as I'm going to eat salads. It may be the goal we see, but during the training we talk about how you feel, which is always left out of a training because, how we feel can stop us from really following through with the goals we want. So, we talk about things that make us feel really great, but we also talk about barriers or things that may stop us. Which is really part of learning and we do it in the safe environment as the group is with each other for six to eight sessions. When we're talking about food, we're also showing people food. We're also giving ideas and we do really fun activities and assignments. So, that people can come back sharing with us what they tried during the week. So, this gives us an opportunity to say, "great job", and this gives us opportunity for the person to say, "it didn't work" and the team can come together and give better ideas. Being positive, we all want to be positive in what we do for ourselves and so we really want people to feel great and surrounded in a nurturing environment where they can try new things and we want them to expand their experiences so that if you haven't tried a certain food we'd love you to try it and then come back and tell us what you thought about it and so we had lots of people trying new things. We also have, what I call a "plus one". We teach people different strategies about adding perhaps, if you're walking, do a "plus one"--I walk with a friend or I walk with my dog or I walk in a different place. So, we want people to expand that experience of I'm not just going to walk, we want to talk about where it's going to be, who it's going to be with and how you're going to stay on track. As you see, Audrey, she actually got something that counted her steps and so we were all praising her for her efforts and trying something new. Next slide.

So, this actually is at the very end of the toolkit or booklet for the healthy living guide. It is a tear out form that you can share with your team. It talks about the person's healthy living goal and it works through the strategy of, "Think, Plan and Do" for both all the exercise, the eating and positive thinking. And so, we want people to walk out of the trainings with something that they can share with their team' with their family' with their friends and their doctor. Okay. Next slide.

So, Audrey if you can come back and join us for a second. I'd like you; I don't know if she can, but this actually is Audrey's plan. And you heard her mention, this a little bit. Audrey would you like to read your healthy living goal, which is here at the top?

[Audrey]

Yes. My goal is trying to eat better and eat more healthier foods.

[Tammy]

That's okay, great!

And in the red, in your plan, what were you planning to do? You were going to eat what?

[Audrey]

Doing my planning I wanted to eat more of the cauliflower fried rice.

[Tammy]

That's right and you're going to do that how often?

[Audrey]

My mom been making it once a week.

[Tammy]

Okay excellent and now let's talk about your exercise as a swimmer. Right? What did you think about, in blue?

[Audrey]

As a swimmer, we have to stretch first, before we start swimming. Sometimes, we use something like stretching your arms and moving your head back--moving your head like in a circle.

[Tammy]

Excellent and can you tell me what was your plan to be a strong swimmer?

[Audrey]

My plan is trying to help people and motivate them.

[Tammy]

Awww, okay. So, Audrey, it's interesting. Audrey had two things, "I exercise" and "positive thinking". Because she's the swimmer and special Olympics, Audrey also wanted to have good sportsmanship to help other people. So, when you were swimming, which was on Saturdays, were you helping others on your team?

[Audrey]

Yes.

[Tammy]

Okay and how about the walking?

[Audrey]

The walking, there's me and my dad. We've been walking down to Safeway, here in Mililani.

[Tammy]

That's great.

[Audrey]

We've been walking down here like one- and one-half miles and coming back.

[Tammy]

Wow, that's very cool. How often do you do that?

[Audrey]

Once in a while.

[Tammy]

Okay. That's great. I'm glad you're still doing that and then, you also had in your "think", which is in green, your "positive thinking" and what was it? Would you like to read that? I want to be...

[Audrey]

My positive thinking is, I've been doing, pushing, doing my "word-searches". Trying to sharpen my mind.

[Tammy]

Excellent. And tell us about your artwork.

[Audrey]

Yes, that too. Doing my artwork, it really helps me to learn different brush strokes so I can learn different things.

[Tammy]

That's awesome! If you guys can see me on the screen, would like to share with you Audrey's artwork. Right? Which is one of the things Audrey does to help her be positive and think through. Thank you so much Audrey for sharing your healthy living plan with us, I really greatly appreciate that, thank you.

[Audrey]

You're very welcome.

[Tammy]

All right, next slide.

So, we do, in the group, ask them to make some agreements, right? We want them to agree that they'll be an active member. That they really will participate in the learning and the fun activities that we'll have. We want them to talk about the coaches, which we have three--one that's going to talk about nutrition; one that's a life coach, that talks about positive thinking and the last one is a yoga instructor that works with us on exercise, especially online. And then, we also want them to agree that they'll create their healthy living goals. We want them to share their success and the work that they're doing each week with the group and we would like them to try to have try new activities, try new ideas and share with everyone so that we can kind of expand our experience in feeling good about the things we do. We in turn, we agree as facilitators and helpers and team members, that will listen to everyone's ideas, will respect their privacy because sometimes some of the goals that people set are pretty important that deal with very serious medical things that they're thinking about. We also respect their choices, and we believe in people and want to create that environment that says you can do it. We do also have them choose someone, that trusted person, that they're always going back to share what they've learned and what they've talked about so that they can feel supported. Anyone can hop on to, if someone is participating in it and they're proud of someone's team, you're more than welcome to hop on to hear how that person is doing, so that you can continue to be that support system for the individual. Next slide.

So, what do we get out of this experience? So, of course, we get to meet new friends and new people, which is pretty cool. We get to find new ways to feel good about ourselves and we actually get to have a healthy living plan that we can share with everyone. Next slide.

Okay. So, to bring it all together, the guide to healthy living is not just a book that we pass out to everyone. The guide to healthy living actually comes with a support system and training that allows people--any person, it was not just created for people with disabilities, it actually is created for everyone who wants to create a healthy living goal, that talks about how you feel, talks about things that you care about, that you want to do, in regard to exercise and nutrition. And it really brings together the people who support you that you can share some wonderful opportunities. One of the things that becomes a really key ingredient for guide to healthy living or healthy living goals to be successful is to be able to do it with a team or someone or people who care. When people are doing it alone, it makes it very hard to accomplish the goals and so we encourage everyone to stay connected even after a training ends and sometimes people come to more than one training because they have a new goal or new idea and we're very much open to that. Next slide.

I'm going to talk about sign ups of the trainings and the next slide will talk about our training dates.

[Audrey]

Can I add something, Tammy?

[Tammy]

Oh, absolutely, Audrey.

[Audrey]

For me, I've been helping people with different disabilities because I can help them and let them choose their healthy foods so they can keep themselves energized and motivated.

[Tammy]

Excellent, thank you. What is the one tip or thing you would like everyone to hear, maybe this is a good idea, everyone should try it at home. What would you say? I've always said, if you have a swimming pool at your house you can actually swim and you can actually walk around the pool.

[Tammy]

Okay, that's good and if we don't have a swimming pool, where can we go?

[Audrey]

You can walk down to Foodland or to Safeway, so you can keep up your energy.

[Tammy]

All right, so walking is another good alternative and that sounds really cool, Audrey, thank you.

[Audrey]

No problem.

[Tammy]

Excellent. So Zosimo will talk about the sign-ups and registration for our new classes.

[Zosimo]

This presentation gives us a preview of what we'll be doing and our orientation for the first cohort or the first group is going to be on December 3rd, 2021 at 9 00 a.m. and the trainings are going to be on Fridays and we're going to be starting in January for six for consecutive Fridays. So, if you'd like to register, I will be giving the link, the registration link and I can pass it on to our DDD host, the Training Unit, and they'll be sending out this registration link and we will automatically sign you up. And then our second training session is going to be in May. And that orientation is going to be on May 27th, that would be 2021 or <correction> 2022, excuse me and the training in June and then for another six weeks. So, if you'd like to sign up and if you're interested, we'll put in the registration link, I can either put it into the chat box now and we can start that, or I can send it to our DDD collaborative Training Unit. So, that's how we're going to sign up. The classes are going to be limited, so first come first serve basis. I believe we're going to be looking at training 15 people per cohort or group session. So, that's going to kind of be the setup for us. Next slide.

And so, these are the groups that have been supporting the guide to healthy living. The Hawaii Self-Advocacy Advisory Council, also known as the SAAC. Our Hawaii State Council on Developmental Disabilities, that's our DD Council. Tammy Evrard Consulting, that's TEC and the Eastern Los Angeles Regional Center, called ELARC. So, those are all of our project supporters and we're very grateful that we get to run this guide to healthy living program here in Hawaii and offer it to the different agencies and individuals and families that are here on today's call. Next slide.

[Tammy]

I think we're done. Okay, so I do want to wrap up and thank all of you for having us here today. As we work through the different steps for all of us to be healthy and come up with these wonderful goals, we also want you to know that we are here to support everyone in their endeavors to live a wonderful healthy self-determined life. And I appreciate Audrey and

Zosimo, thank you for being co-presenters today. Especially, Audrey for sharing your plan. I'm really happy to hear that cohort or that group was in May and June and you continue to work on those goals, so I think that's a wonderful thing so thank you so much and thank you all for joining us today.

[Daintry]

Hey folks this is Daintry. I'd just like to throw in one other plug here and Audrey I'm going to call you out and I hope you're going to be okay with this. I believe super event coming up about "Best Buddies" which is something else that happens when we're trying to do self-improvement. We join different groups to help us achieve that and Audrey can you tell us about an event that's coming up about "Best Buddies" that maybe some people might want to donate to or buy a ticket for?

[Audrey]

Yeah, thanks, Daintry. For "Best Buddies", we are going to do our outing to the zoo, coming up on the 20th of this month.

[Tammy]

Okay. Great and can you talk about the "Friendship Jam"

[Audrey]

The "Friendship Jam" will be on the 14th of the same month of November. We are doing live auction for people who's living on other islands or on the mainland. That would be \$25 for the live stream for them and for us we are doing in-person event in town in Honolulu.

[Daintry]

Maybe Tammy could put a link in the chat box about if anybody wants to buy tickets to that "Friendship Jam" or if they want to go on the auction or donate to this great cause that'd be great and I apologize, Abigail, if you're like squirming in your seat, "What is Daintry doing?" but I just think this is with Best Buddies it just plays into how important it is to be person-centered planning and how we get involved in other activities as well. Thank you so much.

[Tammy]

May I add something really quick? That Audrey is has not stated but it's a champions event and Audrey is running as a champion and she is running her own campaign in the midst of other business professionals as one of the only advocates. There is another team, buddy pair, that's running but, Audrey is running her own championship campaign and so if you would like to see Audrey and her work and what she's done, please feel free to visit her page and we're so proud of Audrey and her efforts. She is an ambassador of Best Buddies and so we're happy to support her in any way and her advocacy work, so thanks, Daintry.

[Abigail]

Awesome everyone! So again, we're going to go ahead and post some of the links in the chat. If you folks are interested in attending the Best Buddies Champion Gala and also in the follow-up email, we'll go ahead and share some of the links that we shared today. All right, so we'd like to thank everybody for joining us today. Make sure that you check us out on our website and if you have any follow-up questions, please feel free to reach out to us at the Training Unit at DOH dot-- where's my...There we go: doh.dddtraining@doh.hawaii.gov. Our next presentation is scheduled for Tuesday, February 1st in 2022, so we're going to see everybody next year. We're going to talk with Dr. Ritabelle Fernandes as she is going to share some information in regards to intellectual disabilities and dementia. Again, for more information about our training series please feel free to visit our website at health.hawaii.gov/DDD. Thank you everybody for joining us. Mahalo.