



2023 Washington SNAP-Ed Forum

Moving Forward: Coming Together to Plan with Purpose

Spokane, WA

April 11-13, 2023

This version of the agenda is much longer and including descriptions of sessions and speaker bios. If you prefer to print an agenda, we recommend printing the shorter version to save on paper.

Please note the following about the two types of breakout sessions on Day 2 (April 12):

- **Learning Presenter** sessions will be the traditional conference session. They will involve a presentation from a single person followed by time for questions and answers. Presenters may incorporate other activities into their session, but that is at their discretion. See each individual Learning Presenter session to read a description of what will be presented there.
- **Planning Workshops** are spaces for SNAP-Ed LIAs to start brainstorming for their next three-year plan. These workshops will begin with brief presentations from SNAP-Ed LIAs and SNAP-Ed partners describing work being done in a specific topic area. Following these presentations, workshop facilitators will lead activities and discussions regarding the specified topic area. We know that some of the work you are doing or are planning to do could fall into multiple of these topic areas. Each workshop is repeated so that you can attend multiple topic areas and/or a Learning Presenter. You are not required to attend both of the repeating sessions. In fact, we encourage you to attend a different topic/Learning Presenter in each time slot.

Tuesday, April 11, 2023

	Title	Speaker	Location
12:30-1:00	Registration		
1:00-1:20	Welcome	DSHS	Grand Ballroom
1:20-3:05	Awakening Purpose Workshop	Clara Lucia Carrier	Grand Ballroom
<p>Did you know that by living more purposefully, you can live healthier, live longer, sleep better, delegate more, and have more grace and resilience under pressure?</p> <p>Join our keynote speaker, Clara Lucia Jaramillo-Carrier, in this 90-minute session to awaken purpose. By the end, we hope that you will be encouraged, empowered, and equipped to reorient to purpose as the catalyst to start creating meaning, alignment, and team cohesiveness, while working on your three-year grant cycle process.</p> <p>Takeaways:</p> <ul style="list-style-type: none"> • Be inspired by those who have chosen to live life purposefully. • Realize that it is through your unique story that you can find your purpose. • Learn about purpose, why it matters, and how to live more purposefully. • Begin to define your life's purpose. • Understand the neuroscience and benefits of living with purpose. • Explore how to integrate purpose into your work. • Participate in a closing ceremony to symbolically reignite your purpose. <p>Clara Lucia Jaramillo-Carrier is a proud Colombian American and the founder of Breaking Through Consulting & Coaching. As a Latina and an immigrant, she spent decades feeling like a minority, trying to fit in, and struggling with perfecting, performing, and pleasing as means to finding belonging. Exhaustion and a longing for more meaning drove her to venture into her personal growth. Through a yearning-based education, she realized that loving and embracing all her life experiences equipped her to contribute to others significantly. She learned to channel her inner power, light, and imperfect being into creating belonging and uplifting others through the power of purpose.</p> <p>Nowadays, Clara is integrating her 23-year corporate experience with her deep knowledge of social-emotional intelligence and emerging human empowerment technologies and her rigorous training as an Associate Certified Coach by the International Coaching Federation (ICF) to make a difference. As an empathetic and experienced consultant, she serves stagnant organizations to become stronger brands by awakening their purpose, developing clear messaging, and determining strategic priorities. As a life and career coach, she works with her clients to awaken their purpose and vision so they can live more meaningful and satisfying lives and careers.</p> <p>Some of her clients include Ronald McDonald House Charities®, EverThrive Illinois, Curamericas Global, Opus Peace, People's Resource Center, Cardenas Markets Foundation, The American Hearing Research Foundation, CASA Kane County, McDonald's Corporation, The Hershey Company, The Indiana Department of Health, and Southern Illinois University.</p>			
3:05-3:20	Break		

3:20-4:00	Tribal Needs Assessment	JanMarie Olmstead	Grand Ballroom
<p>JanMarie Olmstead will give an overview of the Tribal Needs Assessment that DSHS is completing. This information may help inform you program plans as you expand your work in multiple communities.</p>			
<p>JanMarie is a lineal descendant of Santa Ynez and Barbareño, California Mission Indians. She has extensive experience in tribal, state, and local government, as well as in nonprofit, and community sectors. She is the director/principal of Seven Generations Strategies LLC and serves as a senior public health policy and project advisor/consultant to the American Indian Health Commission (AIHC). With over 40 years of public sector experience in health policy, public administration, and tribal and intergovernmental affairs, JanMarie brings an understanding of evidence-based public health from working with tribes and in communities in serving to support health and well-being.</p>			
<p>Jan earned a BA (2003) and MPA (2006) in Tribal Governance from The Evergreen State College (TESC) and has served as adjunct faculty in the TESC MPA program in the General and Tribal Cohorts. She is also a certified master trainer in the Neuroscience, Epigenetics, Adverse Childhood Experience and Resilience (NEAR). She applies a historical and cultural context in trauma-informed approaches as a path to healing through Seven Generation Strategies, acknowledgement of intergenerational core strengths, and self-determination. Jan's focus is on raising awareness of the core strengths and resilience within tribal and Native communities that have existed and sustained people for generations.</p>			
<p>She currently serves as the President of the Washington State Public Health Association and is on multiple boards to address systemic racism and historic inequities in support of community-driven capacity building in health and wellness systems change for American Indian and Alaska Native and BIPOC communities. Together, JanMarie and her husband Roger, have four grown sons, their partners, and their first grandchild.</p>			
4:00-4:05	PA Break		Grand Ballroom
4:05-5:00	Setting the Stage for Planning	WA SNAP-Ed Evaluation Team & DSHS	Grand Ballroom
<p>The statewide SNAP-Ed Evaluation Team will go through findings from the statewide Needs Assessment. This Needs Assessment informs the overall state plan, and ultimately each LIA's plan. DSHS will then share a bit about the planning process and how we can all prepare for the next few days of the Forum.</p>			

Wednesday, April 12, 2023

	Title	Speaker	Location
8:00-9:00	Breakfast & Registration		
9:00-9:30	Opening Remarks	DSHS	Grand Ballroom
9:30-9:45	Physical Activity Break		Grand Ballroom
9:45-10:00	Break/Passing Time		
10:00-11:30	Learning Presenter: Changing Family Trees Through Physical Activity	Sandy Zimmerman	Meeting Room 2
	<p>By the end of this session participants will have the tools, strategies, and insights into how to help people with limited resources increase their access and participation in regular physical activity. The following four questions will be discussed in this session;</p> <ol style="list-style-type: none"> 1. Why is it critical that we make physical activity accessible to all? 2. What role do one's own life experiences play in being physically active? 3. How do we identify and remove barriers to being physically active for those with limited resources? 4. How do we create a culture that allows others to gain access to physical activity but with love, care, trust, and dignity? <p>Sandy Zimmerman has been overcoming obstacles and barriers her entire life. Despite an upbringing filled with poverty, abuse, time in foster care, countless injuries and tons of failure, Sandy has persevered (defied the odds) to become a NATIONAL JUDO CHAMPION, earn a full ride basketball scholarship to GONZAGA UNIVERSITY, was a Physical Education TEACHER and COACH for 23 years, and today continues breaking records on NBC's hit show AMERICAN NINJA WARRIOR and traveling the country sharing her story as an INSPIRATIONAL SPEAKER. Of all the incredible things Sandy has been able to accomplish in her life, she is most proud of the fact that she's been able to make a good life for herself and three kids despite her rough childhood. In the midst of all of the chaos, sports and physical activity helped Sandy develop the skills and tools necessary to change her family tree.</p>		

10:00-11:30	Learning Presenter: Traditional Food Access and Cultural Connection	Jennifer Martin	Meeting Room 3
<p>This discussion will center around traditional foods and their nutritional profiles and health benefits, the political and historical barriers to food access in Tribal communities, and the increasing numbers of Indigenous people diagnosed with diabetes, metabolic dysfunction, mental illness and drug use. There is considerable trauma and shame around food in Indigenous communities. Destruction of food systems, especially community traditions around harvesting, hunting and foraging, have profound effects on the overall health of Indigenous communities. We will delve into the history and policies which have forced communities into these climates of scarcity, what Tribal communities are doing to regain sovereignty over their foodways and engage in some interactive activities.</p> <p>Jenny Martin is a Citizen of the Cherokee Nation of Oklahoma. She currently works for Lummi Tribal Health Center as the Diabetes Care Coordinator and Healing Spirits Gardener. Her duties include managing and caring for the gardens, providing education on traditional foods and nutrition to community members and medical providers, and direct diabetes support and education in the clinic. She attended Northwest Indian College for her BS in Native Environmental Science where she focused on ethnobotany, Traditional Ecological Knowledge (TEK) and Indigenous education. Jenny Pursued her MA in Culture and Colonialism at the University of Ireland Galway, exploring Indigenous knowledge systems, language and cultural revitalization.</p>			
<p>In this workshop, Danielle Carson will present about food bank work being done at WSU Clallam County SNAP-Ed, and Dana Cordy will present about related work at Washington Food Coalition.</p>			
<p>In this workshop, Kendra Dean will present about procurement work being done at NEW ESD 101, and Rey Cooley will present about related Farm to ECE work.</p>			

10:00-11:30	Planning Workshop: Retail/Farmers Markets	Kristen Rezabek Colleen Donovan Allie Moore Lauren Lubowicki Facilitator: Acacia Corylus	Meeting Room 12
	In this workshop, Kristen Rezabek will present work being done at San Juan County Health and Community Services SNAP-Ed, Colleen Donovan will present work done at WSFMA, Allie Moore will talk about statewide SNAP-Ed work related to retail access, and Lauren Lubowicki will present about the Fruit & Vegetable Incentive Program.		
	Planning Workshop: Meaningful Engagement with Communities	Laura Plaut Mary Dombrowski Facilitator: Shelby Winters and Nora Downs	Meeting Room 1
	In this workshop, Laura Plaut will present work being done at Common Threads SNAP-Ed to engage communities, and Mary Dombrowski will present about SNAP-Ed related work with a community advisory network at Northwest Harvest.		
11:30-12:30	Lunch		Grand Ballroom

Wednesday, April 12, 2023 (continued)

	Title	Speaker	Location
12:30-2:00	Learning Presenter: Social Media for SNAP-Ed	Kym Schmauss	Meeting Room 2
	<p>Kym will talk about different social media strategies and how to optimize your work for the SNAP-Ed eligible audience.</p> <p>Kym Schmauss moved to Spokane from London, England in the summer of 2021. She has worked in marketing and communications for over 20 years, most of which has been spent working in the performing arts, mainly theatre, in London, leading marketing, audience development and publicity campaigns for non-profit theatre companies and venues, and consulting on the promotion of West End shows. She now works for WSU's largest college, the College of Agriculture, Human and Natural Resource Sciences as a marketing consultant.</p>		
	Learning Presenter: Grassroots Mental Health Support	Marie Marchand	Meeting Room 3
<p>The National Alliance on Mental Illness (NAMI) provides grassroots mental health support, fulfilling an important role, especially in rural, underserved communities—with 20 active affiliates in Washington State. Affiliates are independent volunteer-led organizations that work to improve the public's awareness and understanding of mental health conditions in their local communities. NAMI volunteers are often peers (those who identify as living with a mental health condition) or family members. NAMI is an opportunity not only for connection, but also for leadership. NAMI's signature programs are facilitated by trained peers and family members who inspire others by sharing their experience, resilience, and commitment to mental health recovery. Breaking down the stigma/discrimination surrounding mental health is part of creating an inclusive environment, which is key to delivering just and fair programming in SNAP-Ed. When helping SNAP-Ed participants access healthy food, there are several resources available. When assisting SNAP-Ed participants living with a mental illness, how do you reaffirm their value and encourage a system that promotes awareness, knowledge, and sensitivity towards mental health? What resources on mental health can you provide them?</p> <p>Marie Marchand served on the board of NAMI Whatcom for four years. She is currently on the board of NAMI Kittitas, a re-emerging affiliate. Marie also holds a peer counseling certification from Washington State Behavioral Health and Recovery. During her time as executive director of Friendship House homeless shelter in Mount Vernon, she led a campaign to build a new kitchen and cafeteria for families experiencing homelessness. As an adjunct faculty member at Western Washington University, she taught nonprofit management and social justice in the Human Services Program. Currently, she is the Mental Health Programs Coordinator at the Kittitas County Public Health Department. In her free time, she serves as the Poet Laureate of Ellensburg, promoting poetry as an expressive healing modality that supports individual and community mental health.</p>			

12:30-2:00	Planning Workshop: Food Banks/Pantries	Sandy Centeno Elizabeth Kimball Patrick Merscher Jeff Mathias Facilitator: Noa Kay and Jamie Wells	Meeting Room 10
	In this workshop, Sandy Centeno and Elizabeth Kimball will present work they're doing at Public Health - Seattle & King County SNAP-Ed related to connecting food banks to clinics. Patrick Merscher and Jeff Mathias will present about SNAP-Ed related work at WSDA.		
	Planning Workshop: School Wellness	Angela Shields Tara Witten Facilitator: Christine Ciancetta, Lori van Anrooy, and Phyllis Martin	Meeting Room 11
	In this workshop, Angela Shields will present work being done for school wellness at WSU Clark County SNAP-Ed. Tara Witten will present about SNAP-Ed related work at Alliance for a Healthier Generation.		
	Planning Workshop: Gardens	Candida Goza Tim Kohlhauff Facilitator: Talea Price	Meeting Room 12
	In this workshop, Candida Goza will present garden-based work being done at WSU King County SNAP-Ed, and WSU Master Gardeners will present about SNAP-Ed related work.		
2:00-2:15	Planning Workshop: Meaningful Engagement with Communities	Katie Smith Shevonne Tsegaye Facilitator: Shelby Winters and Nora Downs	Meeting Room 1
	In this workshop, Katie Smith will present work being done at Yakima Neighborhood Health Services SNAP-Ed. Shevonne Tsegaye will present about statewide breastfeeding efforts that may be relevant to SNAP-Ed work.		
2:00-2:15	Break/Passing Time (15 min)		

Wednesday, April 12, 2023 (continued)

	Title	Speaker	Location
2:15-3:45	Learning Presenter: Everybody's Hungry – Everybody's Poor	Stephanie Haag	Meeting Room 2
	<p>How we respond to poverty is rooted in how we define what poverty is. Poverty is often defined in material terms, but this limited understanding inhibits our ability to experience poverty and hunger through the eyes of those we serve. How do they define poverty? What do they see as valid options in their climb toward a different life? And how do we attempt to adapt our programs and policies in line with what works for them?</p> <p>Nestled in the Himalayas for nearly half a decade taught Stephanie more about how to help (and how not to help) than all her education amounting to an M.A. in Global Development and Justice. Currently nestled in the mountains of the Great Pacific Northwest, she has been managing HopeSource's food pantry and multi-service center for 5 years in Cle Elum, WA.</p>		
	Planning Workshop: Retail/Farmers Markets	Noelle Beecroft Colleen Donovan Allie Moore Lauren Lubowicki Facilitator: Acacia Corylus	Meeting Room 3
	<p>In this workshop, Noelle Beecroft will present about retail work being done at WSU Whatcom County SNAP-Ed, Colleen Donovan will present work done at WSFMA, Allie Moore will talk about statewide SNAP-Ed work related to retail access, and Lauren Lubowicki will present about the Fruit & Vegetable Incentive Program.</p>		
	Planning Workshop: Procurement/Food Access	Adele Eslinger Annette Slonim Facilitator: Shannon Bachtel	Meeting Room 10
<p>In this workshop, Adele Eslinger will present about food access work being done at United General District 304 SNAP-Ed, and Annette Slonim will present about related Farm to School work.</p>			

2:15-3:45	Planning Workshop: School Wellness	Lori van Anrooy Tara Witten Facilitator: Christine Ciancetta, Lori van Anrooy, and Phyllis Martin	Meeting Room 11
In this workshop, Lori van Anrooy will present about school wellness work being done at WSU Spokane County SNAP-Ed. Tara Witten will present about SNAP-Ed related work at Alliance for a Healthier Generation.			
	Planning Workshop: Gardens	Tricia Heimer Pat Munts Facilitator: Talea Price	Meeting Room 12
In this workshop, Tricia Heimer will present about garden work being done at WSU Island County SNAP-Ed, and Pat Munts will present about related garden and agriculture work at WSU Extension.			
	Planning Workshop: Meaningful Engagement with Communities	Seth Schromen-Wawrin Diane Evans Marcy Boulet John Friedl Facilitator: Shelby Winters and Nora Downs	Meeting Room 1
In this workshop, Seth Schromen-Wawrin will present about work being done at Public Health - Seattle & King County around park surveys and connecting to local parks. Diane Evans and Marcy Boulet of Tacoma-Pierce County Health Department will present about community voices in active transport. John Friedl of DOH Healthy Eating Active Living will share about Complete Streets and Safe Routes to School.			
3:45-4:00	Break/Passing Time		
4:00-4:30	Closing Remarks/Debrief	CTW	Grand Ballroom
CTW will close out the day with a brief summary of what we learned today. There is bound to be a lot of fruitful discussion in the breakout rooms, and we want to re-gather as one big group to share some of this. This session will also give a heads up about Day 3's sessions.			
4:30-5:00	Networking (optional)		Grand Ballroom

Thursday, April 13, 2023

	Title	Presenter	Location
8:00-9:00	Breakfast		
8:55-9:00	Physical Activity Break		Grand Ballroom
9:00-10:00	Town Hall with WA SNAP-Ed Leadership	WA SNAP-Ed LT	Grand Ballroom
<p>Members of the WA SNAP-Ed Leadership Team will answer some of the most burning questions. Throughout the first two days of the Forum, attendees will have the opportunity to write down questions as they come up. Moderators will begin the Town Hall by asking some of the most popular questions. This will be followed by time for open Q&A from the audience.</p> <p>Town Hall members will be: Chris Mornick (DSHS), Tara McGinty (DSHS), Morgan Hartline (DOH IA), Acacia Corylus (WSU IA), Nora Downs (Evaluation), Jen Moss (CTW)</p>			
10:00-11:00	Time for Planning and Networking		Grand Ballroom
<p>This one hour is yours to use for planning. There will be tables set up where statewide partners (including people from the Planning Workshops in Day 2) and SNAP-Ed leadership (including people from the Town Hall) will be available to answer questions and have conversation "office hours" style. There will also be prompts on all tables to spark discussion among colleagues.</p>			
11:00-12:00	Final Remarks	DSHS	Grand Ballroom
<p>DSHS will close out the Forum with some final remarks. We are so grateful for you and your attendance. We hope the rest of your planning season runs smoothly!</p>			