YMCA / Steps / CDD Workshop

October 5-7, 2005
Blue Ridge Assembly YMCA

Wednesday, October 5 (*Dresscode: Business Casual*)

7:00 - 8:30 PM **Welcome Reception – Brief Remarks**
Location: Washburn Auditorium
C Roger Hibbard, Executive Director, Blue Ridge Assembly YMCA
Carmelita Gallo, Director, Membership and Program Resources, YMCA of the USA (Y-USA)
Dennis Shepard, Program Manager, Y/ Steps Program, Y-USA
Tomas Rodriquez, Steps Program Consultant, CDC
Ellen Jones, Program Consultant, Chronic Disease Directors (CDD)

Thursday, October 6 (*Dresscode: Business Casual*)

7:00 – 7:30 **Blue Ridge Fitness Walk**
Location: Pavilion
Dennis Shepard, Program Manager, Y/ Steps Program, Y-USA
Morning Stretch
Location: Pavilion
Linna Dossett, Director, Total Health Initiative, YMCA of Greater Seattle

8:00 – 8:30 **Breakfast**
Location: Blue Ridge Center

8:30 – 10:00 **Opening Session: Drawing on Our Strengths**
Location: Washburn Auditorium
C Roger Hibbard, Executive Director, Blue Ridge Assembly YMCA
Olson Huff, Chair, Planning Oversight Committee of the North Carolina Partnership for Children, YMCA Member
Welcome and overview of local YMCAs
Carmelita Gallo, Director, Membership and Program Resources, Y-USA
YMCA of the USA Overview
Alyssa Easton, Deputy Director, Steps Program Office
Steps Overview
Ellen Jones, Program Consultant, CDD
Chronic Disease Directors Overview

10:00 – 10:15 **Take 10! Fitness BREAK**
Location: Washburn Auditorium
Tawny Espinoza, Steps to a HealthierUS, Project Coordinator, Mesa Co., CO.

10:15 – 11:15 **Success Stories from Year One: Opportunities and Challenges**
Location: Washburn Auditorium
Cathy Dehn, Project Coordinator, Steps to a Healthier Pueblo
Linna Dossett, Director, Total Health Initiative, YMCA of Greater Seattle

11:15 -12:00 **Networking and Resource Gathering**
Location: Region Room (Blue Ridge Center)
Leader/Facilitator:
Thomas Rodriguez, Steps Program Consultant, CDC

12:30 – 1:15 **Lunch**
Location: Blue Ridge Center

1:15 – 1:30 **Interim Report from Year One**
Location: Washburn Auditorium
Dennis Shepard, Program Manager, Y/ Steps Program, Y-USA

1:30 - 3:00 **Work Plan Building Session One**: **Strengthening Collaborative Actions that will Improve Partnership Coordination, Programs, Policy and Evaluation**
Location: Washburn Auditorium
Ellen Jones, Program Consultant, CDD

3:00-3:30 **Request for Applications (RFA)**
Location: Washburn Auditorium
Dennis Shepard, Program Manager, Y/ Steps Program, Y-USA

3:30 – 4:00 **Fitness BREAK/Frisbee Golf**
Location: Pavilion
David Ramsey, Consultant, Society of Public Health Educators
Tomas Rodriguez, Steps Program Consultant, CDC

4:00 - 5:00 **Resource Inventory**: Coordination, Programs (including Training), Policy, and Evaluation
Location: Washburn Auditorium
Leaders/Facilitators:
Katie Clarke Adamson, Director, Health Partnerships and Policy, YUSA
Frankie Denise – Powell, Associate Professor, CA

6:00 – 6:45 **Networking Dinner**
Location: Blue Ridge Center

7:00 – 8:30 **Hospitality Event Hosted by the Steering Committee**
Location: Campfire at Amphitheater
Campfire with S'mores

Friday, October 7 *(Dresscode: Business Casual)*

7:00 – 7:30am	**Blue Ridge Fitness Walk** Location: Pavilion **Dennis Shepard,** Program Manager, Y/ Steps Program, Y-USA **Morning Stretch** Location: Pavilion **Linna Dossett,** Director, Total Health Initiative, YMCA of Greater Seattle
8:00 – 8:30	**Breakfast** Location: Blue Ridge Center
8:30 – 12:00	**Location: Washburn Auditorium**
8:30 – 9:30	**Work Plan Building Session Two** **Ellen Jones,** Program Consultant**,** CDD
9:30 – 10:00	**Teams Share Plans as a Group**
10:00 – 10:15	**Take 10! Fitness Break** **Emma Green**, Program Manager, NACCHO
10:15 – 10:45	**Sustainability and Evaluation** Leader/Facilitator: **Goldie Mac Donald,** Team Lead, Surveillance & Evaluation, CDC
10:45 – 11:30	**Sharing Stories to Build a Greater Understanding of Ongoing and Potential Partnerships between YMCAs and Steps** Leader/Facilitator: **Colleen Doyle,** Director, Nutrition and Physical Activity, American Cancer Society
11:30 -12:00 pm	**Closing Session: Using Grants as a Catalyst for Change** **Alyssa Easton**, Deputy Director Steps Program *Steps Overview*
12:30 – 1:00 pm	**Lunch** Location: Blue Ridge Center
1:00 pm	**Adjourn** Shuttle to Airport