Welcome to the 2018 Minnesota Recreation and Park Association Annual Conference in Rochester. The conference committee has been hard at work to provide delegates, students, retirees and associates engaging education opportunities, valuable networking events, and the chance to meet with over 70 informative and innovative vendors during the exhibit hall. We extend sincere gratitude to our amazing sponsors and conference partners, as well as the Annual Conference Committee for helping make the 2018 MRPA conference a great success. Thank you for joining us to celebrate our profession through stories, experiences, and the continuing quest to build lasting legacies. This conference is an exceptional learning opportunity and we encourage all delegates to be active, participate and enjoy all the resources this conference has to offer.

Dale McCamish and Rick Schaber, 2018 Annual Conference Co-Chairs

CONFERENCE COMMITTEE

The Conference Committee Chairs and their committees have organized an excellent education opportunity for all of the delegates. This conference would not be possible without their time and dedication.

MRPA Annual Conference Committee

Conference Chairs:
Dale McCamish
Rick Schaber

Programming:
Eric Anderson
Brad Dushaw
Mary Jo Knudson
Tyler Luethje
Sara McKay
Kevin O’Brien
Joey Schugel
Paul Widman

Exhibit Hall:
Cheryl Kormann
Paul Peanasky
Ed Staier
Kim Underwood

Logistics:
Ben Boldt

Food/Beverage:
Dani Bakken
Nikki Callahan
Patrick Menton
David Pribbenow
Mike Schaber

Volunteers:
Robyn Ceurvorst
Darla Heikes
Karen Meyer
Kristi Montandon
Becca Schaar

Marketing:
Jeff Morton

Sponsorships:
Matt Davidson
Tim Truelson

MRPA ANNUAL CONFERENCE 2018

Thank you to the 2018 annual conference sponsors* for making this event possible.

*Sponsors as of print date.

MINNESOTA RECREATION AND PARK ASSOCIATION

Our Mission:
To improve the quality of life in Minnesota by enhancing the profession of parks, open space, recreation and leisure services

Tweet while at the conference using: 
#mrpaconference2018
TUESDAY, OCTOBER 9
Pre-Conference Institute
3:00 - 5:30 p.m.
Re-Positioning Parks and Recreation: Joining the Smart Revolution
Jamie Sabbach, President and CEO, 110% Inc.

Communities are changing. The economy is unpredictable and technology and globalization are here to stay. Yet the way we commonly think about public parks and recreation seems to be frozen in time. Is it possible that the day has come for us to transform our collective approach to the provision of services? Are we really leading the productive and purposeful organizations that our communities need given today’s realities?

Speaking in the United States, Canada and Europe, Jamie’s provocative and engaging style is why she is sought after by so many within and outside of parks and recreation. Speaking to thousands each year, she brings a fresh, high impact, roll up your sleeves experience to each program she teaches and every project she leads. Past experiences in collegiate athletics, parks and recreation, and as a university professor have fed her passion to help others improve their performance.

On a personal note, Jamie is a native of Illinois who lives in the mountains of Colorado, has a Halloween birthday, is a former college jock, enjoys hiking, biking, kayaking and golf, volunteers for community organizations, and is a diehard Chicago Cubs fan!

WEDNESDAY, OCTOBER 10
8:00 - 8:30 a.m.
Registration / Continental Breakfast

8:00 - 8:30 a.m.
MRPA Young Professionals and Student Network - Get The Most Out of Your Conference

Calling all young professionals and students! Attend this informative morning gathering to learn how to gain the most out of the conference week.

9:00 a.m. – 10:15 a.m.
OPENING KEYNOTE: Laughter Yoga
Michael Bork, Parks and Recreation Director, Fairbanks, Alaska North Star Borough; Certified Laughter Yoga Teacher

SPONSORED BY
HIWAY FEDERAL CREDIT UNION

Learn about the amazingly uplifting and transformative practice of Laughter Yoga. Learn about why unconditional laughter is important and ways to lower stress, improve mood and get happier through laughter. This is a highly interactive keynote address, which will leave you energized and ready to live and work happier through laughter!

In addition to 18 years of municipal parks and recreation experience, Michael is a specialist in laughter, positive psychology, and stress reduction in the workplace. Michael is a certified laughter yoga leader and has a master’s degree in industrial and organizational psychology. His goal is to teach people how to live and work better through a process he calls “Laughtership!”

10:30 – 11:45 a.m.
Energy Savings
Ed Staiert, Recreation Center Manager, Rochester Park and Recreation; and Ed Zepeda, Business Development Manager, McKinstry

Are you looking for ways to make your facility more energy efficient, lower maintenance costs, and improve occupant comfort, but are struggling with how to fund it? The City of Rochester partnered with McKinstry and the State of Minnesota, Department of Energy Resources and utilized the Guaranteed Energy Savings Program to develop, implement, and complete a project at the Rochester Recreation Center to achieve all of those objectives without the need for upfront capital. The presentation will outline the City of Rochester’s process and project outcomes.

Purchasing 101 For Parks and Recreation Professionals
Lenny Klevan Schmitz, Contract Specialist, Dakota County Representatives from Minnesota Chapter of Governmental Purchasing

This session will provide an overview of the best practices, state statutes, and resources available to ensure taxpayers are getting the most for their tax dollars. The information will also ensure professionals are in compliance with the State of Minnesota laws.
**Wednesday, October 10**

10:30 - 11:45 a.m.

**MRPF New Initiative Grants – Awarded Programs and Where are They Now?**

*Lisa Abernathy, Minnesota Recreation and Park Foundation Board of Trustees*

Lead your community to innovation by creating a new program that will stand out among the rest. Come learn about Minnesota Recreation and Park Foundation and the New Initiative Grants opportunity. Take away a new program idea from grant recipients and hear how past recipients are sustaining their innovative programs and events. Also get more information about the grant process.

**3, 2, 1 Network**

*MRPA Seasoned Professionals*

Calling all students! Come and present your personal best to experienced recreation professionals. In this session, students and professionals will engage in a multi-round “speed-networking” session.

**Parks and Recreation Programming Used at the Mayo Clinic: A 100-Plus Year Case Study of Psychological Wellness**

*Rodney B. Dieser, Ph.D., Professor and Licensed Mental Health Therapist, University of Northern Iowa; Rene Ziemer, Coordinator, W. Bruce Fye Center for the History of Medicine and Mayo Clinic Historical Suite*

Learn how Mayo Clinic uses a parks and recreation framework, linked to cafeteria and quality-of-life leisure programming approaches, to offer patients an array of leisure services to decrease patient stress. This parks and recreation philosophy originates from the clinic’s founders - William W. Mayo (1819-1911), Charlie H. Mayo (1865-1939), and William J. Mayo (1861-1939) – lifespan leisure activities.

**Directors’ Forum**

*For Agency Parks and Recreation Directors*

Gather with fellow directors from across the state to discuss topics impacting your work as agency leaders. Directors will come together to discuss trends and share new ideas.

11:45 am – 1:15 pm

**Luncheon Keynote: Trends in Park and Recreation: Focusing Beyond 2018**

*Lisa Paradis, Consultant, 110% Inc.; and Former Director, Brookline, Mass.*

Working in the public sector can have a way of insulating park and recreation agencies from the world around us. But running a non-profit business in the public sector is subject to the same kind of ebbs and flows as the private sector, and our leadership needs agility to respond to those needs. What are four areas of influence that are important as we head into the next few years of managing our organizations? Explore the tools needed to navigate the path in uncertain, yet exciting times to create thriving, vibrant, and responsive public parks and recreation agencies.

**EXHIBIT HALL**

*Wednesday, October 10 • 1:00 to 4:00 p.m.*

- More than 70 vendors are expected to exhibit
- This is your opportunity to gain new ideas related to the newest technology, products, services, equipment and programs
- Please take time to visit the exhibit hall vendors as their contributions are integral to the conference’s success
- Hors d’oeuvres, refreshments, and prizes

**NETWORKING EVENT**

*Wednesday Evening, October 10*

Southern Minnesota Recreation and Park Association is proud to present its traditional casino night in Rochester. Featured will be many games of chance, prizes galore, friendship, networking and a chance to show Vegas where the action is, join us! More information will be provided in your registration packet.
THURSDAY, OCTOBER 11

8:00 - 8:30 a.m.
Registration / Continental Breakfast

9:15 – 11:15 a.m.
OFF-SITE INSTITUTE: Regional Parks Tour
Limited to 50 attendees
Visit and learn about three key parks in the Rochester park system. Each of these parks has unique characteristics to help serve the community. Quarry Hill Park and Nature Center, which is a state-designated regional park with a recent major renovation to the nature center, also has a new prairie house education building and a unique park history. Plummer House of the Arts, which is on the National Historic Register, has its own unique past along with stately architecture and gardens. The institute will conclude with a visit to the project site of Cascade Lake Park, a state-designated regional park. A discussion of the progression of park improvements will be shared.

8:30 – 9:45 a.m.
Going from Red to Black: Doing a Financial 180
Dr. Ryan Yunkers, Executive Director, Lake Crystal Area Recreation Center
In July 2012, this non-profit recreation center was $50,000 in the red, had no reserve, and struggled to make payroll. Five years later the center is thriving and has built a quarter-million dollar reserve. Executive Director Ryan Yunkers shares the practical steps taken that resulted in financial success for this non-profit.

Not on Your Watch
Bill O’Melia, Board Member, Drennen’s Dream Foundation
Bill O’Melia, from the segment “Not on Your Watch” included in the American Red Cross lifeguarding program, will share his son Drennen’s story to show how important it is to remain vigilant while on duty. The importance of in-depth policies and procedures, emergency action plans, and frequent quality in-service trainings to ensure a safe facility for all will also be discussed.

10:00 – 11:15 a.m.
Friday Night Lights: Understanding Teamwork at Its Best
Lisa Paradis, Consultant, 110% Inc.; and Former Director, Brookline, Mass.
Great teams produce great work and dysfunctional (or even mediocre) teams do not. Nobody wants to be part of a team that does not produce first-rate results, but many of us live in those environments every day. High functioning teams practice accountability, purpose, cohesiveness and collaboration. How do you turn an underperforming team into a great team? Can you make a good team better? Attendees will be challenged to value the different styles of people on their team, listen better and ask better questions, choose an approach that is right for the situation, and deal with situations in a way that is team-centric.

30 MINNESOTA Recreation and Parks • www.mnrpa.org
**THURSDAY, OCTOBER 11**

**Plan for Success**  
*James R. Garges, CPRP, Retired Director, Mecklenburg County Parks and Recreation Department, North Carolina*

Fundamental to your success in providing the best park and recreation services to your citizens is quality comprehensive planning. This session is designed to provide the key ingredients for a comprehensive plan and developing a culture of strategic planning to reach your goals. You can’t win a National Gold Medal Award or be nationally accredited without quality comprehensive planning, and your community will suffer without it.

**Not At Your Facility**  
*Bill O’Melia, Board Member, Drennen’s Dream Foundation*

Drowning is preventable. Bill O’Melia, from the segment “Not on Your Watch” included in the American Red Cross lifeguarding program and management programs, will share his son Drennen’s story and the role management played in his fatal drowning. This session pertains to all management within an organization, not just aquatics management.

**All Ages, All Abilities, All the Time: How to Increase Social Inclusion in Your Parks**  
*Jill Moore, Marketing and Product Development Intern and John McConkey, Market Research and Insights Manager, Landscape Structures*

Parks today face the challenge of providing environments where all visitors can feel safe, secure and fully engaged. Universal design increases usability, safety, inclusion and social participation. In this presentation participants will discover how universal design ultimately contributes to inclusion, social equity and social sustainability in parks.

**The Future of Sports**  
*Panel Presentation*

Let’s forget about the core sports for 75 minutes, and look to the future! This interactive session will feature sports teasers, a moderated panel comprised of representatives from the lesser known sports, and a Q&A period. Join us for a sneak peek into the fun-filled world of the booming alternative recreational sports.

**Evolving Trends: Design Considerations Related to Adventure Play and Inclusive Design**  
*Candace Amberg, Senior Landscape Architect, WSB & Associates  
Brett Altergott, Senior Project Consultant, CPSI, Flagship Recreation  
Bailey Krause, Landscape Architectural Designer, WSB & Associates*

Recreational trends geared towards adventure play, natural play and inclusive design can sometimes be difficult to effectively incorporate into park designs, and complicated in terms of understanding guidelines. This session focuses on design strategies related to creating fun and adventurous park designs, while considering varying ages and abilities.

**11:30 a.m. – 12:45 p.m.**

**LUNCHEON KEYNOTE:**  
*Key Ingredients for Leadership*  
*James R. Garges, CPRP, Retired Director, Mecklenburg County Parks and Recreation Department, North Carolina*

James R. Garges’ 42-year career in parks and recreation spans five different departments. During his tenure, he has focused on a few “Key Ingredients for Success” and leadership skills. Your personal and department’s success will be determined by your ability to develop these skills and set an example for those around you.

James R. Garges retired in 2018. His last position was as director in Mecklenburg County, North Carolina, the largest department in the state with over 480 employees and a $37 million operating budget. The department managed multiple park and recreation facilities across 546 square miles including over 23,000 acres of park land. The department earned the National Gold Medal Award and national accreditation. Previously, Garges was director in Delaware, Kettering and Cincinnati, Ohio and deputy director in Topeka, Kansas. Kettering won the National Gold Medal Award and was the first department to be nationally accredited in the state. During his career he served as an adjunct professor at Ohio Wesleyan University, University of Cincinnati, and University of Dayton. Jim co-authored “Risk Management in Park, Recreation and Leisure Services” and is a contributing author of “Management of Park and Recreation Agencies.”
1:00 p.m. – 4:00 p.m.
OFF-SITE INSTITUTE:
World-Class Fitness Facility Tour
Limited to 50 attendees

Enjoy a guided tour of three amazing facilities. Attendees will start with a tour of Mayo Clinic’s Dan Abraham Healthy Living Center, which is a private fitness facility open to Mayo employees and their spouses only. This center has earned recognition as a national leader among corporate wellness programs. Participants will then tour Rochester Athletic Club (RAC). From the moment you walk through the doors, you will notice the RAC is not just another health club. The RAC is a world-class facility with over 260,000 square-feet under one roof. The RAC’s truly unique experience is their 35,000 square-foot family entertainment center called “The Neighborhood.” The tour will conclude at 125 Live, which is the new senior center that was added onto the Rochester Recreation Center in 2016. This is a new, state-of-the-art center for active adults and not the old-style senior center.

1:00 - 2:15 p.m.
A New Generation of Parks: Trending Topics in Parks and Recreation Planning
Sarah Evenson, Landscape Architect, Hoisington Koegler Group Inc.

New ways of using technology, changing recreation preferences, and growing demands for equitable access are just some of the many factors influencing the planning and design of tomorrow’s parks. This discussion of trending topics will help your parks and recreation system stay ahead of the curve.

Laughter and Latex: Beating Stress Silly
Michael Bork, Owner, Chief Laughologist, Laughtership LLC – Positive Leadership Coaching and Training

Stress is one of the top healthcare costs in the United States, and workplace stress causes a host of physical and psychological problems. This workshop will use balloon animals and laughter to teach you effective ways to manage stress. Michael Bork will help you to explore your own stress response and show you effective and practical ways to combat stress using evidence-based positive psychology methods. You will leave with a smile on your face, guaranteed!

1:00 – 4:30 p.m.
When the Circus Comes to Town - What Event Planners Never Tell You
Angela Mens-Eastman, Emergency Preparedness Coordinator, Washington County; Stuart Glaser, Fire Chief, City of Stillwater

This popular, energetic presentation has been taught to public safety and parks professionals across Minnesota. Participants will learn about the hidden risks of events and what questions to ask event planners. Topics will include pre-event planning guidance, media hints, hidden costs, dealing with elected officials, legal issues, and emergency planning.

Realistic First Aid
Stephanie Darimont, Aquatic Territory Specialist and Cindy Dassow, Aquatic Territory Specialist, American Red Cross

Creating a realistic environment for staff training can help prepare for future emergencies. Join us as we explain different training techniques and tools for running emergency action plans. This session will demonstrate on how to use moulage (applying mock injuries) to increase a realistic environment in your training.

Promoting Public Health in Public Spaces: Where Need and Opportunity Meet
Linde Sifuentes, Worksites Wellness Coordinator, Mayo Clinic and Volunteer with Healthy Living Rochester; Martha Mangan, Volunteer, Healthy Living Rochester; Denise Daniels, Worksites Wellness and Healthcare Strategies, Olmsted County Public Health

Healthy Living Rochester and other partnering public health groups in the Rochester area will present the “whys” and “hows” of promoting public health in public parks and other public spaces. Participants will be encouraged to share their own experiences and identify opportunities in their local communities.

Establishing Your Career Path
Young Professional and Student Network Panel Discussion

Looking to enter the recreation profession or for a new position? Join us in exploring thoughts and experiences in achieving entry-level professional positions in the field, as well as advice on career advancement. Seasoned professionals will share their first-hand experiences in how they achieved their first professional position that provided them with opportunities to further expand in their career. Join us to network and learn, but most importantly, to have fun! We’ll also provide information on the MRPA Young Professional and Student Network.

When the Circus Comes to Town - What Event Planners Never Tell You
Angela Mens-Eastman, Emergency Preparedness Coordinator, Washington County; Stuart Glaser, Fire Chief, City of Stillwater

This popular, energetic presentation has been taught to public safety and parks professionals across Minnesota. Participants will learn about the hidden risks of events and what questions to ask event planners. Topics will include pre-event planning guidance, media hints, hidden costs, dealing with elected officials, legal issues, and emergency planning.
THURSDAY, OCTOBER 11

SPEED SESSIONS

2:30 - 3:00 p.m.

Controlling Aquatic Invasive Species with a Waterless Cleaning Station

Mark Apfelbacher, President and Founder, CD3; Scott Breuer, Assistant Park and Recreation Manager, City of Bloomington

A key to the fight against aquatic invasive species (AIS) is empowering boaters to take action. Due to their high cost of operations and maintenance, high pressure, heated water decontamination units are not always an option for boaters. In addition, watercraft inspectors cannot always be present at launches. Reducing the spread of AIS often relies upon the adoption of best management practices (cleaning, draining, and drying) at the individual level. The City of Bloomington has installed a CD3 unit and will share their reason for choosing it.

Understanding the Benefits of Rope-Based Play – Playgrounds

Christopher Johnsen, President, St. Croix Recreation

Explore the benefits that a rope-based playground can bring to your community. Understand the benefits of childhood development, safety and sight lines. Diversify your park system and create an environment that fosters cognitive, physical, emotional and social development.

Implementing Outdoor Fitness Programs in Your Parks

Shane Leverez, Owner and Founder, Fit Box LLC

Are you looking for a new way to engage your community and get people into your parks and public spaces? How about offering outdoor fitness programming? Fit Box LLC is a Minnesota-based company that partners with local parks and recreation agencies to provide unique fitness solutions. Come and find out how Fit Box can change your health and wellness programming.

Having an Intern

Nate Rosa, Recreation Supervisor, City of St. Louis Park; John Stutzman, Recreation Supervisor, City of Golden Valley; Kristi Montandan, Ph.D., University of Minnesota, Mankato

This session will focus on the following five internship areas: the need of offering internships/practicums; how to set-up an internship/practicum; requirements and manuals for interns; guidelines of paid versus unpaid internships; and what to do when an intern is failing. Presenters will welcome questions at the end of the speed session.

3:15 - 4:30 p.m.

Safety and Risk Management

Stephanie Darimont, Aquatic Territory Specialist and Cindy Dassow, Aquatic Territory Specialist, American Red Cross

This session discusses the importance of safety training and science in regard to risk management. The session will conclude with specific takeaways on the implementation of a successful risk management program.

Motivation to Move: Promoting Physical Activity in Multi-Generational Settings

Kent Callison, Director of Marketing, GameTime

By intentionally and thoughtfully creating outdoor environments with fitness in mind, communities can dramatically impact their efforts in promoting less sedentary lifestyles across generations. Discover evidence-based design practices, innovative solutions and unique programs that will inspire people of all ages to live healthier, happier lives through active movement.

If You’re Happy and They Know It - Happy Staff, Purposeful Workplace Happiness

Michael Bork, Owner, Chief Laughologist, LaughterLlc – Positive Leadership Coaching and Training

This interactive session explores concepts of authentic leadership and positive psychology, and how the “Laughtership Approach” has combined laughter and leadership into a new way to look at leadership and management best practices. Participants will learn how to be authentic, positive leaders, and will walk away with eight practical ways to create an authentically happy workplace.

Conservation Partnerships for Parks and Recreation

Michael Hecker, CPRP, Parks and Recreation Director, City of Elk River; and James R. Garges, CPRP, Retired Director, Mecklenburg County Parks and Recreation Department, North Carolina

A core mission of public parks and recreation is to acquire land for parks or conservation areas and to protect local natural resources. This session will describe how the greatest conservation successes occur in collaboration with best practice examples.

NETWORKING EVENT

Explore Downtown Rochester

Thursday Evening, October 11

Check out the newly revitalized Downtown Rochester! Many changes have taken place since the last MRPA conference in Rochester. More information provided at registration.
FRIDAY, OCTOBER 12

8:30 – 9:45 a.m.

Net Generation
Sandy Smith and Mya Smith-Dennis, USTA Northern
Come learn about Net Generation, the official youth tennis of the United States Tennis Association (USTA), celebrating a game where no one ever sits on the sidelines. This is a game that’s easy to learn and tailored for kids of all ages and abilities. Net Generation is USTA’s commitment to helping community organizations such as parks and recreation agencies, build youth tennis programs in the community. Net Generation will provide resources, curriculum and equipment to make sure you and your coaches have all of the tools to feel confident in helping kids stay active and learn the game.

How to Perform a Feasibility Study 101
Cindy Walsh, Operations and Recreation Director and Jason T. West, Recreation Superintendent, City of St. Louis Park
Many communities are not sure how to begin to plan for a new facility. This session will explain what a feasibility study is, when it’s time to do one, and provide guidance in finding firms capable of performing the study. Using a series of case studies, our panel of parks and recreation professionals and consultants will present successful feasibility studies. A successful study process will allow staff and elected officials to make informed strategic decisions.

Annie Olson, Customer Service Director and Iris Pahlberg Peterson, Customer Service Team Lead, Minneapolis Park and Recreation Board
“This is your mission, if you choose to accept it. “ Great service is Mission Possible! Crack codes to mishaps through recovery strategies. Access innovative techniques, creating loyalty. Gain spy’s eye views of recreation and establish reconnaissance. Collect codebooks to meet customer needs. This message self-destructs in five seconds. Good luck!

10:00 – 11:15 a.m.

Sports Tourism
Ed Hruska, Executive Director, Rochester Sports; Ben Boldt, Recreation Supervisor, Rochester Parks and Recreation Department
Sports tourism in the United States is a multi-billion dollar industry. In this session, attendees will learn about upcoming trends in sports travel and the growth of sports tourism. Information will also include how hosting tournaments and events benefit the local economy, and how to foster partnerships that maintain balance between local and regional use of the sports fields and facilities in your community.

The Way We Were and Here We Are: A Legacy Of A Lifetime In Parks
Annie Olson, Customer Service Director and Iris Pahlberg Peterson, Customer Service Team Lead, Minneapolis Park and Recreation Board
The legacies of any park and recreation system are the memories which are made on our watch. We are in the business of making memories. How do we do so? By providing excellent customer experiences – EVERY time! This interactive session will inspire participants to provide a consistently high level of service within their own agencies. Using multimedia, delightful exercises and an engaging approach, attendees will gain ideas, and learn the philosophy and methods to provide phenomenal customer experiences in our park systems across the state of Minnesota.

Financing Major Developments Through Local Sales Tax
Tom Schmitz, Director, City of New Ulm Park and Recreation Department
The City of New Ulm citizens approved a local sales tax to fund recreational facilities, and the State Legislature approved a recent extension to the timeline. Learn how to use local sales tax funding to finance large construction/development projects for your agency.

Communicating Through Technology
Carrie Anderson, Supervisor, Eagan Parks and Recreation; Matt Johnson, Assistant Director, Roseville Parks and Recreation
We will cover technological components that supervisors use to communicate with staff, such as blogs, employee scheduling and communication software and apps. If you have hourly employees, learn about how technology can help make scheduling, communication, and collaboration easier for you and your team.
FRIDAY, OCTOBER 12
11:15 a.m. – 12:30 p.m.
CLOSING KEYNOTE: A Ninja and His Dog: Overcoming Obstacles through Adventure Programming and Compassion

Roo Yori, American Ninja Warrior Competitor

Roo first made a name for himself with his pit bull Wallace, a shelter dog who was targeted for euthanasia. After discovering Wallace loved to catch Frisbees, Roo and Wallace went on to become a National and World Champion Frisbee Dog team. After Wallace passed away, Roo created Wallace the Pit Bull, LLC and Wallace the Pit Bull Foundation to help others like Wallace get the chance they deserve.

Roo’s success with Wallace inspired him to adopt Hector, a dog rescued from the Michael Vick dog fighting case. Roo trained Hector to become a certified therapy dog. Hector’s amazing demeanor allowed them to visit schools to teach dog safety to children. Hector’s confidence and kind nature was instrumental in changing how some viewed and handled dogs from dog fighting situations.

Most recently Roo is using his athletic abilities to reach beyond the typical animal welfare circles to bring more awareness to dogs in need. He trains for and competes on NBC’s American Ninja Warrior. Roo and his dogs have been featured in media across the country and around the globe. Roo’s adventures over the years have earned him a knack for succeeding against the odds. His creative mind and philanthropic spirit have positively influenced the lives of millions. He enjoys sharing his experience to not only help dogs, but to also help people overcome challenges that they may be facing, regardless of the obstacle.

YOUNG PROFESSIONAL AND STUDENT NETWORK (YPSN) RESOURCE CENTER

Find the YPSN at the 2018 MRPA Exhibit Hall! We will have a booth to provide coaching, tools, and resources to be successful in your job search. Professionals will be onsite to critique resumes, provide guidance to effectively answer supplemental questions, conduct mock interviews, and offer general advice and networking to help young applicants gain employment in the recreation field.

FREE GOLF FOR RETIREES

We are offering free golf outings for retirees who are registered for the 2018 conference. That’s right, we will offer free 18-holes of golf Tuesday afternoon, and Wednesday and Thursday at 10 a.m. at a different city golf course each day. You will have a chance to golf with some of the SMRPA legends such as Roy Sutherland, Corky Ebeling, Maynard Johnson, Dave (Mack) MacDonald, and Ron Bastian. You are welcome to golf one, two, or all three days as this will be weather permitting. Please see section on registration form for golf and select your dates.
MRPA Conference Registration Form 2018
Early Bird Deadline: August 29, 2018 • Register online at mnrpa.org

First Name ___________________________________________ Last Name __________________________________________________________

Title __________________________________________ Organization __________________________________________________________

Address __________________________________________ City _______________________________ State _______________Zip ___________

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Special Accommodations___________________________________________________________________________________________________

Payment Method: ☐ Check Enclosed ☐ Check Requested ☐ Paid Online

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OFF-SITE INSTITUTES (OPTIONAL)

| Thursday, Oct. 12 | ☐ | Regional Park Tour |
| Thursday, Oct. 12 | ☐ | World-Class Fitness Facility Tour |

Conference Food and Beverage
Please note any food allergies or dietary needs. We have tried to incorporate healthy eating throughout the menu selections.

Meals included for each day:
• Wednesday – continental breakfast, lunch, dinner
• Thursday – continental breakfast, lunch
• Friday – continental breakfast

Cancellation Policy
Cancellations accepted through September 5, minus a $25 handling fee. No refunds will be given after this date. Alternate attendees are permitted. Registration fees are used toward educational sessions and meals.

Hotel Accommodations
The Kahler Grand Hotel
20 2nd Avenue SW
Rochester, MN 55902

MRPA has a reserved room block available. Call 800.533.1655 by September 12 to make your hotel reservation, and ask for the MRPA rate.

Please submit payment to:
MRPA
200 Charles Street NE, Fridley, MN 55432
Fax: 763.571.5204
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THANK YOU FOR YOUR SUPPORT!

MRPA Retiree & Friend Event

Monday, September 10
Lunch and Conversations
11 a.m. to 1:30 p.m.

Springbook Nature Center
100 85th Avenue NW, Fridley, MN 55432

We hope you can join us! If you’re planning to attend, please let us know. There is a $15 per person registration fee for the luncheon.

If you have any questions, or to RSVP, contact Bethani at gerhard@mnrpa.org or 763.571.1305 x109.

We look forward to seeing everyone September 10!
A dementia-friendly community is informed, safe, and respectful of people living with dementia and their families, has supportive features across all community sectors, and fosters quality of life for everyone. Dementia is a community crisis that must be addressed at a community level. To foster livability for all, communities must be equipped to support people with dementia and their family and friend caregivers by becoming “dementia-friendly”.

In July of 2016, the City of Winona stepped out into the world of persons living with memory loss. Our City Manager had requested that we seriously look at the possibility of Winona becoming a dementia friendly community. The Friendship Center, the designated older adult portion of programming through the Park Recreation department, was eager and up for the challenge.

Community organizations and individuals were invited to become a part of an Action Team and seriously look at the Dementia Friendly protocol administered by ACTonAlz through the Metropolitan Area Agency on Aging. We learned that approximately 91,000 Minnesotans age 65-plus are living with Alzheimer’s. That is one in nine people. In the city of Winona this transcribed to over 400 people; in our county, nearly 900 persons are living with memory loss. As we all know the demographic of older adults is on the rise in numbers and persons with dementia will rise, too.

Our Action Team began its work by surveying the community. Through the assistance of Winona State University and their students we were successful in gaining information from over 250 individuals and organizations. The students then digested the information and found three key areas we could focus our efforts to begin rolling out a Dementia Friendly community project.

The key areas are: resources (provide a central area as a resource hub, community identification, personal identification, business identification), education (continue stories of persons in community with memory loss, educate community) and programs (show support to community members with memory loss by providing survival kits with information and “fun” items to lift up spirits).

Since the completion of these projects we have sent five community members for champion training to provide informational sessions to businesses in Winona. To date we have informed over 400 people in our community. All people informed are asked to commit to one action in their life regarding dementia and receive an I Am a Dementia Friend button. Businesses receive a window cling that states Working towards Becoming Dementia-Friendly.

The work in Winona has just begun. We now conduct weekly Memory Café’s, a choir for persons living with memory loss and will soon implement our Dementia-Friendly Garden. The support to care partners and their loved ones is apparent and appreciated. Our focus is to provide safe and a supportive environment for all. Please visit https://maphub.net/DementiaFriendlyWinona/Winona for a viewing of those informed by the Dementia Friends Community efforts.
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