

Mentimeter- Session 1

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In three words, how would you describe this last year?

Challenging, Lonely, Unexpected, Difficult, Challenge, Exhausting, Surreal, Frustrating, Crazy, Remote, Eventful, Overwhelming, Long, Sh*tstorm, Interesting, Opportunity, Draining, Shocking, Bust, Sadness, Harrowing, Stressful, Quiet, Disorganized, Hard, Different, Productive, Testing, Zoom, enlightening, isolating, ugh, Connecting, Enlightening, Family, Change, Relaxing, Adrift, Creativity, Sad, Growth, Hectic, Whirlwind, Fatiguing, Scary, Opportunities, Insightful, Creative, Trying, Loneliness, Breathtaking, Discombobulated, Scared, Innovative, Home, Memorable, uncertain, Forgettable, Traumatic, Illuminating, trauma, Strengthening, eye-opening, Unsupported, Blessed, Critical, Educational, Contentious, Enlightenment, Unique, Disconnected, Innovative, Empowering, Successful, More exercising, Appreciation, Innovation

What is one thing that you've learned responding to COVID that you will use in the future?

- Better and more sustainable selfcare practices
- Telehealth works.
- Virtual efforts have distinct advantages
- Build in options
- How to say NO
- how to create breakout rooms in Zoom and TEAMS
- Everyone's need for support
- How important it is to stay connected with those we work with
- Flexibility for staff
- balancing family and work
- Delegation
- Grace
- Patience
- Continual empathy
- How to work remotely effectively
- People can be very productive working remotely
- That more people can and will use tech if they have access to it.
- Patience. Assume good intent.
- We can expand access far beyond our center by going virtual
- Telehealth
- Need to take care of yourself and your staff
- Using Zoom for national large events and meetings in reasonably interactive ways
- Remote connection

- How zoom can make things accessible
- Hybrid option
- There are multiple ways to reach people and we should use them all!
- Use of remote technology to conduct our work.
- How to continue services
- So much can be done remotely. Don't sweat the small stuff.
- The need to provide support & kindness
- Work flexibility
- Social connections are essential
- I will prioritize connecting in meaningful ways
- Patience
- Flexibility, tolerance and giving people space to navigate their lives as they see fit
- Saying no is okay.
- Continue to be mindful of 3Ws...wear mask, watch distance, etc.
- There are many ways to do things
- Virtual access opens up opportunities for people with disabilities who often did not participate in the past
- Collaboration
- Use of a variety of technology tools. Learned that I don't need paper
- Flexible organizational work culture
- There is not a one way to do anything with all!!!
- Adapt to a virtual world
- Importance of organization wide communication
- Ways to be creative with technology.
- Find ways to recognize accomplishments
- We must take time to learn from our shared journey
- There are more options available than we realized.
- The need to take the time, no matter what, to treat people with dignity and respect
- The impact of disparities
- Flexibility
- Our UCEDD has amazing agility
- New ways to set boundaries on work and home activities
- Patience with self
- There will always be a need to connect in-person
- Keep the good, carry it forward for the future
- Resolve to address disparities that we've always known were there
- Patience.
- Self-care
- How to attend conferences and not need to fly places
- Dogs love zoom!
- The excellent resilience of our staff
- being creative and innovative
- Distance learning
- I don't need to eat outing restaurants as much!
- Patience and perseverance
- Importance of not eating peoples time