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AUCD-2020 Emerging Leaders Welcome Webinar

September 29, 2020

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>> Captioner-Bobbie: Thank you!
Live Captioner standing by...
2020 AUCD Emerging Leaders Welcome Webinar.
>> Hello, everyone!

Thank you for joining us. We are going to start
the webinar in a couple minutes. Please feel free to
introduce yourselves in the chat box.

Hello and welcome to the 2020 emerging leaders
welcome webinar. My name's Maureen Johnson and I am
the program specialist here at AUCD. We would like
to thank all of you for joining us today. Before I
begin, I would like to address a few logistical details.
We will provide a brief introduction of our speakers,
followed by the presentation, then there will be time
for questions. Because of the number of participants,
your audio will be muted throughout the call. However,
you can submit questions at any point during the
presentation via the chat box. You may send a chat
to the whole audience or to presenters only. This

entire webinar is being recorded and will be available shortly on this webinar's event page on AUCD's website. There will be a short evaluation survey at the close of the webinar. We invite you to provide feedback on this webinar as well as provide suggestions for future topics. Please join me in welcoming our first presenters, kiki. Kiki, I believe you're muted still.

>> My apologies. Thank you, Maureen. A big welcome to all of the trainees here today. My name is Kiki and I am the emerging leader events intern and along with Jessica, our communications intern, we're very excited to have you all here. Our agenda is packed, but it should run for about an hour. And in that time we will do a quick check in and give an overview of AUCD and the emerging leaders community website, show you how to connect using the emerging leaders map and social media, and will also highlight leadership opportunities and talk about the AUCD conference with time for any questions you might have. The presenters for this webinar include myself, Jessica is the communications intern, Maureen Johnson, our program manager and our executive director John Tshida. Now we will be making our individual introductions and I will begin by saying again, my name is kiki opening remark sey tunji and I am a second year fellow. My interest is in the mental health outcomes of the pediatric age group and the impact of social determinants on access to comprehensive healthcare. I enjoy early morning runs, I love cooking ethnic foods and traveling to other countries. If you need any Nigerian recipes, I'm your go to. I will now hand it over to Jessica.

>> Thank you, Kiki. Next slide. I'm Jessica Huddleston, I'm a third year audiology student from the University of Oklahoma Health Sciences Center, I'm a second year trainee in the Oklahoma LEND program automotive I'm interested in serving families with disabilities because I am a self-advocate. And when I am not working, I'm definitely decorating cookies or drinking coffee with family and friends. I'm going to turn it over to John now.

>> Hi and welcome everybody, I'm John Tshida, executive director at AUCD. I have a long career at

the intersection of research and public policy using research to drive policy change and better practices and clinical applications for people with disabilities. Just want to say welcome and thank you for joining our network and becoming a part of the Emerging Leaders Community.

>>Great, thank you so much, John. So hello again. I am Maureen Johnson. I'm the program specialist at AUCD. I work on the maternal and child health technical assistance team as well as the UCEDD technical assistance team so I'm responsible with engaging with trainees and early career professionals through AUCD events such as this one and promoting collaboration and sharing resources among the community. So if you've seen my name before, if you've signed up for the trainee list serves. My goal is for all of you to learn about all AUCD has to offer and the resources as well as the opportunities to connect with each other and other AUCD members so that you can develop as future leaders. I will turn it over to Jessica now.

>> Jessica here. We just wanted to take a few minutes to highlight some things before you guys get rolling. We want to hear from you. We have two questions. I'm going to ask a question and give you guys some time to respond in the chat box. Maureen will be monitoring the chat boxes and we might invite a few of you to share your answers. The first question is where are you joining from?

You can put your answers in the chat box now. I'm seeing people from Illinois, from New Mexico, Chicago, a lot of people from Kansas, from North Carolina and New York, we have people joining from everywhere. It's really awesome to meet you guys and we're excited. The second question is: What is one positive thing that has come out of 2020?

Time with the dogs is a common answer we're seeing. Time with family. Learning more about technology, I think we can all agree with that. Seeing lots of new hobbies like gardening, baking. That's awesome. Seems like there have been a lot of great things that have come out of 2020 even amongst the craziness. I'm going to turn it back over to John now.

>> Thank you. And I'm going to talk just a little

bit about who we are as a network and exactly what it is that AUCD does. AUCD itself is a very diverse network that encompasses people with disabilities, families, educators, researchers, professionals, and clinicians. Our roots are in the intellectual and mental disability space, dating back to the Kennedy administration, although many of our centers across the country now serve a much broader cross-disability population. Next year we'll celebrate our 50th anniversary and I think you'll find it's a very welcoming community with a deep understanding of and connection to the disability experience, the knowledge generated within the network is shared and used. It's actually part of the congressional mandate for at least a part of our network. We at the AUCD central office certainly use the information generated by the network to help change policy at both the state and national level. The work of the network is certainly looking different in some cases because of COVID. And you all are experiencing that as virtual trainees by and large rather than in-person trainees. We remain committed as a network to training tomorrow's leaders, all of you. And at AUCD we're committed to supporting you in the network in any way that we can. You'll find there's a history of mentorship and shared knowledge, especially for emerging leaders across the network. You will meet national leaders in their field who are very generous with their time and in a few minutes you'll hear about some very specific ways in which you can connect with them. So who are we exactly as a network?

Let's go to the next slide. So here across the top you can see the three different buckets of money that make up the AUCD network. On the left, and these are all funded by the U.S. Department of Health and Human Services, on the far left in green is the Maternal and Child Health Bureau that funds the developmental behavioral pediatrician programs as well as the LEND programs. And these, as you well know, are largely clinically-based, training not just doctors and a number of other allied health professionals but family members and people living with disabilities themselves. In part it's a leadership training

program. In part it's really a disability competency program to teach tomorrow's clinicians and service professionals how to better engage with disabilities and how to better engage people themselves when they present in a clinical setting. In the middle here in blue, the administration on community living is the Office of Intellectual and developmental disabilities. They fund our University centers on excellence in developmental disabilities. There are 67 of those across the nation and in a number of territories as well. These often serve as a vital link between the University setting and the community, often partnering with community-based organizations in either research or evaluation projects. And every one of these centers has a consumer advisory council so that people with disabilities themselves are very engaged with the work of the centers. And on the far right here, funded by the national Institute of child and human development at the National Institute of Health is the 14-member network of IDD RCs. Those are the intellectual and developmental disability research centers. These are scientists looking often at genetics and genomics, looking at the underlying causes of disability, not just to cure often fatal and very rare conditions but to develop new strategies and interventions that can be used in a clinical setting to give people with disabilities a better quality of life. And this is often done in partnership with families and people with disabilities themselves. So you can see it's a very diverse network encompassing many parts of the disability experience and really across the life cycle. The IDD RCs, looking at underlying causes of disability and even prenatal conditions and genetic counselling, if a baby is going to be born with a known disability, so that the family is prepared for that and understands that. The more applied research and service bucket of the network with the UCEDDs, funded by the administration on community living. And the training and educators happening within the LEND programs and the DBP programs funded by the Maternal and Child Health Bureau, and certainly there are trainees in all three parts of that network that make it strong. And hopefully we

have representatives from all three parts of the network online today. I will turn it back to Maureen, I think.

>> Maureen: Thank you, John. So we like to think of the Emerging Leaders Community as your professional home. It's not just comprised of current trainees but also those of you that are alumni and early career professionals. And as we can see from those of you joining us and putting your disciplines in the chat box, you come from multiple different disciplines. I see those coming from psych disciplines. I see those coming from audiology disciplines. So you really also span the entire country as well as we were seeing in the chat box. So we think of this community as a place for you to really learn and engage with the multitude of trainees and see where you can make connections with those not just within your discipline but those outside to better serve the community. And also, think of the community as a bridge to the larger overall AUCD community which John so eloquently talked about. So I am going to turn it over to Jessica to talk more about where we want the emerging leaders to learn about this information, which is on our website.

>> Jessica: Thank you, Maureen. It's Jessica here again. I'm going to show you a little bit about the emerging leaders website. What you see on our screen is what you will see when you navigate to the AUCD website. You'll see some social media content in the middle, some tabs across the top, and then on the left side where the arrow is on our slides, you'll see a place to click that takes you to the emerging leaders page. So we went ahead on the next slide and listed the emerging leaders website URL. You can make note of it now but it will be made available in the webinar recording so there's no pressure to get it all down now. Now that you've navigated to the emerging leaders website you can see a wealth of resources. These resources are sorted into four main sections. I'm going to talk just a little bit about each of the four sections. The first section is the learn section. This tab is located under the learn tab and you'll find training orientation models. There are three modules that can help new trainees learn about the

AUCD network and you can get plugged into all of the resources that are available. I would definitely recommend these modules as a good place to start if you're new to the network or need a refresher. You can also find more information about AUCD initiatives. These initiatives include things like the diversity and inclusion toolkit, AUCD's public health practice and AUCD's leadership academy. I really enjoyed learning more about the promise initiative, the promoting of readiness of minors and Supplemental Security Income program, it's a collaboration of the U.S. Department of Education, Health and Human Services, labor and Social Security Administration. You can find out our contact info under this section as well. If you want to send us an email or read our bios. The second section is the connect tab. You'll see things like social media and how to tips. You can see examples of social media advocacy for people with developmental disabilities and their families. You can find tips on how to create this content and use your social media more effectively for public health matters. Facebook, Instagram and Twitter are all covered here. While you're connecting, you'll want to join the LISTSERVs, the AUCD emerging leaders LISTSERV is a good one to start with. Also under the connect tab you'll find the emerging leaders map. The map provides an opportunity for you to explore and learn more about each trainee and early career leader. When clicking on a pin from a program or center you'll learn more about how the training facilities are an advocate for the disability community. Kiki will talk more about that later. AUCD emerging leaders alumni can also continue to stay connected through LISTSERV, current project and special interest groups. You can find frequently asked questions from alumni under this connection. We've made it through half of the sections. If you have any questions or comments about the content, feel free to say or comment in the chat box. If Maureen sees any concerns, she can share those with us. The third tab is the get involved tab. Under the get involved tab, you can learn about councils and special interest groups. There are five councils and several special interest groups. These groups

provide opportunity to share information and generate new ideas. Special interest groups are led by one or more AUCD network leaders but are also open to interested members of the public. You can learn more by visiting the get involved tab. Leadership opportunities are available under the get involved tab. Some of the positions are emerging leader positions like Kiki and I are having. You can learn more and stay up to date on the AUCD conference information. The get involved section also houses the disability policy resource center where you can get connected with advocacy specialists and learn more about current issues. So the final tab is the grow tab. The last section of the AUCD's emerging leader website is the grow section. Under this tab you'll find employment opportunities, scholarships, fellowships, these are opportunities for disability, social justice, health, policy and research. You can find research funding under this tab. This includes private and public institutions and you'll find University resources there. Under this tab you'll find webinar libraries to rewatch webinars like this. I'm going to turn it over to Kiki now.

>>Kiki: Thank you, Jessica. This is Kiki again. Our team is excited to share the 2020 AUCD emerging leaders map with trainees. The theme for this year is enhancing access, opening doors with and for people with disabilities. We realize that access can be defined in several ways so our hope for this year's map is it showcases the many diverse ways that emerging leaders are working to ensure access for people with disabilities and facilitate the dialogue and collaboration between programs or centers. The map provides an opportunity for you as trainees to explore and learn more about each other and early career leaders. When clicking on a pin from the program center, red buttons with graduation caps on the inside, you'll learn more about the highlight and trainee's take on access, how they center projects on people with disabilities, how access informs their future goals and how they are an advocate for the disability community. Pretty good work is being done in our cohort, so please check it out. Having said that, we

would like your feedback as trainees both first year and experienced trainees on how you imagine you could use this map or how you have used it in the past. We would also love to know what else you would like the map to reflect. If you all have any immediate thoughts, please put them in the chat right now, or as we continue our time together.

For me, I would like to go first because I've always wanted to share this. One thought that comes to mind for me is I have navigated my way through the map in the past is to employ its use in collaborating or partnering with other trainees interested in mental health outcomes. Like I said, in my introduction, I'm interested in mental health outcomes for the pediatric age group. So one thing I would definitely be doing is trying to reach out to other trainees in other centers or programs to collaborate on that. And one thing I would like the map to reflect is what trainee teams are doing in programs or centers across the country. I'm hoping that you will continue to reflect on these questions but in the meantime we'll give you a couple minutes to share any ideas or thoughts or comments about the questions on the slide.

>> Jessica: I hope to be able to use the map to find other pediatric audiologists and the emerging leaders actually has a special group for pediatric audiologists, so being able to see the work that they're doing across the country will be helpful as I head into my externship year, but also as I continue practicing as a new professional.

>> I use the map to see where I can find connections on what trainees are doing and seeing if we can create some sort of resource to summarize what's being done. For example, if I see a lot of trainees working on echoes, I might say, wow, it might be great to connect with these trainees and see if they can write an article about their experience and share similarities or differences between their projects. I invite anyone else to share how they can use the map or how they imagine they can use the map in the chat box.

I see one answer from Veronica Kang. Thank you. I'm thinking we could also share AUCD programs and trainees to families and professionals who may be going

through transition from one state to another and could benefit from collaboration with AUCD program participants. And that is a really lovely response and a great way to use the tool not only for other trainees but for the communities that we serve. Thank you. I see another response from Ida Winters about networking. And that's great too, as well. We plan to put future trainees on the map to use their emails or social media so you can better be able to connect with them.

>> Kiki: Because of time, I just want to say, like I said, before, that you will continue to reflect on these questions and if you have any thoughts beyond this webinar, please email us at emergeleaders@AUCD.org. We definitely look forward into incorporating any feedback you have for making the map a great resource. I'll now hand it over to Jessica.

>> Jessica: Thank you, Kiki. As I mentioned when we were talking about the emerging leaders website under the connect tab, you can find all the ways to connect with AUCD on social media. You can follow along and stay connected by using the hashtag AUCD emerging leaders. We have listed the handles for Facebook, Instagram and Twitter. They will be posted and I'll show you how to find them in several places. I would definitely encourage you to follow along with these accounts today. I think you'll find a lot of benefit to that. While following, you can sign up for the emerging leaders LISTSERV. These will provide details about what's going on around the network. Our organizations do really cool things. Just like your ideas, we'd really love to share with you. Another place to help find emerging leaders social media accounts is on the next slide you'll see if you go to the home page and you scroll all the way to the bottom of the emerging leaders home page, you'll find a variety of social media. Under the section labeled Twitter, you'll be able to view recent tweets and access recent tweets. I've included an example of what you might find on Twitter. This is a Tweet AUCD shared talking about why she votes through a voter registration campaign and she votes for her daughter

with developmental disabilities. There are also a lot of public health related initiatives that you can follow along, share with your organization or on your social media. You can learn how to design your own public health social media like this wellness Wednesday campaign. The last part of the social connections that I wanted to talk about is the news section. On the next slide. It's located at the bottom of the emerging leaders home page. It gives lots of updates. You can see an archive of all the old news updates. This is an example on the right of what a Virginia LEND program is doing during COVID. They're really relevant news stories and interesting to read. That was an overview. I would encourage you to spend some time navigating this site. Now we are going to kind of pause and transition. We are going to talk about trainee liaisons. I was talking about this when we talked about ways to get involved. First, what is a trainee liaison?

Trainee liaison is any LEND, DBP, UCEDD, or IDD RC -- between their program, other AUCD sites and their AUCD national office. Trainee liaisons provide AUCD with trainee opinions, help us improve engagement, and promote a connection. There are a lot of benefits to being a trainee liaison but the benefits of being a trainee liaison are developing your leadership and communication skills, connecting with national relationships and being a part of national conversation on disability and advocacy. There are a few responsibilities like a one hour monthly call to share information for AUCD social media and to work on an AUCD 360 article and participate in one AUCD webinar. AUCD 360 is a monthly newsletter highlighting the news, initiatives and events of the network. Submitting an article to the AUCD 360 is a great opportunity for network members to showcase their activities, new research developments, trainee and faculty awards, events and other accomplishments of interest to their entire network. If you are interested in learning more, you can visit the URL on the next slide linked here to get involved. Once you're ready to apply, you'll need to have your center or program director email me with your name, email and discipline. They should CC you on the email so you can see. We do take

one person from each program or center. The applications are due October 9 and shortly after that we'll start our monthly calls. Now I'm going to turn it over to Maureen to talk about council representatives.

>> Maureen: Thank you, Jessica. The council trainee representative program is a relatively new opportunity that is in its first year. So it serves as a bridge between the Emerging Leaders Community and the AUCD councils. There are five councils that focus on research, diversity, equity, education, training and leadership. So there is core, which stands for the council on research and evaluation. COLA stands for council on leadership in advocacy. MCC which stands for multi-cultural council. CEDE which stands for the community education and dissemination council. And finally, NTDC, the national training directors council. There will be one representative per council, so five representatives in each cohort.

So each of these councils are looking for a trainee member who wants to get involved in the council's functions and see how the council's work can be disseminated at the trainee level. So trainee reps will gain a deeper understanding of the function and work of councils and how they engage with the AUCD network. They will get relationship building and networking experience and will be able to work with a council mentor. So the mentor is an AUCD member that holds a leadership position within that council. For example, your mentor might be the Vice-Chair of that council. So this is an opportunity that starts in January 2021 and will conclude at the AUCD 2021 conference. The time commitment is about four to five hours a month and the applications will open in October so you can learn more about this opportunity with the link posted on the slide. I understand that there is a current council trainee rep on the call so I invite you, Whitney, if you want to briefly share your experience working with the multi-cultural council if you would like.

>> Absolutely. The multi-cultural council has been an absolutely phenomenal experience. It does

take about four to five months. Some of that time is used to really connect with your mentor, to connect with the planning committee, and then of course to attend the meetings themselves. It's a great opportunity to meet with leaders especially in that CORE planning team, about five leaders from around the country who are deeply committed to implementing the mission of that council and the people who attend the council themselves are also deeply committed to equity and also what that means for people with developmental disabilities and related disabilities. There is some creativity to implement a project or something that's of interest to you. There are some core needs that are used to really support communication and collaboration with that group. What's really exciting for next year is there will be a project that team will be connected to around disparities. So if that sparks your interest, if you're interested in ways to work across cultures, within cultures, and then also to implement and think about things like class standards and all that, this is a group for you, whether you attend the meetings or decide to apply for this. So I highly encourage you to attend and if you would like to connect with me, I'll put my email in the chat. Very happy to share that with you.

>> Maureen: Thank you so much, Whitney, for sharing your experience. I would like to turn it over to Kiki.

>> Kiki: Thanks again, Maureen. I'm very excited about the AUCD conference this year, considering it will be in virtual format, but I know it will still have the same quality to it this year. The AUCD conference is our annual conference and the theme this year is achieving equity, leading the way in the next decade. This is from 12 to 5:00 p.m. Eastern time -- means for the disability community. There will be trainee focused events including orientations, networking sessions and all other training meetings. There are scholarships available to current and former trainees to cover transportations. Applications are open on September 30 with a deadline of October 26. Trainees

will be notified of an award by November 9. So please continue to look for ongoing updates for the conference on the website listed. Next slide. We are on the slide that is my most favorite part of the webinar today. We are going to play a game called two truths and a lie. We will be taking two polls for two sets of questions. The first poll will be asking you to tell us what the false statement is on this slide. I can read out the questions to you. The first one is the Emerging Leaders Community is comprised of only current trainees. The second question, council representation is a partnership between AUCD councils and the Emerging Leaders Community. And the third question, the AUCD conference is scheduled between December 7-9. We just want to know if so the poll's out and if you could just answer that. Drumroll. Answers. 89% of us got the statement that was false and that is the Emerging Leaders Community is comprised of only current trainees. It is not comprised of only current trainees but current and former trainees. So excellent. Next slide. So -- this is the second set of questions. I was just looking at the chat. This is the second set of questions. Please select the false statement using the same poll that we sent out. I will read the questions again. Lauren Johnson is AUCD program specialist and you can sign up for emails by joining the LISTSERV. Again, we are picking the false statement.

This should be a pretty easy one yeah, our program specialist goes by the name Maureen Johnson. So now I will thank you all for participating and now I will hand it over to Maureen.

>> Maureen: Thank you, Kiki. We're rounding towards the end of our webinar and I.

>> How to get involved in the community. We talked about representing your work and your program on the emerging leaders map. We talked about becoming a trainee liaison or a council trainee rep. And also how you can stay connected with what's going on in the community on social media and also by joining the training LISTSERV and how you can grow by attending the AUCD conference, which will be in December. Another way to get involved is to continue attending

webinars such as this, so either webinars that are hosted by the emerging leaders interns or others within the network that kind of focus on either like a subject matter material or more skills. So if you click the link shown on the screen, you'll be able to see a host of webinars that will really help you develop as leaders. So I want to say we want to hear from you. What do you hope to get from your AUCD training?

What kind of information do you wish to get this year and how would you like your information disseminated?

So please feel free to share in the chat box, but we also want to hear from you through email. If you email us at the email address on the screen, we want to hear your feedback, how you can better help you with your training year and supplement what you are learning. We now have time for questions and answers. So you can type questions in the chat box and I'll read them aloud for our presenters to answer.

>> I know one common question I get is I am an alumni trainee, how can I get involved with AUCD?

I don't qualify for these leadership opportunities. I think there's still so many ways you can get involved with AUCD as an alumni trainee. You can join an AUCD council, the ones that I mentioned. You can also join AUCD's special interest groups. We have a wide plethora of special interest groups we call SIGs on specific topics such as autism, the Deaf/Blind community, emergency preparedness, anything you can think of, there's a special interest group on that. I would encourage people to look on the website and join the list serves that are available and get more information. I see a couple more questions on the chat box. Veronica is asking -- she just has a response. She looks forward to getting to know and connect with current and previous members. Community. Thank you, Veronica!

So I have another question from -- who are the opportunities to actively play a role in policymaking?

Policymaking is not maybe in this purview, but the ways to get involved in what's happening in the health policy arena is to sign up for the disability policy brief that's available on AUCD. So if you go

to AUCD's website and go under the resources tab, you can see there's a list for list serves and where you can join to get an update on everything that's happening within the policy realm. I see a question from Ida Winters about scholarship and network opportunities. So I think a trainee LISTSERV is a great way for you to get connected on scholarships and list serves that are coming up. I recently shared some job opportunities that would be great for recently graduated trainees. So if you sign up for the LISTSERV, you'll get the most up-to-date information as well as also looking on our website, the emerging leaders website will also have updated information on that material as well. I see another question from Angela. It appears everything I've come across that has to do with trainees involved with medical professionals, several have gotten into it with programs because we have family members or self-advocates or newer -- but we were specifically asked to take part in this because we have experience with family members, with neurodevelopmental disabilities or we ourselves have neurodevelopmental disabilities. Not only do we have vast experiences, we're trying to advocate for our families and need anyone else. In addition trying to be leaders ourselves and it's not being addressed. How can this be addressed?

>> I think I can answer that. Angela, I think every program is unique and in my program we've had self-advocates, we've had family members, siblings of people with disabilities. So our program is tailored to where what you're looking for is what they aim to provide, if that makes sense. So in such a way that your clinic attendance or whatever opportunities that you engage in speak to your needs. So I would recommend, because I'm not sure -- that's a training or program issue, so I would recommend that you speak to your training director or your supervisor about that and that would be my recommendation.

>> If I could, Maureen, this is John at AUCD. I would also say we have a tremendous amount of resources here for both family members and self-advocates. If you want to reach out to me directly, shoot me an email, I would be happy to connect you to some great resources.

>> Thank you for everyone's responses. Any more questions?

I think some other questions I see sometimes, I come across, is I want to get involved with something that that AUCD is doing and I'm not sure who to reach out to. I think the best way is to, if the project you're interested in has a contact email, reach out to that person and see how you can support or how you can join any conversations that are going on. Also talk to your directors or training directors because they also have insight into the work that AUCD is doing if you want to be a part of a specific project or just wanted to know more about the discussion of something that's coming up. Any more questions as we round to the last 15 minutes of the hour?

I also see that Jackie has added a link to the chat box about how you can get more engaged in AUCD. So before you go, I also want to say please complete the evaluation survey. And yes, all the links are embedded in the PowerPoint slides. So all the PowerPoint slides are currently available on the webinar's event page and I will provide that link in the chat box as well. I see another question from Veronica. Will we get info about next events for AUCD trainees through LISTSERV?

Yes, definitely you'll get more information about specifically trainee related event on the LISTSERV. Please sign up for it if you haven't already. If you have signed up but aren't getting emails, check your spam folder too. Thank you all for joining us today. Please complete the event survey so it will be placed in the link in the chat box right now. This webinar has been recorded and will be archived on the webinar event page. The archive will also be disseminated through the trainee LISTSERV. Please take a few minutes to complete our survey. The link is in the chat box. We thank you all so much for your engagement and participation and look forward to a lovely academic year with you all. Have a great day!