

Thrive with Pride Cafes
Follow-up Materials for July 2022

Greetings cafe partners!

Below are all the follow-up resources from July's event, featuring Becky Powers from the Jesse Brown VA Medical Center. This document includes a link to Becky's slides, the YouTube video of her presentation, and some ideas for follow-up discussion.

Have more questions? Want to add a special guest appearance? Becky would love to speak with your cafe! You can email her directly at Rebecca.Powers@va.gov to set up a time for her to drop in on your Zoom call. We had a GREAT discussion with her after her presentation, so I highly recommend you think about inviting her to join your cafe!

Please ask your participants to complete this VERY BRIEF survey (this survey is for anyone who attends!) - <https://forms.microsoft.com/r/2d8LZKVLL8> If you are meeting in person, we'd love to have you print copies of this survey to distribute. You can mail them back to me or enter them into the form yourself - whatever is easiest for you!

After you have had your cafe, please fill out this quick (I promise!) form to record attendance by Monday, August 22: <https://tinyurl.com/TwPattendance> (this link is *only* for you, the cafe leader)

-Kate Spelman

kate.spelman@ageoptions.org

708-934-2229 (calls or texts are great)

Follow-Up Discussion Prompts for May's Presentation:

Please note: These are provided as a help to you to get things going - they are NOT an exhaustive list of topics, nor a homework assignment!

Icebreakers: Make sure everyone has a chance to introduce themselves! Here are some fun, light questions to consider:

- Check-in - are you “coping, hoping, or moping” today? (If you have a larger group, you can also have people check-in like this via the reaction emojis in the Zoom room or with a hand signal.) You can offer this as a prompt for further discussion, or just have folks pick one and move on (especially if they’re “coping,” they may not want to elaborate.)
- Do you have a hidden talent? Or a hobby no one would guess by looking at you? How do you develop this talent or hobby?
- If you had to choose, would you rather be the funniest, the smartest, or the best looking person in any room you walked into? (You have to pick just one of the three attributes!) Tell us what you’d pick and why.

Discussion Ideas Based on the presentation:

Remember, these are suggestions, not requirements - you may have something else you’d prefer to discuss! If your cafe meeting is largely a social gathering, that is just fine!

- What is your experience with the VA? If you’re not a veteran, do you have friends or family members who served, and who have received care through the VA? What was their experience like?
- What surprised you about Becky’s presentation? Was there anything you learned that was totally new to you?
- Is there anything the VA is doing that you wish other medical providers would adopt? What else have you seen other medical providers do to become more affirming that you wish the VA would adopt?

Links to the YouTube Video and More Resources!

The YouTube video is here: <https://youtu.be/lyVYcJwg9xc>

Becky’s slides can be viewed & downloaded as a PDF here:

<https://drive.google.com/file/d/148WClymZLqZ0OReVQb8UHGmcCcCiKFNu/view?usp=sharing>

Zoom Invite & Publicity Blurb for August 23

- Download & Share the flyer from Google Drive here -this is a link to a folder with both PDF and PNG versions!
https://drive.google.com/drive/folders/1FBm_rY2UuG-7qZuySpV_tlvRQ9QCFp8X?usp=sharing

- Blurb to share:

Join Thrive with Pride from AgeOptions for our August event, featuring Kim L. Hunt of Pride Action Tank. Since 2016, Pride Action Tank's OUTAging Committee has worked to create safe and affirming spaces through educational events, storytelling and advocacy trainings and other visibility activities. Kim L. Hunt, executive director of Pride Action Tank (PAT), will talk about how PAT does its work while centering the voices of LGBT+ older adults and lessons learned over the years. The event will be live on Zoom at 11am on August 23rd. See www.thrivingwithpride.org for login information and more details.

Zoom info remains unchanged:

Topic: Thrive with Pride Cafe plenary: Pride Action Tank's Advocacy for Affirming Aging

Waiting room opens at 10:30 am; the program begins at 11am.

Join Zoom Meeting

<https://zoom.us/j/96661294106>

Meeting ID: 966 6129 4106 (Call 312-626-6799 and enter this when prompted)

One tap mobile

+13126266799,,96661294106# US (Chicago)

+16468769923,,96661294106# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 966 6129 4106

Find your local number: <https://zoom.us/u/aQl2B0aM>