

**WORKSHOP DESCRIPTIONS AND PRESENTER'S BIO'S****THURSDAY, MAY 6, 2021****9:30 am – 11:00 am –****Opening Session includes:**

Welcome from NHAEOP, NAEOP and NH Dept. of Education, and NHAEOP Business Meeting.

**Keynote Speaker:****"Keepin' It Real! Sensible Self-Care Tips You Can Actually Use"**

In this presentation we'll discuss not only the importance of diligent self-care and stress management in the face of a global pandemic, but how to keep our efforts simple and sustainable. We will cover some realistic self-care tips in a lighthearted, non-preaching, and validating manner. Together, we'll redefine self-care for ourselves and let go of self-criticism!

**Raymond Pillsbury, M.Ed., CAGS** is the Director of Special Services for the Winnacunnet Cooperative School District in Hampton, NH, and the Crisis Response Coordinator for the five Seacoast, NH districts within School Administrative Unit 21. In addition to a long career in community and school mental health, Raymond has been active in school crisis management coordination and consultation for nearly 20 years. He has been the architect of wellness initiatives in school districts across the State of New Hampshire and frequently consults with schools on how to foster environments that honor and promote the importance of self-care.

**SESSION 1 – 12:30 pm – 2:00 pm****Managing Change ~ Gerri King, PhD., Human Dynamics Associates**

Change - both positive and negative - can be very stressful. Even if it results in improvement, with every gain, there is a loss. Complicating the situation is the fact that the stress associated with change is a main factor contributing to miscommunication, increased conflict, poor concentration, and low productivity. While change may be an inevitable part of life, the way organizations and employees can remain effective and healthy is by learning techniques for managing it. The understanding and skills

required to help people process change with excitement, not threat, will be a major focus.

**Gerri King, Ph.D.**, social psychologist and organizational consultant, works with educational, healthcare, corporate, industrial, non-profit, and governmental clients throughout the conferences and seminars throughout the year.

Dr. King's expertise includes a wide range of topics such as supervisory skills, team building, resolving conflicts and effective communication, motivating workforces, the dynamics of change, strategic planning, why people avoid success, creating blame-free and gossip-free work environments, and the changing role of leadership in the 21<sup>st</sup> century.

Gerri facilitate staff and executive retreats, departmental and cross-departmental conflict resolution efforts, mergers and acquisitions, strategic planning sessions, and mission & vision development. She is a founding partner and President of the consulting and counseling firm Human Dynamics Associates, Inc. of Concord, NH and the author of *The Duh! Book of Management and Supervision: Dispelling Common Leadership Myths*.

**The Crone Years: Herbal Support as we Transition into Menopause ~ Sara Woods-Kender**

Our body's go through The Change for a reason: we stop making babies. Synthetic hormone therapy has many risks, including cancer. The herbal world is rife with options to help reduce symptoms of menopause and support the body through this transition into the Crone Years. Embrace your body and all its changes.

**Sara Woods-Kender** is a Clinical Herbalist, Nutritional Advocate, Wild Forager, & Reiki Master. She has over a decade of experience in herbal medicine and has several on-going classes that focus on teaching people about the plants and how they can help us as well as how we can help them. She is a NH native and owns and operates an herbal apothecary, Sacred Tree Herbals, in downtown Meredith, NH.

**How to Effectively Use QuickBooks with your Student Activities Funds ~ Sheryl Pratt, Plodzik and Sanderson Auditors**

We will examine the proper way to use QuickBooks for your accounting and maintenance of the student activity funds. This examination will include the tracking of transactions,

**WORKSHOP DESCRIPTIONS AND PRESENTER'S BIO'S**

bank reconciliations, the summary of activity, and reporting requirements under GASB Statement No. 84, Fiduciary Activities. In addition, we will review important internal control considerations in using the QuickBooks software.

**Sheryl A. Pratt** has been a governmental auditor with Plodzik & Sanderson, PA since 1991, and has been a Director and Officer of the Firm since 2005. During that time, she has performed audits of the financial statements of towns, cities, school districts, school administrative units, village districts, water precincts, federal grant programs, and special governmental entities. She has been a presenter for many organizations, including Tri-State ASBO, on various topics related to governmental accounting. Sheryl has assisted the NH Tax Collector's Association with the preparation of training materials, and has worked with the NH Government Finance Officers Association training committee.

**Google Docs ~ Connie Hyslop, Hyslop and Associates**

In this workshop you will learn how to manage files in your Google Drive, upload / download documents between Microsoft Word and Google Docs, create, edit, format and share Google Documents. Attendees will learn how to enhance the appearance of documents using character and paragraph formatting. Specific topics include using bullets & numbering, indenting paragraphs, line spacing & alignment, working with tabs, controlling page breaks and using headers & footers. The presenter will also show how to insert different objects like tables and pictures.

**Connie Hyslop**, President of Hyslop and Associates, Connie Hyslop has been teaching computers for over 25 years. She has trained thousands of computer users and specializes in providing quality training to small groups, in a friendly environment where each person receives individual attention. In August of 1998 she opened a computer training school in the Lakes Region where she offers a wide variety of one-day computer workshops to local businesses and the general public.

**SPED Aid/402 ~ NH Dept. of Education Lisa Moody, Tamela Dalrymple and Terry Hersh**

The workshop will provide guidance in processing Chapter 402 and guidance for eligibility for CAT AID, application for CAT AID, allowable costs and timelines for CAT AID. A CAT AID manual will be provided.

**Lisa Moody** is a Program Specialist for the New Hampshire Department of Education, Bureau of Special Education. She has been with the Bureau for 13 years. Lisa provides support, reviews services and verifies payments of Catastrophic Aid and Court Ordered Placements. Lisa also provides technical support and training of school districts in the implementation of the NH Special Education Information System.

**Tamela Dalrymple** is a Program Specialist II for the NHDOE Bureau of Education. She has been with the Department for thirteen years. Tamela sets rates for Private Providers, provides support and training for Catastrophic AID and Court Ordered Placements (Chapter 402), reviews and verifies payments for CAT AID and 402.

**Terry Hersh** has worked for the State Department for several years. She is a Program Assistant for the Bureau of Special Education, helping school districts utilize the NH Special Education Information System, NHSEIS. Terry previously worked in the accounting field for a Municipality, Principals Association, and the Alliance for Effective Schools. She earned her Bachelor of Science in computer Science from Franklin Pierce College.

**Vaping 101 ~ Laurie Warnock, NH Education Coordinator for the Northern New England Poison Center**

Old Vices, New Devices explores the similarities and differences between traditional cigarettes and e-cigarettes, including the marketing, sales and known health effects. The presentation includes a discussion of the effects of nicotine, specific hazards to adolescent brain development, the emergence of Electronic Cigarettes / Vape Associated Lung Illness (EVALI) and the changing legal issues around the sales of e-cigarettes. As these devices are also used with marijuana, a brief discussion on therapeutic and retail cannabis will be included.

**Laurie Warnock** is the NH Education Coordinator for the Northern New England Poison Center. She travels from Salem to Stewartstown, Hinsdale to Hampton providing poison prevention education to diverse audiences. She holds a Master's degree in Public Health from the University of New Hampshire and has been an Emergency Medical Technician for the past 25 years.

**WORKSHOP DESCRIPTIONS AND PRESENTER'S BIO'S****SESSION 2 – 2:15 pm – 3:45 pm****Facilitating Generational Differences ~ Gerri King, PhD., Human Dynamics Associates,**

Because this is the first time in American history where there have been as many as 4 generations in the workplace, a new kind of tension has emerged. It's not uncommon for groups to stereotype and judge one another which, naturally, has a negative effect in the workplace. Trying to change someone else's perspective, approach, and/or style may feel like a losing battle. It is more effective to capitalize on each other's strengths and assets. Masterful communicators can connect with people from various generations by adapting, collaborating, and negotiating common ground. Engaged employees make all the difference, but employee engagement isn't one-size-fits all. An excellent work environment is one that supports all generations, responds to diversity, builds on strengths, offers options, develops peoples understand of differences, and trains people to communicate effectively.

**Gerri King, PhD., Human Dynamics Associates** see Session 1 for presenter information.

**Infectious Disease: Non-pharmaceutical Interventions for Supporting the Immune System ~ Sara Woods-Kender**

It's all about the terrain. We are in an unprecedented time whereby the idea of germs causing dis-ease is in question. The terrain theory of health has been around as long as the germ theory has, but has not been supported in the main stream medical model. The question is why? I have my theories, but the reality is, you can have any virus in your body that has been associated with an infection, but not display symptoms of that infection. Did you know that? I'll talk to you about why that is and what you can do to keep healthy during the Cold Season.

**Sara Woods-Kender** see Session 1 for presenter information.

**Current Fraud Schemes: Update on current schemes and how to prevent and detect them ~ Scott T. Eagen, Plodzik and Sanderson, PA**

Current fraud schemes, with a focus on frauds that exploit today's electronic and technological landscape. We will review frauds affecting payroll, accounts payable, and online banking and discuss ways these frauds can be prevented or detected.

**Scott T. Eagen** has been a governmental auditor with Plodzik and Sanderson, PA since 2007, and has been a Senior Manager with the organization since 2013. During this time, he has performed audits of the financial statements of towns, cities, school districts, school administrative units, village districts, water precincts, federal grant programs, special governmental entities, and non-profits. He is a Certified Fraud Examiner and has performed many forensic accounting engagements and provided litigation support for commercial, non-profit, and governmental clients. In addition, Scott performs other consulting and agreed-upon procedure engagements related to internal controls, fraud prevention, and accounting services.

**Google Sheets/Transitioning from excel ~ Connie Hyslop, Hyslop and Associates**

This workshop includes everything you need to build a basic workbook, create simple formulas and format a spreadsheet. Participants will learn to enter & edit data; undo; select and move around the spreadsheet efficiently; move/copy text and formulas; use the fill handle to copy or create a series, insert and delete cells, columns and rows; format columns, text and numbers; control cell alignment; write basic formulas; and control basic page setup including margins, paper size, guidelines, headers and footers.

**Connie Hyslop and Associates** see Session 1 for presenter information.

**All Levels Flow Yoga ~ Laurie Haynes**

This energetic and creative vinyasa flow is suitable for all levels. Variations of each asana will be offered so that each student can experience the benefits of the class while listening to the needs of the body. Participants will move from one posture to another in a continuous flow, linking movements to the breath with the goal of relaxing the body and creating peace of mind. Bring your yoga mat.

**Laurie Haynes** – Laurie is a high school math teacher and enjoys introducing yoga to her students and colleagues outside of the classroom. Her love of yoga began when high-impact aerobics no longer suited her needs for gaining strength, flexibility, and stress release. After several years of participating in Ashtanga Primary Series and flow classes, her love of yoga and its many benefits transitioned into a desire to share yoga with others.

**WORKSHOP DESCRIPTIONS AND PRESENTER'S BIO'S**

In invitation to attend a class at Living Yoga (now Blossom Yoga and Wellness) in Concord, NH, led to a life-changing opportunity to satisfy the desire to learn what is beyond the asana branch of yoga. After completing her 200-hours Teacher Training at Living Yoga in June of 2017, Laurie has enjoyed sharing her passion for yoga – as a way of life- with the warm and welcoming community at Blossom Yoga and Wellness, students and staff at Hillsboro-Deering High School, and employees of HealthTrust in Concord.

**McKinney-Vento 101 ~ Courtney Porter, MSW, M.Ed.**

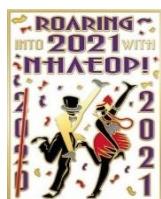
**During this training, participants will:**

- Review the federal McKinney-Vento guidelines
- View the NH documentary "What Does Homeless Look Like?"
- Share de-identified scenarios for feedback

**Intended Outcomes:**

- To increase participant understanding regarding the implementation of McKinney-Vento and the supports for the children it protects.
- To increase participant understanding of the resources available for these populations of students and families
- To increase participant ability to collaborate with others to remove barriers to accessing education for students experiencing homelessness.

**Courtney Porter, MSW, M.Ed.** – As a 19-year veteran of the educational system, Courtney Porter, MSW, M.Ed. has taught in many settings including public schools, nonprofits, and in the Head Start/Early Head Start program. For the past seven years, she has served as the School Social Worker, McKinney-Vento Homeless Liaison, DCYF Point of Contact for the Claremont School District, SAU 6. As the President of the New Hampshire School Social Workers Association, Ms. Porter advocates for the students and families all over the State. In addition, Ms. Porter serves on the National Association of Social Worker: New Hampshire Board of Directors and is an active member of their Children's Issues Committee. Ms. Porter is a member of the McKinney-Vento State Training Team and enjoys sharing her knowledge of homeless education with others.

**FRIDAY, MAY 7, 2021****SESSION 3 – 8:30 am – 10:00 am****Excel Multiple Sheets, Formulas & Formatting, Part One**  
(double session)

This course is designed for the person who wants to use advanced formatting to enhance the appearance of spreadsheets, work with multiple sheets in a workbook and gain more practice in formula writing. Specific formulas will include Sum, Average, Min, Max and variations of the Count function. Other topics include advanced numeric formatting; horizontal and vertical alignment, borders, patterns and color.

**Connie Hyslop, Hyslop and Associates** – see Session 1 for presenter information.

**The Right Question ~ Maureen Callaghan, MS CCC-SLP**

Have you ever been in a situation when you just didn't know what to ask? Have you ever felt like somebody made a decision that really is important to you, but you didn't even know about it? We all need a chance to learn important skills for asking questions and focusing on decisions.

**Maureen Callaghan, MS CCC-SLP, Right Question Facilitator**, has been in the educational field for 29 years working as a Speech-Language Pathologist. Maureen possesses a steadfast determination to connect families and schools and believes that school-family partnerships are essential to ensure the success of students.

Maureen has been instrumental in educating families, counselors, school staff, and students on the Question Formulation Technique, with her goal being to increase understanding, improve communication, and promote collaboration.

She has presented alongside Luz Santana, co-founder of the Right Question Institute, at several International conferences in Boston, MA, and is featured in their video promoting the technique...

<https://m.youtube.com/watch?v=aaUMHshUTbk>

Her belief that all individuals need to possess the skills necessary to advocate for themselves and for those they care for, motivates her to share the Question Formulation Technique with all who will listen!

**All Levels Flow Yoga ~ Laurie Haynes**

This energetic and creative vinyasa flow is suitable for all levels. Variations of each asana will be offered so that each student can experience the benefits of the class while

**WORKSHOP DESCRIPTIONS AND PRESENTER'S BIO'S**

listening to the needs of the body. Participants will move from one posture to another in a continuous flow, linking movements to the breath with the goal of relaxing the body and creating peace of mind. Bring your yoga mat.

**Laurie Haynes** see Session 2 for presenter information.

**Rochester Police, Juvenile Prosecution ~ Lt. Anne Gould/Sgt. Tony Deluca**

This session includes how to deal with any and all issues involved with juveniles from truancy, running away, dangerous behavior to the prosecution of delinquency cases. Learning to work in partnership between the school district and the police department to deal with all issues involved with kids and working to reduce those behaviors that place them at risk of continued behavior where they eventually could enter the adult criminal system.

**Lt. Anne Gould** - The Reader's Digest version: 1987 graduated UNH with a Bach. Arts Degree in Communications August 1988; Hired as a full-time police officer with City of Rochester; Moved through the ranks: Patrolman, Detective, Patrol Sergeant, Detective Sergeant, Patrol Lieutenant, in 2010 Prosecution Lieutenant; 2003 graduated FBI National Academy in Quantico, VA; Currently working in my 31<sup>st</sup> year of Law Enforcement.

**Sgt. Anthony Deluca** – Started October 1994, retired full time in 2016 and went back the next day part-time as the SRO at Rochester Middle School. Throughout his career, he was the leader of the Strafford County SWAT Team, worked as patrol officer handling calls, Patrol Sergeant managing patrol officers, Detective Sergeant in charge of the detective bureau Support Sergeant in charge of police dispatchers and cruiser and computer equipment.

Sgt. Deluca is an instructor for the department in ADD/CRASE (civilian response to active shooter events) and instructs all city employees on the proper method of dealing with an active shooter event. He also teaches to local businesses and is a L.E.A.D. instructor. L.E.A.D. is the drug, tobacco and alcohol education program offered in Rochester in grades 3, 6 and 9.

Outside of his RMS responsibilities he works at Rochester ROCKS as a chaperone/staff member assisting them with the summer education extension for members of the school district who have autism. He also assists the Rochester NH Recreation Department with three separate summer camps in the city.

**The Crone Years: Herbal Support as we Transition into Menopause ~ Sara Woods-Kender**

Our body's go through The Change for a reason: we stop making babies. Synthetic hormone therapy has many risks, including cancer. The herbal world is rife with options to help reduce symptoms of menopause and support the body through this transition into the Crone Years. Embrace your body and all its changes.

**Sara Woods-Kender** – see Session 1 for presenter information.

**SESSION 4 – 10:15 am – 11:45 pm**

**Excel Multiple Sheets, Formulas & Formatting, Part Two (double session)**

This is a continuation of Session 3. The student will learn to work with multiple sheets in a workbook by renaming, moving, copying, deleting, grouping and linking formulas between sheets. Also, linking formulas between multiple files; viewing multiple sheets/files and freezing titles will be discussed.

**Connie Hyslop, Hyslop and Associates** – see Session 1 for presenter information.

**The Right Question ~ Maureen Callaghan, MS CCC-SLP**

Have you ever been in a situation when you just didn't know what to ask? Have you ever felt like somebody made a decision that really is important to you, but you didn't even know about it? We all need a chance to learn important skills for asking questions and focusing on decisions.

**Maureen Callaghan, MS CCC-SLP, Right Question Facilitator** – see Session 3 for presenter information.

**McKinney-Vento 101 ~ Courtney Porter, MSW, M.Ed.**

**During this training, participants will:**

- Review the federal McKinney-Vento guidelines
- View the NH documentary "What Does Homeless Look Like?"
- Share de-identified scenarios for feedback

**Intended Outcomes:**

- To increase participant understanding regarding the implementation of McKinney-Vento and the supports for the children it protects.
- To increase participant understanding of the resources available for these populations of students and families

## WORKSHOP DESCRIPTIONS AND PRESENTER'S BIO'S

To increase participant ability to collaborate with others to remove barriers to accessing education for students experiencing homelessness.

**Courtney Porter, MSW, M.Ed.** – see Session 2 for presenter information.

### Rochester Police, Juvenile Prosecution ~ Lt. Anne Gould/Sgt. Tony Deluca

This session includes how to deal with any and all issues involved with juveniles from truancy, running away, dangerous behavior to the prosecution of delinquency cases. Learning to work in partnership between the school district and the police department to deal with all issues involved with kids and working to reduce those behaviors that place them at risk of continued behavior where they eventually could enter the adult criminal system.

**Lt. Anne Gould/Sgt. Tony Deluca** see Session 3 for presenter's information.

### Infectious Disease: Non-pharmaceutical Interventions for Supporting the Immune System ~ Sara Woods-Kender

It's all about the terrain. We are in an unprecedented time whereby the idea of germs causing dis-ease is in question. The terrain theory of health has been around as long as the germ theory has, but has not been supported in the main stream medical model. The question is why? I have my theories, but the reality is, you can have any virus in your body that has been associated with an infection, but not display symptoms of that infection. Did you know that? I'll talk to you about why that is and what you can do to keep healthy during the Cold Season.

**Sara Woods-Kender** see Session 1 for presenter information.

