

## PHPR Summit 2025

### Thriving Together: Let's Live Well, Live Long, Live Uniquely

Friday, March 7, 8:00am – 4:00pm  
Wheat Ridge Recreation Center

**8:00am ~ Check-in is OPEN! Welcome Everyone. Come in and explore, visit a sponsor table, find a new colleague 😊**

**8:30am – 9:00am ~ Welcome – Thriving Together – Secrets of Living Well, Living Long, and Living Uniquely ~We have choice –**  
Susie Anderson, City of Wheat Ridge and Jo Burns, PHR Collaborative

**FAB 4 | POWER 9**

**9:00am – 9:30am ~ Thriving Together - Exploring the 1000 Neighborhood Gatherings Project** - Thomas Thompson and Brian Kates, City of Colorado Springs

**CONNECT | BELONG + RIGHT TRIBE**

Description: An overview of the 1000 Neighborhood Gatherings project (<https://coloradosprings.gov/1000Gatherings>), launched by the City of Colorado Springs in 2023. Learn how connection amongst neighbors was fostered and a sense of belonging improved through this project, as well as new efforts that are being employed in the second iteration of the project in 2025.

Learning Objectives: Participants will be able to 1) Define what the 1000 Gatherings project is. 2) Identify at least 3 evidenced-based efforts that can be employed in any municipality to address and reduce loneliness and social isolation. 3) Describe multiple ways multi-sector professionals can serve as a conduit within the community to provide healthy personal connection amongst individuals of all backgrounds in a supportive and cost-effective way.

**9:35am – 10:05am ~ Designing Places of Belonging – Emmanuel Didier and Kate Davenport, Didier Design Studio**

**CONNECT | BELONG +LOVED ONES 1ST**

Description: Now more than ever, we are experiencing a loss of intimacy between humans and nature as well as between people and their communities. In this session, landscape architects from Didier Design Studio will share how they approach design as an opportunity to foster an authentic sense of place and belonging

Learning Objectives: Participants will be able to 1) Discuss the relationship between place and belonging. 2) Give examples of how landscapes and public spaces can foster belonging across ages, abilities, ecologies, and seasons. 3) Identify greater potential to create places of belonging in our communities.

**10:10am – 10:40am ~ Live Long and Prosper with Libraries – Baily Wallace and Bridget Kiely, Jefferson County Public Library**

**CONNECT | RIGHT TRIBE, BELONG**

Description: When you hear the word library, do you picture a quiet book repository with a librarian shushing everyone in sight? Spoiler alert: Things are different now, and librarians would love to partner with you to bring more services into our shared communities. Jefferson County Public Library's [JCPL] vision is to be the essential destination where all generations connect, discover and create. Join this session to learn what libraries are doing to achieve this vision, and support communities across the county. From beneficial partnerships with local businesses and government agencies, to innovative programming, to providing a third space, libraries have much to offer to help people connect, belong, and live a healthy life.

Learning Objectives: Participants will be able to 1) Identify examples of the free services libraries offer the public, including how and why someone might access them. 2) Discuss at least 3 ways to collaborate across organizations to support patrons/the public/customers. 3) Identify three or more professional contacts they can leverage for future partnerships.

**10:45am – 11:00am~ Healthy Snack Break – Grab some Coffee/Tea – Get Moving, Connect with Colleagues**

**EAT WISELY + MOVE | PLANT SLANT + 80% RULE, MOVE NATURALLY**

**11:00am – 11:40am ~ Holistic Health Programming: Nurturing Mind Body and Soul – Lexi Bulich, City of Lafayette**

**MOVE + RIGHT OUTLOOK | MOVE NATURALLY, PURPOSE, DOWNSHIFT**

Description: In today's dynamic world, fostering holistic wellness is paramount. This session aims to explore the integration of mental, physical, and emotional well-being into various facets of community recreation programming. We will delve deep into innovative strategies and best practices for infusing—and sometimes sneaking in—mental and emotional wellness into recreation programs to ensure the holistic well-being of our communities.

Learning Objectives: Participants will be able to 1) Define the concept of "holistic" well-being and identify the methods through which it can be effectively achieved. 2) List the mental, physical, and emotional dimensions of health, exploring the key factors that contribute to their balanced or imbalanced states. 3) Identify way multi-sector professionals can subtly integrate holistic principles into programs through music, movement, color, social interaction, sunlight, and dance to promote overall well-being.

**11:45 am - 12:15pm ~ Work Smarter, Play Together: Building Resilience and Connection at Work** – Ashley DePaulis, Embodied Success

**CONNECT | RIGHT TRIBE**

*Description:* In today's fast-paced work environment, it's easy to forget that productivity doesn't have to come at the expense of well-being. This interactive session explores how integrating play into the workplace can help teams thrive. By embracing moments of connection, collaboration, and intentional breaks, participants will discover how play can reduce stress, build resilience, and enhance overall performance.

*Learning Objectives:* Participants will be able to 1) Identify simple, playful activities in your workday to improve focus and reduce stress within minutes. 2) Identify one collaborative play technique that you'll experiment with to foster stronger team relationships and encourage creative problem-solving in real-time. 3) Give examples of a personalized play-based strategy to enhance well-being, productivity, and resilience for yourself and your team.

**12:20pm – 1:20pm ~ Longer Tables Lunch Experience with Tim Jones, Intro to Longer Tables, Grab your Box Lunch, Find your new Table**

**EAT WISELY + CONNECT | PLANT SLANT, RIGHT TRIBE, BELONG, LOVED ONES 1ST**

**1:25pm – 1:55pm ~ Innovative Spaces: Creating Age-Friendly Outdoor Spaces for Longevity and Connection** - Sue Paul, Senior Scapes, Inc.

**CONNECT | BELONG, LOVED ONES 1<sup>ST</sup>, RIGHT TRIBE**

*Description:* As the population ages, communities must rethink public spaces to promote longevity, social connection, and well-being. This session explores how dementia-friendly, senior-centric park design improves quality of life through universal accessibility, multisensory engagement, and evidence-based principles. Using case studies and research-based healthy aging principles, this session will demonstrate how parks can become essential gathering places that provide access to physical activity, meaningful engagement, and intergenerational connection.

*Learning Objectives:* Participants will be able to 1) Identify key design elements that make public parks more accessible and engaging for older adults. 2) Describe how dementia-friendly park features promote cognitive health, social connection, and physical activity. 3) List specific strategies municipalities and organizations can use to create intergenerational, inclusive parks that align with Blue Zones principles.

**2:00pm – 2:30pm ~ Invitation to Explore Plant-Rich Meal Planning Strategies** – Melinda Benz, RDN, Melinda Benz LLC

**EAT WISELY | PLANT SLANT**

*Description:* Eating more plant-based foods can sometimes feel overwhelming and time-consuming. It's common to have questions about how to prepare various plant proteins, convenient ways to add more fruits and vegetables to meals, or ideas for nutritious and satisfying snacks on the go. Join us for this educational and interactive presentation where we will explore practical meal planning strategies for incorporating more fiber and nutrient-dense plant-based foods into our daily meals and snacks while ensuring a sustainable and balanced dietary pattern.

*Learning Objectives:* Participants will be able to 1) Give examples of nutritious plant-based snacks that can help promote satiety and steadier energy levels throughout the day. Discuss the nutritional benefits of adding more plant proteins into meals and various food sources of plant proteins. 3) Identify convenient and cost-effective ways to incorporate fruits and vegetables into meals and snacks.

**2:35pm – 2:50pm ~ Tai Chi Break** - Pos Ryant, Apprentice of Peace Youth Organization (AOPYO)

**MOVE + RIGHT OUTLOOK | MOVE NATURALLY + DOWNSHIFT**

**2:55pm – 3:15pm ~ Building Communities for Longevity, Connection and Purpose a Data Driven Approach** – Russ Carson, Community Impact Collaborative

**CONNECT + RIGHT OUTLOOK | BELONG, RIGHT TRIBE + PURPOSE**

*Description:* As the global population ages, understanding how to improve longevity and quality of life for adults of all ages is critical. Informed by insights from national data and recent studies, this session will take a data-driven approach to explore how communities can enhance well-being and foster long, fulfilling lives. Attendees will be asked to use insights shared to inform actionable strategies in their communities/work to promote health, connection, and purpose for all generations.

*Learning Objectives:* Participants will be able to 1) List three key insights from national data/latest studies on aging. 2) Summarize one example for how key insights are applied in own community/work to create meaningful experiences for older adults. 3) Identify one data-driven strategy to foster longevity, connection or purpose across generations is integrated into communities of today and tomorrow.

**3:15pm - 3:35pm ~ Arlosoul Highlights and Reflection of the Day** – Chris Chopyak, Pos Ryant + the Visual Strategists

**RIGHT OUTLOOK | PURPOSE + DOWNSHIFT**

**3:35pm – 3:55pm ~ Tea Ceremony with Cynthia Chung Aki, Golden Lotus Foundation**

**RIGHT OUTLOOK | DOWNSHIFT**

**3:55pm - 4:00pm ~Closing Remarks-Let's Thrive, Evaluation and Thank you! - Colorado PPHR Collaborative Crew – Jo Burns**

**4:00pm to 6:00ish~ Healthy Happy Hour at New Image Brewing – (yes, they have adult beverages and NA beverages)**

**EAT WISELY | WINE @ 5PM**

**PPHR Summit Planning Team:**

**Bradyn Nicholson** - Colorado Department of Public Health and Environment; **Brian Kates** – City of Colorado Springs Parks, Recreation & Culture; **Gabriella Crivelli** – Open for Employment; **Jaclynn Alvarez** – South Suburban Park & Recreation; **Jo Burns** – Jo Burns Connects LLC; **Kristen Steffes** - Colorado Department of Public Health and Environment; **Nicole Reeves** – Widefield Parks & Recreation; **Rachel Hungerbuhler** – Colorado Parks & Recreation Association; **Russ Carson** – Community Impact Collaborative; **Sarah Schwallier** – City of Northglenn Parks, Recreation & Culture ; **Tori Bloom** - Colorado Department of Public Health and Environment

**PPHR Summit Sponsors and Partners:**

- **GOCO** – Gold Sponsor
- **MDH Law Group** – Silver Sponsor (Snacks and Beverages)
- **Altitude Recreation** - Bronze Sponsor
- **Colorado Gives Foundation** – Bronze Sponsor
- **Aging Dynamics** – I Luv PPHR Sponsor
- **Age Wise Colorado** – I Luv PPHR Sponsor
- **City of Wheat Ridge** – Host Sponsor ~ Facility Host
- **Colorado Department of Public Health and Environment** – Platinum Administrative & Language Justice Partner
- **Colorado Parks & Recreation Association** – Fiscal Sponsor and Administrative Partner
- **JoBurnsConnects LLC** – Logistics Partner

