



Self-Care in the Technological Age

2020 Governor's Conference on Volunteerism

Tuesday, June 23, 2020

Volunteer NH hosts the annual **Governor's Conference on Volunteerism** in partnership with the Governor's Office.

The purpose of the conference is to educate, enhance skills, and provide professional development that will support and strengthen New Hampshire's volunteer programs and organizations.

Learn more by visiting VolunteerNH.org

Session Chat

[Attendees introduce themselves and answer the question "Where were you born?"]

11:42:54 From Hilary Stark to All panelists : I'm Hilary , I was born in Laconia nh

11:43:03 From Maddie Odell to All panelists : Maddie - Casper, WY

11:43:05 From Patricia Paola : I was born in Sharon, CT

11:43:05 From Stacey Chiocchio to All panelists : Stacey Brooklyn ny

11:43:08 From Martha Dickey to All panelists : Hi, I'm Martha; I was born in Boston, relocated to NH in 2002.

11:43:09 From Matthew LaJeunesse to All panelists : Matthew LaJeunesse, Worcester, MA

11:43:14 From Elizabeth Wilcox to All panelists : Hello, Elizabeth Wilcox. I was born in Ridgewood NJ.

11:43:15 From Melinda Campbell : I'm Melinda and I was born in Vermont.

11:43:15 From Cara Swiechowicz to All panelists : Cara Swiechowicz - Willingborough, NJ

11:43:23 From Margaret Taylor to All panelists : I was born and Nashua New Hampshire

11:43:25 From Jazmin Belcoure to All panelists : Good morning, Jazmin Belcoure from Monadnock RVSP Volunteer Center. I was born in Princeton WV (but only spent 2 years there)

11:43:27 From Margaret Taylor to All panelists : Maggie

11:43:27 From Patricia Paola : Hi Melinda!

11:43:27 From Stacey Glazer to All panelists : I'm Stacey and i was born in NY

11:43:27 From Paige Dahlke to All panelists : Hi I'm Paige and I was born in Duluth, MN :)

11:43:27 From Tina Chase to All panelists : Hello everyone...my name is Tina and I was born in Manchester, New Hampshire

11:43:33 From Jon Lemitelamy : Good Morning I'm Jon, I was born in NY

11:43:34 From Kim White Feather-Altomare to All panelists : Hi I am Kim White Feather-Altomare live in Center Ossipee, NH, born in Freedom, NH

11:43:35 From Deb Gardner to All panelists : Deborah Gardner Maine

11:43:36 From Lesley Rossi : Hi! Lesley here and I was born in Worcester, Massachusetts

11:43:42 From Cheryl O'Malley to All panelists : Hi, I'm Cheryl and I was born in Pawtucket, Rhode Island

11:43:48 From Eliza Zarka to All panelists : I'm Eliza, I was born in St. Louis, Missouri

11:43:52 From Victoria Barger to All panelists : Hello, Everyone! I am Victoria Barger and I was born in Manchester, NH.

11:43:55 From Doreen Moody to All panelists : Doreen Moody from Grafton County Nursing Home in North Haverhill, NH and born in Woodsville, NH.

11:43:57 From Erica Fuller to All panelists : Hey, I'm Erica with the Red Cross and I was born in Burlington, VT!

11:44:01 From Eliza Zarka : I'm Eliza, I was born in St. Louis, Missouri

11:44:09 From Katie Pazienza : Hi! I'm Katie and I was born in Boston, MA

11:44:09 From Samantha Staples to All panelists : Hi I'm Sam, also born in Worcester

11:44:10 From Riché Colcombe to All panelists : Riché Colcombe...born in the great USA! (since this is a security question used, I choose not to answer more 😊)

11:44:12 From Danielle Plumlee to All panelists : Hi! Dani, born in Oregon

11:44:13 From Dawn Brown to All panelists : Good Morning!! Dawn Brown, I was born in New Britain Ct

11:44:19 From Brenda Petell to All panelists : I am Brenda, I was board in Hinsdale, MA

11:44:19 From Adelia Weber to All panelists : Good morning! I am Adelia and I was born in Urbana, Illinois

11:44:19 From Jeannette Mendez to All panelists : Jeannette Mendez born in Hartford CT, and I am the bomb!

11:44:20 From Adrianna Padilla to All panelists : I'm Adrianna, and I am from Orlando, FL!

11:44:24 From Nate Hanson to All panelists : Hi i'm Nate and i'm from Littleton NH

11:44:25 From Tabitha Boze to All panelists : Hello, Tabitha from Bangor, Maine!

11:44:27 From Brenda Petell to All panelists : *born

11:44:28 From Edwin James : EB born in Cedar Rapids IA

11:44:29 From Amanda Lewis to All panelists : Hi, I'm Amanda and I was born in Laconia NH

11:44:30 From Mary Roberge to All panelists : Mary - Manchester, NH

11:44:32 From Caitlyn Searle : I'm Caitlyn and I was born in Bath, NH

11:44:33 From Andrew Tierney : I'm Andrew and I was born in Needham MA

11:44:33 From Jaron Burke to All panelists : Hello, I'm Jaron. I was born near Salt Lake City, UT

11:44:34 From Adel Barnes to All panelists : Hello! Adel, from Seattle, WA

11:44:34 From Molly April to All panelists : Hi everyone, I am Molly - I am with the International Institute of New England (in Manchester NH). I was born in Boston, MA.

11:44:35 From Jess Casterline to All panelists : I'm Jess, born in NJ

11:44:37 From Amy Smith to All panelists : I'm Amy and I was born in Bronxville, NY

11:44:37 From Erin Schaick to All panelists : I'm Erin, born in Oshkosh, Wisconsin

11:44:38 From Kerri O'Brian to All panelists : Hi! I'm Kerri and born in Providence, RI!

11:44:38 From Ariel Kapteyn to All panelists : Good morning! I'm Ariel born in Nashua NH

11:44:47 From Ariel Kapteyn : Good morning! I'm Ariel born in Nashua NH

11:44:53 From Natalie Laflamme to All panelists : I'm Natalie, born in Berlin, NH

11:45:01 From Kara Tinlin to All panelists : Kara born in Norwood MA

11:45:11 From Laura Campos to All panelists : I'm Laura, I was born in Cambridge
massachusetts

11:45:25 From Nancy Neu to All panelists : hi Nancy from Maine

11:45:26 From Kimberly Cartier to All panelists : Kimberly Cartier. Born in
Methuen, MA. Grew up in Lawrence MA.

11:45:30 From Carmen V Nadeau to All panelists : carmen NH, pr

11:46:40 From Gene Kuczewski : Gene Kuczewski and born in Machester, NH

11:47:02 From Nancy Neu to All panelists : hi is it hot there

11:47:07 From Susan Hawthorne to All panelists : Hi all Sue Asselin Hawthorne
born Lowell Mass

11:47:22 From Teresa Volta to All panelists : Teresa Volta. Florida.

11:47:59 From Molly Plummer to All panelists : Molly Plummer
I was born in Derry, NH

11:48:17 From Peggy Verney to All panelists : Hi there, Peg Verney here, born in LI
NY spent the last 40 years here in North Conway, NH

11:48:22 From Shawn Sutton to All panelists : Shawn Sutton, born St. Louis MO

11:48:35 From Nancy Neu to All panelists : Cherryfield Maine

11:48:41 From Erin Ferrell to All panelists : Erin Ferrell born in Canton, OH

11:49:12 From Erin Ferrell : Erin Ferrell born in Canton, OH

11:50:26 From Mikayla Collins : Hi everyone! Please make sure to select "all
panelists and attendees" if you'd like to send a chat message to the whole group (:

11:52:01 From Tamara Whalen to All panelists : Tammy Whalen born in New York

11:55:57 From Natalie Ryckman :
<https://www.facebook.com/groups/Selfcareforadvocates/>

[Responses from the poll question: What are other reasons that you use apps?]

12:19:40 From Kim White Feather-Altomare : there are SO MANY platform's now - zoom, google meet, Nuclay live, goto meetings, adobe connect, google hangouts, skype for business, High five, Microsoft slack, and slack are the ones I know of. The learning curve for these are so exhausting too.

12:19:46 From Shawn Sutton : Zoom and other platforms have been great for medical conferencing--still able to connect thru chats with colleagues, ask questions of speakers and panelists in real time with either prerecorded or live presentations. Has eliminated need/cost of travel/hotels, especially when participants from all over the US and 20 + other countries. Hope this continues to some degree after Covid!!

12:22:14 From Patricia Paola : I have been saying for the last couple of months that as humans we are social animals and need that physical interaction and body language.

12:25:27 From Adelia Weber : Social Media?

12:25:30 From Rebecca Ayling : My other: books, podcasts

12:25:30 From Martha Dickey to All panelists : Banking apps

12:25:36 From Lianne Bower to All panelists : shopping lol

12:25:38 From Martha Dickey to All panelists : including credit cards, etc.

12:25:40 From Cheryl O'Malley to All panelists : Contact with Family

12:25:44 From DeAnna Rice to All panelists : meditation

12:25:44 From Patricia Paola : Coupons...did I miss that choice?

12:25:45 From Nate Hanson to All panelists : books

12:25:53 From Jazmin Belcoure to All panelists : household coordination (shared shopping lists)

12:25:53 From Kim White Feather-Altomare : social media, podcasts, self care time,

12:25:53 From Jess Casterline to All panelists : Banking, podcasts

12:25:54 From Stacey Chiocchio to All panelists : banking

12:25:55 From Amanda Storace to All panelists : Social Media, Communication, Reading

12:25:56 From DeAnna Rice to All panelists : personal development

12:25:57 From Danielle Plumlee : staying informed - news, current events

12:26:02 From Stacey Chiocchio to All panelists : teams

12:26:03 From Lesley Rossi : To do lists

12:26:05 From Kimberly Cartier to All panelists : Listening to books while working out or driving.

12:26:06 From DeAnna Rice to All panelists : audible

12:26:06 From Jesse Creedy Powers to All panelists : social media and podcasts

12:26:07 From Riché Colcombe to All panelists : e-books and audiobooks

12:26:10 From Melinda Campbell : Also podcasts for me, shopping,

12:26:15 From Gene Kuczewski : I don't use apps

12:26:22 From Victoria Barger : Pinterest (ideas, recipes)

12:26:23 From Ariel Kapteyn : To-do list, books, home management (nest), grocery store/restaurants, banking,

12:26:31 From Lesley Rossi : Books!

12:26:31 From Stacey Chiocchio to All panelists : virtual conferences

12:26:34 From Edwin James : sap sugar content to syrup

12:26:36 From Jazmin Belcoure to All panelists : health tracker

12:26:37 From Molly April to All panelists : social media, money management, podcasts/ebooks

12:26:45 From Nancy Malone to All panelists : gardening

12:26:50 From Jon Lemitelamy : learning a new skill, I'm currently learning Spanish

12:26:50 From Melinda Campbell : credit monitoring

12:26:56 From DeAnna Rice to All panelists : zumba

12:27:01 From Victoria Barger : language learning

12:27:03 From Kim White Feather-Altomare : credit card and banking

12:27:07 From Jazmin Belcoure to All panelists : parking lol

12:27:15 From Deb Gardner to All panelists : Many many

12:27:23 From Margaret Taylor to All panelists : daily horoscope

12:28:18 From Nancy Neu to All panelists : I remember 8 tracks

12:28:36 From Margaret Taylor to All panelists : 8-tracks are classic my mom has one, still.

12:28:59 From Shawn Sutton : Church services

12:29:00 From DeAnna Rice to All panelists : travel

12:29:36 From Shawn Sutton : Calm

12:29:41 From Clare Cartheuser to All panelists : Down Dog

12:29:51 From Rebecca Ayling : headspace

12:29:53 From Matthew LaJeunesse to All panelists : Headspace, Hallow

12:29:56 From Rebecca Ayling : calm

12:29:58 From Ariel Kapteyn : FitBit, MyFitnessPal, Sanity & Self

12:29:58 From Lisa Tetrault-Zhe : Smiling Mind for meditation helps me sleep.

12:29:58 From Meghan Bolton to All panelists : MyFitnessPal and DownDog

12:29:59 From Peggy Verney to All panelists : Sound apps

12:30:09 From Melinda Campbell : Medisafe (medication management)

12:30:11 From Kimberly Cartier to All panelists : Health Balance Blood Pressure tracker

12:30:13 From Emma Lord to All panelists : rain rain for sleeping noise

12:30:14 From Martha Dickey to All panelists : WW (weight watchers); MayMyWalk, Fitbit; Calm, ToneltUp

12:30:15 From Amanda Vachon : Fitbit and Noom

12:30:15 From Kerri O'Brian : White Noise Generator

12:30:18 From Lisl Hacker to All panelists : all trails for hiking

12:30:22 From DeAnna Rice to All panelists : bowls, crystal bowls, calm

12:30:24 From Lesley Rossi : Fitness - Strava and Garmin Connect

12:30:26 From kimberly covell to All panelists : Insight timer

12:30:34 From Kim White Feather-Altomare : White noise generator I use on occasion

12:30:34 From Jess Casterline to All panelists : Fitness - Strava

12:30:41 From Eliza Zarka : Workout Women

12:30:48 From Cara Swiechowicz to All panelists : youtube and just search for different meditations

12:30:53 From Leslie Griffin to All panelists : Ten Percent

12:30:58 From Adrianna Padilla : Runkeeper

12:30:59 From Martha Dickey to All panelists : *MapMyWalk (sorry)

12:31:06 From Gene Kuczewski : I don't use apps on smart phones but all the topics listed I would simply go to the internet on my laptop.

12:31:08 From Kim White Feather-Altomare : google translate

12:31:19 From Peggy Verney to All panelists : Sound vibration app

12:31:39 From juned to All panelists : freestyle, librelink

12:31:40 From Martha Dickey to All panelists : WalkFit

12:31:56 From Margaret Taylor to All panelists : Spotify. YouTube for documentaries amongst others.

12:32:01 From Victoria Barger : Happy Cow to find plant-based food wherever I am

12:32:04 From Jesse Creedy Powers to All panelists : I put on a time limit for my social media, but I usually ignore it, ha.

12:32:18 From Jeannette Mendez to All panelists : messenger

12:32:19 From Jazmin Belcoure to All panelists : How could I have overlooked that!

12:32:24 From Amanda Vachon : Plan to Eat- menu planning

12:32:29 From Nancy Malone to All panelists : OMGoodness...all I do is recipe searches and videos

12:32:31 From Shawn Sutton : FInd Me Gluten Free

12:34:17 From Jeannette Mendez to All panelists : spiritual growth

12:38:26 From Jeannette Mendez to All panelists : band app

12:38:43 From Natalie Ryckman : <https://childmind.org/>

12:42:20 From Shawn Sutton : A plug for Lifestyle Medicine, Culinary Medicine, health and CHEF coaching which focuses on the real self care modalities to prevent, treat and reverse disease and promote general wellness!