



Tech Café Session Descriptions

The Tech Café will feature three types of 30-minute “how to” sessions:

Data for Health Sessions

Hands-on opportunities to test new metrics tools that measure the health of communities.

- **Livability Index**

The Livability Index is a web-based tool developed by the AARP Public Policy Institute to measure community livability on a scale of 0 to 100, with higher scores representing greater livability. Users can search the index by address, ZIP Code, city, or county and receive an overall score along with scores in each of seven livability categories, including health, housing, neighborhood, transportation, environment, engagement, and opportunity.

- **Metrics for Healthy Communities**

Wilder Research and the Federal Reserve Bank of Minneapolis developed this site to provide measures, data sources, and logic models to help community development and health organizations begin planning for and measuring the impact of neighborhood investments on community health and well-being.

- **Social Impact Calculator**

The Social Impact Calculator, developed by the Low Income Investment Fund (LIIF), quantifies the monetary social value of community projects. The calculator, which leverages social science research to translate data into dollar estimates of social benefits, is designed to help communicate the human impact and social value of the projects to broad audiences.

Tech-Byte Sessions

“How to” sessions on social media, tech tools, and top apps.

- **Evaluating Grantmaking Software for Foundations**

Did you know there is a variety of tech out there that can help you receive, review, and manage grants? From online platforms to software, we will share some tech tools to help you better manage grants and give you a methodology for evaluating and reviewing which ones will work best for you and your team. You will have the resources to formulate a plan to evaluate platforms and hear from peers with real-world opinions to share on what they’re using.

- **Feed Your Social Media Calendar in 25 Minutes**

The thought of engaging in content marketing can seem like a daunting task, especially when you have multiple social media accounts to manage or multiple programs to promote or both! How can you get your audience to view your social media outlets as engaging and useful? How can you be expected to find and share interesting and informative content when you have hundreds of other things to? Luckily, the answers to these questions (and many others) lies in the creation and use of a content calendar. Find out how you can create and manage meaningful content for all of your social programs in a short amount of dedicated time each week with some easy-to-use tech tools.

- **Top Apps to Boost Productivity**

Life is too short, and you're constantly being asked to do more with less. In this session, the Tech Café team will share apps to help you get rid of manual processes and automate your workflows.

- **Top 10 Apps-On-the-Go**

You are out of the office on the road at grantee or partner meeting, but you still need to keep the fires burning at the office and in your personal life. This session will unveil 10 top apps that will come in handy and help with productivity, travel arrangements, conference calls, scheduling and more.

- **Twitter as a Tool for You and Your Foundation**

Want to share your thoughts and links with the world? Get on Twitter. The Tech Café team will get you set up with a new or recovered account and have you Tweeting in minutes. A hands-on tutorial with your phone, tablet, or laptop will get you spreading the news of your foundation to your community quickly and easily.

- **Using LinkedIn to Your Foundation's Advantage**

LinkedIn is more than an online resume. You can build a high-performance branding platform through this social media marketplace of the business world, connecting you to its 330 million members. You can grow your foundation and volunteer base by integrating LinkedIn into fundraising, board of directors, marketing, and PR efforts for immediate and long-term impact throughout your community. Come join this session to find out how you can become a LinkedIn leader.

Wellness Sessions

Interactive sessions focused on health, wellness, active living, and engagement topics for today's highly engaged foundation professionals.

- **Sitting is the New Smoking**

In the 70s and 80s we were warned that smoking was a health hazard that could kill you. Today's hazard is sitting. Yet, despite the dangers of this habit, our society is encouraged to sit at nearly every turn. We sit at our desks to work. We sit to eat. We even sit on exercise machines. On top of that, finding the time to exercise and re-energize is a challenge. In this session, you will learn dynamic, new ways to fit fitness into your daily life whether you're in front of a computer, traveling on a business trip, or just going about your everyday routine. This approach to fitness is not difficult and purposely made into "byte-sized" physical activities so that they are easier to incorporate into your daily life. You will be surprised at the immense benefits these small everyday lifestyle changes can make!

- **Superfoods That Can Boost Your Brain**

We don't often think about what we put into our body, and food becomes more of a quick pick-me-up rather than fuel for the body and brain. Food can have an enormous impact on your brain – which is so important at conferences, meetings, events and in your daily life. In this session, participants will discover how, what, and when to eat for energy and focus throughout the day. Armed with new ideas for healthy brain foods, participants will create mock meals and coffee break menus that can be used at their upcoming events.

- **Wellness Technologies for the Body, Home, and Office**

Wellness technologies are the hot, new item this year focusing on health and fitness. Users are wearing devices like FitBit or Apple Watch to keep track of fitness activity. Others may sport the Jawbone Up, which keeps track of sleeping habits including your resting heart rate, sleep quality, and overall health. In this session, you will learn about new wellness technologies for every part of your day (or night) and how they can improve your quality of life.