

Practicing Healthy Phone Habits

Cell phones are a normal part of adult life, and learning to manage them well is an important skill for independence. At Capstone, our goal isn't to remove technology altogether; instead, we help participants practice the real-world habits they'll need in college, work, and everyday life: knowing when a phone is useful and when it becomes a distraction. Phones are welcome during lunch, breaks, and before/after the Capstone day.

During classes, volunteering, Social Fridays, and community activities, we ask participants to stay present and phone-free. This helps them engage with instructors and peers, build communication and problem-solving skills, and strengthen self-management — especially for those who tend to drift toward games, videos, or scrolling during structured activities.

Families can support this work by encouraging consistent tech habits at home. Even small routines — like phone-free meals or brief unplugged time in the evenings — can reinforce the skills we're building here.

Thank you for partnering with us as we support participants in developing the healthy, adult habits that lead to greater independence and success.

Capstone Parent Roundtable - Housing

Thank you so much for your attendance and participation. By our count, we had 23 families attend and the conversation was vibrant, engaging, and productive. We will continue with this rotating theme and plan to hold a second roundtable sometime in February. More to come!

Meet Ms. Jordan!

What's been energizing about stepping into the Program Manager role this year?



"What I've loved most is getting to work with participants in a more 'big-picture' way across all of our service areas. I enjoy the mix of data, observations, and then actually seeing participants in so many different contexts. It feels meaningful to connect the dots in a higher-level way."

Where have you seen the most EF growth this fall?

"Definitely in how participants manage their routines and schedules. They hold themselves to their expectations and often remind staff of the schedule too. They notice when peers or staff aren't here and usually know why. It shows real ownership and awareness."

What collaboration has felt most meaningful this semester?

"Families. We talk through some tough topics, but families approach it with honesty, trust, and a willingness to work together. There's always a great balance of celebrating wins and staying clear about next steps. We're really aligned in wanting participants to keep growing."

What leadership skill have you leaned into this year?

"Intentional, collaborative decision-making. It's easy as a new leader to feel like you should figure things out alone, but bringing people into the process actually strengthens the decisions. It's been a big shift for me."

Outside of work:

"Walking my dog. It's simple but grounding."

Looking ahead:

"After Fall Conferences, buy-in is at its peak. I'm excited to carry that momentum into winter and see what we can accomplish with everyone rowing in the same direction."

With Sincere Appreciation
Michael Faeth
Director of Adult Education

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
PRISM/ DoubleTree Hotel 1	Second Harvest Heartland/ New Hope YMCA 2	3	4	Five Nights at Freddy's 2/ Music Day @ Franklin/ Gingerbread Wonderland 5
PRISM/ Sholom 8	Second Harvest Heartland/ New Hope YMCA 9	10	11	Cat Cafe/ Active (MOA) 12
PRISM/ DoubleTree Hotel 15	Second Harvest Heartland/ New Hope YMCA 16	17	18	Science Museum of Minnesota 19
22	No Programming- Winter Break!			
29	No Programming- Winter Break!			
	30	31	1	2

