Concurrent Sessions

Title of Workshop: Gardening for Pollinators
Presenter/s: Rosie Lerner

Gardeners play a critical role in the nurturing and conservation of both native and introduced pollinators. Gardens and landscapes provide pollinators with food, water, shelter and habitat to complete their life cycles. Learn what YOU can do to protect and invite pollinators on your property.

Title of Workshop: Don’t Let Diabetes “Jeopardize” Your Health
Presenter/s: Lisa Graves, Stacey Faith, Christina Ferroli, Jane Jett and Janeen Longfellow

Diabetes is the 7th leading cause of death in Indiana and adversely impacts the lives of over 785,000 adult Hoosiers dealing with this chronic condition. People with diabetes may experience a shorter life expectancy, financial struggles due to higher healthcare costs, and are at increased risk for developing long-term health problems. This presentation will show you how to take steps to reduce your risk of diabetes through a fun and interactive game format.

Title of Workshop: Diving Deep into Facebook
Presenter/s: Russ Query

Most of us are aware of what Facebook is, but how many of us really know how to control our content? We will step through and show you what your recommended security settings should be. We will also be looking at controlling who tags you, using the activity log, how to use restriction lists, how to create your own list, limiting who can see your friends, how to restrict a post to a limited audience and much more. Please bring your device and we will attempt to show you how to set up these settings yourself.

Title of Workshop: Apps You Need to Know Your Teens/Tweens are Using
Presenter/s: Russ Query

Twitter, SnapChat, Kik, Instagram, Vine, WhatsApp, Burn Note, Tumblr, MeetMe, Tinder…these are only a few apps our teens and young adults are using. It’s impossible to try to keep up with the influx of technology our teens and tweens are using, but we will attempt to take a look at some of the most popular apps. As a parent or grandparent, it is important to develop a basic understanding of some of these apps, what their intent is, and how they work. We will also see the apps in action so we can have a better understanding of how our young people are communicating in today’s world.
Title of Workshop: Blue Zones: Secrets to Living Well from Around the World

Presenter/s: Stephanie Woodcox

This session will introduce the audience to Blue Zones, places around the world where people tend to live longer lives and enjoy more healthy years of life. Some information in this session is based upon the book titled “The Blue Zones: 9 Lessons for Living Longer from the People Who’ve Lived the Longest”. Other information and tips about how to age well will also be discussed.

Title of Workshop: Eating Local Produce: Your Freshest Food Option

Presenter/s: Emily Toner

Emily will discuss the value of purchasing local vegetables, fruits and herbs; including why they are likely the freshest option available. She will also cover beginner suggestions for growing your own produce.

Title of Workshop: The Cleaver Family No Longer Lives Next Door: They are Now Parenting Apart

Presenter/s: Barb Beaulieu

Family structures have changed over the last 50 years, so the typical family at that time, a married couple with a “stay at home mother”, is now not as common in today’s family with children. We will explore the composition of current Indiana families and view the parenting program Purdue Extension is providing to adults that are co-parenting while living apart. Co-Parenting for Successful Kids is a new HHS Extension program being offered to help parents be respectful, responsive and responsible to both the children and the other parent.

Title of Workshop: Exchange Homemaker

Presenter/s: Margaret Christenson

Enjoy an evening with our Exchange Homemaker from Canada – Margaret Christenson. Learn of her experiences as an officer of Federated Women’s Institutes of Ontario, how FWIO is similar to IEHA, and how she as a member of FWIO, enjoys some of the same activities and interests as IEHA members do.
Title of Workshop: Preserving a Plentiful Bounty

Presenter/s: Karen Richey

Canning might be considered an art as well as a science. As such, we often want to let our creative side take over! We create our own recipes, improvise regarding equipment and supplies, and may make decisions based on half-truths. If you’re a beginning canner or even an advanced canner, learn how up-to-date you are on canning before you get out that boiling water canner or pressure canner.

Title of Workshop: I Can

Presenter/s: Jo Almond and Leadership Focus Committee

Learn more about the “I Can” program. See how we can teach others in a new and exciting way.

Title of Workshop: Ask Angie

Presenter/s: Angie Abbott

Update from HHS program leader and associate director for Purdue Extension Angie Abbott. THIS SESSION IS FOR EXTENSION EDUCATORS ONLY.

Title of Workshop: i-LEaD Board Fall District Training

Presenter/s: Ellen King

NOT OPEN TO CONFERENCE ATTENDEES.

Title of Workshop: President’s Roundtable

Presenter/s: Cathy Cook

2016-2017 county Presidents are invited. One representative per county please.
Title of Workshop: Indiana Donor Network/Threads of Compassion

Presenter/s: Corinne Osinski-Carey

The mission of Indiana Donor Network is saving and enhancing the quality of life through organ, eye and tissue donation and transplantation. Indiana Donor Network offers shawls to the families at the time of their loved ones’ donations. The shawls are made by volunteers from across Indiana as well as other states. Many IEHA members have shown enthusiastic support for this program.

Title of Workshop: Beyond the Dinner Table: How NEP is Making the Healthy Choice the Easy Choice

Presenter/s: Melissa Maulding

Indiana’s health statistics are staggering: 2/3 of adults and 1/3 of youth are obese or overweight. 1 in 6 Hoosiers face hunger or food insecurity. Less than ½ of adults meet physical activity requirements. Learn how Purdue Extension’s Nutrition Education Program (NEP) is creatively addressing these challenges in your community through nutrition education and Community Wellness Coordinators.

Title of Workshop: How to Get What You Need and Want When You See Your Doctor

Presenter/s: Cleveland Shields

This workshop will explore what happens in a typical doctor’s visit. What is the physician trying to accomplish? What are patients trying to accomplish? How can you be sure to get your needs met during your next visit? What does the research tell us?

Facilitation Skills Training 101

Presenter/s: Naomi Bechtold

Facilitation is a way for providing leadership without taking the reins. A facilitator’s job is to enable others to assume responsibility and take the lead. Learn the basic skills to help you run effective meetings for teams.
He Said, She Said: Couple Interactions During Diabetes Appointments

Presenter/s: Mary Marshall

Over 29 million Americans had diabetes in 2012, and that number continues to grow. Learn how couples talk about diabetes during medical appointments and what that means for feelings of support and ability to manage the illness. Hear quotes from couples communicating about diabetes during a routine medical appointment, and learn some tips for how partners can support one another in diabetes care.

Do You Really Know Indiana?

Presenter/s: Linda Lowe and Jo Almond

Join us for a fun filled program on Indiana and the bicentennial celebration!

How Secure Can You Really Be Online?

Presenter/s: Joan Crow

When we browse the internet, we are sometimes inadvertently giving a lot of information to websites. What are some best practices to retain your personal information, and when should we feel safe? In this era of online everything, learn how to reduce risk and still take advantage of the convenience of being online.