Concurrent Sessions

Title of Workshop: Discover Your Money “Habitudes”
Presenter/s: Naomi Bechtold
Play a fun and interactive card game to help you learn how your habits and attitudes about money support or sabotage your life, relationships and financial goals. **SESSION IS LIMITED TO 25 PARTICIPANTS.**

Title of Workshop: Holiday Traditions and Stress
Presenter/s: Lisa Cangany
Do holiday traditions and stress have to go together? Holiday traditions bring families together. Learn the importance of family traditions, how to keep old traditions, and make new ones without the stress.

Title of Workshop: Downsizing Your Financial Maze
Presenter/s: Cindy Barnett
Bank statements, credit card bills, canceled checks and other documents can be useful for tax purposes, as proof of a transaction or payment, or for other financial reasons. But, how long should you keep them? Do you have boxes and bags of old papers and receipts? This program will help you decide what, how long, where and how to keep your records and downsize your financial maze.

Title of Workshop: FoodLINK
Presenter/s: Roy Ballard and Megan Addison
This session will provide participants a first look at a new tool that turn their mobile phone into a powerful tool to help them make better informed decisions about the food they are buying at the grocery store or farmers market. A product of Purdue Extension with funding from a USDA Specialty Crop Block Grant, FoodLINK will provide today’s shopper with immediate and free access to unbiased information that may influence the food choices they are making while still at the point of purchase. This QR code driven tool will provide access to the user about food selection, use, preparation, pairings, storage and a variety of other quickly accessed information including quick and easy recipes that will encourage the incorporation of fresh fruits and vegetables into their family’s diet.
Title of Workshop: Your Coins at Work a World Away

Presenter/s: Beverly Earnhart

Your Coins for Friendship are at work in many places around the world, including the recently adopted CWC “Mongolian Greenhouse Project 0973”. Join us as we learn how you are connected to ACWW and CWC, more about Project 0973 and other places that Coins play a major role in making this a better place to live for those in our world who are less fortunate. Learning new life skills to better support their families and having a place to get clean water are an important part of this work.

Title of Workshop: Your Numbers: What They Mean for a Healthy You and Me

Presenter/s: Alison Walton, Changyeon Lee and Ryan Carter

The pharmacy team from Butler University will discuss the significance of numbers relating to your health. Did you know that about half of adults in the United States have either high blood pressure or high cholesterol? Come find out what your numbers mean for improved health. Topics will include blood pressure, cholesterol and weight. **SESSION IS LIMITED TO 30 PARTICIPANTS** to optimize learning format.

Title of Workshop: Blocks: More than Just Play

Presenter/s: Barbara Beaulieu

Blocks are one of children’s favorite toys to play with, but they also help children with school readiness skills. With a national focus on STEM/STEAM, learn how block play provides children with the building blocks of these important elements. And the best ingredient to children’s development through block play is you! Come play with blocks – and be a child again!

Title of Workshop: Brain Health: 14 Tips for Longevity

Presenter/s: Linda Curley and Allison Goshorn

Science has proven our brains are ever changing and adapting. No matter what our age, our brains need exercise just like our muscles need exercise. Understanding the importance of exercising our brains will help us live a full and enriched life. In this lesson, participants will learn what we can do to improve our mental alertness and mental stability, improve brain power and gain a new perspective on life. In today’s society more and more emphasis is placed on physical well-being, but we need to also improve our brain health. This fun, interactive lesson is a visual, hands-on one that really drives the point home. Learn how to host a brain health party for your club – party kit is included in program!
Title of Workshop: Feast or Famine: Working Together to Address Hunger in Your Community

Presenter/s: Lisa Graves, Melissa Maulding and Jodee Ellett

Food insecurity, hunger, and poverty are a reality for one in six Indiana residents, and that includes nearly 22% of our state’s children. In some of our counties, as many as one in three children woke up this morning unsure whether they would have breakfast. This workshop offers a conversation about hunger and food insecurity basics in Indiana, as well as how you can make a difference in your local community to address these issues.

Title of Workshop: Ask Angie

Presenter/s: Angie Abbott

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

Title of Workshop: Celebrating 15 Years of First Books for Kids

Presenter/s: Jo Almond

Join us as we celebrate our 15th year with updates and new ideas to enhance the First Books for Kids program.

Title of Workshop: Costa Rica: Off the Tourist Path

Presenter/s: Jennifer Stefancik, Harriet Armstrong, Denise Schroeder and Angie Abbott

Please join us for a taste of Costa Rica! We will share our recent cultural immersion experience including how Costa Rican’s value food, family and faith. We will share pictures, artifacts and a ‘taste’ of the cuisine. Just like IEHA, we will share our experience of engaging with strong women who are working hard to improve their communities.

Title of Workshop: Everyday Gardening for Everyone

Presenter/s: Dawn Curry

The Education Focus Group’s goal in producing “Everyday Gardening for Everyone” is to show that anybody can garden; whether you no longer garden due to age limitations, physical or other challenges. With a few creative adaptations, everyone can reap the rewards and satisfactions in growing a garden.
Title of Workshop: U.S. Monetary Policy: The Wealth Effect and Side Effect for U.S. Agriculture

Presenter/s: Jason Henderson

In response to the “Great Recession”, the Federal Reserve has taken unprecedented measures to stimulate the economy. With stronger growth, the Federal Reserve is talking about raising interest rates in 2015? What does it mean for families? Monetary policy was designed to stimulate the economy by supporting household wealth and spending. However, the side effect of the wealth effect is rising debt. Historically, rising debt levels followed by higher interest rates have been the recipe for boom bust cycles in real estate markets. Will history repeat itself?

Title of Workshop: Beyond Blue: Depression and Anxiety in Older Adults and the Impact on Family Caregivers

Presenter/s: Orion Bell

One in ten older men and one in eight older women report symptoms of depression. A recent community health assessment reported that the number of older Hoosiers diagnosed with depression has risen over the past five years. This workshop will explore depression and the impact it has on seniors and the people who care about them. Learn more about recognizing the signs of depression and resources that can help meet the needs of seniors and their families.

Title of Workshop: Grandparents Gone Wired

Presenter/s: Russ Query

Technology is all around us and at times we can feel frustrated that we cannot keep up. We will take a look at some of the creative new technologies that may benefit us. We will have a discussion on what really happens to all of this data we are giving out on social networking sites, and try to figure out where this may be taking us into the future.

Title of Workshop: Indiana Family Impact Seminars and the Role of the Consortium of Family Organizations

Presenter/s: Kate Kester

Learn what role IEHA has as a member of the Indiana Consortium of Family Organizations, and learn how the annual Family Impact Seminars better empower legislators in making decisions about policy that impacts Indiana families. Bring questions, feedback and ideas!
**Title of Workshop: 3 Steps to Organizing Your Medical Records**

Presenter/s: Annetta Jones, Harriet Armstrong and Mary Ann Lienhart-Cross

Through this lesson you will learn the importance of preparing written questions before a doctor visit and that it enables you to receive better medical care. Organizing and maintaining one’s medical records not only reduces stress but can help to make the best use of medical dollars. The goals of the program are to encourage participants to prepare for medical appointments and empower participants to organize and maintain medical records. The lesson includes pre- and post-tests and a variety of record-keeping forms to assist in organizing your medical records.

**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: Jeanine Arnett

2015-2016 county Presidents are invited. One representative per county please.

**Title of Workshop: Membership: Easy (and Fun) Ways to Increase and Retain**

Presenter/s: Susan Riehle

Membership is the top challenge for our clubs across the state, but it’s not an impossible challenge. We can begin to change our future today by simply making our clubs fun and getting the word out to people that we exist! We’ll explain why simply expecting people to be aware of clubs isn’t working anymore, show you some easy ways to get the word out and to change your existing members into ambassadors for your clubs!
Title of Workshop: Senior Scams and Identity Theft

Presenter/s: Connie Lawson

Secretary of State Connie Lawson is on a mission to educate investors on how to protect their hard earned dollars from scam artists. In this presentation, she will teach you how to protect your nest egg by showing you how to spot the red flags of fraud so you don’t fall prey to an investment scam. She will also highlight some of the state’s most interesting Ponzi schemes and fraud cases so you can learn from others mistakes.