

## Concurrent Sessions

### **Title of Workshop: Spice It Up – Discovering Delicious Flavors**

Presenter/s: Nancy Hudson

Whether you plant them or pick them up at the grocery store or farmers market, fresh herbs is a quick way to transform an ordinary meal into an extraordinary meal! Try using herbs and spices to season your food. You may find that you can cut down the amount of salt you use. Join us as we learn popular herb/food combinations, how to chop herbs and using fresh herb garnishes.

### **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: StressLESS**

Presenter/s: Jan Dougan

We usually think of stress as a mental or emotional issue – something for the brain to handle. But think about this: when you feel stressed, does it stay ‘in your head’ or does it seep out, affecting you physically? This session will focus on how the mind and body are connected. Learn how stress affects the body and how to manage or reduce stress by changing the way you think about it.

### **Title of Workshop: It’s Raining Cats and Dogs – Exploring Ways that Animals Improve our Health and Well-Being**

Presenter/s: Linda Curley

According to the National Center for Health Research, the dominant reason human beings have fostered relationships with animals was, and continues to be, the desire for companionship. We’ll take a closer look at pets and see why they are often referred to as “man’s best friend” and we’ll focus on ways that animals can improve the health and well-being of their human companions.

**Title of Workshop: Without a Will**

Presenter/s: Cindy Barnett

Do you have a will? If not, do you know what would happen to your belongings if you die without one? Because there are many potential problems and financial considerations, having a will is a way to control the decision about your estate. This program will discuss property distribution without a will, who will inherit without a will and preparing a will.

**Title of Workshop: Emergency Financial and Health First Aid Kit**

Presenter/s: Vickie Hadley and Mary Ann Lienhart-Cross

Safeguarding one's important papers, medical history and financial papers in case of a catastrophic event is an often overlooked aspect of disaster preparedness. Be proactive with this "Financial First Aid Kit" to identify your important documents, medical records and household contacts.

**Title of Workshop: Strengthening Families with Love and Limits**

Presenter/s: Barbara Beaulieu

Families today are not the same as 50 or even 20 years ago. Today, parents, teens and tweens face new challenges, more outside influences and additional stress is generated on everyone which leads to dysfunction of families. Purdue HHS Extension is providing a program for parents and youth ages 10-14 which helps youth develop skills to deal with stress and peer pressure. Parents learn techniques to support their children and families build positive relationships. An overview of the *Strengthening Families Program: For Parents and Youth 10-14* will be provided along with showing some of the initial program outcomes in Indiana. *Strengthening Families Program: 10-14* was rated as the number one prevention program out of 6,000 programs evaluated for long-term effects on substance use and misuse. Purdue HHS Extension offers this program in many counties in Indiana. Come find out if there is one near you!

**Title of Workshop: Connecting with Nature to Improve Your Health**

Presenter/s: Molly Hunt and Lindsey Pedigo

The connection between nature and health has been well documented in research. From mental to physical health, spending more time in natural environments can improve our overall health and well-being. During this session, learn about the health benefits of connecting with nature and gain ideas for healthy outdoor activities.

**Title of Workshop: Secrets to Aging Successfully: It's all Greek to Me!**

Presenter/s: Meagan Brothers, Jane Horner and Molly Hoag

A team from HHS Extension will share their experiences from a cultural immersion trip to the island of Ikaria, Greece. The island is home to people who live to be centenarians (those over the age of 100!) at a rate greater than that anywhere else in the world. From our time on the island and interacting with the people, we learned a great deal about their customs, culture, language, and lifestyle – including nutrition, physical activity and the importance of family and life purpose. Did this team bring back the Ikarian secrets to aging successfully? Join us to find out!

**Title of Workshop: Every BODY Needs to Move**

Presenter/s: Brittney Schori

We all know that being physically active is good for us, but not everyone can take part in activities such as walking, cycling or aerobics classes. If that is the case for you, but you want to keep active, then chair-based exercise (CBE) could be just what you are looking for! Did you know that even a small amount of activity can be a tremendous boost to your well-being and can help you tone and strengthen your body? This program will educate you on the benefits of chair-based exercise, no matter your level of experience or ability. So why not give it a go? You might be surprised how good it makes you feel!

**Title of Workshop: Understanding Your Credit Reports and Scores and Why this is Important**

Presenter/s: Harriet Armstrong, Naomi Bechtold, Gracie Marlatt and Diana Stone

Discussion includes why credit reports and scores matter, an example of a credit report and disputing credit report errors. Tools include getting your credit reports and scores, a credit report review checklist and learning how to make a formal complaint to a federal agency.

**Title of Workshop: The Code Red Document – A Contingency Planning Tool**

Presenter/s: Bryan Overstreet

The Purdue Women in Agriculture Team developed an Excel based program for families to have one central location to collect critical business and family information required for day-to-day operations. In the event of a crisis, the family or business would be able to continue in a timely fashion while utilizing the Code Red Document. The need for timely information about the people in the operation and their contacts are very important.

**Title of Workshop: President's Roundtable**

Presenter/s: Stephanie Jerabek

2017-2018 county Presidents are invited. One representative per county please.

**Title of Workshop: Why We Eat What We Eat**

Presenter/s: Karen Richey

What makes us hungry and how can we curb our appetite? Sometimes we eat because we are hungry and sometimes we eat because it is a habit or tradition. This program will provide the simple science behind why we eat what we eat. It will provide some tips and suggestions for making healthy decisions when we eat, whatever the reason!

**Title of Workshop: Let it Be Me**

Presenter/s: Mark Kepler

We play many roles in our lives. There are times we step to the front and others when our best contributions can be made in other ways. You will learn ways to build your own personal legacy as a leader while creating positive transformations in your life and IEHA.

**Title of Workshop: The Magic of Membership – Your IEHA Story**

Presenter/s: Focus Membership Committee

There is a lot of excitement about membership in our IEHA organization! This session is all about members sharing their stories of how they got involved and excited over being a part of the organization. Come hear and see how they became involved and how you can share your enthusiasm about getting more individuals to join.

**Title of Workshop: i-LEaD Fall District Training**

Presenter/s: Ellen King and Susan Neher

Training for fall district leadership presentation. ***By Invitation only!***

**Title of Workshop: Safe Disposal of Unneeded Medications**

Presenter/s: Marilyn Sink

Do you have medication that has expired, gone unused or is unwanted and are unsure of how to dispose of it? During this session, participants will learn how to dispose of medication immediately and properly. Practicing secure medication storage and proper disposal helps prevent accidental poisoning, prescription drug abuse or diversion in your home and community. Taking medications as prescribed also helps you keep track of current medications. We all have a part to play in building healthier and safer communities. Do your part by storing your medications safely, then when the times comes properly disposing of medications.

**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 look at controlling who tags you, using the activity log, using 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. Bring your device and learn how to set up these settings yourself. **THIS SESSION IS A REPEAT FROM 2016!**

**Title of Workshop: Understanding Millennials: Should Everyone Get a Trophy?**

Presenter/s: Russ Query

Millennials are called the “Generation Me”, “The Peter Pan Generation” or the “Boomerang” generation. They are often criticized for being entitled, lazy and somewhat narcissistic – but is this really the case, and if so, who is responsible for their lapse in development? We will explore the history of millennials, how they see the world and how to relate to them in the workplace.

**Title of Workshop: I CAN**

Presenter/s: Jo Almond, Barb Keyes and Stephanie Jerabek

Join us for an overview of the ICAN program. Learn how your county can get involved in the program with updated materials and suggestions.

**Title of Workshop: Secretary/Treasurer Roundtable**

Presenter/s: Anne Moore and Jan Gogle

**Title of Workshop: Clash or Connect? Do You Understand Personality Styles?**

Presenter/s: i-LEaD Team

“Why does he do that”? “We were best friends from the first day we met”! Did you ever wonder why you react the way you do or why you hit it off with one person and not another? Interested in finding out why you react in certain ways? Join us for this Monday night mixer, which promises to deliver a fast, fun and interactive workshop that will provide you with skills to understand human behavior as well as quickly identify your own temperament or “color” and that of others. Participants will also understand the characteristics of the four styles in the “real colors” matrix system, as well as discovering what builds up or what tears down the esteem of each style. Will you clash or connect? Join us and find out!

**Title of Workshop: Riley Cheer Guild Music Therapy**

Presenter/s: Lauren Servos

The Riley Cheer Guild Music Therapy program consists of three board-certified music therapists. The music therapists use music as their tool as they provide therapy to children and families throughout the inpatient units to help them with various needs such as pain control, emotional expression, coping, family bonding, etc. This presentation will include examples of their meaningful work.