



2018 Home and Family Conference

IEHA... Supporting Home and Family

June 4-6, 2018-The Sheraton Indianapolis Hotel at Keystone Crossing

Concurrent Sessions

Title of Workshop: I Can

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

Join us as we review the "I Can" program for the past year. You will learn about the successful programs from participating counties, along with new ideas for the coming year. Come and enjoy a hands on experience with "I Can".

Title of Workshop: Ask Angie

Presenter/s: Dr. Angie Abbott

Update from assistant dean and associate director for Purdue Extension, Dr. Angie Abbott.

THIS SESSION IS FOR EXTENSION EDUCATORS ONLY.

Title of Workshop: Membership Jam

Presenter/s: Deb Sweet and Membership Com.

Come learn how others overcome membership challenges, retain members, excite members and recruit new members. We will also take time to celebrate some members. We will also have an open discussion to hear your ideas and needs concerning membership.

Title of Workshop: Reducing Spending for Special Occasions and Holidays

Presenter/s: Diana Stone

Throughout the year, consumers spend a significant amount of money for birthdays, Valentine's Day, anniversaries, weddings, Easter, Halloween, Christmas and many other occasions. The average person spends over \$1,000 per year for Valentine's Day and Christmas together. Learn a variety of ways to reduce spending with ideas for decorations, costumes, gifts, paper products, food choices and much more. Enjoy the special occasions without breaking the bank!

Title of Workshop: ACWW Conference 2016

Presenter/s: Toni Murray and Marcia Dodge

Display of items from the United Kingdom trip to London and Scotland. Also, ACWW Conference of Warwick University. Also, pictures from the above trip will be displayed, along with a look into an international conference.

Title of Workshop: The Indiana Early Learning Foundations: Using them in Everyday Lives to Ensure all Hoosier Children are Ready for School

Presenter/s: Megan Purcell

In this workshop, participants will gain an understanding of the state's Early Learning Foundations: their development, why they exist, and how educators use them. Then, participants will engage in activities applying the foundations to everyday activities in which families and children are involved. Lastly, participants will examine how they can implement the Foundations in their own lives to improve school readiness for children.

Title of Workshop: Communication Difficulties in Stroke Survivors

Presenter/s: Jiyeon Lee and Emily Bauman

Stroke is the second leading cause of mortality worldwide, and the major cause of long-term disability in adults. In Indiana, being situated in the 'stroke belt', there is a higher incidence of stroke than in the rest of the nation. One of the persisting disabilities of stroke patients is loss of their communication abilities (aphasia). Research evidence shows that patients with aphasia continue to improve their communication skills even years post-stroke, with continued participation in communication-based activities and interactions. Unfortunately, most patients are left isolated after hospital discharge, with limited access and knowledge on available services and resources in the community. In this workshop, we aim to provide information on the communication difficulties associated with aphasia and supportive strategies and clinical and research resources available through Purdue University's Aphasia group.

Title of Workshop: Exchange Homemaker

Presenter/s: Nancy Jo Prue

Enjoy a session with IEHA Exchange Homemaker from Newton County, Nancy Jo Prue. Learn of her experiences in Ontario, Canada with members of Federated Women's Institute of Ontario, how IEHA is similar to FWIO, and how she as a member of IEHA, enjoys some of the same activities and interests as FWIO members.

Title of Workshop: What's Next in Tech?

Presenter/s: Ryan Wynkoop

It's easy to get caught up in the current tech fads, but what's the next big thing? Join in this interactive presentation as we explore and discover the tools on the horizon that can impact how we will interact with Extension programming in the next few years. After exploring the Internet of Things, Augmented Reality, Wearable Technology and Makerspace, we will strategize how these tools can be incorporated into local programming to improve lives and livelihoods.

Title of Workshop: Google Tools for Home and Family

Presenter/s: Ryan Wynkoop

Aside from being a powerful search engine, Google offers many different platforms and tools that can make work and life a little easier. Join in this hands-on presentation as we explore multiple Google tools like Keep, Calendar, Forms and Voice. After some brief demonstrations, we will take time to use each of the tools and discuss their applications to home and family life.

Bring a smartphone, tablet or laptop with you to work along. Be sure you have a free Google account in order to use them.

Title of Workshop: Gluten-Free: The Gluten Basics

Presenter/s: Abigail Creigh

What is gluten? What foods have gluten? Are foods naturally gluten-free? Who benefits from a gluten-free diet? In this lesson, you will gain the answers to these questions, along with an understanding of our 'growing gluten-free community'. Due to the popular demand (and need) for gluten-free products, in 2013 the U.S. Food and Drug Administration issued a definition of the term 'gluten-free' to ensure a better guarantee for consumers. As a result, gluten-free food products are now easier for consumers to identify by the 'certified gluten-free' seals on products, and to order in restaurants from gluten-free menus.

Title of Workshop: Food Labeling

Presenter/s: Amber Noll

Are you curious about that date on your cereal box? What makes it different from the date on other foods? Do "best buy", "sell by" or "use by" dates even matter? This workshop will offer insight into the basics of food labeling and different labeling requirements. Learn about who is responsible for food labeling, and how these dates can be useful at home.

Title of Workshop: President's Roundtable: What's the BUZZ?

Presenter/s: Cindy Saferight

Welcome 2018-2019 County Presidents. One representative per county please.

Title of Workshop: Understanding Dementia

Presenter/s: Dr. Nancy Edwards

This session will focus on the different types of dementia. We will cover how to identify individuals with dementia, the care that they need, and what resources are available. How to help caregivers deal with difficult behaviors will also be presented.

Title of Workshop: Human Trafficking

Presenter/s: Pastor Hubert Nolan

Title of Workshop: Coins for Friendship and Nickels for Leadership: Where Does the Money Go?

Presenter/s: Various Past State Officers

A panel discussion with Past State Officers to discuss and educate IEHA members about the International Budget and why it is so important. We will explain the opportunities and benefits these funds provide.

Title of Workshop: Secretary/Treasurer Roundtable

Presenter/s: Teresa Bell and Jan Gogle

Welcome 2018-2019 Secretaries and Treasurers

Title of Workshop: Ready to Serve Her Community

Presenter/s: Mayor Shannon Kohl

When your maiden name is Orr and you live in Indiana, you are likely destined to serve in a political office. Enjoy a woman's perspective on running a local government. *Sponsored by Leadership Focus Group*

Title of Workshop: Time to Put to Rest the "No Pain, No Gain" Exercise Motto

Presenter/s: Dr. Steve Amireault

This workshop will briefly discuss what physical activity is and what it means to have an active lifestyle. It will introduce the national guidelines for recommended levels of physical activity, and emphasize the physical and mental health benefits of being active on a regular basis. Participants will discuss in small groups their preferences and motives for engaging in physical activity. Factors that maximize chances of long-lasting lifestyle changes will be presented and tips on how to make physical activity more enjoyable will be provided.

Title of Workshop: First Books for Kids

Presenter/s: Jo Almond and Linda Gause

Listen to individual counties share what has worked and what does not work since 2001. New ideas to enhance the "First Books for Kids" Program with such items as special projects or small research activities to help with the funding.

Title of Workshop: Big Solutions Start with Little Steps

Presenter/s: Shelley MacDermid Wadsworth

What impact can a research center have if they do not work directly with families? How does data increase the quality of life for a child and their family? Dr. Shelley MacDermid Wadsworth will discuss the small ideas of the Center for Families, the Military Family Research Institute, and Family Impact Institute, which have resulted in 3 decades of change focused on families.

Title of Workshop: Suzy's School of Style

Presenter/s: Suzy Pineda and Sarah Harper

Have you ever wondered why some women always look so fabulous? Discover your body type and how to dress for it so you too can look fabulous!

*****This session cost \$5 per person.**

Title of Workshop: Emergency Disaster Preparedness...Are You Ready?

Presenter- Mary Ann Lienhart-Cross

When an unexpected emergency disaster strikes, do you know what steps to take to protect yourself and your family? Learn tips to help stay calm, keep a level head and respond to the situation at hand.

Title of Workshop: i-LEaD Fall District Training

Presenter- Ellen King

Training for Fall District Leadership Presentations.
By Invitation Only

**i-LEaD Program Training****Home & Family Conference - Monday, June 4, 2018**

i-LEaD (Indiana Leadership, Education and Development) is an individual leadership development program. You need not be a member of a leadership team to attend, and you do not need any previous training. The objective is not to have you go home and teach, but rather to grow in your leadership ability.

IEHA members who grow in their confidence and leadership skills help strengthen our organization by becoming better officers, committee participants and members at all levels -state, county and club.

The program has three levels and the levels must be taken in succession. Level I will be offered at this conference. Level I must be completed before proceeding to Level II.

LEVEL I ~ Personal Leadership - Focuses on the "individual."

Participants will develop an understanding of leadership, assess their own skills, and develop a personal philosophy of leadership.

LEVEL II ~ Interpersonal Leadership - Focuses on the "you and me."

Participants will focus on the development of communication skills, team building, and group decision making and trust.

LEVEL III ~ Group Leadership - Focuses on the "community."

Participants will grow in their ability to become community leaders by studying what makes for effective boards and committees and how to develop a community vision.

WHEN: Home & Family Conference, Monday June 4th

TIME: 11:00 am - 5:00 pm

LUNCH: Only a short break will be taken for lunch. Bring your lunch/snack or grab a quick one at the food court.

COST: There is no charge for the session.

BRING: Participants will need to bring a 3-ring notebook, pens or pencils and note paper.

SIGN UP: You must pre-register for this session, sign up on the Home & Family Conference registration form.



IEHA... Supporting Home and Family- June 4-6, 2018

2018 Home and Family Conference

Sheraton Indianapolis Hotel at Keystone Crossing

Room Reservation at -<https://www.starwoodmeeting.com/events/start.action?id=1712080024&key=1A999653>

Name (one form per person) _____

Address _____

City _____ State _____ Zip _____

Telephone (include area code) _____ County _____

Member _____ Guest _____ First Time Attendee _____

E-mail address to send Registration Confirmation to _____

Or you may include a self-addressed stamped envelope if you would like a written registration confirmation.

I grant IEHA, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of Indiana Extension Homemakers Association programs.

Signature _____

Tour: Monday, June 4th cost \$43.00 Limit 54

“Resale and Consignment Shop Hop Tour”

Join us for a day of Resale Shopping. Enhance your wardrobe for ½ the retail cost and look like a Million! Then walk the Red Carpet Monday Evening. A Box Lunch is included. Bus loading begins 9:15 am. Bus departs promptly 9:30 am and will return by 5pm.

“i-LEaD Level I Certification Classes”



11am to 5pm (All Day Session)

Monday June 4th No Cost

Level I Personal Leadership-

(See description on following page)

Evening Event 7 pm- Full registration required to attend

“The Red Carpet Resale Style Show”

No cost (but worth a Million!!)

Members will WOW and ASTOUND the audience with their Resale Shopping finds. Light refreshments will be served.

HERITAGE SKILLS/CRAFTS

***Indicate your 1st & 2nd choice in each time slot*

Monday, June 4th Heritage Skills 1:00pm to 4:30pm

___ **Flat Reed Weaving: Ear of Corn (Fall Décor)** \$6.00
Monday 1-2 pm - Class Limit 20

___ **Creations from Christmas Cards & Preserving** \$6.00
Memories with a Needle (2 classes in 1)
Monday 1-2pm – Class Limit 20

Monday Heritage Skills continued-

___ **Basic Hand Quilting** \$5.00
Participants BRING a Thimble and Fabric Scissors
Monday 1-2pm – Class Limit 15

___ **Stained Glass Workshop** \$15.00
Monday 1-2:30pm – Class Limit 15

___ **Flat Reed Weaving: Angel** \$9.00
Monday 2:15-3:15pm – Class Limit 20

___ **Creations from Christmas Cards & Preserving**
Memories w/ a Needle (2 Classes in 1) \$6.00
Monday 2:15-3:15pm – Class Limit 20

___ **Basic Hand Quilting** \$5.00
Participants BRING a Thimble and Fabric Scissors
Monday 2:15-3:15pm – Class Limit 15

___ **Stained Glass Workshop** \$15.00
Monday 3:00-4:30pm – Class Limit 15

___ **Flat Reed Weaving: Angel** \$9.00
Monday 3:30 – 4:30pm - Class Limit 20

___ **Alcohol Ink Art** \$6.00
Monday 3:30-4:30pm – Class Limit 15

___ **Basic Hand Quilting** \$5.00
Participants BRING a Thimble and Fabric Scissors
Monday 3:30-4:30pm – Class Limit 15

Wednesday, June 6th Crafts- Plaza A, B, C

11:00am - 12 noon

___ **Alcohol Ink Art** \$6.00
Class Limit 15

___ **Hexagons Craft Projects** \$5.00
Class Limit 20

___ **Huck (Swedish) Weaving** \$10.00
Class Limit 15

CONCURRENT SESSIONS:

Tuesday, June 5th 1:45 TO 2:45 PM

- Presidents Round Table- “What’s the Buzz?”
- Communication Difficulties in Stroke Survivors
- Reducing Spending for Special Occasions and Holidays
- Understanding Dementia

Tuesday, June 5th 3:00- 4:00 PM

- Secretary/Treasurer Roundtable
- First Books for Kids
- Gluten Free the Gluten Basics
- Human Trafficking

Tuesday, June 5th 4:15 to 5:15 PM

- Coins for Friendship and Nickels for Leadership “Where Does the Money Go?”
- Membership Jam!
- Suzy’s School of Style**\$5.00 FEE**
- Big Solution Start with Little Steps



Wednesday, June 6th 11-12noon

- ACWW Conference 2016
- What’s Next in Tech

Wednesday, June 6th 1:30 – 2:30 PM

- “I Can” A Year in Review of the I Can Program
- Ready to Serve Her Community
- Google Tools for Home and Family
- Food Labeling

Wednesday, June 6th 2:45 to 3:45 pm

- Ask Angie, by, Dr. Angie Abbott for HHS Educators
- Emergency Disaster Preparedness...Are You Ready?
- The Indiana Early Learning Foundations Presentation:
- Time to Put to Rest the “No Pain No Gain” Exercise Motto
- i-LEaD Fall District Presentation Training

Wednesday, June 6th 4:00 to 5:00 pm

- Exchange Homemaker Presentation by Nancy Jo Prue

Registration Fees:

| | | |
|--|----------|----------|
| Full Registration..... | \$195.00 | \$ _____ |
| Full Registration after May 1, 2018..... | \$215.00 | \$ _____ |
| One Day Registration: | | |
| Tuesday, June 5 | \$100.00 | \$ _____ |
| After May 1, 2018 | \$120.00 | \$ _____ |
| Wednesday, June 6 | \$100.00 | \$ _____ |
| After May 1, 2018 | \$120.00 | \$ _____ |

Other Fees:

| | | |
|---|---------|-----------------|
| MONDAY TOUR Resale and Consignment Shop Hop Tour..... | \$43.00 | \$ _____ |
| Suzy’s School of Style Session fee*** | \$5.00 | \$ _____ |
| Melody Makers Concert (Attendees must provide transportation) | \$ 5.00 | \$ _____ |
| Craft Workshops – total due | | \$ _____ |
| TOTAL FEES | | \$ _____ |

Dietary Requirements _____

All Meals included with full registration- YES _____ I will be eating at all included meals

Or I will only be eating these meals (check which you will be eating)

- Monday Evening refreshments at Style Show
- Tuesday Breakfast
- Tuesday Lunch
- Wednesday Brunch
- Wednesday Evening Gala Banquet



Make check payable to- IEHA 2018 Home and Family Conference
 Mail with registration form to Conference Registrar: Linda Gause
 Address: 6615 South Harmony Road, Bloomington, IN 47303
 Phone (812) 327-7215.....Email- lindag0607@sbcglobal.net