

PRESIDENTIAL POINTERS – JULY 2017
An informative newsletter of the Indiana Extension Homemakers Association®



Articles in this edition:

Presidential Thoughts
Conference 2017 Recap
Fall District Meetings
Education Focus Group Plans
Exchange Homemaker Report
Exchange Homemaker Visit Requests

Leadership Focus Group Plans
i-LEaD Report
VCS Focus Group Plans
Marketing & Logo
Dr. Angie Abbott's Purdue Report
Scholarship Winners

PRESIDENTIAL THOUGHTS

Many of you are familiar with me as I have served IEHA the last few years as the Fort Wayne DR, your State Vice President, your State President-Elect and now I have been installed as your State President. It is my honor and privilege to serve the members of the Indiana Extension Homemakers Association in this capacity.

I joined Indiana Extension Homemakers for the first time in 1995 and was a member of the Country Friends Homemakers Club in Huntington County. My husband's job moved us to Michigan and then to Virginia for several years, moving back to the state of Indiana in 2001. On a house-hunting trip here, I saw an advertisement in the local paper about starting a quilt club, a specialty club that was being organized under the Indiana Extension Homemakers program. I called the Extension Educator and asked to join the Piecemakers Quilt Club. I am a charter member and have served as club president, secretary, treasurer and Community Involvement Chair. As Community Involvement Chair, I screen donations from outside sources that are given to the club, as well as field any requests for charitable needs in the community. In the past sixteen years, Piecemakers' Quilt club has offered over 1000 quilts in charity to places such as Parkview Huntington Hospital, Project Linus, Salvation Army Gift of Warmth program, relief for various fire, accident and hurricane victims, military personnel through the VFW and Walter Reed Medical Center. Quilts have also been given to club members and local citizens undergoing cancer treatment and losses of loved ones.

I was born and raised in Illinois in a farming community about fifty miles southwest of Chicago. Today, it is a suburb and the land that my father farmed is a giant shopping center. Brownies and Girl Scouts were offered first in my county and, unless you lived on a farm, you didn't hear much about 4-H until you were in the fifth grade. I was a six-year member of 4-H, choosing to join in the sixth grade. I loved all things involving a needle and was doing embroidery and stitching doll clothes by the age of six. I loved learning to stitch and bake from the elderly neighbor ladies. I guess you could say that they were my first Homemaker's Club. My mother, a stay at home mom, taught me a lot about home skills, cooking and baking, and my favorite subject in school was Home Economics. The two teachers that I had in junior high and high school were great influences on me and I chose Home Economics Education as my college major. I earned a Bachelor's Degree at Northern Illinois University and went

on to teach at a small school in central Illinois. Upon leaving teaching, I was a manager for JoAnn Fabrics for two years, running stores in Aurora and Bloomingdale, Illinois.

Along the way, I learned much about the history of women's organizations, their development and their leadership. Besides homemaking skills, we have much to learn from them. Women like Virginia Claypool Meredith, Mary Matthews, Leila Gaddis and Ellen Swallow Richards saw the needs of women in the future and fought to better their lives through the actions that they carried out. They saw the needs of the homemaker of their day and, through those needs, we have many more conveniences in our lives today.

Past President, Cathy Cook's theme was to "Pass on to Others." Extension Homemakers have done much of this over the years and we have more work to do. My theme this year is simply "Supporting Home and Family." I believe that there is much that we can do, in the words of Virginia Meredith, "to make Indiana homes, better homes." We offer wonderful programming through First Books for Kids, the i-LEaD program, providing shawls for the Indiana Donor Network, raising money for the Cancer Research Endowment Fund, giving funds to Water Around the World, the Mongolian Greenhouse and the Indigenous Rice projects. Plus, the hundreds of programs and projects carried out each year by our membership within their counties on the local level. There is a generation of people needing the skills and programs that we have to offer.

This year, I would like for all of us to celebrate what makes our organization great and be proud of the efforts of our members. Celebrate! You do good work!

I challenge each of you to join me and to continue the fine programming that we have started and tell everyone we know about those good works. I look forward to meeting all of you around the state and working with you to expand the work of IEHA. Let's make it known that Indiana Extension Homemakers Association is a vital organization here in the State of Indiana, as well as a benefit to our country and to our world.

Stephanie Jerabek
IEHA State President

CONFERENCE 2017 RECAP

The Conference Committee would like to thank everyone who attended Home & Family Conference this year. If you couldn't attend this year, we hope to see you next year.

The Heritage Skills on Monday were very well attended. On Monday evening, we had two sessions, "Clash or Connect? Do You Understand Personality Styles?" This was based on the "Real Colors" matrix system. We also had "The Benefits of Adult Coloring." Lisa Cangany, HHS Educator, explained the different benefits of coloring to relieve stress and to regain balance in our lives. The group also received colored pencils donated by local businesses and a coloring booklet.

The Business Meeting on Tuesday morning had 202 voting members. We heard from Dr. Christine Ladish and Dr. Angie Abbott as they gave us updates from Purdue. Tim Bobillo, Purdue Cancer Research Center, gave us an update on our Endowment Fund and thanked us for our continued support. We also heard from Javonna Earsom, the CWC Chair, who hails from Oklahoma. Jo Ellen Almond, our newly elected ACWW USA Area President, gave us greetings from the World President and told of a new survey that will be coming from ACWW.

We all enjoyed a wonderful buffet luncheon after the Business Meeting. That meal was included in the registration fee this year. On Tuesday afternoon, we enjoyed several sessions and had a chance to visit Cultural Arts, Silent Auction, LOGO and the vendors. Tuesday evening, everyone who had a ticket, traveled the short distance to St. Luke's United Methodist Church to hear the Melody Makers Choral Concert. They sounded wonderful!

Wednesday morning was our Keynote speaker, Sam Glenn. He talked about attitude and working with our strengths to become a better person and passing it on to others in our organization. Sam donated the painting that he created during his talk to our door prizes given away at the Gala Banquet.

We had Crafts and More immediately following the keynote speaker. After lunch, we had several sessions and our last chance to vote for our favorite Cultural Art, bid one last time in Silent Auction and buy items for our Secret Sister in the vendor room or LOGO.

On Wednesday evening, we had our Gala Banquet and the installation of Stephanie Jerabek as our new State President and the other new State Officers.

We had a very full three days. I hope everyone had as much fun as I did.

Jeanine Arnett
Conference Chair
IEHA Past State President

FALL DISTRICT MEETINGS

We just had a great time at Home and Family Conference and are looking forward to many great things for this coming program year. Fall District Meetings will be here before we know it. President Elect, Cindy Saferight, and I will be traveling the state to each of the Districts and look forward to meeting with everyone.

Here is the schedule:

			<u>District</u>	<u>County</u>
August	29	Tuesday	Michigan City	LaPorte
	30	Wednesday	Lafayette	Jasper
	31	Thursday	Kokomo	Howard
September	1	Friday	Fort Wayne	Huntington
	6	Wednesday	Terre Haute	Greene
	7	Thursday	Indianapolis	Morgan
	8	Friday	New Castle	Henry
	13	Wednesday	Evansville	Vanderburgh
	14	Thursday	Bedford	Harrison
	15	Friday	Madison	Switzerland

My theme this year is simply, IEHA... "Supporting Home and Family." We will be celebrating what makes our organization great and highlight the programs and projects that we are proud of, because of the efforts of our members. You do great work! If you would like to have a display at your District Meeting, let your DR know and we can highlight your project or program there. This could be a special

event that you held in your county or a display of your county's history, your sew days or photos of your work at your county fair. Share your successes! We look forward to seeing you this fall.

Stephanie Jerabek
IEHA President

EDUCATION FOCUS GROUP

EveryBODY Needs to Move was the general consensus of every member of the Education Focus Group back in October, so we developed an educational booklet that encourages physical activity as a means of improving general health and well-being.

Movement: the act of moving your body or a part of your body, for the purpose of maintaining a healthy lifestyle is the central theme of EveryBODY Needs to Move. Physical activity should be a regular, permanent habit of every IEHA member regardless of age or ability. It is important to your mental and physical health. Exercise is a form of physical activity that is planned, structured and repetitive. The booklet explains the four types of exercise and gives examples in each category, allowing an individual to choose what is right for them.

We encourage every IEHA member to take a look and share this information with family, friends and community. Each County President will receive the booklets from their District Representative at Fall Planning Meetings and it will be available on the IEHA website, www.ieha-families.org and can be reproduced as needed.

At Home and Family Conference, Brittney Schori, HHS Educator presented EveryBODY Needs to Move as an armchair exercise program. She demonstrated and led the group in strength and flexibility exercises done entirely from a chair.

The Education Focus Group and IEHA are committed to providing a strong educational focus for the benefit of our families and communities. Now, let's get moving!

Cindy Saferight
Education Focus Group Chair

NANCY JO PRUE, OUR EXCHANGE HOMEMAKER, TO CANADA REPORTS

As Exchange Homemaker to Ontario, Canada June 13 to 23, I have a lot of information to share with IEHA members. I traveled from Chicago O'Hare to Toronto Pearson airport and stayed with Glenna and Doug Smith in Puslinch. I felt welcome everywhere I went, and was treated as an honored guest.

June 14, I visited Silver-Wood branch for their monthly meeting in Georgetown.

June 15, I toured the Erland Lee (Museum) Home, which is the headquarters and office of the Federated Women's Institute of Ontario. It has been named a National Historic Site of Canada. Glenna then took me to the Adelaide Hoodless Home. She is one of the founders of their organization, which celebrated their 120th anniversary this February.

Glenna took me on other tours every day and she drove for seven hours from Puslinch to Pembroke for the FWIO Provincial Conference June 20-22, where I met up with Margaret Christenson at the Best Western Conference Center in Pembroke. Margaret is the delightful Exchange Homemaker from Canada who spoke at our 2016 Home and Family Conference.

It will be my pleasure to attend up to 40 (four per district) International Events to show my PowerPoint and tell you all about Canada. Please use the scheduling form that was provided to each county president and send it to Anne Moore, IEHA Vice President and International Committee member. If you are serving food at your event, I will have some suggestions for you.

Nancy Jo Prue
2017 Exchange Homemaker
IEHA Past State President

EXCHANGE HOMEMAKER VISITS TO COUNTIES AND DISTRICTS

Nancy Jo Prue has returned from her exchange and is ready and excited to visit counties and districts and speak about her experiences as the 2017 Exchange Homemaker to Canada. She was a guest of the Federated Women's Institute of Ontario and attended their conference and toured surrounding areas.

She is available to speak between August 1, 2017 and June 1, 2018. Scheduling will be on a first come first served basis. Reservations can be made by contacting Anne Moore. Use the "Contact Us" page to reach Anne. The reservation form was given out at the President's Roundtable at conference or can be found on here on the IEHA website under "Programs/Downloads". Host counties will be responsible for providing meals and lodging when necessary.

Travel along with Nancy Jo and learn more about the IEHA Exchange Homemaker program!

Anne Moore
Exchange Homemaker Committee
IEHA Vice President

LEADERSHIP FOCUS GROUP

The Leadership Focus Group met twice this program year to review and plan IEHA's leadership programming. The Plan of Action was reviewed and guidelines in the Blue Book were updated. IEHA continued our financial and personal support to the Family Impact Seminar, held for the legislators on November 15, 2016, at the State Capitol. The topic was "The future of Indiana: Reducing risky behavior of our youth." Information offered that day will assist our legislators in making decisions on a variety of issues in state legislation that relate to topics such as driving/licensing, drug regulation, alcohol consumption, suicide prevention and other issues that touch youth and their families.

The i-LEaD team presented a Leadership program "Communication is Key" at the 2016 Fall District Meetings. They will present a new topic at this year's Fall District Meetings. Work to revitalize the i-LEaD program has begun and plans are being formulated to be able to again offer this program to our membership. The "I Can" team initiated a pilot program in eight counties covering seven regions of the state. Five subject areas were covered with programming

aims to “pass on to others that which has benefitted us” in homemaking and life skills. Thirteen counties have been added to the pilot program and efforts to expand this program are in the works. Both teams held sessions at the 2017 Home and Family Conference to plan work, putting the leadership skills of our members to use in their clubs and communities.

The Leadership Focus Group continues to encourage members to use the IEHA Communication Tree. We will continue to utilize all forms of communication in our organization. The information will be forwarded to the membership by using personal e-mails, US Mail, and/or telephone. Social media, including Facebook and Twitter will also be supported. Watch for changes to our website and Facebook pages.

I would like to personally thank the Leadership Focus Group Committee members, the i-LEaD team and the “I Can” team for their work and support in making leadership an important and successful element of IEHA. Thanks to the IEHA membership for helping to carry out the examples of each of those teams.

Stephanie Jerabek
Leadership Focus Group Chair

i-LEaD UPDATES

When the word leader or leadership is mentioned, what comes to your mind? Do you think of a particular person? Perhaps you think of leadership as an action, and not one of your greatest qualities. You may not think of yourself as a leader, but if you are a wife, a mother, a teacher, a business woman, a club member, a volunteer, and many other examples, YOU are a leader!

John Wooden said, “The most powerful leadership tool you have is your own personal example”. The leader of your club or organization isn’t always the president or chairman. Sometimes the strongest leader is the person leading by example and giving advice and guidance when needed.

Each one of us can strengthen our leadership skills by continuing to learn and grow. Our i-LEaD (Indiana Leadership, Education and Development) program is designed to do just that. By participating in i-LEaD training you will grow your skills and learn to recognize the skills of others. Even seasoned leaders can benefit from review and the interaction with others.

Plans are being made to offer i-LEaD training on Monday of the 2018 Home and Family conference. Details will be available in Presidential Pointers, at Spring District Meetings and on the website – ieha-families.org.

The i-LEaD team met during Conference to plan the leadership activity for the Fall District Meetings. The qualities of well-run meetings will be the topic discussed during the presentation. i-LEaD board members will present the program at all ten District Meetings across the state. Hope to see you there!

Ellen King
i-LEaD State Director
IEHA Past State President

VOLUNTEER COMMUNITY SUPPORT

The Volunteer Community Support Focus Group continues to encourage IEHA members to support areas in the VCS Program of Work and to support needs in their local communities.

No new projects have been added this year in the Plan of Action. You are encouraged to support the Riley Cheer Guild through donated items and county, club, and individual memberships. New membership forms, Riley donation forms and donation tip sheets have been given to county presidents and the Extension Offices.

VCS sponsored a session at Home & Family this year. We had two Music Therapist from Riley Children's Hospital talk to us about their work with children and their families.

We continue the partnership with the Indiana Donor Network (previously known as IOPO) to provide shawls for the "Threads of Compassion" program. The shawls are given to families who have lost a loved one and have donated tissue or organs to the living. Our members have donated over 1,000 shawls. Patterns for knitting or crocheting the shawls are available from County Presidents or the Extension Offices.

The Cancer Research Endowment continues and we have now donated close to \$175,000 in the past 7 years. Thanks to all the special projects you are doing throughout the state to continue to support the endowment.

Jeanine Arnett
VCS Chair
IEHA Past State President

MARKETING & LOGO

I'd like to send out a big THANK YOU to our Marketing/Logo Committee and all the ladies who volunteered their time. Your help is what made this another successful year at conference. We couldn't have done it without you.

New items premiered at the 2017 H&F Conference were: Stephanie's Presidential Theme pin and T-shirts, small heart shaped pillbox, golf umbrella, coin purse, a new style of ink pen, tape measure, apron, a house shaped letter opener, a scarf with two pockets and a new large tote. If you missed your chance to purchase Logo items during conference, be sure to attend your District Meetings, or better yet invite your DR and ask her to bring her Logo box to your next event. Your DR will have some of everything Marketing/Logo has to offer.

I'm looking forward to the next two years serving as your IEHA Marketing/Logo Chair. If you have any suggestions for future Logo items, please let me or a committee member know and we will see what we can do!

Patty Coonrod *Bev Watkins*
Marketing/Logo Chair Marketing/Logo Inventory Chair

DR. ANGIE ABBOTT REPORTS ON THE PURDUE APHASIA RESEARCH GROUP

Do you know someone affected by *aphasia*? Aphasia is a language impairment caused by brain injury, most often stroke. Persons with aphasia have difficulty using words, although they know what they want to say. Aphasia can also affect understanding language, reading, and writing. According to research, about one third of people who survive a stroke get aphasia and aphasia has more negative impact on one's quality of life than cancer or Alzheimer's disease.

The **Purdue Aphasia Research Group** (directed by Dr. Jiyeon Lee) studies how aphasia affects language production, comprehension, and learning in order to develop better ways to diagnose and treat their communication skills. We are actively seeking for stroke survivors with aphasia who are interested in participating in our research studies. Contact us at (765) 496-0216 or aphasia@purdue.edu. Information about aphasia, our ongoing studies, and resources for people with aphasia and caregivers is available on our Facebook page (Purdue Aphasia Group) and our website <https://www.purdue.edu/hhs/slhs/aphasia/>.

We also offer monthly Aphasia Support Group meetings on the first Wednesday of the month. The first meeting will be on September 6th, 2017 (tentative meeting time: 6:30-8:00 pm, location: Department of Speech, Language, and Hearing Sciences, Purdue University, West Lafayette). We invite persons with aphasia and their caregivers to attend the support group for educational, social, and language-stimulation activities.

Dr. Angie Abbott
Purdue University

SCHOLARSHIP WINNERS 2016-2017

Congratulations to the winners of the IEHA sponsored scholarships for 2016-17. They were all notified by letter in the spring and are listed below.

Ann Hancock Scholarship

Geneva Ross Bedford District

Career Advancement Scholarships

Elizabeth Goff Indianapolis District
Tania E. Curruchiche Bedford District
Desma Marie Blessing Terre Haute District