

2017 HOME & FAMILY CONFERENCE

"TO PASS ON TO OTHERS"

June 5-7, 2017

Sheraton Indianapolis Hotel at Keystone Crossing

8787 Keystone Crossing, Indianapolis



PLEASE PRINT

Name (one form per person)

Address _____

City _____ Member of County _____ State _____ Zip _____

Telephone (include area code) _____

Email address _____

Member _____ Guest _____ First Time Attendee _____ E-mail Confirmation _____ Y _____ N

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 _____

Due to limited space, please choose a Session/Heritage Skill you would like to attend by placing a 1, 2, or 3 in the space before the selection.

TOUR

Monday, June 5th 8:30 am-5:00 pm

___ Wonders of Glass \$38.00

Includes Lunch/Snack/Water

****Tour Requirements****

Monday June 5th 7:00-8:00 pm

___ Benefits of Adult Coloring (limit 40)

No Charge

Tuesday June 6th 7:00 pm

___ Melody Makers Concert \$5.00

Transportation NOT Provided

CONCURRENT SESSIONS

Tuesday June 6th, 1:45- 2:45pm

___ President's Roundtable

___ Connecting with Nature to Improve Your Health

Tuesday June 6th, 3:00-4:00pm

___ Strengthening Families with Love and Limits

___ Secretary/ Treasurer Roundtable

___ StressLESS

___ Diving Deep into Facebook

HERITAGE SKILLS/CRAFTS (If one class time is full, you can be placed in a different time slot)

___ Goat Soap Making \$5.00 (limit 10 per class) ___ 1:00pm Mon.

___ Quilling \$10.00 (limit 20 per class) ___ 1:00pm ___ 3:30pm Mon.

___ Tin Punch \$5.00 (limit 15 per class) ___ 1:00pm ___ 2:15pm ___ 3:30pm Mon.

___ Hand Painted Gourd Vase \$30.00 (limit 15) ___ 1:00pm ___ 2:45-4:15 (1.5 hr. Class) Mon.

___ String Art \$25.00 (limit 12) ___ 1:00pm ___ 2:15pm Mon.

___ Needle Felting on a garment \$15.00 (limit 20) ___ 1:00pm ___ 2:15pm ___ 3:15pm Mon.

___ Traditional Rug Hooking \$40.00 (min. 8 - 15 max.) ___ 1:00pm ___ 2:15pm Mon.

___ Iris Folding \$10.00 (limit 10) ___ 2:15 pm Mon.

___ Iris Folding \$10.00 (Limit 10) ___ 11:00am - 12:00pm Wed.

___ Explosion Box Greeting Card \$10.00 (limit 20) ___ 11:00am -12:00pm Wed.

___ Greeting Card Surprise \$10.00 (limit 20) ___ 11:00am -12:00pm Wed.

___ Quick and Easy Gifts to Make \$10.00 (limit 20) ___ 11:00am -12:00pm Wed.

___ Take a Dip with Nancy (the edible kind) \$2.00 (limit 40) 11:00am -12:00pm Wed.

Tuesday June 6th, 1:45-2:45pm

___ Riley Cheer Guild Music Therapist-Lauren Servos

___ The Magic of Membership—Your IEHA Story

Tuesday June 6th, 4:15-5:15pm

___ It's Raining Cats and Dogs: Exploring Ways that Animals Improve Our Health and Well Being

___ Safe Disposal of Unneeded Medications

___ Medical Records

___ Understanding Millennials: Should Everyone Get a Trophy?

Wednesday June 7th, 11:00am –12:00pm

- Ask Angie (Educators Only)
- i-LEaD Fall District Training (Invitation Only)

Wednesday June 7th, 1:30-2:30pm

- The Code Red Document—A Contingency Planning Tool
- Spice it Up-Discovering Delicious Flavors
- I CAN
- Why We Eat What We Eat

Wednesday June 7th, 2:45-3:45pm

- Understanding Your Credit Reports & Scores
- EveryBODY Needs to Move
- Secrets to Aging Successfully: It's all Greek to Me!
- Without a Will

Wednesday June 7th, 4:00-5:00pm

- Let It Be Me

Registration Fee:

Full Registration	\$175.00	\$ _____
<i>After May 1, 2017</i>	\$195.00	\$ _____

One Day Registration:

Tuesday, June 6, 2017	\$ 95.00	\$ _____
<i>After May 1, 2017</i>	\$115.00	\$ _____
Wednesday, June 7, 2017	\$ 95.00	\$ _____
<i>After May 1, 2017</i>	\$115.00	\$ _____

Tour Fee:

Wonders of Glass (Lunch/Snack/ Water)	\$ 38.00	\$ _____
Heritage Skills/Craft Workshops—total due		\$ _____
Melody Makers Concert Tues. June 6, 2017	\$5.00	\$ _____
(Must Provide Own Transportation)		
Real Colors (Monday Evening) June 5, 2017	\$8.00	\$ _____
TOTAL FEES		\$ _____

Registrations after May 10, 2017 cannot be guaranteed meals or session choices

****Special Dietary Needs** _____

Meals Included in registration

I will be attending the following meals:

- Tuesday, Continental Breakfast
- Tuesday, Lunch
- Wednesday Brunch
- Wednesday Gala/Installation

**Make checks payable to IEHA 2017 HOME AND FAMILY CONFERENCE
and mail with registration form to
Conference Registrar: Linda Gause
Address: 6615 South Harmony Road, Bloomington, IN 47403 Phone—812-327-7215
Email: lindag0607@sbcglobal.net
Registration Deadline: May 10, 2017**

Heritage Skills and Crafts 2017

Goats Milk Soap

Diann Vanzant will demonstrate the process of making goat milk soap. Each attendee will receive a bar of soap and literature.

Quilling

Quilling or Paper Filigree is an art form that involves rolling, shaping and gluing thin strips of paper together to create decorative designs. All supplies included in the cost. Patty Baxter, Instructor.

Tin Punch

Tin punching is a method of decorating metal objects by punching holes in them, letting light thru. Participants will make 1 Copper ornament and 1 Heart Pan wall hanging. Bring a small hammer 4-5oz. Terri Meal, Instructor

Hand Painted Gourd Vase

Ann will instruct you on decorative painting of a homegrown gourd to be used as a vase (flowers included), no previous painting experience necessary. This is a 1.5 hr. class. All supplies included in the cost. Ann Lankford, Instructor.

String Art

Turning string, nails and a piece of wood into a unique piece of art. Choice of 2 designs Heart or Flower. Bring a small hammer 4-5 oz. Brandy McFarland, Instructor.

Needle Felting On a Garment

Needle Felting is a process of turning wool fibers into different shapes or designs by using a barbed needle. Shirley will instruct you on felting onto an unlined garment **YOU** bring from home, such as a jacket, sweater or sweatshirt. Shirley Adams, Instructor.

Traditional Rug Hooking

Traditional rug hooking is an environment friendly craft that recycles old clothing scrapes and other homegrown material such as cut wool, roving and bits of lace. You will make a postcard size picture of a pumpkin or sheep. Bring an 8-inch embroidery hoop and small scissors. Donna Jo Copeland, Instructor.

Iris Folding

Iris folding is a paper folding technique with Dutch origins. You will make 2 cards. Bring with you: tape runner, small scissors, xacto knife, ruler, pencil and small cutting mat. Roxanne Sherburne, Instructor.

Explosion Box Greeting Card

Vivian Carden, Instructor. All supplies included in cost.

Greeting Card Surprise

Liz Hahn, Instructor. All supplies included in cost.

Quick and East Crafts

Eileen Vaught, Instructor. All supplies included in the cost.

Dips (the edible kind)

Take a Dip with Nancy. There will be tasting and recipes. Nancy Jo Prue, Instructor

Book hotel reservations at Sheraton Indianapolis Keystone at the Crossing - 317-846-2700

www.starwoodmeeting.com/Book/IndianaExtensionHomemakers

CONCURRENT SESSIONS

Title of Workshop: The Code Red Document a Contingency Planning Tool

Presenter 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. Optional: Code Red Flash drive \$4.00 (without lanyard) \$6.00 (with a lanyard).

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

Presenters: Naomi Bechtold, Gracie Marlett, Harriet Armstrong & 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: Every Body Needs to Move

Presenter: Brittany 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 and ability. So why not give it a go? You might be surprised how good it makes you feel!

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

Presenters: Meagan Brothers, Jane Horner & Molly Hoag

A team from HHS Extension will share their experience 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, 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 Connecting with Nature to Improve Your Health

Presenters: 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 Emergency Financial and Health First Aid Kit

Presenters: 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.

CONCURRENT SESSIONS

Title of Workshop: Strengthening Families with Love and Limits

Presenter: 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: Without a Will

Presenter: 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: It's Raining Cats and Dogs - Exploring Ways that Animals Improve our Health and Well Being

Presenter: 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 : "Spice It Up -Discovering Delicious Flavors "

Presenter: Nancy Hudson, HHS Extension Educator, Purdue Extension/Fulton County

Whether you plant them or pick them up at the grocery store or farmers' market, adding/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: StressLESS

Presenter: 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: 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!

CONCURRENT SESSIONS

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

Presenters: 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, 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 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 people in each style**. Will you Clash or Connect? Join us and find out!

Title of Workshop: Let it Be Me

Presenter: 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.

Title of Workshop: Diving Deep into Facebook

Presenter Russell 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 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 lists, limiting who can see your friends, how to restrict a post to a limited audience & much more. Bring your own device and learn how to set up these settings yourself. ****This is a repeat session from last year****

Title of Workshop: Understanding Millennials: Should Everyone Get a Trophy? (Children born between 1980 - Early 2000's)

Presenter: Russell Query

Millennials are also called "Generation Me" or "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 the Millennials, how they see the world and how to relate to them in the workplace.

Title of Workshop: Safe Disposal of Unneeded Medications

Presenter: 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 drug diversion in your home and community. Taking medication 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 medication safely, then when the time comes properly disposing of medications.

Title of Workshop: I Can

Presenters: Jo Ellen Almond, Barb Keyes and Stephanie Jerabek, Chair Leadership Focus Group

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

Title of Workshop: The Magic of Membership—Your IEHA Story

Presenters: Dona Koch and Anne Moore and Membership Focus Group

Membership growth is key for IEHA sustainability. Come, listen, and share the stories of members and hear what attracted them to join AND why they stayed involved. Get some new ideas and suggestions for attracting and keeping new members.

Title of Workshop: Riley Cheer Guild Music Therapist

Presenter: Lauren Servos

Listen to Lauren talk about the Music Therapy Department at Riley Children's Hospital.

Sponsored by the Volunteer Community Support Focus Group.

IMPORTANT INFORMATION**Benefits of Adult Coloring —Monday June 5th, 7:00-8:00 pm**

Even busy adults need to stop and rewind from time to time. Take a break from your day. Color your world using your imagination to color your stress away. Lisa Cangany, Instructor

Tour Wonders of Glass, June 5th, 8:30 am - 5:00 pm**Jo Ellen Almond, Tour Guide**

Travel with us to America's oldest art glass company, Kokomo Opalescent Glass. All will enjoy a tour and visit to the gift shop. We will then travel to Greentown Glass Museum and learn the history of glass works in a small historical community. Finally, a sweet treat trip to "Blondies Cookies" for a tour and treat. See requirements and guidelines list below.

Tour Requirements and Guidelines From Kokomo Opalescent Glass Co.

Our factory is more than 125 years old and certain limitations and requirements apply. Please keep these items in mind when scheduling a tour.

- Walkers are not permitted on the tour, they are welcomed in our retail shop.
- Oxygen tanks are not permitted on the tour, they are welcomed in our retail shop.
- **Feet must be completely enclosed in thick soled shoes. No open toe, open heeled, flip-flops, or clog style shoes are permitted due to OSHA Safety Regulations.**
- If you are adversely affected by temperature extremes, you may decide to wait in our climate controlled gift shop.
- The factory has no climate control, so you will need to dress for the weather. Temperatures vary greatly throughout the factory even in the winter, and can be extremely hot in the summer.

Melody Makers of Indiana June 6th, 7:00 pm**St. Luke's United Methodist Church**

100 W. 86th Street, Indianapolis, IN 46260

NO TRANSPORTATION PROVIDED

Carpool with your friends the short distance to hear our IEHA chorus sing. We are pleased that they are now in Indianapolis so that all who wish can listen to them sing. Make sure to purchase your ticket before the concert. It is listed on the registration form.