

2025 Home & Family Conference  
Concurrent Sessions – Descriptions & Presenters

Tuesday, June 3

1:15 pm to 2:15 pm

**Presidents' Roundtable – Cathy Wilkymacky**

2025-2026 County Presidents are invited. One representative per county, please.

**Empowering Warriors: Journey from Sacrifice to Strength – Jennifer Jenkins**

Discover the transformative work of the Wounded Warrior Project in empowering veterans and their families. Jennifer Jenkins, a Warriors Speak Spokesperson and caregiver, will share her personal story and highlight how Wounded Warrior Project strengthens communities through resilience, advocacy, and support. Attendees will learn how individuals and groups can take meaningful action to support this vital mission. *Sponsored by Volunteer Community Support Focus Group*

**Aging in Place – Danielle Scott**

Aging in place is defined as growing older in your own home. Join Danielle to gain a better understanding of what it means to age in place and make simple home modifications to assist with aging in place.

**Listen Up, Laugh It Up – Rik Roberts, Keynote Speaker**

Want more from our Keynote Speaker? This session is high-energy! Through improvisational exercises, humor, and laughter, you will learn how to better engage with our membership and community. Learn how to ask better questions by learning how to listen in a whole new way.

**Notes of Positivity: A Musical Wellness Experience – Angela Song**

We can face unexpected challenges making daily life more difficult as we age, including serious illness, limited income after retirement, concerns for the well-being of loved ones, mobility issues, or hearing difficulties. It's no wonder anxiety can become more prevalent as we age. According to the Anxiety & Depression Association of America, it's estimated that 14-17% of individuals aged 65 and older have been diagnosed with anxiety disorder. Music has shown numerous benefits for our physical and mental well-being. Incorporating practical stress-relieving techniques such as listening to music positively impacts our mood, reduce pain and anxiety, and provide opportunities for emotional expression.

2:30 pm to 3:30 pm

**Secretary/Treasurer Roundtable – Ellen King & Linda Wesseler**

2025-2026 County Secretaries and Treasurers are invited to review information for the new program year. County Secretaries and Treasurers only!

**Dare to Lead: A Personal Development/Leadership Toolkit – Leadership Committee Members**

Of the three pillars of IEHA's mission, leadership development might just be the hardest for our members to shoulder. Leadership Development does not mean you are being 'groomed' for becoming an officer at the local, county, district, or state level. There are leadership opportunities in our everyday life, including at home, work, or in your community. Come explore the opportunities presented in this toolkit to work on personal development for you or others in your life.

*\*Sponsored by the Leadership Focus Group*

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### **Membership Strategies for IEHA – Louanne Gressman-Dunn**

Strategies to increase interest and membership in IEHA. Louanne will share her approach and ideas for membership.

*\*Sponsored by Membership Activity Committee*

### **Growing Our IEHA Family – Diana Stone**

How can we grow the size of our IEHA family? IEHA has so much to offer our community as well as individual members. The key is to share our story and encourage others to join us. Strategies and tips to enhance our recruiting and marketing skills will be shared. A few ideas that will be discussed are new program ideas, events that reach new audiences collaborating across generations/cultures, and personal growth opportunities. You'll go away with a variety of new ideas and plan for your county organization to enhance your outreach to potential members. Let's share all the great benefits of being an Extension Homemaker while growing our IEHA family.

4:00 pm to 5:00 pm

### **International Study Program – Jo Almond, Cathy Wilkymacky, and Terri Meal**

Learn how the International Study Program can expand your knowledge of countries and societies throughout the world.

### **Apples Around Indiana – Tara Slaughter**

Tara Slaughter and her family are first generation orchardists and owners of Slaughter Orchard & Cidery in Bloomington and Hainlen Orchard in Converse. In this session, Tara will share all about growing apples, pressing sweet cider, perfecting apple butter, and fermenting hard cider. She will discuss what does into growing your Fall favorites all year long in the orchard. She will also share how her family has created product partnerships with other Indiana farms and small businesses around the state including putting their cider and apples in soap, fudge, pies, dumplings, and cookies. Tara will also share how Slaughter Orchard & Cidery is working on multiple USDA research grants. Join us for a taste of the fall in June including samples of some of the orchards apple products.

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### **Navigating Good Health – Heather Foy**

Heather has a passion for helping people adopt healthy behaviors with a focus on disease prevention. Come listen as she shares how you can make your health a priority. *Sponsored by Education Focus Group*

### **Promoting Family Dinners Across America – Kelsie Muller & Joyce Miles**

Sharing a family meal has been found to be good for the overall health of all family members. Purdue Extension and the Center for Families at Purdue University have joined efforts to promote family meals across the state.