

2024 Home & Family Conference  
Concurrent Sessions – Descriptions & Presenters

Tuesday, June 11

1:15 pm to 2:15 pm

**Presidents' Roundtable – Linda Carunchia**

2024-2025 County Presidents are invited. One representative per county, please.

**The American Red Cross – hosted by the Volunteer Community Service Focus Group**

The American Red Cross is more than just giving blood! Come hear about all the services that this organization offers to people in our communities. Learn where you help.

**Container Gardening: Growing in Tight Spaces – Carey Grable**

Add a splash of color and life to an otherwise dull space. Grow your own food on your driveway, in your window, or on your patio. Containers open us to a world of gardening where otherwise not possible! Learn about growing healthy plants in containers, what's new in container materials, container soils, watering, nutrition, and more!

**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.

**Ask Lisa – Lisa Graves**

Update from interim HHS program leader and assistant director for Purdue Extension, Lisa Graves. \*This session is for Extension Educators only.

2:30 pm to 3:30 pm

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

2024-2025 County Secretaries and Treasurers are invited to review information for the new program year. County Secretaries and Treasurers only!

**The Benefits of Laughter & Friendships – Allison Hillis**

Hopefully, we all enjoy spending time with friends and most friend groups have many times laughing until faces hurt. Did you know that there are health benefits to having those friend groups and laughter? This session will explore those benefits and ways to maintain connections with friends.

**Move Your Body with CBE (Chair-Based Exercise) – Brittney Schori**

Are you looking to increase your physical activity with minimal impact? How about improving your flexibility, stability and balance? Chair-based exercise (CBE) is a popular form of exercise and might be a great option for you to incorporate into your current routine! During this session, Brittney will provide research-based information on the amount of exercise you should be getting and how to improve your strength, balance and flexibility using CBE. If you are not exercising or struggling to get back on track, don't worry! Brittney has several certifications that support her expertise in physical activity. Join her in this fun, interactive session that will get everyone moving! *\*Warning: you will break a sweat! Please dress accordingly.*

**This Isn't Your Typical Homemaker Club! – sponsored by Membership Activity Committee & Young Homemakers Activity Committee**

Looking for new membership ideas? How can we attract others to IEHA? This is a Q&A Panel session designed to share ideas on Specialty Clubs! As we all know, traditional homemaker clubs may not be what everyone is looking for. Come hear from some Specialty Club members and listen to how they came up with their club ideas, what their meetings/activities look like and how they are meeting the three pillars of IEHA – Education, Leadership, and Volunteer Community Support. The Membership Activity Committee will also share forms and ideas for us to keep in touch with new members and make sure that what we are using is consistent across the state.

**Air Fryer 101: Mastering Quick & Healthy Cooking – Mandy Gray**

A beginner-friendly class introducing you to the world of air frying. Whether you're a novice in the kitchen or looking to expand your cooking techniques, this class is perfect for you. Discover how to make the most out of your air fryer, transforming everyday ingredients into crispy, delicious meals with less oil and more nutrition. We'll cover the basics of air fryer operation, tips on selecting the right ingredients, tasty recipes, and more!

4:00 pm to 5:00 pm

**IEHA Week Toolkit 2.0 – Fair Week Edition – sponsored by Public Relations Activity Committee**

Generate a buzz about your local fair. Toolkit 2.0 will give you activities to host during your county fair. Plus, ways to promote your fair in advance to increase participation in entries and activities.

**First Steps in Succession Planning – Ed Farris**

Recent surveys of farms and family business show that approximately 50% have not started or are just starting to plan for transfer to the next generation. Participants in this workshop will begin to map out their own family business to create a visual picture of future ownership and management succession. Tools will also be discussed for conversation starters with other family members, who may be reluctant to address important questions about steps for transitioning to new owners.

**Dining In and Loving It – Dr. Melissa Franks & Joyce Beery Miles**

This session focuses on the research supporting families dining together as well as best practices for assisting families to meet the challenges of food insecurity, budgeting, family dynamics, obesity, and student performance. Each family/community has unique challenges. This session provides a template for community volunteers to assess needs, recruit community resources and provide support to families so they may increase their frequency of family meals at home.

There will also be a focus on best practices for rallying community support for efforts to dine in, including a “Ladder of Community Participation” to help move a community from non-participation to meaningful engagement. Participants will begin to construct their Community Circle of Influence. Extension Homemakers are perfect community partners for this effort as we welcome rich conversations about how family dinners might thrive in each of our Indiana communities.

**Donate Life Indiana: Organ, Tissue & Eye Donation – Lindsey Johnson – sponsored by Education Focus Group – present by Lindsey Johnson**

Learn what it means to be an organ, tissue, and eye donor as we talk through the misconceptions and cover the facts of the donation process. Also, learn about what Donate Life Indiana and Indiana Donor Network are doing to help save the lives of those waiting for a lifesaving transplant.

**Healthy Hoosier Oil – Mark Boyer, Boyer Farms**

Mark Boyer is a sixth-generation farmer in Converse that has found a new use for his crop of sunflowers. Maybe you have heard of or even driven by his beautiful sunflower fields. While the fields of sunflowers are a rarity in the Indiana landscape, the family's cold-pressed process of extracting oil ranks practically unique. Healthy Hoosier Oils became the first in Indiana permitted with a food-grade, cold-press facility. Come hear Mark and his family's farming story, the cold-

press process of making healthy oils as well as the superior products that work well for cooking, homemade soaps and cosmetics, and it acts as a carrier oil for essential oils.