



**INDIANA EXTENSION
HOMEMAKERS ASSOCIATION**

*Educational
Extravaganza*

MAY 19, 2020

Location: PFW Walb Union Ballroom
2101 E. Coliseum Blvd.
Fort Wayne, Indiana

Cost per person: \$15.00
Free Parking in the P2 Garage

Please RSVP before May 1, 2020
**We will not accept registrations
after this deadline.*

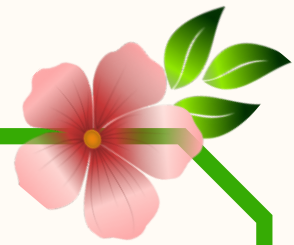


AGENDA

9AM	REGISTRATION
9:50AM	WELCOME
10AM	KEYNOTE SPEAKER
11:15AM	SESSION 1
12:15PM	LUNCH
1:15PM	SESSION 2
2:15PM	CONCLUSION/WRAP UP



Educational Extravaganza



KEYNOTE SPEAKER: 10AM - 11AM

Weathering the Storm

Elysia Rodgers and Angela Sorg from DeKalb County

Agriculture is an inherently risky business subject to many uncontrollable factors. Farmers are feeling the stress more intensely than in years in the past. In addition to the health impact on the rural family, this chronic stress affects the farm's bottom line in other multiple ways. This program will help you better understand the signs and symptoms of chronic stress, build skills in recognizing and responding to mental health concerns in themselves and others, and know where to go for more help and resources. Resources will be provided about how to handle stress for a more productive mindset on the farm.

SESSION 1: 11:15AM - 12PM



Cooking Under Pressure

Abigail Creigh - HHS Educator in Noble County

The Electric Programmable Pressure Cookers (EPPC) are popular, small appliances that are finding their way into many home kitchens. If you would like to learn more about the features, the benefits, how to operate, and sources of good recipes...because you are considering to purchase one OR you have one, but haven't taken it out of the box - then this class is for you!

Without a Will in Indiana

Cindy Barnett - HHS Educator in Whitley County

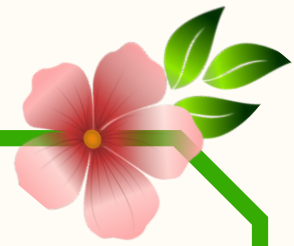
Description: Do you have a will? If not, do you know what would happen to your belongings if you die without one? Because there are many potential problems and financial considerations, having a will is a way to control the decision about your estate. This program will discuss: property distribution without a will, who will inherit without a will and preparing a will.

Vision Boards for Beginners

Megan Peterson - HHS Educator in Steuben County

Much of life's stress comes from ambiguity and uncertainty; "What do I want?" "What is my role?" "Is this the right move?" These questions linger in the back of our minds. They are questions that may cause us self-doubt, leading to setbacks and more stress. Creating a vision board is done in steps, and the steps help us to clarify our thoughts and ambitions. A completed vision board sends the message to our brain that these goals are within reach; we can see ourselves achieving them. During this Vision Boards for Beginners lessons, participants will complete the initial steps of creating a vision board, the materials to create a mini vision board, and instructions to recreate the lesson. **There is a small \$3.00 fee for this lesson. Money will be collected before the program begins on May 19.**

Educational Extravaganza



SESSION 2: 1:15PM-2PM

Heat Related Illnesses & Importance of Hydration

Rachel Dillhoff - HHS Educator in Adams County

Summer is a great time of year, did you know it can also be one of the most dangerous too? According to the National Weather Service, heat causes more fatalities each year than floods, tornadoes, lightening and hurricanes. There are many factors that contribute to heat related illnesses but one of the top causes is not getting enough water. Children and adults over age 65 are at the highest risk of heat related illnesses and dehydration. In this lesson we will talk about the different types of heat illnesses, the signs to look for, and how to prevent them. We will also talk about the importance of staying hydrated, and what you can do to make sure you are getting enough fluids daily.

Move Your Body with CBE

Brittney Schori - HHS Educator in LaGrange County

Chair-Based Exercise (CBE) is a popular form of exercise. Have you heard about Chair-Based Exercise? Do you know how much physical activity you should be getting on a daily and weekly basis? Brittney has several certifications that support her expertise in physical activity. She is able to safely teach you how you can increase physical activity, as well as give you ways to improve your strength, balance and flexibility! Those attending this workshop will be engaging in CBE, please dress accordingly.

Straight Talk With Your Doc

Molly Hoag - HHS Educator in Wells County

Do you understand your doctor, pharmacist, surgeon, or nurse practitioner and know how to communicate your symptoms and questions to them? Health literacy skills help you process the information you are told during a medical appointment or even a phone call to the physician's office. This program will help you to understand how to listen and communicate with your healthcare providers.



Lunch is provided by Nine Mile Restaurant. All options come with a cookie.

We will try our best to accommodate dietary needs.

Your lunch options include:

ROAST BEEF SANDWICH

Top round of beef, provolone & cheddar cheese piled high on white bread.

TURKEY & SWISS SANDWICH

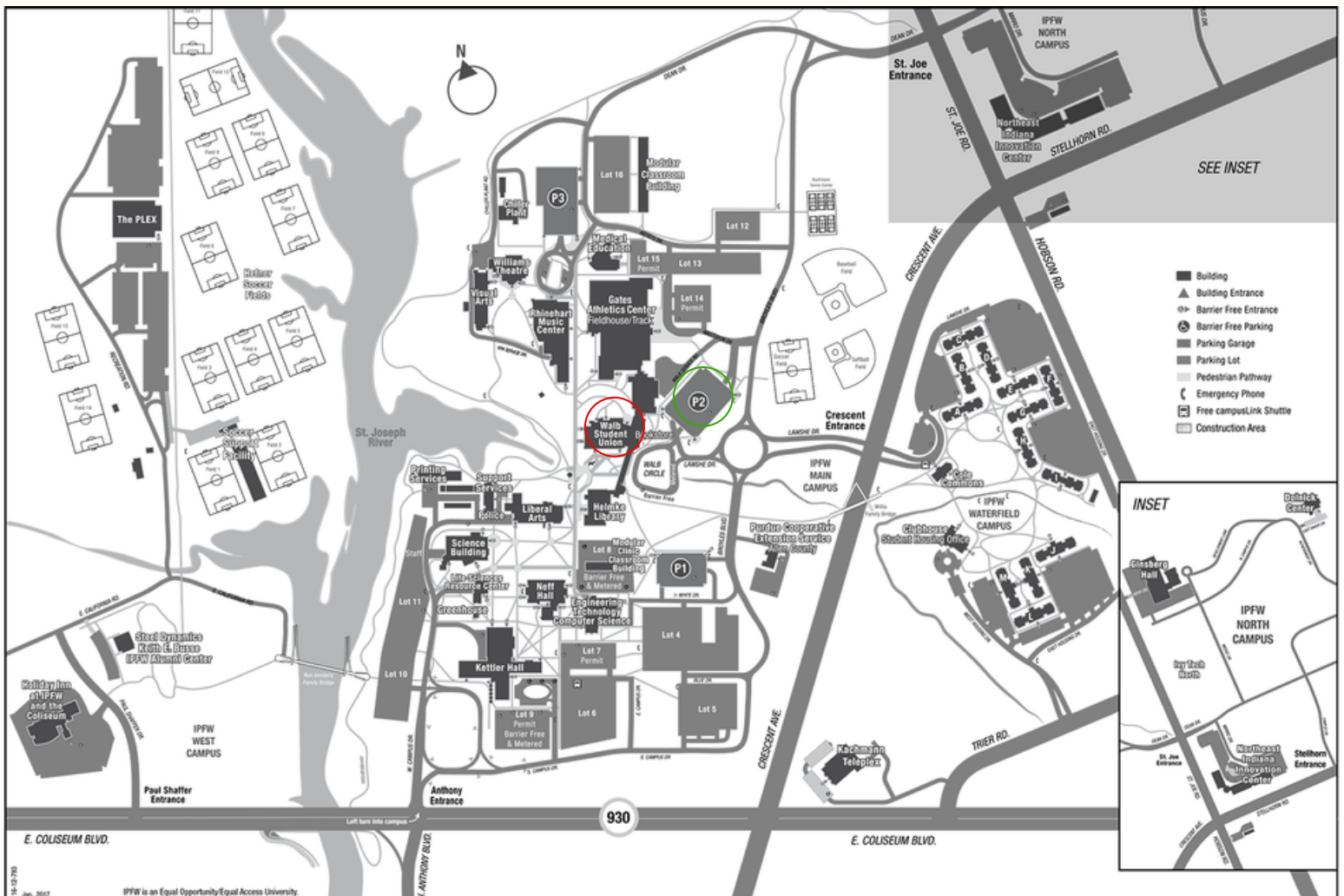
Tender turkey breast piled high with Swiss cheese on wheat bread.

CHICKEN CAESAR SALAD

Strips of chicken breast piled on top of crisp lettuce, grated Parmesan cheese, sliced egg. Caesar dressing on the side.

APPLE WALNUT SALAD

Sliced apples, candied walnuts, crumbled bacon and cheese on a bed of salad greens. Dressing on the side.



Educational Extravaganza Registration

Please submit payment of \$15 and this form by May 1, 2020 to:

Purdue Extension in LaGrange County

c/o Educational Extravaganza

114 West Michigan Street, Suite 10, IN 46761

Make check payable to Purdue CES - LaGrange County

Please note that we will not accept registrations after May 1.

Name: _____

County: _____

Contact phone: _____

Email address: _____

Dietary restrictions (please circle): Dairy-free Gluten-Free Vegetarian

Choose One (Circle your selection)

Cooking Under Pressure

Without a Will in Indiana

Vision Boards for Beginners

SESSION 1 at 11:15 AM

Choose One (Circle your selection)

Health Related Illness & Importance of Hydration

Move Your Body with CBE

Staight Talk with Your Doc

SESSION 2 at 1:15 PM

Choose One (Circle your selection)

Turkey & Swiss Sandwich

Roast Beef Sandwich

LUNCH SELECTION

Apple Walnut Salad

Chicken Caesar Salad

