

2017 SEMINARS - 2:00 - 3:00 pm

Wednesday, July 19, 2017

**Showcasing your Project with a Project Book
Magnolia I - Room**

Learn to make a Project Book on projects that your county or club does for your community, rules by which these project books are judged and awarded at Arkansas' state meeting.

Johnette Johnson, AEHC State President
Karen Bell Fox, AEHC President Elect.

**Feeling Grateful
Governors I - Room**

Learn to create a gratitude journal by using personal writing to approach every day in a positive way. Affirmative writing helps you focus on how you want to live. We will use easy writing techniques to create more joy and gratitude in your life.

Dr. David W.W. Jones, Associate Professor, NCSU

**Volunteering A-Z
Magnolia II - Room**

A fun activity used to stimulate thought around the meaning of volunteerism and marketing your volunteer organization to attract new members.

Geri Bushel, NCECA Advisor, NCSU

**Brain Power
Governors II - Room**

In this session participants will learn the basics of how a brain works. The latest research on brain function and aging. The session will be interactive with brain stimulation and game interaction that will be fun and functional for all to use in their everyday activities. Bring a friend and a giggle.

Debbie Cox, Retired FCS Educator, NCSU

2017 SEMINARS - 3:30 - 4:30 pm

Wednesday, July 19, 2017

**Disaster Preparedness and Recovery
Magnolia I - Room**

Disasters often strike expectantly and there is little time to protect and prepare important documents, valuable records, and treasured items. This workshop will focus on how to keep important items safe and organized so that you can access them in the event of a disaster. Additionally, the workshop will identify strategies for keeping treasured items, such as pictures, videos, and memory books safe from potential disasters.

Dr. Sarah Kirby, Professor and Extension Specialist, NCSU

**Master FCS Volunteer Program
Magnolia II - Room**

A national volunteer training and involvement imitative to focus specifically on core areas of Extension FCS. Learn more about this program and how NCECA is using it to certify volunteers.

Geri Bushel, NCECA Advisor, NCSU

modifying your thoughts and actions, which will help broaden your outlook and become less narrowly focused – and more able to adapt to change.

Jayne McBurney, FCS Educator, NCSU

**Steps to Resiliency
Governors I - Room**

Resiliency: the ability to bounce back from adversity. It is what allows you to recover from change or hardship, whether in the workplace or life in general. As a leader, you can change your views, habits, and responses by

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2017 SEMINARS - 2:00 - 3:00 pm
Thursday, July 20, 2017

Learning...Might You Be Dead?

Magnolia I - Room

Why is it important to get involved and stay involved in different avenues of learning? Why must we continue to ask questions? Ideas and reasons why life is a continuous school, and why as we age we need to continue learning will be covered!

Jane Chapman, IAHCE State President

Cheese Please!
Magnolia II - Room

We know it may be funny to dissect how to taste. Broaden your cheese horizons! Knowing the vocabulary of cheese and making reference to what's familiar will enhance what you taste and help you verbalize what you like

and dislike the next time you order cheese.

NCSU Sensory Services Center

eating the Med Way in their own lives.

Zandra Alford, MPH, Extension Associate, NCSU

Med Instead of Meds
Governors I - Room

The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. Eating the Mediterranean way or the Med Way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet. This workshop will demonstrate simple steps to eating the Med Way by making easy changes to the foods you eat. A new web-based resource (medinsteadofmeds.com) will also be shared to help participants explore

Intergenerational Differences
Governors II - Room

For the first time in history, four generations are working side by side. Different values, experiences, styles, and activities create misunderstandings and frustrations.

Learn ways to help traditionalists, baby boomers, gen Xers and millennials work better together, despite their generational differences.

Stephanie Davis, Learning & Development Manager, NCSU

2017 SEMINARS - 3:30 - 4:30 pm
Thursday, July 20, 2017

Plate It Up! Kentucky Proud
Magnolia I - Room

Kentucky Farmer's Markets and personal gardens yield some of the best fruits and vegetables in the world! This program will focus on Plate It Up! Kentucky Proud, a program developed to educate consumers on locally grown produce and use in meal preparation. A variety of recipes have been developed and more are on their way. You will learn about its origins, nutrient content and uses for many produce grown in Kentucky. - Sheila Fawbush, Shelby County FCS Agent, Mary Margaret Krahulec and Marlene McComas, Kentucky EHA

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Human Trafficking Awareness
Governors II - Room

Human trafficking is BIG business in the US. Trafficking of persons is a serious crime and a grave violation of human rights. Every year, thousands of men, women and children fall into the hands of traffickers, in their own countries and abroad. Almost every country in the world is affected by trafficking.