

## Tuesday Educational Sessions

2:00-3:00

### Is Death Inevitable?

Annette Lanham-Florida

Rough synopsis - From civic to service to volunteer organizations, membership numbers are drastically declining. Organizations are struggling to attract and/or keep new members. How did we get to this point and can we survive or is death inevitable? We'll examine what factors led to this decline and explore possible options for renewal and recovery.

### Positive Vibes

Angela Hicks-Illinois

We live in a world where it is hard to remain positive even for the most upbeat among us. Is it possible to learn to be positive? If so, how? Join Angela for an unusual take on how to give positive vibes!



### The Star-Spangled Banner

Kerri J. Carte, MSW, LGSW

Assistant Director

Family & Community Development

Extension Agent

Kanawha County, West Virginia

We will learn the history of The Star Spangled Banner and understand the preservation efforts of The Star Spangled Banner and our national anthem.



## Tuesday Educational Sessions

3:30-4:30

### Empower Me to be Clutter Free

Jan Gogel-Indiana

Let's purge those paper piles. A large stumbling block in our lives is the amount of paper we accumulate. This lesson will help improve the ability to organize that paper.



### A New Twist on Snacks and Appetizers

Diana Stone-Indiana

Health and Human Sciences Educator

Purdue University

Join us in learning new ideas for healthy, creative snacks and appetizers. How can we choose healthier options to serve our family and friends while incorporating fun? The charcuterie boards lend themselves to new trends and ideas for snacks as well as appetizers. Charcuterie boards as well as other bases will serve as spring boards for us to be creative. This will be a time of learning and sharing ideas. Tips for saving money on food products as well as the paper products and decorations will also be presented.

### Native Bees

#### All the Buzz on Our Busiest pollinators

Karen Bell Fox

NVON Vice President, Arkansas

Did you know that there are approximately 4,000 species of native bees in North America? If we want to "Save the Bees", we need to start considering the needs of our native pollinators! Join Karen Fox to learn more about the diversity and importance of our native bee species and their habitats.



## Tuesday Seminar Tour (July 26) 2:30-4:00

Reitz Museum \$10.00

The Reitz home is Indiana's only Victorian Museum and it is one of the country's finest examples of French Second Empire architecture. John Augustus Reitz was born in Prussia in 1815. Looking for better business opportunities, he came to the US in the 1830's. Reitz built his own sawmill and became known as "The Lumber Baron." The Reitz home, completed in 1871, is located in the heart of the city's downtown Historic Preservation District.

Transportation will be provided and tour will include the Reitz home and carriage house.

## Wednesday Educational Sessions

2:00-3:00

### Hosting A Smarter Potluck

*Karen Hill and Marilyn Watson  
Kentucky*

Is your potluck truly welcoming to guests with diabetes or heart issues? Is it easy to navigate by people with special dietary needs? Learn simple tips to make your potluck meals. Welcoming to almost everyone without eliminating a single dish.

### Managing your Digital Estate

*Pam Hanfland-South Carolina*

Oh my...what was the login and password I created for that account? How do I get to those photos or pay that bill? In today's increasingly digital world, there are so many different logins and passwords that you need to keep track of. How do we remember them all? If something happened, how would your family access your online family photos, close your Facebook account, or unlock your cell phone? Together let's explore what makes up your digital footprint and take the first steps in preparing your Digital Estate Plan.

### Native Planting for Pollinators

*Indiana*

Pollinators are the "buzz" these days. With the NVON Project in Common of "BEE CAUSE Pollinators Feed the World," Purdue Extension Educators will provide information and resources on choosing and maintaining plants that will attract and support our pollinators.

## Wednesday Educational Sessions

3:30-4:30

### Is Every Stroke the Same

*Marilyn Daughhetee-Illinois*

If it is a stroke, action is needed quickly!! Did you know there are different types of strokes? Do you know the stroke symptoms? Do you know that not every stroke patient has all of those symptoms? Come find out how to help your friend or family members just in case they are having a stroke.

B.E. F.A.S.T.

### Fall Prevention

*Meagan Brothers, HHS Educator  
Vanderburgh County-Indiana*

Do you know what the #1 risk factor for falls is? Join Purdue Extension Educators to learn the answer, along with valuable tips for fall prevention. Reliable resources and a showcase of simple exercises you can do at home to build strength will be provided.

### Let's Talk Turkey!

*Jane Chapman-Illinois*

Did you know that the turkey was once considered to be the national bird? Can you tell the difference between a wild turkey (I don't mean the whiskey) and a domestic turkey? Join me to learn some interesting facts about turkeys, see an actual turkey beard, learn some different ways to cook a turkey and why everyone should observe National Turkey Day on October 29!