



# 2018 WAHCE Conference Workshops

## Tuesday, September 18, 2018



### 8:00 AM – 101 Annual Business Meeting

Reserved seating for voting delegates: County Presidents and WAHCE Board Members.

Presiding: *President Joan Staffon*

## Session #1: 8:30 – 9:45 AM

### 102 American Sign Language Today

A history of where sign language began and how it has grown into a language. Also, signs all hearing people should know and some Deaf Etiquette.

Presenter: *Kara Thomas*



### 103 Art on Sea Glass (Workshop fee of \$10 paid to instructor)

In this class you will be able to create several pieces of art on beach glass. Sandy will show you how to finish your pieces with wire wrapping, create your own unique ornament or jewelry pieces.

Presenter: *Sandy Pohl*

### 104 Lifelong Gardening

Learn about tools and techniques that enable individuals to garden with any ability.

Presenter: *Marilyn Cech*

### 105 Look! My Feet are Straight!

What people and events - both expected and surprise - are put in our lives? Do we see the blessing and instruction each one brings? Do we only see the challenges and effort that these very people and moments can present? Together, we will discuss how to open our eyes to all the positive thoughts and lessons these moments offer.

Presenter: *Priscilla Kopczynski*

### 106 Sleep Issues: What You Need to Know

Sleep issues are very common and can affect our daily lives and our health. Learn about the types of sleep disturbances, including sleep apnea, insomnia and restless leg syndrome, and what can be done to diagnose and treat these concerns.

Presenter: *Dr. Fawad Kahn*



## Session #2: 10:15 – 11:45 AM

### 201 American Sign Language Today (Repeat)

A history of where sign language began and how it has grown into a language. Also, signs all hearing people should know and some Deaf Etiquette.

Presenter: *Kara Thomas*

### 202 Caring Connections – Having Better Visits with Loved ones in Nursing Facilities.

A must-attend session for anyone who visits family or loved ones in nursing homes or assisted living. Attendees will leave the session with practical tips and ideas with the goal of improving both the resident's and the family member/loved one's well-being through better, more connected visits.

Presenter: *Jane Basarich & Rosemary Becker*



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## 203 Fun With Fermentation



Do you think of food preservation as only canning, freezing, or dehydrating? Fermentation is a food preservation method that has a long history, and is becoming popular again. Foods such as sauerkraut, kombucha, and yogurts are increasingly found at farmers' markets and retail stores. Learn about the health benefits and how to make some of these fermented products safely at home. Samples of kefir, sauerkraut, cheese, and kombucha will be offered.

*Presenters: Mary Ann Schilling & Katie Gellings*

## 204 International Workshop Roundtable

ACWW, CWC, NVON, W/NP, VP: Have you ever wondered what all of those letters mean, how WAHCE is connected to them, and why they are a big part of our yearly budget? Are they all part of International or do they fit somewhere else? Come and get a clearer understanding of the organizations we are associated with and how they may touch you and your county. Also we will have a presentation on the "Water Around the World" project and how your donations have connected you to people in many parts of the world.

*Presenters: Lylene Scholz and Past WAHCE Presidents*

## 205 Perennials with Purpose

Herbaceous perennials possess attributes that can serve a purpose beyond aesthetics in the landscape. Learn about these perennials and how they can provide beauty and other benefits to your property.



*Presenter: Jeanne Hilinski-Christensen*

## 206 Summer Storms

A look into severe weather, focusing on storms, hail, wind, heavy rain and tornadoes.

*Presenter: Jesse Ritka*



## 207 Wisconsin Bookworms: Explore the 2018-19 Books

Lynn and Kristin will introduce the new line-up of 2018-2019 Wisconsin Bookworm early reading books. Explore the diversity of the stories and experience the accompanying activity ideas.

*Presenters: Kristen Legler and Lynn Marcks*

After Lunch: Participate in a roundtable discussion about how to plan the WAHCE Annual Conference. Lots of tips and focus on time tables.

### Session #3: 3:00 – 4:15 PM

## 301 Early Readers Literacy Takes Young Minds Anywhere

The WAHCE Early Readers Literacy Committee recognizes all HCE county early childhood literacy programs. The purpose of this committee is to procure and allocate funds for these programs. We will explain the timelines and forms the counties need to apply for WAHCE Early Reader procured grants. Join us in learning strategies and skills on grant writing. Each attendee will receive valuable information and a free book for attending this workshop.

*Presenters: Lynn Marcks and Betty Anne Tubbin*

## 302 Fun With Fermentation (Repeat)



Do you think of food preservation as only canning, freezing, or dehydrating? Fermentation is a food preservation method that has a long history, and is becoming popular again. Foods such as sauerkraut, kombucha, and yogurts are increasingly found at farmers' markets and retail stores. Learn about the health benefits and how to make some of these fermented products safely at home. Samples of kefir, sauerkraut, cheese, and kombucha will be offered.

*Presenters: Mary Ann Schilling & Katie Gellings*



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## 303 Hogs for Heroes: Road Therapy for Injured Veterans

For the injured WI Veteran rider whose altered life and soul have been missing the freedom, passion and support that motorcycling once provided them...we're here to offer them a different form of healing therapy: that of The Road. Learn how one

Wisconsin family of four civilians is making life-impacting changes in the lives of our Injured by gifting them a Harley-Davidson motorcycle. Audra Thompson will share how their vision became a reality, how they stay true to their "100%" commitment and, most importantly, how the gift of freedom impacts the lives of the Veteran, their families and their community.

*Presenter: Audra Thompson*

## 304 Education Program: Adverse Childhood Experiences: Impact on Communities (ACEs)



The brain is wired to thrive in the environment that it is constructed. When a brain is wired to adapt and respond to repeated stressors or traumatic experiences it shapes the way that a person responds and adapts to the world. These behaviors, while critical for survival in highly stressful environments can be maladaptive in every day interactions. When we understand that individuals who have been exposed to trauma and stress are responding in the way that feels safe for them, we are able to take a more compassionate approach to their experiences with us.

*Presenter: Mandi Dornfield*

## 305 Old Fashion Christmas: A Heartwarming Look at the Past

Capture the holiday spirit as Rochelle highlights a time when Christmas shopping meant paging thru the Sears & Roebuck catalog and heading downtown to the local five-and-dime. Her program features nearly 100 vintage photos complemented by a large collection of Christmas antiques on display.

*Presenter: Rochelle Pennington*

## 306 Rock County Barn Quilts

The Rock County Barn Quilt Project began out of need. Community members responded, learned the process, and produced beautiful custom made barn quilts that now total over 200 on all sorts of buildings throughout Rock County.

*Presenter: Jeanette Beard*

## 307 Treasurer's Workshop



New and continuing County treasurers are invited to meet the incoming state treasurer, Mary Ann Bays and learn about some of their duties along with reporting requirements. Bring your questions and comments. There will be discussion time.

*Presenters: Judy Bender and Mary Ann Bays*

## Wednesday, September 19, 2018

### Session #4: 8:30 – 9:30 AM

#### 401 Memory Wire Bracelet (Workshop fee of \$10 paid to instructor)

Bracelet is made with flat metal spacers, seed beads, glass beads, larger faceted beads and rubber tubing. Promises to be a fun project.

*Presenter: Darlene Schumacher*



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## 402 Hug In A Mug



Grab a few ingredients and your favorite mug, then pop it in the microwave for a quick and delicious treat. These single serving sweet treats are great for gifting to seniors, shut-ins, college students, busy moms, or workplace break rooms. Learn the secrets of a successful mix and gift to others to brighten their day.

*Presenter: Marilyn Herman*

## 403 Let's Have a Hootenanny!

Join Lynn for this interactive folk music sing-along/play-along. Learn about famous folk music composers and performers and the origin of their songs. Lynn will play her banjo, guitar, and piano and bring some additional instruments for Hootenanny fun!

*Presenter: Lynn Macks*

## 404 Membership Workshop

Carla Pfund, Membership Chair, will use charts to show the different components of HCE. Anyone who has compiled a booklet on membership is encouraged to share it with the group. (Notify Carla in advance if you have one.) Participants will divide into groups to share membership outreach ideas. A folder for each county will be included.

*Presenter: Carla Pfund*



## 405 She Came from Kansas

Jean and Eileen will interpret the quilt blocks depicting the life of a woman from Kansas.

*Presenters: Eileen Gottbeheat and Jean Morton*

## 406 Serving Wisconsin's Aging Population

What do Elder Law attorneys do for clients? How is the job changing? Who are the people taking care of the elderly? What trends are affecting adult children caring for elderly parents? You may be surprised to hear the kinds of stories (and secrets) told to elder law attorneys, and even more surprised to hear what they sometimes do to respond. Rachel will share her experiences and facilitate a lively discussion. She is also happy to do a multi-media presentation and/or lead thoughtful exercises with the group to encourage meaningful dialogue on a timely and important topic.

*Presenter: Rachel Monaco-Wilcox*

## 407 The Power of Protein

Coupled with physical activity, the high-quality protein in lean beef can help you maintain a healthy weight, sustain weight loss and keep a favorable body composition over time. Learn about the benefits of lean beef and how to prepare a quick delicious power packed meal.

*Presenter: Sarah Agena*



## Session #5: 10:30 – 11:30AM

### 501 Holiday Deco-Mesh Wreath (Workshop fee of \$10 paid to instructor)

Deco-mesh wreaths are a very popular door décor and they are so versatile and nice. These wreaths can be used inside or out and perfect for all seasons and holidays. Join us for a step-by-step workshop on how to make your own deco-mesh wreath for the Christmas season. We will be assembling a basic wreath in class that is easy and affordable.

*Presenter: Sherri Arnold*



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## 502 Human Trafficking in Wisconsin

Cases of human trafficking have been identified in all 72 counties in Wisconsin. Yet most people doubt this, thinking “that can’t be happening here!” If we are in a state of denial, who is helping survivors? Who is working on policies? Who is educating young people about risks? In this talk, Rachel will address the myths and misconceptions around sex trafficking in Wisconsin, illuminate the situation in Wisconsin, and explain what led her to start the LOTUS (Legal Options for Trafficked and Underserved Survivors) legal clinic in 2013.

*Presenter: Rachel Monaco-Wilcox*

## 503 Education Program: Keep Your Credit Report in Check

Have you checked your FREE credit report in the last year? Learn the importance of checking your credit report and how to avoid unwanted surprises later on with an easy reminder strategy.

*Presenters: Carol Bralich and Amanda Kostman*



## 504 My Life with the Green and Gold: 20 Years of Sports Reporting

What’s it like to interview famous Packers players and coaches? Go behind the scenes with Wisconsin’s first female sports anchor.

*Presenter: Jessie Garcia*



## 505 Preparing Your Home

Helping our Seniors and their family members who are contemplating selling their homes ready for the real estate market and the steps to accomplish their goal.

*Presenter: Kathy Domagalski*

## 506 Raising Backyard Poultry

This workshop will focus primarily on raising chickens, but will also address other types of poultry such as ducks, geese and turkeys. This workshop is designed to be a beginner workshop and will focus on topics such as why raise poultry, choosing a breed that is right for you, what you need to know before starting.

*Presenter: Rose Skora*

## 507 Taking Care of You, Mind, Body and Spirit

In this program, we will discuss the various dimensions of health (physical, mental, social, and spiritual), and how they are interrelated. We will be doing activities that reinforce the importance of being mindful and intentional in our daily lives for maximum health.

*Presenter: Jen Whitty*

### **Just a couple of notes about the 2018 WAHCE Conference:**

1. Tour #5 is called Paint and Sip with Chris. Participants will carpool to the studio on Monday. We thought that would be easier than taking your painting on the bus.
2. If you do not want to go on a tour, we will also be having some games available for you in
3. Breakfast is a continental breakfast, therefore, there is a limited amount of items and limited quantity. If you want a bigger breakfast, there are two restaurants in the hotel and a lot more on the other side of I-94.
4. On Tuesday after lunch we are having a round table discussion / workshop in the dining room to discuss planning the WAHCE Conference. As all districts will need to do it, please think about having someone from your district attend. If you do not want to participate, you will have free time to go look at the art show, Market Place or the Silent Auction. Workshops will resume at 3:00 pm.
5. On Wednesday morning there is a one hour break between workshops to allow you extra time to check out of the hotel.