



“Better Together”

2019 AEHC State Meeting Classes

*In order for us to have sufficient handouts,
This year you will be asked to register for these classes.*

*Before signing up for Tuesday afternoon classes, remember what
Creative Skills classes you’ve signed up for
because you will not be able to be two places at once.*

Tuesday, June 4, 2:30 p.m. – 3:30 p.m. (repeat) 3:45 p.m. – 4:45 p.m.

1. Throw Away Your Car Keys and Zoom -- Mary Poling, UAEX, Coordinator of the Interactive Communication Office of Information Technology.

Meeting by Zoom (online videoconferencing) can expand the ability to reach, communicate and teach more AEHC members and prospective members from the comforts of their home or office. This session will cover when it is appropriate to meet via Zoom and demonstrate how to:

- Join a Zoom meeting from a computer and a mobile device;
- Use the Zoom audio controls;
- Share your screen in a Zoom meeting;
- Access a free Zoom account.

2. Simplifying – Julian Carpenter, FCS Agent for Independence County and Debbie Baker, FCS Agent for Clay County. Eliminating stuff you don’t use. Learn what to keep (those items that bring you joy and value) and what to do with stuff you get rid of.

3. What Wikipedia Can’t Tell You About Etiquette (refresher on basic etiquette) – Von Talbot of Hot Springs, formerly of Pine Bluff, founder of The Graces, a program for etiquette education. Etiquette is not just about which fork to use, but showing respect for yourself and others. Good manners go hand-in-hand with common sense. Review the basics of etiquette in a changing world, populated with all kinds of electronics.

4. Disagreeing Agreeably – Diane Clement, FCS Agent for Cleveland County. Disagreement is a natural part of life and living. Differing attitudes, beliefs, values, needs, personalities and past rivalries can contribute. However, this does not mean that disagreeing must be disagreeable. It is possible to disagree in an agreeable fashion by organizing thoughts, validating and strengthening opinions with evidence and communicating ideas effectively.

5. Make-up, Natural Looking Make Up For Older Skin – Tiffany Story, Owner Merle Norman Cosmetics Learn ways to take care of your skin as well as highlight your best features.

Creative Skills 2:30 – 3:30 & 3:45 – 4:45 p.m.

1. Wired Wrapped Stones (\$5, limit 15)
 2. Painted Wooden Snowmen (\$8, limit 25)
 3. Rolled Paper Beads (\$5, limit 25)
 4. Mason Jar Luminary (\$5, limit 25)
 5. Iron-on “Stained Glass” Flower on Fabric (\$5, limit 20)
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Wednesday June 5, 9:00 a.m. - 10:00 a.m. (repeat) 10:15 a.m. -11:15 a.m.

1. **Take Your Meetings from Zero to Hero – Pia Woods, UAEX, Staff Chair for Jefferson County.** From agendas to comfortable seating, all play a part in the success of your meeting. Meetings are an important way for members to communicate. Whether there are two or 200, if conducted in the right way, they can be incredibly effective and efficient. Explore tips and techniques to enhance your meeting experiences.
2. **Coconut Oil: Superfood or Superfool? -- Dr. Debie Head, FCS Associate Department Head/Associate Professor Nutrition -- EFNEP.** Learn how coconut oil (and other supplements) may enhance health while understanding the importance of using science-based facts to make informed health decisions.
3. **Beekeeping – Jon Zawislak, UAEX Apiculture Specialist,** will present the basics of beekeeping and on getting started. He will answer questions following his presentation.
4. **Age-appropriate Style, How to Be Trendy Without Looking Ridiculous – Jamileh Kamran – Owner of the Arkansas Fashion School** What to wear??? As we age but still want to look sharp and to dress according to the fashions in style today. Join an Arkansas entrepreneur and see what is happening in the fashion world.
5. **Hoarding – Dr. Brittney Schrick, UAEX, Assistant Professor, Family Life Specialist.** Looking at the emotional and mental components of keeping things stacked on shelves and needing more storage when there is no more space for what is being kept and stacked on top of more and more.

Wednesday June 5, 2:00 p.m. -3:00 p.m. (repeat) 3:15 p.m. - 4:15 p.m.

1. **What Women Need to Know About Money Management – Dr. Laura Hendrix, Associate Professor, Personal Finance and Consumer Economics and AEHC Advisor, Division of Agriculture & Bernadette Freigy, AEHC Parliamentarian.** Will present some basic financial information that women need to know.
2. **Beyond the Quilt Raffle – Raising Funds to Support the Extension Homemakers Program -- Brian Helms, Director of Stakeholder Relations, University of Arkansas Division of Agriculture Cooperative Extension Service.** The proverbial quilt raffle has been the traditional way to raise funds for many EH clubs. The method keeps many clubs in fund-

raising mode year-round and limits the true impact they can have on their communities. This workshop will explore ways to bring additional resources into the county/club treasury without wearing out the members and your local community.

3. **Why Leadership Is the Secret Ingredient – Dr. Joe Waldrum, retired Professor of Leadership and Development and Director of LeadAR, University of Arkansas Division of Agriculture Cooperative Extension Service.** The secrets (but not really secrets) to becoming a better leader will be discussed based on the five leadership behaviors recommended in “The Leadership Challenge” by James Kouzes and Barry Z. Posner: 1) Model the Way; 2) Inspire a Shared Vision; 3) Challenge the Process; 4) Enable Others to Act; and 5) Encourage the Heart.
4. **Hobbies – Rebecca Simon, Program Associate, Family Life (Best Care Coordinator).** In this session, participants will learn that hobbies are not just to pass the time of day or a way to kill time. They serve an important place in our psychological tool kit as a way to relieve and cope with stress. They are also a way to keep mentally active, creative, and give a sense of accomplishing and fulfillment during periods of anxiety, depression, and circumstantial stress.
5. **Yoga – Addie Wilson, Program Associate, Health.** Chair and mat yoga will be offered. Chair yoga is the perfect exercise for those looking to improve posture, increase flexibility, and improve balance while avoiding injury. A well-rounded exercise program includes flexibility and balance exercises and chair yoga is a great place start. This session will include chair and floor poses that will relax your body and mind. Make sure you are wearing comfortable clothing and well fitted shoes for this session.