



UNIVERSITY OF ILLINOIS
EXTENSION

Helping You Put Knowledge to Work

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The following educational programs are available from the University of Illinois Extension, Lake County. Whenever possible, we expect pre-registration and audiences of 15-20 to be in attendance. Program fees vary and will be discussed at the time of confirmation.

Family Communication Programs

Who Get's Grandma's Yellow Pie Plate - Almost all individuals have valued personal belongings. Participants explore ways to talk to family members about the difficult subject of distributing family items with emotional and sentimental value while still keeping relationships intact.

Building a Better Memory for Everyday Life - Have you ever gone into a room and forgot why you went in there? Have you ever misplaced your keys, glasses, or the remote control? Are you still looking for something you put away for "safekeeping?" If you answered "yes" to any of these questions, come and find out how to build a better memory. This workshop will cover how researchers are examining the memory process, causes for why we forget, and strategies for remembering better!

Blues, Blahs, and Bouncing Back - Everyone goes through times when they might feel down or blue, but what can we do about it? This lesson will cover the difference between regular "blues" versus depression, techniques for bouncing back, and insights on helping others.

Stories From Your Past, A Legacy for the Future - We live in an amazing technological age. Historical information is recorded almost before it happens. Yet, ironically, many adults and children know very little about their own family history. Family mobility, geographical distance, and hurried lifestyles provide limited opportunities for younger and older generations to engage in family storytelling, an activity that used to be a natural occurrence in the daily lives of most families. This workshop helps participants understand the history of storytelling and helps them explore ways to preserve individual and family stories for future generations.

Caregiving Relationships for People Who Care for Adults - Caring for parents and other dependent family members is a growing concern for families. More than 80 percent of care provided to older people comes from family members. The family is a major resource in helping older members with emotional and social support, crisis intervention, and linkages with the health care system. By participating in this program, participants will have the opportunity to become more conscious of their needs as caregivers and learn how to develop a plan to meet those needs.

Building Bridges Across the Generation Gaps - The good news is that people are living longer and living longer well. There is a challenge that comes with this good news.

There are more generations than ever living and thriving in all aspects of American life. In many cases, each generation comes with its own perspective. Sometimes these perspectives are quite different and clash with one another. Learning to cope with the misunderstandings that can result from intergenerational relationships at home, at work, and in the community is very valuable. This program discusses what perspectives today's generations share and how they differ. Participants will also learn how to communicate effectively to build bridges across the generation gaps.

Forgiveness – An Important Gift You Give Yourself - Humans by nature are flawed creatures. At times we behave in ways that hurt others. This workshop will discuss what mental health professionals have come to understand about the importance of forgiveness in the healing process. Participants will examine their own feelings and experiences with forgiveness and learn strategies for using the power of forgiveness in their own lives.

Fostering the Creative Spirit in Yourself and Others - Humans are naturally creative from the very start. Unfortunately many people lose touch with their creative potential as time passes. It is possible to reconnect with one's creativity and to support creativity in children and others. Rediscovering one's creativity is an exciting process that can open new options for problem solving and productive living. This workshop will discuss how creativity develops, is expressed and changes throughout a lifetime. Come discover the value of a "culture of creativity" and learn how to nurture one in your home, workplace and community.

Building Character in the Home: Laying the Foundation - As parents, we want our children to know right from wrong. We also want them to be caring, compassionate, loyal, honest and responsible individuals. But, how do we guide children and help them develop good character? This program offers practical advice. Those attending will learn how the home setting affects character development. Discussion will also focus on role modeling that teaches character development as well as setting and enforcing appropriate limits.

Love Them Enough to Set Limits: The workshop will help parents; grandparents, educators and child care providers identify parenting styles, practice strategies for correcting children's behavior, help solve problems they face and discuss ways to help children handle strong emotions.

Looking for the Funny Side - When was the last time you laughed really hard – a hearty sidesplitting belly laugh? Humor can be good for you. Bringing humor into your life can provide both physical and psychological benefits. Do you look for humor in your everyday life? You don't have to be a comedian to have a sense of humor. This program will help participants look at ways humor can help them deal with stress and change in their lives. Benefits of humor will be identified.

Retirement Realities - Science, medical technology and improved lifestyle habits are adding new years to our lives. Many of us may be retired for almost a third of our adult lives. This lesson will discuss the changes in lifestyle and relationships that occur after

retirement and provide some ideas for charting a plan to make the best of one's remaining years.

Remaining Strong in Trying Times - Families and individuals face many expected and unexpected challenges throughout life. Learning to cope with changes and challenges can be difficult. This program will cover key characteristics that researchers have identified in individual, families and communities who have thrived and remained resilient in stressful times. Participants will discuss strategies to promote resiliency in life.

Helping Children Grieve - Research indicates that the loss of a parental figure, especially the mother, has significant and lasting effects on children and adolescents. This program is designed to help professionals, paraprofessionals, and foster parents understand the grieving process for children and understand their needs during this difficult time. Participants will increase their awareness of personal loss, review developmental stages in lieu of grief, consider the issue of "ambiguous loss", discuss ways to help facilitate the grieving process, and review intervention techniques that assist children in expressing their grief.

Finding Your Get Up and Go - There are times when it just seems hard to "get going". This lesson will introduce strategies for getting motivated and taking action, and will cover optimism, attitude, social involvement, and positive outlook.

More than Words - In this workshop series, participants will have an opportunity to share with others as they explore family communication and problem solving techniques that work. Participants will learn healthy ways to communicate, solve everyday problems, and express and respond to strong emotions. The series includes discussion for participants to share ideas and build upon their own family strengths.

Preventing Burnout - The goal of this program is to identify the causes, correlation, and outcomes of work-life stress using a review of the research literature. Included are strategies for coping effectively with stress, and sharing how to increase the use of adaptive work-life management skills to prevent burnout among program participants.

How to Avoid Marrying a Jerk or Jerkette - The most frustrating relationship failures are those that could have been avoided by being a better "love" consumer. This highly popular relationship education six session series is designed for adults seeking or in between romantic relationships. Based on relationships research and presented with humor, it helps participants learn the major predictors of what a person will be like in marriage and how to keep a balance between the messages from the mind and the heart.

Living Single in a Coupled World – Today more people are living alone. Changing demographics indicate that while the United States may seem very coupled, many adults are single by choice or as the result of divorce or the death of a spouse. Drawing from research, this training challenges the prevailing myths about being single and explores singlism as an attitude that stereotypes, stigmatizes and ignores many.

Grandparents Raising Grandchildren – The traditional image of grandparents is rapidly changing in this country. According to the U. S. Census Bureau, approximately 4.5 million children are living with their grandparents. In Illinois, 213,465 children are being raised in grandparents' homes, either with or without a parent present. Many grandparents are overwhelmed with the situation they face and are totally unprepared to deal with problems facing parents and children today. This program helps participants have a better understanding of the crisis proportions of the issue; the emotional and financial impact on families, state support systems and other community resources; as well as support group information for grandparents raising grandchildren.

Family Violence: Broken Hearts, Broken Promises – A Focus Across the Lifespan - Interpersonal violence touches many lives: young children as victims or spectators of violence, teens in dating relationships, partner relationships and elder abuse. This lesson will focus on identifying the various forms of violence that affect individuals of all ages and discuss some of the dynamics of violent relationships. At the conclusion of this presentation, participants will be able to identify coping strategies and intervention techniques that may be helpful. Participants will develop a beginning awareness of how to reach out for help or point others toward help.

Providing Child Care to the Teen Parent (Designed for Child Care Providers) - Research shows that teenage mothers and their children experience more psychological, social and economic difficulties. Therefore, relationships, social networks and parental connections are essential for the health and safety of children of teen parents. In this program participants learn to recognize the different developmental ages and stages of teen parents, examine the difficulties and the complexities of being a teen parent, determine strategies to partner with teen parents to care for their child, recognize that the children of teen parents need support and examine their own thoughts and feelings about teen parents.

Staff or Personal Development

BARNGA; Where Everything Appears the Same - Developed by Dr. Sivasailam "Thiagi" Thiagarajan, the master of simulations, the BARNGA simulation engages participants in a simple game of cards. Through this simulation, participants actually experience the shock of realizing that in spite of many similarities, people from another culture have differences in the way they accomplish tasks. BARNGA provides the process enabling participants to learn that we all must understand and reconcile these differences if we want to function effectively in a cross-cultural; multi-cultural society.

Enhancing Personal Effectiveness through COLORS - Theory and research does not usually “reach out and touch” most of us. Through Enhancing Personal Effectiveness, the mystery of our own behaviors and personality becomes clear as we take a look at ourselves, and then relate that to the similarities and differences of others. Only when we understand, can we change. Thus, our magic and power are discovered in the “Ah-ha’s” that provide us with clarity and understanding. This information becomes an invaluable tool for enjoying success in life, in our careers, with our family, and in personal relationships. It opens our minds to new possibilities and allows us to

undertake workable new actions. It becomes a key factor in fostering increasingly good feelings about others and ourselves.

What's Your Type: Myers-Briggs Personality Type Indicator - Each of us has a natural way of going about our daily lives; from taking in information, organizing that information, coming to conclusions. Each of us does this in a way that "feels right". Each of us is also drawn to either the external or internal world more than the other. When we use our "preferred method" we are generally at our best and feel most competent, natural and energetic.

Realizing that there are no "right or wrong" psychological types, the Myers-Briggs Personality Type Indicator (MBTI) is a self-report instrument designed to make these psychological types, developed by Swiss psychiatrist Carl Jung, understandable and useful in everyday life. The MBTI will help you identify your strengths and unique gifts to better understand yourself, your motivations, your strengths and potential areas for growth.

TeamWork: How Does it Happen? - In today's world, many situations require teamwork. Teams are part of everyone's life. You may be a member of a family team, a staff or work team, a school team, or a community team. Often we are confronted with increasingly complex and multi-dimensional issues that require a team approach. TeamWork: How Does it Happen? examines the seven stages of team development, the attributes of ideal teamwork relationships, and factors that promote and hinder working relationships. This interactive, engaging program encourages people with complementary skills and competencies to coordinate their efforts in productive, effective and efficient team endeavors.

Personal Finance and Consumer Issues

Money Management

Back to Basics: Ten Money Rules to Live By

What is the formula for financial success? Karen Chan, CFP and Consumer & Family Economics Educator with University of Illinois Extension, will share her Ten Money Rules to Live By. These rules are based on her real-life experience working with people from all walks of life. By following these ten basic rules, you can protect yourself from major financial mistakes, prepare for your future, and keep things simple in the process. Come and get your own financial rule-book.

Length: 60 minutes

Audience: Adults of all ages, especially lower and middle income groups

Getting Through Tough Financial Times

Hone your skills in budgeting and debt management to help you survive the current economic crunch. This workshop will give tips for reducing spending, prioritizing debt, contacting creditors, and paying down debt.

Length: 60 to 90 minutes

Audience: Adults of all ages, especially those whose income or ability to pay bills has been affected by the economic downturn.

Credit Reports & Credit Scores

Today, your credit history impacts everything from how much you pay for auto insurance to whether you can get a cell phone. What's in a credit report, and why does it matter? What's the right place to go for your free annual credit report, where you can get your report without a sales pitch? Get all the answers in this workshop.

Length: 1 hour

Audience: Adults of all ages, including high school and college students

Personal Finance: Charting a New Course

Get all the tools you need to manage your finances. Learn basic money management practices to help you track and trim your spending so that you can reach your financial goals. Learn how to evaluate a credit offer, read a credit report, and make credit-wise decisions. You'll also get tips about the kinds of insurance you need and where to keep your money as your savings grow. This workshop can be done as a two-part series.

Materials cost: \$5.00 per person.

Length: 2 to 2½ hours

Audience: Adults of all ages, especially lower and middle income

Financial Fitness Checkup

Start by learning how to do a net worth statement. Then, you'll become an investigator, using that tool to look for clues about your financial fitness in areas such as estate planning, retirement planning, insurance coverage, and debt management. We will also discuss other assessment tools to evaluate your financial situation, such as credit score and income/expense reports.

Length: 60 to 90 minutes

Audience: Adults of all ages

Financial Planning and Retirement

The Road to Retire Well

Many small decisions can add up to a financially secure retirement. Are you getting the most from your employer's retirement plan? What should you do if you change jobs? Is a Roth IRA or Roth 401k right for you? Learn how to put yourself on The Road to Retire Well.

Length: 90 minutes

Audience: Working adults in their early or mid-career years

Informed Investing

Choosing investments in your retirement plan or IRA is a big responsibility. Understanding key investment concepts and strategies can make it easy. Stocks and bonds, target retirement date funds, and investment strategies such as diversification and indexing will all make sense to you after this enjoyable session. You'll get the straight, unbiased story – not a sales pitch.

Length: 90 minutes

Audience: Adults of all ages, especially middle income and higher

Choosing Financial Professionals

You'd like to consult a financial planner or investment advisor. But how do you find someone you can trust, someone who's right for *you*? Learn what questions to ask, what those credentials and letters after the advisor's name mean, and the red flags that you should watch for.

Length: 60 to 90 minutes

Audience: Adults of all ages, especially middle income and higher

Tax Breaks for Higher Education

Nine different tax breaks are available to reduce the out-of-pocket costs of college and other post-secondary education. These tax breaks aren't just for the 18-22 year old; Mom and Dad can qualify too. This workshop will show you exactly what qualifications the family, the student, and the classes must meet for the American Opportunity Credit, Lifetime Learning Credit, Education IRAs, and other tax breaks.

Length: 60 to 90 minutes

Audience: Parents and adults planning to take higher education classes themselves.

Maximizing Your Social Security Benefits

Social Security is probably one of your most valuable retirement assets. How and when you claim your benefits are important decisions, especially for those who work past age 62 and for married couples who must coordinate two benefits. Government pensions can also affect Social Security benefits. Come and hear the latest rules and planning strategies to help you get the most out of your Social Security benefits.

Length: 60 to 90 minutes

Audience: Adults who have not yet filed for Social Security benefits

Making Your Money Last in Retirement

Learn strategies for managing your investments, retirement plans, and expenses in retirement to insure you don't outlive your money. How can you determine a sustainable amount to withdraw from your assets each year? Should you buy an annuity? Most financial workshops talk about ways to build your wealth while you're working; this workshop will talk about how to stretch what you've got.

Length: 90 minutes

Audience: Retirees and those nearing retirement

Your Retirement Dollars: Rules for Taking Distributions from Tax-Deferred Retirement Savings

You have money in a previous employer's 401(k). Or you're retired and deciding when to begin taking withdrawals from your IRA. If you need to make decisions about rolling over or taking distributions from a retirement plan, this workshop is for you. Learn how to avoid tax penalties, when you must start taking money out, what rules apply if you inherit your spouse's IRA, and what happens to the money when you're gone.

Length: 90 minutes

Audience: Retirees and those nearing retirement. This workshop can also be tailored for younger workers who are likely to change jobs or be laid off and need to make decisions about their retirement plan balances.

The Truth about Income Taxes

How would you describe our income tax system? Perplexing? Confusing? Just rather not talk about it? This workshop will take some of the mystery out of income taxes and give you the knowledge to make better financial decisions. You'll learn

- how you're taxed on different types of income including wages, profit from sale of stock or personal residence, and Social Security benefits.
- who should (and who should not) invest in municipal bonds.
- what tax records to keep and for how long.
- how charitable donations, flexible spending accounts, and other items affect your taxes.

Length: 90 minutes

Audience: Adults of all ages

Building Consumer Skills

Protect Your Identity

Privacy and identity theft are two of today's biggest concerns. Learn strategies for reducing the amount of personal information others can access, monitoring whether anyone has gotten credit in your name, and making it less likely that you'll be a victim.

Length: 60 minutes

Audience: Adults of all ages

E-Shopping: Tips, Tricks, and Transactions

With the click of a mouse, you can have anything your heart desires shipped directly to your door. But what are the risks? Learn the advantages and disadvantages of shopping online or by catalog, how to protect your personal information, and the smartest ways to pay. Whether you shop by internet or catalog, you'll be a *better* shopper.

Length: 60 minutes

Audience: Adults who want to learn (more) about shopping on the internet.

Record Keeping: What to Keep and Why

Should I toss my old bank statements and investment reports? What about pay stubs and utility bills? How long must I keep income tax records? What's the best place to keep birth certificates? insurance policies? a list of my prescriptions? This workshop will help you decide which records to keep, for how long, and where to keep them. The answers could spell R-E-L-I-E-F.

Length: 60 minutes

Audience: Adults of all ages, especially older adults

Estate Planning

Planning for "What If...?"

What tools can you use to aid you and your family in the event of disability, incapacity, and death, or marriage, remarriage, and divorce? Whether your assets total \$60 or \$60,000,000, you need to have a plan for who will pay your bills and handle your

finances, where the money will come from in case of emergencies and illness, how your property will be distributed, and how your dependents will be cared for.

Length: 90 minutes

Audience: Adults of all ages

Who Gets Grandma's Yellow Pie Plate

Transferring the personal items such as wedding pictures, a vase, or even Grandma's pie plate is an issue that impacts families regardless of the financial worth of the object. This workshop will provide tools for identifying your own feelings and goals for deciding who will get family items, as well as tools to share with your potential heirs.

Length: 60 minutes

Audience: Older adults

For Youth

Teen Talk Show: A Story of Two Teens and a Credit Card

*Don't miss this special event - a scripted teen talk show starring **you!***

- Two girls—best friends, roommates. Will their credit problems tear them apart?
- Debit or credit? The differences might surprise you!
- What's a credit report anyway?
- Plus, how to make credit cards work for you by avoiding interest and fees.

Nutrition and Wellness

Cooking with Herbs and Spices to Reduce Sodium

Americans are looking for ways to enjoy the flavor of the food they eat without while reducing the amount of salt. This program will provide recipes for using herbs and spices for flavoring food while reducing the salt content. Participants will taste a low-sodium dish seasoned with a homemade herbal seasoning.

Meal Planning and Microwaving for 1 or 2

This program will focus on planning and preparing healthy meals for one or two people while saving money, time and energy. Some quick and easy meals for just one or two using the microwave will also be included.

Creating Meals from Your Pantry

Have you ever at the last minute asked yourself, "What can I fix for dinner tonight that is quick and easy?" This program will focus on building a healthy pantry and using what's on hand to prepare something quick, easy, and healthy.

Turkey for the Holidays

Turkey is a holiday classic. However, it is important to handle turkey and "stuffing or dressing" in a way to prevent illness from bacteria. This program will focus what we can do to keep our turkey safe during preparation for the holidays.

Gifts from the Kitchen

Want some low-cost ideas for holiday gifts? This program will focus on food that can be safely prepared and given as holiday gifts. Suggestions for safely sending food through the mail will also be provided.

Emerging Pathogens – Food Safety & Security in a Global Society

Have you heard of these: *Listeria monocytogenes*, *Campylobacter jejuni*, *Cryptosporidium parvum*? A lot has changed over the years, including where our food comes from, who distributes it, and who prepares it. This program will focus on ways to prevent illness from the food we eat in a changing, global society.

Food Preservation - What's Old is New Again

Updated methods and recommendations to help you store safe and good quality food for later use. Three separate presentations:

- **Jams and Jellies - 2 ½ hours**
- **Pickling and Boiling Water Bath Canning – 2 ½ hours**
- **Freezing and Dehydrating – 2 ½ hours**

20% Daily Value- What Does that Mean? Understanding Nutrition Labeling

If a nutrition facts label indicates "20% DV", are you sure you know what that means? Food labels are becoming increasingly important in helping us determine what is in the food we eat. This program focuses on current food labeling laws and how to use food labels to help control dietary intake.

Dining With Diabetes - A three class series that includes demonstrations on how to prepare well-balanced meals for family members or friends with diabetes. Learn how to cook tasty foods using artificial sweeteners, low fat products, herbs and spices. The major purpose of the schools is to provide diabetes nutrition education along with easy-to-use recipes appropriate for people with diabetes. The sessions are divided to cover main dishes, side dishes and desserts. A complete meal is prepared each night of the class and participants are able to learn cooking techniques as well as sample recipes.

Diabetes Awareness - Diabetes results from abnormally high amounts of sugar (glucose) found in the blood. If diabetes is diagnosed by your doctor, you will need to be sure to eat a healthy diet. This program will discuss the symptoms and risk factors of diabetes. It will also provide suggestions to those who have been diagnosed; family members; or caregivers some for developing a healthy eating plan and an exercise program. This presentation is an overview and serves as an introduction to the "Dining with Diabetes" workshop series. A recipe from "Dining with Diabetes" will be prepared and shared.

Exercise Is for Everyone - Physical fitness (exercise) benefits everyone in our society. Regular physical activity has many health benefits including improved cardiovascular health and a decrease in age related deterioration. This program focuses on the

benefits and types of physical activity, as well as ideas for increasing daily physical activity. Some physical activity such as stretching, walking, or chair exercise is a part of the lesson. Comfortable clothes and shoes are necessary.

Feeding Young Children - Parents of young children, foster parents and child care providers learn to plan and prepare nutritious meals and snacks for young children. Emphasis is placed on dealing with poor eaters.

Food and Fitness: Fact or Fiction - The American public is bombarded with weight control programs promising fast and immediate results. Many so-called "experts" tout the benefits of following special diets and the use of special foods and supplements to solve almost any dietary problem. This presentation focuses on some of the "facts and fictions" that influence daily food and lifestyle choices

RED Plan – Rest, Exercise and Diet - Lifestyles have a significant effect on an individual's health and happiness. The lifestyles lived by many Americans have been criticized as wasteful, non-sustainable, unwise and unhealthy. Participants will learn how to maintain health in all areas of their lives. Many people think of health negatively; in other words, they give serious thought to their lifestyle, only when they become ill. A good healthful lifestyle is more than a matter of fate...one has the choice of taking control.

Fiber for You-Whole Grains in Your Diet - Learn how to incorporate more fiber in your daily meal plan without adding intestinal distress. The workshop will focus on the importance of fiber in the diet, label reading and Identifying fiber rich foods.

Quick and Easy Meals - A revolution in the kitchen has been taking place. The way we live has changed the very way our families cook and eat. Families are looking for easy and fast cooking that will provide delicious and nutritious food for all family members. The focus of this program is on time saving strategies to plan quick and healthy meals and share meal planning ideas and easy recipes. Some quick recipes will be prepared and shared.

Supermarket Survival Skills - Shopping for food on a limited budget is a challenge for many people. This program focuses on helping consumers save money by identifying strategies employed by businesses to encourage consumer spending. Package labeling and meal planning are also a focus of this lesson.

Understanding Fat in the Diet - Fat is an important nutrient in the diet. Unfortunately, there is much confusion about how to reduce fat and which fats are "good and bad" for you. This program focuses on making sense of the confusing information about fats and gives suggestions for reducing fat in the diet.

Youth Development Programs

Teen Dating Violence Workshop

Teaching youth to recognize the warning signs of relationship abuse and develop skills for healthy relationships can help to stop the cycle of violence that in so many ways threatens the physical and emotional health of today's young people, tomorrow's adults and our society in general. Dating violence crosses all lines of race, ethnicity, culture, religion, economic status, geography and sexual orientation. This workshop will assist youth with:

- Identifying the healthy and unhealthy characteristics of relationships
- Understanding the dynamics of emotional, physical and sexual abuse in intimate relationships
- Exploring and clarifying their own values, beliefs and attitudes about gender roles and relationships
- Becoming empowered to make positive, healthy decisions about their own intimate relationships

Audience: Teens/ Adults

Love U2: Relationship Smarts

Teen relationships can be an important part of learning about love- filled with as much joy and fun as doubts and confusion. Relationship Smarts Plus is a lively 13-lesson research-based program that incorporates hands-on activities to focus on skills and knowledge necessary for healthy dating relationships. The curriculum offers guidance on navigating the world of teen relationships. It includes lessons on self-awareness, gauging the health and safety of a relationship, and how to avoid high-cost consequences. The activities are fun, informative and upbeat.

Audience: Teens/ Young Adults

Social & Emotional Learning: The Foundation to Student Success in School, Work and Life

This presentation will give an overview of Social & Emotional Learning, how it connects to the academic mission of schools and why it provides the foundation for students' lifelong success.

Audience: Adults

Exploring African American Culture

This curriculum is designed to help youth explore African American culture. The activities are intended for use with youth from all backgrounds and cultures. Through information, illustrations, and fun activities, youth are challenged to explore African American culture in the following areas: skin and hair, language, arts and crafts, cuisine, music, poetry, holidays and notable African Americans.

Audience: Youth/Adults

Take a Stand: Bullying Prevention

Bullying Prevention is a practical presentation designed to educate youth and adult audiences about bullying by showing what it looks like and how to manage it. It encourages school-wide initiatives addressing bullying as well as encouraging youth to stand up and speak out against it. The program provides useful, research based strategies for intervention.

Audience: Youth/Adults

Self-Exploration Workshop

This six-session workshop educates urban youth on building positive self-esteem and making healthy choices. Youth explore their self-esteem as it relates to topics that influence their everyday lives. Fun activities and discussion surround the primary influential components of youth self-esteem, including personal self-esteem, peer acceptance, social self-esteem, academic self-esteem, goal-setting and decision making.

Audience: Youth ages 12 and up

Girl Talk: Relational Aggression

Gossip, rumors, cliques, mean girls, cyber bullying... sound familiar? Girl Talk is a creative, innovative hands-on approach to increase awareness of relational aggression and emotional development. It provides strategies to prevent and address relational aggression as well as encourage empathy and tolerance and decrease violence in girls. It can be used to empower youth who have been victimized by this type of bullying.

Audience: Female Youth/ Adults

Battling Body Image Blues

"I'm on a diet. I am so ugly! I hate my nose! I will never get a date!" Are these phrases flooding your homes or school hallways? Body image disturbances among today's youth are widespread, contagious, and toxic. Negative self-image issues often lead to other problems that carry into adulthood and are difficult to treat. This solution-focused session will provide educators and parents with an in-depth understanding of body image and issues associated with body image disturbances, and resources to empower both male and female students to build a healthier body image.

Audience: Adults

EntrepreneurShip Investigation (ESI)

Entrepreneurship Investigation (ESI) is an exciting, interactive, and comprehensive curriculum project designed for youth, ages 10-19. ESI uses a variety of tools to help participants develop their entrepreneurial skills and find their business niche. Through exciting activities, case studies and current technology, participants are transformed into budding entrepreneurs!

Audience: Pre-teens/Teens

Financial Fitness for Life

The Financial Fitness for Life (Grades 9-12) curriculum consists of a series of lessons that assist high school students in making better decisions for earning income, spending, saving, borrowing, investing and managing their money.

Audience: Teens/Adults

Parenting the Hip Hop Generation: Exploring Self-Esteem and Positive Identity

The session will provide parents with tips regarding positive parenting in a negative world and how to combat some of society's ills on the social and emotional development of their youth.

Audience: Adults

Girl Talk: Why Should I Try to Reach My Dream?

This “girls only” discussion-filled session will focus on tips for how to stay focused on goals and dreams despite the many distractions that life has to offer.
Audience: Pre-Teens/Teens

Horticulture Presentations Available Through the Lake County Office of University of Illinois Extension

The following is a list of presentations available as of 5/09. The majority of these are slide presentations. To schedule a speaker for your group, please contact Sharon Yiesla at (847) 223-8627. Most programs run a minimum of 45 minutes; programs marked **run longer (time is noted at the end of the program description).

Please call at least 2 months in advance of the date that you need a speaker.

The following programs are given only by Horticulturist Sharon Yiesla:

Color Your Garden with Annuals and Perennials - Many gardeners think of themselves as perennial gardeners, while others use only annuals. Combining perennials and annuals can give the garden continuous color from the very early part of spring until the latter part of fall. Learn how to put these two groups of flowers together to keep your garden lively all season long.

****Garden Design and Landscaping Basics** - You've spent a great deal of time deciding which plants you want. How can you use those plants to make a beautiful garden? Learn the principles of design that will help you create a special landscape. This presentation will cover the basic of designing with flowers as well as proper placement of trees and shrubs for the best effect. **This presentation lasts 1 ½ -2 hours.**

Reducing Pesticide Use in the Landscape - Pesticides include insecticides, fungicides and weed killers, among other chemicals. A variety of methods for reducing the use of these chemicals are featured. Basic horticultural practices as well as mechanical and biological controls are covered.

Shade Gardening; It's Not Just Hostas - As soon as you mention you have shade, the word hosta enters the conversation. Ever feel like that must be the only shade plant available? Well it's not. There are several good choices that will tolerate various amounts of shade. Learn how to evaluate the amount of shade you have and chose plants that work in your shade garden.

The Tropical Garden - Does your garden look like everyone else's? Want to try something different? Then go tropical! This program will explore the use of tropical and tropical-looking plants that can give your yard a new look.

The following topics are presented by either Horticulturist Sharon Yiesla or one of the University of Illinois Extension Master Gardeners of Lake County:

Backyard Composting - No, it isn't difficult and no, it doesn't smell!! This program shows the proper way to compost in your own backyard. The focus is on sound composting techniques and clearing up the misconceptions about composting.

****Basic Pruning Techniques** - Pruning doesn't have to be difficult. Anyone can learn a few basic techniques to help them tame unruly trees and shrubs. The program covers basic pruning cuts, tools, and the best time to prune different types of trees and shrubs.

Basic Perennial Gardening - Discusses selecting, planting and caring for perennial plants. A number of perennials that are suitable for Northern Illinois are featured in detail. This presentation is intended for individuals who have little or no experience with perennial gardening.

Basic Vegetable Gardening - The basics of growing vegetables are covered in this presentation. The program covers planning the garden (site selection, vegetable selection and supplies), preparing the soil, proper planting techniques, and caring for the established garden. Planting times for warm and cool season vegetables are discussed as well.

Container Gardening - The presentation covers the basics of container gardening: how to select a container, which plants to use and proper planting and care of the containers.

Beneficial Insects - Who are the good guys of the insect world and how can we get them into our gardens? This program helps identify common beneficial insects, tells how they benefit gardeners and gives tips for getting the good insects into our gardens and keeping them there.

Easy Care Native Plants - Many gardeners are looking to use native plants. This presentation focuses on native plants that are relatively low-maintenance. The plants featured were selected because they have few disease and insect problems and they are adapted to a range of growing conditions. The program covers native grasses, perennials, wildflowers, shrubs and trees.

Fall Garden Wrap-Up - What needs to be done to put the garden to bed for the winter? This presentation looks at all aspects of the garden from lawns to flower gardens to trees and shrubs.

Gardening With Wildflowers - Learn how to use wildflowers in your garden. Find out about the special needs of wildflowers and how they can be incorporated into an existing garden. Several species of wildflowers will be featured.

Ground Covers - This program explains the different types of ground covers and how they grow. Proper planting and care will also be covered. A number of ground covers suitable for use in northern Illinois will be discussed along with a slide presentation.

Herb Gardening - Learn how to start and maintain an herb garden. Many herbs that can be grown in Northern Illinois will be featured, with information on how to grow and

when to harvest them. Geared towards individuals new to herb gardening. This presentation covers only gardening with herbs; it does **not** include cooking.

Indoor Gardening (Houseplants) - Proper care of houseplants: water, fertilizer, light, humidity. Also includes information on pests that may affect indoor plants.

Native Shrubs - There are many native shrubs that can be used in Northern Illinois landscapes. This program will briefly discuss the use of native plants in general and then feature specific native shrubs. The focus of the program is the selection of native shrubs, *not* landscaping.

Native Trees - Many people are turning to native plants for their landscape needs. This program will briefly discuss the use of native plants in general and then feature specific native trees. The focus of the program is the selection of native trees, *not* landscaping.

Ornamental Grasses - Learn about one of the fastest growing trends in gardening, ornamental grasses. Find out what they are, how to grow them, and how they can be used in the garden. A number of different grass species will be featured.

Perennials for Special Uses - Want to attract butterflies or hummingbirds? Have a lot of shade in your garden? Are deer eating you out of house and home? Not every perennial suits every garden. This presentation looks at various perennials and the special uses of each one. Knowing the uses of perennials can help each gardener select the right plants.

Perennials, More Than Poppies and Peonies - You've planted all the easy beginner perennials and you'd like to know what else is out there. You've seen the plants in the garden center, but just didn't know which ones would be right for you. This program is an introduction to some interesting perennials being sold in garden centers and will look at the specific plants and their care. This program is for gardeners who know the basics of growing perennials and who would like to know more about some of the interesting plants available.

****Rose Care** - Learn the basics of rose care. This presentation explains how to select and plant roses. It also explains general maintenance such as watering, fertilizing, pruning and winter protection.

Basic presentation: 45 minutes

Basic presentation plus classes of roses: 1 ½ hours

Basic presentation plus rose pests and problems: 1 ½ hours

Basic plus classes of roses and rose pests/problems: 2 hours

Select the Right Shrub - Thinking about adding some shrubs to your landscape? This program looks at how to select a good shrub for your particular landscape. The program also features a slide show of some shrubs that are lower maintenance and which have good ornamental interest.

Small Trees for the Landscape - This program will look at some of the smaller

ornamental trees for the home landscape. Many common species, and a few lesser-known ones, will be discussed. The focus will be on the pros and cons of each tree, and the tree's use in the landscape.

Spring Flowering Bulbs - The focus is on selecting, planting and caring for spring bulbs. A number of bulbs are discussed in detail; old favorites, as well as some of the less well known bulbs.

Summer Bulbs - The summer bulbs are a group of plants that are often overlooked. Once the tulips and daffodils of spring have faded, we often forget that there are a number of bulbs that provide beauty in summer. This program will look at using and caring for bulbs such as gladiolus, dahlia and caladiums.

Vines for Your Landscape - Vines can serve many purposes in the landscape. They can soften architectural lines, hide or enhance part of the yard, and add height to a small garden. This presentation looks at a number of different vines that will grow well in northern Illinois. The ornamental features, culture and uses of these vines will be examined.

Programs Available for Spanish Speaking Audiences

Como Controlar sus Emociones Cuando sus Hijos no se Comportan (How to Control your Emotions When Your Children Don't Behave) When children misbehave, parents sometimes over react. They lose control and later they feel sorry for their reactions.

Controlando la Diabetes a Través de la Nutrición (Controlling Diabetes Through Nutrition) Participants will get their blood glucose checked by qualified health care professionals, and receive individualized height/ weight measurements. This is a series of community classes that are offered to help people make meals and understand how important food is when you have diabetes.

Como Disciplinar a Sus Niños (How to Discipline Your Children) Different ways to discipline your children. - When and how to do it.

¿Cómo La Televisión, la Radio y otros Medios de Comunicación Influencian a Nuestros Hijos? (How does the Media Influence Our Children?) Media plays an important role in our children's behavior. This role can be negative if parents don't play a role in supervising children's exposure and interacting with them on what they see and hear.

Comunicación (Communication) The importance of communication among family members.

Construyendo Relaciones Positivas con Nuestros Hijos (Building Positive Relations with Our Children) It is important to relate to our children in a positive way. This workshop presents ways to create and maintain positive relationships among parents and children.

Conviviendo con Su Hijo(a) Adolescente (Living Together with Your Teenager)

Parents of teenagers sometimes have a hard time getting along with their children. In this workshop ways to live together in harmony are explored.

El Abuso Domestico (Domestic Abuse) Domestic abuse is a fact of life in many families. Some spouses are suffering abuse and don't know what to do. In this session domestic abuse, as well as community resources are discussed.

El Enojo (Anger) This is an anger management workshop. It describes different techniques used to control one's anger.

El Estrés (Stress) This workshop defines stress, explores ways that unmanageable stress affects our lives and what we can do about it.

Enseñando Computación Con Sensibilidad Cultural (Teaching Computers with Cultural Sensitivity) Two series of five sessions each introduce Microsoft Word & PowerPoint. Groups can be dedicated to young children (8 to 12 years of age), teens (12-16 years of age) and adults. These programs, taught in Spanish, are appropriate for those who have very limited, or no experience with computers. Technical skills addressed include use of the mouse and use of the digital camera and scanner. Participants prepare a final presentation for the group. Basic reading skills are necessary.

Hablando Con Desconocidos (Talking to Strangers) Teaching your children about talking to strangers.

Está su Hijo(a) Usando Drogas (Is your Child Using Drugs) Drugs are everywhere. Our children are exposed to them in the schools and in the community, yet many parents don't know how to recognize different signs when their children are using them. This workshop provides this information and also includes actions to take in preventing and responding to substance abuse.

Familia 4-H (Family 4-H) This is a train-the-trainers workshop. It consists of a series of three sessions, two hours per week for 3 weeks. Family 4-H brings family members together for projects, activities and sharing sessions, just as 4-H groups bring kids together to learn about the world and each other. A minimum of 6 participants, each committed to attend all trainings, is needed to run this series.

Hablando Con Sus Hijos de Temas Delicados (Talking to Your Children About Difficult Issues) Death, disease, illnesses, sex, substance abuse, dating all are touched upon in this workshop.

Los Derechos de los Niños (Children's Rights) Children have rights & parents are not always aware of them. In this workshop they will learn what their children's rights are.

Los Valores Familiares (Family Values) In this workshop parents learn to recognize their own family values and how important these have been for them.

Llevándose Bien Con Su Pareja (Getting Along with Your Partner) Interpersonal relations with the one closest to you. (Based on Men are From Mars, Women From Venus...)

Necesidades de Desarrollo en los Niños (Development Needs of Children) Children have developmental needs. Parents gain knowledge of how to stimulate their children's development.

Nuestra Imagen y Nuestra Autoestima (Our Image and Our Self-esteem) The image that we have of ourselves sometimes is different of how others see us. This discrepancy causes problems for people.

Organizándose Como Grupo Comunitario (Organizing as a Community Group) This workshop teaches participants the importance of community people organizing themselves around issues they feel are important.

Resolución de Conflictos (Conflict Resolution) Different approaches to resolving conflicts are introduced.

Seguridad de los Juguetes (Toy Safety) Become aware of dangers posed by toys. Workshop will focus on how to Choose toys wisely.

Superación Personal (Better Yourself) When elements in your life are getting you down, this workshop explores the positive approach.

Seguridad en el Internet (Safety on the Internet) When children get into the Internet, parents don't know what is going on. Parents believe because their children are at home that everything is OK. They don't know that their children could be target of predators or may be exposed to inappropriate materials.

Su Autoestima y su Familia (Your Self-esteem and Your Family) The focus of this workshop is the self-esteem of a parent and the influence that his/her self-esteem has on the family (mainly on the children).

Teniendo Éxito en la Escuela (Being Successful in School) Things you can do to help your child succeed.

Yo Lo Puedo Hacer (I Can Do It!) Building self-esteem, self reliance and efficacy in small children.

Workshops on other topics include computers, the microphone, doing an interview, SPACES- a science activity and how to use PowerPoint.

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