

# Arkansas EHC State Meeting Educational Session Summaries

## Tuesday Afternoon Classes

### **Senior Medicare Patrol Empowering Seniors in the Fight Against Fraud in Healthcare**

Kathleen Pursell, Senior Medicare Patrol Program Director

The Senior Medicare Patrol (SMP) is a national program that educates seniors, as well as their family members and caregivers, about Medicare fraud and trending healthcare-related scams.

The presentation will provide information about the importance of reviewing the Medicare Summary Notice (MSN), along with educational materials, tools and resources needed to be better healthcare consumers.

### **The Interconnection of Stress, Mental Health, Physical Health and Self-Care: A Holistic Approach to Well-Being**

Dr. Laura Rohm, Assistant Professor and Clinical Psychologist in the Department of Psychiatry at the UAMS,  
and Maddisen Ellison, Clinical Psychology Resident in the Department of Psychiatry at UAMS

This presentation explores the intricate relationship between stress, mental health and physical health and highlights the critical role of self-care in maintaining overall well-being.

### **Shabby to Chic**

Judy Sellers, President of the Sweet Home Extension Homemakers Club in Pulaski County

Making use of or re-use of what was available may not have had an updated catchy name like “up-cycle” or “re-purpose”, but Extension Homemakers have been masters of what UpcycleThat.com calls “the act of taking something no longer in use and giving it a second life and new function.

### **Healthy Hearts, Happy Minds**

Kenya L. Eddings, Executive Director of the Arkansas Minority Health Commission (AMHC)

Heart disease is the Number 1 killer in women, responsible for 1 in 5 female deaths. Learn the signs, symptoms and risk factors – can help you take steps to protect your health and seek proper treatment. The presentation will also include group participation in techniques to sooth relax the body and mind

## Wednesday Morning Classes

### **Forest Fires and the Environment**

Kevin Harris, Jefferson County Interim Staff Chair and Urban Stormwater Agent, University of Arkansas  
Division of Agriculture Cooperative Extension Service

Forest fires have been in our local, state and world news in 2025. Participants will learn why forest fires are on the rise, the role of fire as a management tool and tips for your personal fire safety action guide.

### **An Introduction to Managing Volunteers**

Marie Lindquist, Executive Director of the Arkansas Public Administration Consortium (APAC)

This interactive workshop will explore the different types of volunteers and how to effectively engage each one. Additionally, the essential components of a volunteer program will be presented, equipping attendees with practical strategies to build and sustain a strong volunteer network.

### **Protecting Yourself from Scams and Identity Theft**

Isaac Jimenez, Assistant Director of Public Events and Training at the Arkansas Attorney General Office

This presentation will cover the most common scams we see here in the office from constituents, how to avoid these scams and available resources for scam victims. There will also be a brief section after this covering the same things, but about identity theft.

### **Aging Well**

Dr. Jeanne Wei, Jackson T. Stephens Professor and Chair of the Donald W. Reynolds Department of Geriatrics and Executive Director of the Reynolds Institute on Aging at the University of Arkansas for Medical Sciences

Dr. Wei's presentation will look at the scientific understanding and practical strategies for healthy aging. Her talk will highlight the importance of maintaining physical and mental health as we age, offering insights into the biological processes of aging and how lifestyle choices, such as nutrition, exercise and social engagement, can have a significant impact on quality of life in later years. At the end of her talk, she will answer questions.

### **Beginner's Guide to Zoom: Set Up and Basics With the 4-H Tech Changemakers Team**

Representatives of the Arkansas 4-H Tech Changemakers Team

Want to get started with Zoom but don't know where to begin? Join the 4-H Tech Changemakers Team for a fun and hands-on workshop designed just for beginners. Learn how to set up your Zoom account, navigate the basics and master essential features like video calls, screen sharing and chatting – all in one hour. No experience needed – just bring your device and curiosity. This workshop will have you Zooming confidently in no time.

## Wednesday Afternoon Classes

### **Chair Yoga for Everybody**

Dr. Laura Hendrix, professor and state specialist with the University of Arkansas System Division of Agriculture Cooperative Extension Service

Yoga increases well-being for the mind and body. Everybody and every BODY can do yoga. In this session, a registered yoga teacher will guide participants through an easily accessible chair yoga class. Dr. Hendrix is also a 500 RYT – registered yoga teacher. She has been teaching yoga for seven years.

### **FOOD WASTE: How It May Affect You!**

Karen Bell Fox and Kaye Green, both Past Presidents of Arkansas Extension Homemakers Council

30% of food is estimated to be lost or wasted each year. This puts a burden on our limited natural resources, such as land and water, and has negative consequences for food security. By understanding and reducing food loss and waste, we can tackle its impacts on economic downfall and issues of hunger and malnutrition.

### **Shake Off Those Mental Cobwebs**

Pamela Ray, Randolph County Family and Consumer Sciences Agent, University of Arkansas Division of Agriculture Cooperative Extension Service

Through the practice of mindfulness, participants will learn how to reduce stress, improve focus and gain a clearer outlook on life. This session will help you shift from a mindless state of distraction and disconnection to a mindful state of presence and engagement. You'll explore how daily mindfulness practices can fuel your mental and emotional energy, leaving you feeling refreshed, recharged and ready to take on life's challenges with a new perspective. Whether you're a "wait until the tank is empty" type or someone who fills up at the first sign of low fuel, you'll walk away with practical tools to help you stay fully present and enjoy life's journey – feeling like a smooth-running Rolls Royce, not an old jalopy!

### **Statewide EHC Project Connections**

Anna Goff, Family and Consumer Sciences – Program Associate, University of Arkansas Division of Agriculture Cooperative Extension Service

Members will participate in guided conversations and share about Extension Homemakers' projects, events and activities in their counties. We will also discuss how to address challenges such as membership recruitment, fundraising, member engagement, leadership development and related topics. Be prepared to share your experiences in small groups. Topics discussed will be compiled to share with all interested counties.

### **Health by Design . . . Paint, Relax, Eat Well**

Mary Ann Kizer, Jefferson County Family and Consumer Sciences Agent, University of Arkansas Division of Agriculture Cooperative Extension Service

Join us for a fun and educational session! In this class, developed by North Carolina Extension, you'll have the opportunity to paint a watermelon canvas, while learning fun facts about watermelons and tasting samples of watermelon-based foods. We'll provide all the necessary supplies and even give you educational resources to replicate this class in your county. Limited 24. Cost \$8.