

2024 ANNUAL CONFERENCE EVENTS

September 10th and 11th, Holiday Inn and Infinity Center Longview, Texas

CONFERENCE REGISTRATION

Tuesday Function Area	8:00 am -11:00 am	Multi-
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PAGE TRAINING

Hotel Board Room 1 Tuesday	9:00 am - 10:00 am
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ALUMNAE LUNCHEON

Tuesday Room	11:30 am - 12:30 pm	Lincoln
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Please use the Convention Entrance for unloading items for Cultural Arts Country Store, Alumnae Auction and TEEA Sales. Left side of the Hotel, Main Entrance to Infinity Center.

CULTURAL ARTS

Bently Room 2 Tuesday* Registration	8:00 am - 11:00 am	
	12 :00 Noon Until 6:00 pm	Judging Viewing
	*After the General Session and Judging is complete	

Wednesday** Viewing	8:00 am - 8:45 am
	**After the General Session until 3:30 pm
Pick-up	Wednesday 3:30 pm - 4:30 pm

COUNTRY STORE

	Bently Room 1
6:00 pm	Tuesday 8:00 am - 12:50 pm & After General Session until
1:15 pm	Wednesday 8:00 am - 8:45 am & After General Session until

ALUMNAE SILENT AUCTION

Multi-Function Area

Tuesday 8:00 am - 12:50 pm & After General Session until
6:00 pm
Wednesday 8:00 am - 8:45 am & After General Session until
3:30 pm

TEEA SALES AND MESSENGER

Multi-function Area

Tuesday 8:00 am - 12:50 pm & After General Session until
6:00 pm
Wednesday 8:00 am - 8:45 am & After General Session until
3:30 pm

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Tuesday, September 10th, 2024

EARLY BIRD WORKSHOPS

8:30 am - 9:30 am

First Session

“Caregiver” Self- Care

Bugatti Room

Presented By: Linda Smith

Objective: How caregivers need to care for themselves while caring for others.

**“The Coffee Bean Workshop”
Patio Area**

Presenter: Ruthy Baugh of Baugh’s Market

Facilitator: Susie Blackmon

Objective: Coffee Bean “How Too” and the health benefits. The workshop will describe and demonstrate how coffee beans are roasted as well as the beneficial health benefits.

Cost is \$ 7.00 for samples of coffee and freshly made coffee will be served during the demonstration.

The class is limited to 40 people and you must register at the special registration table and pay the \$ 7.00. There will two sessions.

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**Second Session: Same programs as above.
- 10:45 am**

9:45 am

“Caregiver- Self-Care”

“The Coffee Bean Workshop”

Tuesday, September 10. 2024

Opening Session

1:00 PM

Maserati Rooms

Bugatti /

District Gatherings

6:30 PM

Wednesday, September 11, 2024

**TEEA Board Voting
BRDC Room
Delegate Voting**

7:30 AM - 8:00 AM

8:00 AM -- 8:45 AM

**BUSINESS SESSION
Bugatti/Maserati Rooms**

9:00 AM

LUNCH AND LEARN

12:00 Noon

**“The Quilt Code of the Underground Railroad”
Presented by Cynthia Shallow**

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**EDUCATIONAL WORKSHOPS -Session 1
2:00 - 3:00 PM**

**Delegate Workshop - 1
Bugatti Room**

“Reducing Your Risk for Strokes”

**Presenters: Andrew Crocker, Senior Extension Program
Specialist in Gerontology and**

Health. (See Bios, listed in Messenger)

**Dr. Heidi Villalba, Assistant Professor of
Neurophysiology and**

**Pharmaceutical Sciences at Texas Tech
University’ School of
Veterinary Medicine.**

**Objective: What is a Stroke, signs, symptoms and risk
factors.**

Facilitator: Rosabelle Leal, District 1 Education Chair

Delegate Workshop - 2
Maserati Room

“7 Steps to Putting Your Financial House in Order”

Presenters: Dr. Joyce Cavanagh and Jeanita McLroy

Facilitator: Jeanita McLroy, District 2 Education Chair

Objective: This workshop will review important steps to take in developing or

Optional Member Educational Workshop 1
BRDC Room

“Plugged into Nutrition”

Presenter: Elouise Larson

Objective: Learn how nutrition affects health

Facilitator: Linda Smith, District 4 Director

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Optional Member Educational Workshop 2

“Crafting a Healthier Future”
Lincoln Room

Presenter: Carnen Melton, BS, CHES and co-presenter Andy Crocker

Facilitator: Susie Blackmon District 5 Director

Objective: Lifestyle Choices for Longevity

EDUCATIONAL WORKSHOP -Session 2
3:30 - 4:30 PM

Delegate Workshop - 3
Bugatti Room

“Nurtured by Nature”

Presenter: Kay Karns, District 4 Education Chair

Objective: The purpose of my program is to shed light on the latest health and nature research and explore ways to enable members to spend more time with and in nature.

Delegate Workshop -4

Maserati Room

“Foraging”

Presenter: Dr. Joyce Cavanagh and Kaye Trott, District 9 Education Chair

Objective: Fun, Food and Health

Facilitator: Kaye Trott, District 9 Education Chair

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Optional Member Education Workshop 3

BRDC

Room

“Plugged into Nutrition”

Presenter: Elouise Larson

Objective: Learn how nutrition affects health

Facilitator: Linda Smith, District 4 Director

Optional Member Education Workshop 4

Lincoln Room

“Crafting a Healthier Future”

Presenter: Carnen Melton, BS, CHES and co-presenter Andy Crocker

Facilitator: Susie Blackmon, District 5 Director

Objective: Lifestyle Choices for Longevity

**CLOSING SESSION BANQUET
6:30 PM
Bugatti/ Maserati ROOMS**

Entertainment:

