

# People Need FORUM



**SATURDAY, JANUARY 28, 2023 | 8 A.M.–1 P.M.**  
**McHenry County College**

For information and resources visit [www.mchenry.edu/pin](http://www.mchenry.edu/pin)

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# AGENDA

## 8–9 A.M. REGISTRATION, REFRESHMENTS, AND NETWORKING (CAFÉ)

### EXHIBITORS OPEN (GYM)

*All Exhibitors booths will remain open until 1 p.m.*

## 9–10 A.M. BREAKOUT SESSION I

- **A Seniors Roadmap to Services (Luecht Auditorium B170)**  
*Sherry McGowan, Andy Veath, Micki Miller, John Buckley, Laura Franz, Kay Reissig*  
Understand how to navigate and be prepared with resources that are available to you and your family. These resources will be able to help prior and through a crisis. **(This session is also presented at noon)**
- **A Trauma-Informed Approach (A221)**  
*Elizabeth Quijada Fuentes, Gary Rukin*  
This presentation will explore the reasons and importance for a trauma-informed approach.
- **Bias, Micro Aggressions and Manifestations (A211)**  
*Tony Bradburn*  
Learn more about bias, micro aggressions, and race as we all surface truths that will help us better navigate multi racial spaces.
- **Finding Food: New Solutions for Old Problems (A224)**  
*Mary Margaret Maule, Carol Waggoner, Christine Rivera, Scott Jewitt*  
Hear the latest community collaborations and innovations to address food insecurity in McHenry County.
- **From Disability Awareness to Disability Acceptance (A220)**  
*James Gould*  
Learn the history, laws, and how to fully include people with intellectual disabilities in our community.
- **Medicare 101 and the Choices You Need to Make (A222)**  
*Sue Grossinger*  
Learn more about Medicare so you are in control and know how to access your healthcare in the way that is best for you.
- **Understanding Alzheimer's and Dementia (A215)**  
*Todd LaSota, Aileen Zei*  
Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.
- **Updates from the McHenry County Sheriff's Office (A213)**  
*Sheriff Robb Tadelman*  
Learn about current happenings within the McHenry County Sheriff's Office including the new social worker program.

## 10:30–11:30 A.M. BREAKOUT SESSION II

- **Board Responsibilities and Development (A213)**  
*Scott Campbell, Suzanne Hoban*  
Learn more about joining a non-profit board of directors and how to be the best board member you can be.
- **Bully Prevention 101 (A222)**  
*CJay Harmer*  
This session will educate families and school personnel on current issues with school bullying.
- **Debt-FREE Zone (A221)**  
*Sherry Ridge*  
Join the Debt-Free Zone and you will leave knowing: the order to pay off your debts, how much money to send each one, and when you can be completely debt-free.
- **Foster Care: Aging Out vs. Adoption (A220)**  
*Michelle Adams, Michelle Prickett*  
If you are curious about the outcomes of aging out of foster care vs. adoption from foster care, this session is for you.
- **Intuitive Eating: How to Heal Your Relationship with Food (A211)**  
*Emily Kunash*  
This presentation is an introduction to Intuitive Eating which helps you tune out external messaging and tune in to your own body signals.

- **Online Safety (Luecht Auditorium B170)**  
*Tiffany Decker, Misty Marinier*  
Learn more about online safety tips to keep you and your family safe
- **Update from the Illinois Migrant Council (A224)**  
*Esperanza González, Dr. Magdalena Rivera, Luzmarina Zacatzi*  
The Illinois Migrant Council will present on resources and services available to migrants, newly arrived refugees, and asylum seekers.
- **The 10 Warning Signs of Alzheimer's (A215)**  
*Todd LaSota, Aileen Zei*  
This educational program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

## NOON–1 P.M. BREAKOUT SESSION III

- **A Seniors Roadmap to Services (A213)**  
*Sherry McGowan, Andy Veath, Micki Miller, John Buckley, Laura Franz, Kay Reissig*  
Understand how to navigate and be prepared with resources that are available to you and your family. These resources will be able to help prior and through a crisis. **(This session is also presented at 9 a.m.)**
- **Alimentación Consciente (mindfulness eating) (A221)**  
*Daniel García*  
La práctica de la alimentación consciente nos ofrece herramientas para relacionarnos de una manera más sana con la comida, permitiéndonos hacer frente a uno de los mayores retos que tenemos hoy en día: el manejo del estrés, la ansiedad y su manifestación como hambre emocional.
- **Be a Volunteer (A224)**  
*Bev Albright, Laurie Bivonia, Vickie Drendel*  
Many organizations rely on volunteers to accomplish their mission. However, did you know volunteering isn't just good for the community? It is good for you! Join two long-time volunteers to learn about why they volunteer and what to expect when you volunteer. Learn about where to find volunteer opportunities in McHenry County and how to get started right away!
- **Building Resilience (A215)**  
*Kathleen Berger*  
What is resilience, why is it important and ways to build it.
- **Human Trafficking (Luecht Auditorium B170)**  
*Misty Marinier*  
This presentation will provide information regarding the McHenry County Human Trafficking Task Force and current efforts to combat human trafficking.
- **Race and Human Development (A211)**  
*Tony Bradburn*  
Come to this workshop to engage in an exploration of human development and how humans develop differently based on race.
- **Reopening the Door to Learning: Parent Engagement Opportunities in School (A220)**  
*Eileen Delahanty, Dr. Scott Rowe*  
Join Huntley 158 to discuss ways community members can connect and contribute to their school community as a parent, a taxpayer, or an active member of the community seeking ways to give back.
- **What Renters Need to Know (A222)**  
*Maureen Gates, Donna Rasmussen, Kim Ulbrich*  
Presenters will discuss budgeting and evaluating how much rent you can afford—strategies on what to do when you have a crisis and get behind. Also, what should you be looking for on a lease and what are your options if you are being evicted.

## YOUTH TRACK—THIS TRACK IS OPEN TO YOUTH IN MIDDLE SCHOOL, HIGH SCHOOL, AND TEENS.

- 9 A.M.** **Bully Prevention 101**  
*CJay Harmer (Scot Room)*  
Learn what bullying looks like, how to help a victim, and how to report bullying issues to school staff.
- 10:30 A.M.** **Teen Dating Violence**  
*Alexus Carter (Scot Room)*  
Learn more about how about having healthy relationships as a teen.
- NOON** **QPR Suicide Prevention Gatekeeper Training for Youth**  
*Lachelle Aaroneaux, Laura Crain (Scot Room)*  
Suicide prevention training for youth.

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McHenry County Department of Health  
McHenry County Mental Health Board  
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Northern Illinois Special Recreation Association  
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