

“Pioneering Transitions”
Featuring: Mika Salas

2024 EASTERN UTAH WOMEN’S CONFERENCE

March 28, 2024

Jeniffer Leavitt Student Center



Hosted by



UtahStateUniversity
Eastern



12:45 PM - 3:30 PM

Registration Check-In

1:00-1:45 PM - 2:00-2:45 PM

Activities

- Yoga
- Macrame
- Self-Defense
- Jewelry Making
- Book Clubs

3:00 PM

Welcome by Deborah Lin

3:30 PM - 6:20 PM

Breakout Sessions

- Session 1: 3:30PM
- Session 2: 4:30PM
- Session 3: 5:30PM

6:30 PM

Dinner

7:00 PM

Evening Keynote : Mika Salas

7:30 PM

Woman of the Year Announcement

Sponsors

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- ✓ Healthy Eating & Living
- ✓ Poison Control Education

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Keynote Speakers



Deborah Lin

Welcome Keynote Speaker

Deborah is the Local Curriculum & Outreach Manager with the Utah Women & Leadership Project. As such, she is involved with establishing Bolder Way Forward County Coalitions across Utah. She has a bachelor's degree in English and a master's degree in Teaching English as a Second Language from Brigham Young University, was previously a project manager at the Governor's Office of Economic Opportunity, has worked on political campaigns, and has volunteered extensively with public schools, church, and the community. She enjoys traveling and cares deeply about helping people.

Evening Keynote Speaker



Mika Salas

Mika currently serves as Superintendent of Carbon School District. She has held several positions over her 26-year career in education, ranging from classroom teacher to district administrator. She earned an associate's degree in Drafting, a bachelor's degree in Industrial Teacher Education, and a master's degree in Education: Administration and Supervision. Her primary objective is to help schools create environments where every student can be successful by holding high standards, supporting them as they achieve their goals, and offering opportunities they may not otherwise have. She is an advocate for breaking the cycle of poverty and has chosen this profession in an effort to pay it forward out of respect for those who helped her do the same. She is extremely proud of her husband, Steve, and their two adult children, Gracie and Bode, as well as her son-in-law, Ty. She and her husband also own four businesses and stay busy with a small farm.



Welcome Activities

1:00-1:45 pm and 2:00-2:45 pm

YIN YOGA

By: Valyn Peacock

LOCATION: JLSC, MPR C

The Power of Surrender-Yin Yoga is a style of yoga that involves long holds in various seated and reclined poses that access deeper layers of fascia and quiet the mind. Through our yin practice we find that we can release stored emotions, that are stored within our bodies, resulting in reduced anxiety and stress levels.

MACRAME

By: Mallory Dunn

LOCATION: JLSC, ALUMNI ROOM

Come learn how to make your own macrame plant hanger. There will be multiple colors to choose from, and a flower pot will be included.

WOMEN'S SELF DEFENSE

By: Nicki Melosi

LOCATION: JLSC, C-STORE

Raptor Martial Arts will hold a women's self-defense class, teaching women how to defend themselves and be more confident. This class is active participation, so expect to get a little exercise! We will have a short warmup and review some basic strikes, kicks, and blocks. You will also learn one of our self defense scenarios.

BOOK CLUB

By: Patty Roper, Susan Polster & Sunshine Brosi

LOCATION: JLSC, BOARDROOM

Patty Roper will talk about her 50 years of experience of being in the same book club. She will share ideas, wisdom and thoughts about how her now tight-knit friends spent half of a century reading "books."

JEWELRY MAKING

By: Kari Richardson

LOCATION: JLSC, MPR B

Jewelry-making is a wonderful art and means of self-expression, not to mention an excellent avenue for saving a little money with a bit of DIY! During this presentation you will be able to make and take a bracelet and earring set, picking your colors, and designing your own patterns.



Break Out Session One

3:30-4:20 pm

A GUIDE THROUGH MEDICARE

By: Gary Micaud

LOCATION: JLSC, BOARDROOM

Please join us as we work through the world of Medicare and the choices available to you during this transition in your life. We will discuss the different benefits, plans, and coverage options available.

TRANSITIONS THROUGH BUSINESS

By: Valerie Johnson

LOCATION: JLSC, CONFERENCE ROOM 202

Join me as I discuss the transitions and challenges we navigated our business through the entertainment and technology world. We will talk about the growth we experienced and the changes we had to work through with the ever-changing and growing technology.

BOLDER WAY FORWARD

By: Deborah Lin

LOCATION: JLSC, C-STORE

National and statewide studies continue to show that women and girls in Utah are not thriving in critical areas. Year after year, Utah continues to have high levels of domestic violence, sexual assault, child sexual abuse, and gender-based discrimination while also ranking as the worst state for women's equality and having low levels of women's leadership representation in nearly all domains, including politics and business. It is time for Utah to embrace A Bolder Way Forward (BWF). When we lift Utah girls and women, we lift all Utahns!

EATING HEALTHY

By: JoAnn Stout

LOCATION: JLSC, ALUMNI ROOM

Tips to help you be healthier and feel better with the foods you eat.



Break Out Session Two

4:30-5:20 pm

UNMASKING THE HARMS OF SOCIAL MEDIA ON UTAH YOUTH

By: Aimee Winder Newton

LOCATION: JLSC, BOARDROOM

Some have said to only give your kids social media when you are ready for their childhood to end. Learn why Governor Cox, as well as other state and national leaders, are concerned about social media for youth. See what the State of Utah is doing to educate parents, and how you can help in this important cause.

PREPARING FOR THE WORKFORCE & RESUME WRITING

By: Mary Schulz

LOCATION: JLSC, CONFERENCE ROOM 202

This session covers the fundamentals of creating impactful resumes and preparing for the workforce. Participants will gain insights into identifying key skills, crafting compelling resumes, and navigating job search platforms.

PUTTING "ME" BACK IN MY MENTAL HEALTH: WHY SELF CARE ISN'T SELFISH

By: Amanda McIntosh

LOCATION: JLSC, C-STORE

Putting "Me" back in My Mental Health: Why Self-Care isn't Selfish will look at implementing different self-care strategies for your daily life. We will discover why self-care is important at the individual level, as a family unit, and for healthy work-life balance. We will discuss why self-care is considered a major protective factor for good mental health while briefly looking at current suicide statistics both locally and statewide that affect women specifically and ways to support others in crisis.

MEAL PREP WITH HOMEMADE HIPPIES

By: Jamele Rhoten

LOCATION: JLSC, ALUMNI ROOM

Learn how to meal prep safely and efficiently. Learn how to prep freezer or dump meals. Sample a recipe and go over the recipes that work good for freezer meals.



Break Out Session Three

5:30-6:20 pm

MEET YOUR HIRO: AN EMERGENCY PREPAREDNESS AND FINANCIAL ORGANIZATION TOOL

By: Andrea Schmutz

LOCATION: JLSC, BOARDROOM

Learn about the new Household Information Records Organizer, otherwise known as the HIRO. This tool provides a systematic approach for keeping track of important documents and financial records to stay organized, save time searching for information, and make it easier to cope with emergencies.

NAVIGATING A MAZE OF GRANTS

By: Shanny Wilson

LOCATION: JLSC, CONFERENCE ROOM 202

Are you looking for funding options to help your business grow, but don't know where to start? Join me as I walk you through a handful of local and state grant opportunities. In this workshop, I'll provide valuable resources for your projects and initiatives. Get ready to navigate a maze of grants and discover the keys to funding success right in your own backyard!

HOW CAN WOMEN DEVELOP LEADERSHIP SKILLS THROUGH COMMUNITY INVOLVEMENT

By: Terry Willis & Jen Warner

LOCATION: JLSC, C-STORE

Discuss ways that women can gain leadership skills through volunteer opportunities that can assist them in their career goals. This will also help them examine their own activities to recognize the leadership roles they have through the things they do on a daily basis.

CAKE IT WITH CARMELL

By: Carmell Childs

LOCATION: JLSC, ALUMNI ROOM

Anyone can make cake! Come learn, step by step, all the essential tips and tricks needed to assemble and decorate the perfect cake!

A LETTER FROM THE COMMITTEE CHAIR

To our Wonderful Attendees, Presenters, and Vendors:

On behalf of the planning committee, thank you for joining us as we Pioneered through our Transitions in life during the 42nd Annual Eastern Utah Women's Conference.

I want to extend a heartfelt thank you to our presenters and vendors for sharing their expertise and skills with our guests.

*Thank
you!*

To the 42nd Planning Committee Members:

Thank you for sharing your professional knowledge, engagement, and service. The success of this event is largely due to your time and sacrifices. I sincerely thank you for your dedication to the success of our Women's Conference.

42nd Eastern Utah Women's Conference Committee Members

ANN ANDERSON
DANA TRUMAN
ELLEY COWDELL
GRAHAM GOODMAN
JAN YOUNG
JESSICA PRETTYMAN
MALLERY DUNN

MARY SCHULZ
NICOLE NIELSON
PATSY STODDARD
SARAH WEESE
SHANNY WILSON
SUNSHINE BROSI
SUSAN POLSTER

THANK YOU for attending the 42nd Eastern Utah Women's Conference!

Please provide us with feedback
on the conference by scanning the
QR code.



Hosted by



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