

# Retreat May 19, 2009

Sponsored By LaPorte County Extension Homemakers  
Barker Mansion, 631 Washington Street, Michigan City, IN

Retreat,  
Re-energize,  
&  
Celebrate  
National  
Women's  
Health Month!

3:15 p.m.

*Registration*

3:30 p.m.

*Wrap It Up with  
Tortillas*

or

*What is Your Legal  
Health?*

4:15 p.m.

*Tour of 1st Floor  
of Barker Mansion  
& Surrounding  
Area*

5:00 p.m.

*Light Meal*

5:45 p.m.

*What is Your Legal  
Health?*

or

*Caring for an Older  
Relative*

## Last Retreat of the Year at Barker Mansion



Join us on May 19th, at the Barker Mansion, to celebrate National Women's Health Month, participate in workshops, share a meal, and enjoy friends. The Barker Mansion, built in 1857, is the former residence of local millionaire-industrialist, John H. Barker. Shortly after the elaborate home was finished, both Mr. and Mrs. Barker passed away and the mansion and fortune was left to Catherine, the Barker's only child who later donated the building to Michigan City. In this

lovely setting, we will enjoy three workshops dedicated to women's health and well-being: these are: *What is Your Legal Health: Organizing Important Papers, Caring for an Older Relative, and Wrap it Up with Tortillas*. We will continue our "Walks Across LaPorte County" series with a walking tour of the 1st floor of Barker Mansion and the surrounding area. Following our tour we will enjoy a light meal together and then end the evening with our last educational workshop. See workshop descriptions below.

### *What is Your Legal Health? – Organizing Im- portant Papers*

A review of your legal affairs can make you aware of potential problems and allow you to make necessary changes before a crisis. Having your important papers organized is more important than all of the "other stuff"

in your life that you organize! Educator: Annetta Jones

### *Caring for an Older Relative*

In 1990, 12% of the population was over 65 years old. By 2010, that number will climb to 20%. Among those Americans over 70 years old, two out of 5 need

help with one or more daily activities. This program will explore the demographics of aging, learn how to identify the signs of inability to live independently, consider the benefits and challenges of living with family members and explore the challenges to the care giver. Educator: Allison Goshorn

To Register:  
219.324.9407  
or  
tlogan@purdue.edu

Choose 2 of the 3  
workshops.

Join us for a tour of  
1st floor of the  
Barker Mansion.

Enjoy a light meal!

Donation:  
\$1.00 members of Ex-  
tension Homemakers  
\$2.00 non-members

### *Wrap it Up with Tortillas*

The ethnic tortilla is being used in many new food items. This program will give you ideas on the use of tortillas and feature some healthy wraps and other uses, whether it be dessert, a main dish or a snack. Educator: Corrine Powell.

