



Educational Materials

Learn & Return Lessons

- "Adult Children & Aging Parents" Conversations Between Generations (Tools for Talking: Strengthening Later-Life Relationships)
- "Ageless Mental Agility: Seven Ways to Maximize Your Mind"
- "Aging with a Chuckle & a Smile"
- "Aging with Gusto!"
- "Balancing Your Life" (Setting Priorities & Goals)
- "Basics of Investing" (Savings Accounts, Bonds, Mutual Funds)
- "Being Creative with Bread: Get on the Grain Train"
- "Bridging the Generation Gap"
- "Butterfly Gardens"
- "Car Buying Tips"
- "Challenges of Grandparenting"
- "Cook Once, Eat Twice"
- "Cooking on the Web" (Practical Tips and Recipes)
- "Coping with Caregiving" (Lesson and tape "To Everything There is a Season")
- "De-Stress the Stressor"
- "Dietary Supplements"
- "Energy Savers: Tips on Saving Energy & Money at Home"
- "Exercise Equipment: Points to Ponder"
- "Exercises for the Elderly"
- "The Facts on Fads & Fat" (Weight Loss Industry Diet Plans & Gimmicks)
- "Fast & Healthy Answers to... 'What's for Dinner'"
- "Financing Long-Term Care" (Various Alternatives & Resources)
- "Financial Security in Later Life"
- "Five a Day the Color Way – Fruits & Vegetables"
- "Food Portions & Distortions – The New American Plate"
- "Food Safety" (Safe Food Handling & Preparation)
- "Friends & Lovers" (Adult Friendships Over the Years)
- "Friendships in Adulthood"
- "Functional Foods" (New Health Benefits)
- "Gadgets & Tools for Independent Living"
- "The Golden Years—HA!"
- "Grandparenting" (Special Relationships & Activities)
- "Grandparents Raising Grandchildren" (Ideas & Resources)
- "Harvesting Energy" (Alternative Energy Sources: Bio-Diesel, Ethanol, wind energy, biomass)
- "Healthy Living" (Food, Nutrition, Exercise Info & Games)
- "Healthy Snacking" (Nutrients, Calories & Recipes)
- "Healthy Supper Clubs" (Sharing Fun Meals)
- "Holiday Planning" (Year-Round - Less Cost & Stress in December)
- "The Importance of Discipline in a Child's Life" (Activities and Parenting Tips)
- "Impulse Buying" (Tips for Controlling Spending)
- "Indoor Air Quality"
- "Internet Safety and Your Family—Protecting your Children and Grandchildren"
- "Investing for the Future"
- "Kids & Money" (Teaching Children About Money)
- "Kitchen Trends"
- "Let's Take a Walk Through the Produce Isle" (Selecting & Preparing Fruits and Vegetables)
- "Linking Generations"
- "Living Water" (Water for our bodies; Safe water; Bottled vs. tap)
- "Long Term Care"
- "Loss of Dreams"
- "Low Fat, Low Cholesterol Cooking" (Food Choices & Substituting Ingredients)
- "Magic of Laughter"
- "Money in the Mattress" (Managing Money for College, Aging Parents, Retirement, etc.) (Healthy Lifestyle Choices)
- "Moving... It Pays Off"
- "Organizing Your Personal Papers"
- "Personal Safety" (Safety at Home & In the Neighborhood)
- "Physical Fitness at My Age?"
- "Portion Distortion"
- "The Power of Pets" (Health Benefits to People)
- "Preparing for Conflict" (Using Positive Techniques)
- "Preserving Family Memories"
- "Protect Yourself from Identity Theft"
- "Putting the "ME" in Home" (Developing Positive Self-Esteem)
- "Relationship Fitness"



Educational Materials

Learn & Return Lessons—continued

- “Saving Dollars When You Don’t Have a Dime to Spare”
(Tips on Money Management)
- “Searching for Opportunities to Give & Take”
- “Simply Beautiful”
(Choosing an Uncluttered, Focused, Rich Life)
- “Soy Good: Have Tried Soy Foods Lately?”
(Health Benefits of Soy Foods)
- “Starting an Investment Club”
(Ways to Invest)
- “Stop! Let Me Off the Merry-Go-Round”
(Balancing Work and Family Life)
- “Storage - Is There Ever Enough”
(Organizing “stuff” in your Home)
- “Stress Management”
(Understanding & Dealing with Stress)
- “Stretching Your Food Dollars”
(Plan Before You Shop)
- “Sugar & Fat Substitutes”
(Tasting Activities & Recipes)
- “Suicide Prevention”
- “Taking Care of the Caregiver”
- “Tasty, Tantalizing Tomatoes”
(Healthy, Tasty Tomatoes and Tomato Recipes)
- “The 3 F’s of Heart Health”
- “The “U” in Community: Your Importance in Community”
- “Tools for Talking”
- “Tranquility & Peace in Your Own Backyard”
(Water Gardening)

VHS Educational Programs

- Antioxidants - HE-56
- Blue Ribbon Parenting - HE-40
- Dealing with Difficult People – HE-68
- Do's and Don'ts at the Pump - HE-70
- Family Renewal - HE-61
- Food Safety: The Mystery of The Poisoned Panther Picnic - HE-59
- Friendship - HE-41
- The Future of Food Preservation: Irradiation - HE-48
- Helping Your Community (Life Skill Builders) - HE-60
- Home & Family #1: Recycling, Credit Card Protection, Activities for Families - HE-53
- Home & Family #2: Car Care, Nutrition, Parenting & Discipline - HE-54
- Home & Family #3: Mammograms, Contacting Policy Makers, Balancing Work & Family - HE-39
- Home & Family #4: Organ Donation, Herb Gardening, Birth Order - HE-55
- Home & Family Conference: Clothes Dryer Safety, Meat Buying, Caring for the Caregiver - HE-64
- Home & Family Conference (2006): Fruit & Vegetable Safety; Herbal Remedies; Making Tough Decisions in Difficult Times - HE-1
- Hoosier Homemakers: The Early Years - HE-62A & HE-62B
- Hoosier Homemakers: The Early Years - HE-33
- The House that Love Built—Ronald McDonald House - HE-65
- Identity Theft - HE-69
- Knitting Made Easy - HE-25
- “Moving It Pays Off” (Exercise Video Program) - HE-67
- Online Shopping - HE-69
- Personality Styles - HE-57
- Over-the-Counter Drugs - HE-68
- Pesticides - HE-68
- Safe Food for the Hungry (Part 1 of 2) - HE-44
- Safe Food for the Hungry (Part 2 of 2) - HE-45
- Sewing Today... The Time Saving Way - HE-13
- Sewing with Sergers - HE-14
- Skin Cancer Awareness - HE-69
- Successful Sewing Basics - HE-27
- Who Gets Grandma’s Yellow Pie Plate? - HE-63