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**Enhancing Quality Staff in Changing Times**  
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First I want to say "Thank You" for the scholarship, it was a great conference. This conference isn't just about work related topics; it included sessions about dealing with life.

The sessions I attended where:

1. Extreme Googling: tips and tricks for expert search
2. Extreme Googling: Productivity tools for your online life
3. What is Therapeutic about Horticulture
4. Thinking outside the pizza box: practical nutrition for busy adults
5. Housing decision for aging elders.

The first one was interesting and I learned several tips on searching Google for work and personal use. The speaker for the second session seemed to have his program geared towards University of Minnesota attendees.

Next 3 sessions were all great. I though the session "What is Therapeutic about Horticulture" would be about using gardening to distress you. Boy was I wrong. The speaker, Jean Larson, talked about use horticulture with handicapped, mentally challenged, and Parkinson's individuals. She talked about types of programs that she and the Arboretum have available for them. She even had plants for us to take home.

Any class you take on nutrition is always helpful; you just have to remember to use this knowledge in your life. She gave us a website for the new food pyramid that allows you to track and plan your meals, <http://mypyramid.gov>.

The last session was dealing on housing decisions for the elderly. This was also a interesting session. A person does not realize how expense housing can be. Do you assisted, no assistance or a nursing home. Hard decision a anyone to make for themselves or for a family member. All this information will be helpful in future decisions my family and I will have to make for our mother. She also gave us about a website for the different housing options in Minnesota, <http://www.minnesotahelp.info>.

Again, thank you for the scholarship!  
Dianne