

Illinois Night- United We Stand

Join us as we celebrate all things Illinois, while also paying tribute to our country with a very special presentation from our guest speaker! What exactly do Illinoisans eat? You'll soon find out with our special Illinois themed dinner. This will be one night of conference you won't want to miss!

Meet our Guest Speaker: **DR. NASH NAAM**

2018 Effingham Citizen of the Year

2019 Pioneer of Hand Surgery

2019 Governor of American College of Surgeons

2020 President of the American Association of Hand Surgery

Clinical Professor of the Department of Plastic and Reconstructive Surgery, Southern Illinois University Medical School of Springfield

Hand Surgeon at St. Anthony's Memorial Hospital in Effingham

Past President of Medical Staff at St. Anthony's in Effingham and Clay County Hospital in Flora

Former Chief of Surgery at St. Anthony's, Effingham and Clay County Hospital in Flora

Former Hand Surgeon at Richland Memorial Hospital and Salem Hospital

Former Clinical Associate and Assistant Professor in the Department of Plastic and Reconstructive Surgery at Southern Illinois University Medical School in Springfield, IL

Former Assistant Professor and Fellow in Hand Surgery of Hand and Micro Surgery at the University of Colorado Health Sciences Center in Denver

Former Resident in Hand Surgery at St. Louis University Hospital, St. Louis, Missouri

Former Resident in General Surgery at Homer G. Phillips Hospital, St. Louis, Missouri

Former Orthopedic Surgery Consultant at El Sahel Teaching Hospital in Cairo, Egypt



CAITLIN MELLENDORF- MS, RD, NUTRITION AND WELLNESS EDUCATOR



Caitlin Mellendorf, MS, RD, is a Nutrition and Wellness Educator and Registered Dietitian with University of Illinois Extension serving DeWitt, Macon and Piatt Counties in Central Illinois. Her work focuses on helping community members gain the knowledge, skills and tools to live healthier, more nutritious lifestyles. This includes teaching educational programs and answering questions about heart health, diabetes, food safety, food preservation, grocery shopping and cooking.

Eat Metal: Food Choices to Reduce Iron Deficiency

Iron deficiency is a common diet-related concern for many groups in both the U.S. and around the world. So much so, food products in the U.S. require iron information on food labels. In this introduction to iron deficiency, explore rates of iron deficiency in the U.S. and around the globe, identify at-risk populations, understand the role of iron for the body and the impact of deficiency, and plan an iron-rich diet with foods and supplements.

ADVOCATE, MENTOR, SURVIVOR, AND AUTHOR



'Trish' McKnight - Advocate/Mentor/Survivor/Author: 'Today I am a thousand miles away from the person my parents created in their forced slavery, destructive neglect, and constant violence fueled by mental illness and substance abuse.'

Ms. McKnight, lived the journey of survival patterns filled with drug use, alcohol, attempted suicide, parenting challenges; the constant chaos and life altering injuries that plagued more than thirty years of her life. It was twenty years ago when she left her last abusive relationship to break the tolerant habits and give her children a safe, happy home. Today she is a key voice; updating Statute of Limitations in Illinois, creating standards of care, training law enforcement, healthcare, educators, and community members to recognize, report, and respond with trauma informed knowledge. She founded; Butterfly Dreams Alliance, NFP a community outreach charitable organization providing awareness, education, and assistance for those affected by abuse, violence, sexual harm, and human trafficking. 'Trish' is also a Regional Ambassador of NAASCA, a member of Central Illinois Human Trafficking Task Force, End Demand Illinois, and collaborates with resources throughout the state to better assist others to safety, recovery, and rebuilding. We hear the adage; 'It takes a village', so change in human tolerance will only happen if we teach ourselves and our kids safety practices, and healthy behaviors that promote equality, safety, and wellness for all persons. "Always believe anything is possible with you in the active equation" - "My Justice" is her own true horrifying memoir

Fndr/CEO: Butterfly Dreams Alliance, NFP Cert. Human Trafficking Trainer Mental Health
First Aid Child Sexual Abuse & Family Violence Specialist

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