

2018 NEAFCS Annual Session

San Antonio, Texas

AGENDA

(Updated 06/26/2018. This document is a working document and subject to change.)

SUNDAY, SEPTEMBER 23, 2018

4:00 PM - 6:00 PM

Registration/Silent Auction Drop Off

MONDAY, SEPTEMBER 24, 2018

7:00 AM - 5:00 PM

Registration/Silent Auction Drop Off

8:30 AM - 11:30 AM

Pre-Conference Workshops *(continental breakfast provided at 8:00 AM to workshop attendees)*
(separate registration required)

Forget Your Number

Presenters: Andrew Crocker, MS, Sarah Kirby, PhD, Debra Sellers, PhD, Naomi Meinertz

Examine your own beliefs about aging; Explore a model for understanding the aging process which includes both loss and opportunity; Examine environmental obstacles related to aging and explore strategies for overcoming them; Describe access, environment, genetics and lifestyle as domains for wellness, and Identify resources to support aging in communities.

Learning Objectives

- Examine their own beliefs about aging
- Explore a model for understanding the aging process which includes both loss and opportunity
- Examine environmental obstacles related to aging and explore strategies for overcoming them
- Describe access, environment, genetics and lifestyle as domains for wellness
- Identify resources to support aging in communities

Health for ALL: Addressing Diversity in Cooperative Extension

Presenter: Ninfa Pena-Purcell, PhD

Describe health equity and its relevance to Cooperative Extension; Discuss trends in United States demographics; Demonstrate practical skills to increase cultural competency. Goals: To inform the audience on basic principles of cultural competency and demonstrate real-world applications of cultural competency in health education programming and/or Extension outreach.

Learning Objectives

- Describe health equity and its relevance to Cooperative Extension
- Discuss trends in U.S. demographics
- Demonstrate practical skills to increase cultural competency

Disasters Happen: How the Extension Disaster Education Network (EDEN) Can Help FCS Programs Make An Impact With Emergency Preparedness Programming From Preparation To Recovery

Presenters: Rick Griffiths, M.ED, Monty Dozier, PhD, Noel M. Estwick, PhD; Abby Hostetler, Elizabeth Kiss, PhD, Joyce McGarry, M.S.

Increase awareness of emergency preparedness as a FCS program area; Learn what roles Extension can fill in emergency preparedness and recovery programming; Learn of available emergency preparedness programming resources.

Learning Objectives

- Participants will increase their awareness of emergency preparedness as a family and consumer science program area
- Participants will learn what roles Extension can fill in emergency preparedness and recovery programming
- Participants will learn of available emergency preparedness programming resources

11:30 AM - 1:30 PM

Lunch on own

1:30 PM - 4:30 PM

Opening General Session

The Journey of Change

Douglas L. Steele

Director of International Extension Programs for the Norman Borlaug Institute for International Agriculture

It is often quoted that the only person who likes change is a wet baby (Mark Twain); but it is important to note that change is a part of our everyday life, that those who embrace change will win and that we should perceive ourselves as an agent of change, not a victim. Effective change agents are people that not only initiate, but also manage change within organizations. Social scientist and communications professor Dr. Everett Rogers outlined in his book *Diffusion of Innovations* the value of Extension educators in reaching out to the innovators, early adopters, and finally the general population to introduce new and innovative practices across the country, the role as change agents in the context of the greater society. This keynote presentation will focus on the role of the Family and Consumer Science educator in addressing the successful journey in an ever-increasing climate of change.

Learning Objectives:

- Understand the history of change within the family and consumer science discipline
- Value change as an important component of an individual or organization moving forward
- Embrace opportunities to be a positive force for change.

6:00 PM - 9:00 PM

Welcome Event and Dinner

La Villita

TUESDAY, SEPTEMBER 25, 2018

6:30 AM - 7:15 AM

Wellness Activity – Line Dancing

Get a jump start on your daily 'Steps' with this fun morning wake-up! Simple dance steps to upbeat music will get your heart-rate up to burn more calories throughout the day. Low-impact activity for all fitness levels. Comfortable clothing suggested; boots optional!

7:00 AM - 4:00 PM

Registration/Silent Auction Drop-off

7:00 AM - 8:00 AM

First Timer Orientation and Breakfast

8:15 AM - 9:00 AM

Concurrent Sessions

Concurrent Session 1 - High Speed Hand Washing Saves Time, Water and Health in North Central Kansas

Track: AWARD / Health

Presenter(s): *Donna Krug, Linda Beech, Jamie Rathbun, Erin Petersilie*

Clean and Healthy Families & Communities Award

The high speed handwashing program by this Kansas team helps groups do better handwashing in less time while saving more water- and better handwashing ultimately leads to better health.

Concurrent Session 2 – Eat More Greens in 2017 Campaign

Track: AWARD

Presenter(s): *Elisa Shackelton, Colorado*

Social Media Education Award

Concurrent Session 3 – Trends and Innovation in Family Engagement - According to Parents

Track: Parenting Education

Presenter(s): *Debbie Curley, MPH, Katherine E. Speirs, PhD, Ashley Dixon, MS*

Ever offer a parenting class and three people show up? Learn what parents say they want and how to incorporate their suggestions into your programming.

Concurrent Session 4 – Understanding and Estimating Health Insurance Costs – A Smart Use Health Insurance Program

Track: Financial Management

Presenter(s): *Maria Pippidis, Jesse Ketterman, Lisa McCoy, Virginia Brown, Bonnie Braun, Lynn Little, Priscilla Graves*

Consumers are confused about health insurance costs. This session helps consumers understand health care costs, know where to go for information, and share tools to help estimate health care costs.

Concurrent Session 5 – Combating the Diabetes Belt Distinction with the National Diabetes Prevention Program

Track: Health

Presenter(s): *Marie Arick*

The National Diabetes Prevention Program "Prevent T2" uses educational and behavioral intervention strategies to help clients reduce their risk of developing type 2 diabetes by at least 58%.

Concurrent Session 6 – Reaching the Next Generation of Extension Audiences

Track: Technology and Social Media

Presenter(s): *Amanda Christensen, Naomi Brower*

This workshop will share about the creation, peer-review process, and impact of peer-reviewed, educational videos in an effort to support Extension professionals' efforts to stay relevant in the digital age.

9:00 AM - 11:00 AM

Life Member Meeting

9:15 AM - 10:00 AM

Concurrent Sessions

Concurrent Session 1 – Downsizing and Organizing Your Home

Track: AWARD

Presenter(s): *Morgan Rousseau, Anna McCoy*

Clean and Healthy Families & Communities Award

Downsizing your home and transitioning into a smaller living space has become a recent trend for older adults and young families. As people age, large homes require upkeep, continued maintenance, and expensive utility bills. Seniors may face accessibility and self-care challenges stemming from multi-level living. By downsizing, minimizing, and organizing a smaller home can provide significant savings on property taxes, utilities, and insurance equating to less stress and manageability. The downsizing process is appealing, yet intimidating as one thinks about minimizing their personal possessions, ridding clutter, and packing up years of clothing, home goods, heirlooms, and furniture.

Concurrent Session 2 – Walking School Initiative Program

Track: Health

Presenter(s): *Angelica Sifuentes, Luisa Colin, Erica Reyes*

Workshop will assist attendees in implementing a Walking School Initiative that increases physical activity among youth to improve their health and wellness through their physical education class.

Concurrent Session 3 – Promoting Positive Youth Development Through Relationship Education

Track: 4-H and Youth Development

Presenter(s): *Rebecca Stackhouse, Ted Futris, Kristi Farner, Stephanie Benton, Terri Black, Ann Center, Susan Culpepper, Kandi Edwards, Machel Gill, Joshua Grant, Randie Gray, Kasey Hall, Wanda McLocklin, Jackie Nunn, Kris Peavy, Cindy Sheram, Kristen Sumpter, Kayla Wall, Randy West*

Relationship education provides youth with vital skills to develop healthy interpersonal relationships. The impact and lessons learned from programs offered through in-school and after school settings will be shared.

Concurrent Session 4 – Strategies for Addressing Nutrition Misinformation

Track: Nutrition

Presenter(s): *Amy Elizer*

Because consumers' health can be damaged due to nutrition misinformation, educators must address it. Research on its spread, plus strategies to address it and a lesson will be shared.

Concurrent Session 5 – No Pen, No Paper -- No Problem!

Track: Technology and Social Media

Presenter(s): *Rebecca Sheffield, Stephanie Diehl, Kevin Cubbage*

To better access, facilitate and evaluate Cooperative Extension programming – various technologies are employed to more quickly gather, collate, process and evaluate information using off-line applications.

Concurrent Session 6 – Adapting Financial Education to Limited Resources Populations

Track: Financial Management

Presenter(s): *Alisha Barton, Lorissa Dunfee, Amanda Bohlen, Bridget Britton, Misty Harmon*

Extension professionals are required to customize financial education to serve participants. Learn how to adapt programs for limited resource populations such as veterans, lower-income audiences, and individuals in recovery.

Concurrent Session 7 – Food Safety Award

Track: AWARD / Food Safety

Presenter(s): *Joan Gray-Soria, Billie Peden, Kay Herron Rogers, Amalia Mata, Whitley Sprague, Miquela Smith, Amy Wagner, Wendy Hazzard, Carolyn Prill-Bennett, Chelsey Tillman, Lizabeth Gresham, Jennifer Nickell*

Food Safety Award

With food safety as a primary concern for families both inside and outside the home, agents from across the Texas Panhandle joined forces to help 10,267 adults and youth handle food safely through multiple approaches.

10:15 AM - 11:00 AM

Concurrent Sessions

Concurrent Session 1 – “Prevent T2”, the CDC National Diabetes Prevention Program

Track: Health

Presenter(s): *Bridget Morrisroe-Aman, Jaqueline Amende, Rebecca Hutchings, Gretchen Manker, Sindy Martinez*

The National Diabetes Prevention Program is a partnership of public and private organizations working to prevent type 2 diabetes. Learn about the program and PreventT2 an evidence-based, healthy-lifestyle change program.

Concurrent Session 2 – eParenting: Using Technology to Provide Parenting Education

Track: Technology and Social Media

Presenter(s): *Anne Clarkson, Brook Berg, Pattie Carroll, Mary Huser, Renee Koenig, Lori Zierl*

Most parents seek parenting information online. Using different digital delivery formats, our three eParenting® programs teach positive technology use at critical family transitions. Learn best practices in digital outreach.

Concurrent Session 3 – The Homemade Entrepreneur: A Program for Growing Small Food Businesses

Track: Administration/Leadership/Community Development

Presenter(s): *Natasha Parks, Samara Deary, Meg McAlpine, Annie Sheldon, Brad Burbaugh*

The Homemade Entrepreneur program educates citizens on the Cottage Food Law and provides skills to start a successful home-based food business to increase economic activity in their communities.

Concurrent Session 4 – Teaching consumers how to effectively use online coupon codes and mobile coupons to save money

Track: Financial Management

Presenter(s): *Teresa Hunsaker, Darlene Christensen*

Couponing is at an all-time high, with digital coupon savings growing fast. This research based program teaches consumers to more effectively use electronic and digital options to save money.

Concurrent Session 5 – VEGucate Yourself: The Who, What, When, Where, & Why of Vegetarian Diets

Track: Nutrition

Presenter(s): *Kimberly Moore, Kathleen Splane, Cheryl Bush*

VEGucate answers who and when one may eat a vegetarian/vegan diet, what these diets are, where to get nutrients from, and why one may follow these diets.

Concurrent Session 6 – Increasing Access to Extension Programs for Diverse Audiences

Track: COMMITTEE / Diversity

Presenter(s): *Karim Martinez, Lorrie Coop, Ines Beltrán, Diana Romano, Traci Armstrong*

Members of the diversity sub-committee will share strategies and recommendations for increasing the accessibility of Extension programs for minority and other undeserved audiences. They will present research and resources and will also share personal experiences reaching diverse audiences in their communities.

Concurrent Session 7 – Building Rural Community Partnerships to Increase Adults Healthy Brain Habits

Track: AWARD / Health

Presenter(s): *Chelsey Byers Gerstenecker*

Community Partnership Award

University of Illinois Extension, the Alzheimer's Association and the Central Illinois Area Health Education Center teamed up to deliver multiple four-part Brain Health Series reaching rural audiences in Central Illinois.

11:15 AM - 1:15 PM

Regional Meeting & Awards Lunch

1:00 PM - 5:00 PM

Exhibitor Set-up/Silent Auction Set-up

1:30 PM - 5:30 PM

In-Depth Sessions, bus departure times listed on tickets (*separate registration required*)

In-Depth Session 1 – Duds to Dazzle Workshop/Refashion Workshop

Track: 4-H Clothing & Youth Development

Duds to Dazzle is part of the 4-H Clothing Project. This is a competition and learning experience that allows 4-H members to create or upscale used articles into usable and stylish products and clothing. This workshop will offer participants the opportunity to learn about Duds to Dazzle and Refashion and how the contest works. They will have hands-on activities that will help them take back information to replicate in their own county or region. Objectives: Gain knowledge and understanding about the Duds to Dazzle Contest; be introduced to understanding the rules and guidelines; apply information presented to complete a Duds to Dazzle Project.

In-Depth Session 2 – Creative Spark: Applying Innovation-Boosting Tools to Everyday Problem Solving

Track: Administration/ Leadership/Community Development

How often have you wished for a better solution to a challenge? Creativity is often viewed as an inherent trait; you have it or you don't. Contrary to this belief, creativity is a skill that can be honed and utilized on a daily basis by everyone. With a problem-solving approach, we will explore multiple

creativity-boosting tools to address any situation. In this workshop we will define daily practices of the highly creative, and how to use these approaches in your current life and career. This workshop will distinguish the differences and mutual importance of both divergent and convergent thinking in the problem-solving process. Through a research-driven, methodical step-by-step process, this session will define and break down underlying issues, use brainstorming and other idea-generating tools, and develop possible solutions into viable, novel resolutions. We will address clarifying the problem, ideation, implementation, evaluation, overcoming barriers, and the value of failure. Participants will walk away with multiple solutions. Objectives: Distinguish the differences and mutual importance of both divergent and convergent thinking in the problem-solving process; clarify the problem, ideation, implementation, evaluation, overcoming barriers, and assess the value of failure; through a research driven, methodical step-by-step process, this class will define and break down underlying issues, use brainstorming and other idea generating tools and develop possible solutions into viable, novel resolutions.

In-Depth Session 3 – Culinary Institute of Arts San Antonio

Track: Nutrition & Food Preparation

This session will provide hands-on cooking demonstrations for participants. Learn about the Flavors of Texas. Participants will take away skills and recipes to their home state to share with their peers and county. Participants will also get to taste recipes they have prepared. Objectives: Observing cooking methods, knife skills, and flavor paring; explore the unique flavors that Texas has to offer; experience a professional cooking demonstration and interaction with the Culinary Institute of Art Chefs. Learn about the many flavors of Texas from BBQ to Cowboy Chick to Tex Mex and the comfort foods of the south. Also learn about Peppers.

In-Depth Session 4 – HEB Headquarters

Track: Nutrition / Food Safety

Participants will have the opportunity to tour the headquarters of H-E-B and learn about Food Security. H-E-B is one of the largest family owned grocery stores in Texas. This session will include a tour of the Quality Assurance Laboratory and Metrix 360 that looks at food safety and safe practices all year long. This tour includes a brief presentation of the lab's history, who/what they are and some general understanding of what they do there. After the presentation, there is a tour of the lab through their microbiology, physical, chemistry and product incident laboratories. In each area, they will have a scientist discuss some of the techniques used in the testing that is performed and programs supported by testing by H-E-B. Objectives: Learn about a quality assurance food testing laboratory; understand how H-E-B uses this lab and what programs it supports; get a better understanding of what is tested in food.

In-Depth Session 5 – San Antonio Food Bank

Track: SNAP-Ed /Volunteerism

Participants will begin the tour by helping sort non-perishable foods for the "million summer kids meals" project. San Antonio Food Bank is the largest Food Bank in the Southwest that serves 58,000 individuals each week. This session will explore the programs they conduct including a summer meal program, backpack food program, a Community Kitchen, the culinary Arts program and Kid's Cafe feeding program. Objectives: Demonstrate how the San Antonio Food Bank capitalizes on volunteer base and utilizes networking to produce benefits for the community; observe how food bank clients are offered opportunities to improve their personal skills that can promote employability; demonstrate effective utilization of three gardens including, Urban Garden-raised beds, Orchard fruit trees and the 27 acre farm.

In-Depth Session 6 – Haven for Hope

Track: Sustainable Living

Haven for Hope is a place of hope and new beginnings for people in Bexar County, Texas who are experiencing homelessness. It is made up of two major programs: The Courtyard, a low-barrier safe sleeping program that offers shelter and basic needs. The transformational campus is a center that offers services and shelter with an emphasis toward addressing the root of homelessness. Objectives: Learn about the homeless situation; learn programs that are addressing needs to help individuals and families have success.

In-Depth Session 7 – AVANCE

Track: Parenting/Child Development

AVANCE is a model of servings for parents and their infants of young children under the age of 3. It reaches out to create strong families by offering parent education, social support, adult basic and higher education, early childhood education, youth programs, personal development and community empowerment. Objectives: Providing participants with hands on experience of AVANCE; to learn about the Generation Model of Services that includes collaboration with community partners, in order to better serve families in at-risk communities in San Antonio; experience how the program fosters healthy growth & development of children and child-rearing skills for parents; see how the program promotes school readiness.

In-Depth Session 8 – Implementing Child Care Conferences and Trainings

Track: Child Care/Child Development

Texas has been a leader in conducting child care provider training. This session will provide lessons about planning and implementing Child Care Conferences, and the various kinds of child care training, including online courses. The session will help you gain skills to implement this information back in your county or Parrish.

In-Depth Session 9 – Learn, Grow, Eat & Go!

Track: SNAP-Ed/4-H Youth Development

This interdisciplinary program combines academic achievement, gardening, nutrient-dense food experiences, physical activity, and school and family engagement. Participants will learn about the Learn, Grow, Eat & Go (LGEG)! LGEG program and experience provides hands-on activities that are featured in the curriculum. Objectives: Learning about the program and educational curriculum; understand the connection of nutrition, healthy lifestyles and gardening; adopt practices that encourage growing fruits and vegetables for healthier eating; utilize tools and skills from the workshop to use in their own counties. Participants will receive the LGEG curriculum.

In-Depth Session 10 – Leadership Extension

Track: Leadership

Leadership Extension provides a comprehensive leadership development program that will enable Extension faculty to enhance their abilities to teach youth and adult leadership skills. Led by Dr. Jim Muzurkiewicz, Regents Fellow Professor and Leadership Program Director, the two year program has utilized some of the most noted experts in leadership development and management techniques as resource people to transform Extension leaders into a group ready and able to assume new leadership roles at the local, state and national levels. This in-depth session will be held on the Fort Sam Houston military base and will showcase the military leadership and philosophy component of the Leadership Extension program. Officers in the United States Army will discuss military leadership development

programs and cultural issues through team building, leadership and fellowship activities. There will be a required application form to be completed for each person who will be attending this session in order to obtain base clearance. Participants must be registered by August 15, 2018 to participate in this tour.

In-Depth Session 11 – Sandy Oaks

Track: Nutrition/Economic Development

Explore the influences of the Mediterranean in Texas. Learn about olive orchards and harvesting olives. This session will include a tour and a tasting of the different varieties of olive oil. Participants will also have the opportunity to see the full line of skin care products that are produced onsite. Sandy Oaks is also celebrated for emphasis on hospitality and educating the public on the benefits and various uses of olive oils. Stroll through their nursery to pick up an olive tree or two for your very own back yard. On the tour you will find that even olives have Texas accents.

In-Depth Session 12 – San Antonio Missions, Market and More

Track: Life Member and Community Development

Viva San Antonio tours will provide an authentic take on the rich history of San Antonio and its connection to the economic development of today's rapid-growing, cosmopolitan city. We will visit San Antonio's three most popular historic missions - the Alamo, Mission San Jose and Mission Conception. Next, on the way to San Fernando Cathedral, which is the oldest permanent active Cathedral sanctuary in the United States, the tour will meander through the King William District, and the historical elite German neighborhood with beautiful Victorian Mansions. The tour will end at El Mercado (Market Square), the largest Mexican market north of the border. Transportation will be provided back to the hotel, approximately 1 mile distance; however, participants may choose to stay a little longer to explore the 32 shops at El Mercado and 80 specialty shops in the adjacent Farmers Market. Objectives: Understand the historical significance of the San Antonio missions, which represent the largest concentration of Spanish colonial missions in North America and have been named a World Heritage Site by the Nations Education, Scientific and Cultural Organization; observe the significant economic implications of tourism and local specialty vendors at the largest Mexican market in the U.S. and one of America's top 10 outdoor markets; explore the multicultural aspects of San Antonio's neighborhoods and tourism destinations. This tour is a great way to celebrate 300 years of San Antonio!!!

In-Depth Session 13 – Healthy South Texas - Interdisciplinary Education & Health Outreach Campaign

Track: Health

Healthy South Texas is an innovative program that has developed tools and strategies that can be applied to public health challenges addressing chronic diseases. This interdisciplinary approach has used Land Grant resources as a way to produce highly visible public health campaigns. During this session, topics will include identifying interprofessional team members, sharing tools, resources, stakeholder involvement, successes, challenges and lessons learned at the local level. This "all hands on deck" approach has helped provide County Extension Agents tools in forming health coalitions, nutrition education, cooking schools, physical activity initiatives, youth health ambassadors, master wellness volunteers, gardening and infectious disease awareness, among other topics. Through this interactive session, you will hear from the team which includes administrators, specialists, and agents, who are our key educators in the development of this exciting initiative.

In-Depth Session 14 – Federal Reserve Bank and Market Square

Track: Financial Literacy

Learn about the Federal Reserve and the role they play in economic business and research and advancing the safety and soundness of financial institutions across the region as well as the nation.

Learn about the resource available to Extension Educators for teaching financial literacy. Visit one of the oldest and largest Mexican Markets in Texas.

6:30 PM - 9:30 PM

Leadership Event at the Alamo (*Invitation Only*)

WEDNESDAY, SEPTEMBER 26, 2018

6:30 AM - 7:15 AM

Wellness Activity – Line Dancing

Get a jump start on your daily ‘Steps’ with this fun morning wake-up! Simple dance steps to upbeat music will get your heart-rate up to burn more calories throughout the day. Low-impact activity for all fitness levels. Comfortable clothing suggested; boots optional!

7:00 AM - 4:00 PM

Registration Open

7:00 AM – 11:00 AM

Exhibitor Set-up/Silent Auction Set-up

8:00 AM - 4:00 PM

FCS Program Leaders Meeting (*breakfast and lunch included*)

8:00 AM - 8:45 AM

Concurrent Sessions

Concurrent Session 1 – Assessing Nutrition Literacy Skills to Guide Program Development

Track: Nutrition

Presenter(s): *Lisa McCoy, Beverly Jackey, Virginia Brown*

Learn how a statewide online Health Nutrition Literacy survey, focusing on the nutrition facts label was created. Understand how the results are guiding program development for positive health outcomes.

Concurrent Session 2 – Preparing the Child Care Environment for Natural Disasters and Other Emergencies

Track: Child Care/Child Development

Presenter(s): *Pamela Turner, Diane Bales*

Participants will learn how to use a variety of research-based tools to educate child care providers about children’s responses to emergencies and how teachers and parents can support them.

Concurrent Session 3 – GEM Program: Get Experience in Mindfulness

Track: Health

Presenter(s): *Sarah Bercaw, Breanna Banks*

The Get Experience in Mindfulness (GEM) program is a mindfulness-based stress management series. This program is interactive and teaches stress coping and relaxation techniques as an introduction to mindfulness.

Concurrent Session 4 – Lessons Learned from Organizing a Multi-County Marriage Celebration

Track:

Presenter(s): *Naomi Brower, Pamela Payne*

This presentation will share strategies and lessons learned from organizing a successful collaborative multi-county marriage enrichment event, as well as an overview of the evaluative findings.

Concurrent Session 5 – Community Partnerships Making a Difference with At-Risk Families

Track: Administration/Leadership/Community Development

Presenter(s): *Treva Williams, Dennis DeCamp*

This session explores a unique successful community partnership between schools, court system and extension designed to address needs of at-risk youth and their families, pro-actively addressing critical family stability issues.

Concurrent Session 6 – “Nailed it!” Awards Training Concurrent Session

Track: COMMITTEE

Presenter(s): *Roxie Price and Awards Training Subcommittee Members*

Move your national awards application to the next level by learning tips and tricks to dodge pitfalls during the creation process. Network with others who may be interested in multi-state collaborations, which can strengthen an application. Learn the idea of working backwards to make the process easier.

Concurrent Session 7 – Responsible Spending Behaviors: From Research to Practice

Track: AWARD / Financial Management

Presenter(s): *Bryce Jorgensen*

Program Excellence Through Research Award

Responsible spending behaviors differ based on socialization, financial attitudes, and education. New financial management programs focus on changing spending behaviors based on this behavioral economics research. Evaluation/impact data available.

9:00 AM - 9:45 AM

Concurrent Sessions

Concurrent Session 1 – Action Pack Families: Bringing Healthy Choices Home

Track: Health

Presenter(s): *Andrea Scarrow, Marsha Davis, Courtney Still*

Action Pack Families: Bringing Healthy Choices Home addresses childhood obesity in a multi-sector approach using children as change agents to improve health at home, at school and in their community.

Concurrent Session 2 – Writing Your Retirement Paycheck: Workshops for those nearing retirement

Track: Financial Management

Presenter(s): *Barb Wollan, Joyce Lash*

Will retirement funds last? Explore a two-part workshop that equips consumers for key decisions around retirement income by addressing Social Security, inflation, taxes, withdrawal strategies and more.

Concurrent Session 3 – Exploring Local Cuisine From The Roots Up: A Food Systems Extension Program

Track: Potpourri

Presenter(s): *Mia Wilchcombe, Megan Mann, Brooke Moffis, Juanita Popenoe, Lloyd Singleton*

An interdisciplinary approach that focuses on the entire food system. The purpose is to increase awareness and appreciation of agriculture through education and promotion of local agriculture.

Concurrent Session 4 – Digital Storytelling with ScratchJr

Track: Technology and Social Media

Presenter(s): *Leanne Manning, Ashu Guru, Sarah Roberts, Julie Crandall, Lee Sherry, Holly Hatton-Bowers*

Learn through a hands-on demonstration how our online program teaches providers and extension staff to use ScratchJr with children ages 5-7 to develop digital stories and facilitate children's critical thinking.

Concurrent Session 5 – Fostering Engineering Play Behaviors in Young Children

Track: Child Care/Child Development

Presenter(s): *Barbara Beaulieu*

Researchers and Extension Educators evaluated the effectiveness of a preschool teacher training program that increased teachers' understanding of and support for children's constructive play as a form of early engineering.

Concurrent Session 6 – Building a Quilt Square Trail: Promoting 4-H and Community Service

Track: 4-H and Youth Development

Presenter(s): *Christine Kendle*

Quilt square trails throughout rural America tell an important story while providing opportunities for partnerships and youth engagement in 4-H promotion, community service, and local government.

Concurrent Session 7 – Dinner Tonight! Video Demonstrations

Track: AWARD / Technology & Social Media

Presenter(s): *Chelsea Stevens, Michelle Allen, Julie Gardner, Joel Redus, Hannah Krebs, Kelli Brown, Elaine Montemayor-Gonzalez, Courtney DeBoard, Rusty Hohlt, Odessa Appel, Susan Ballabina, Danielle Hammond-Kreuger*

Social Media Education - Online Video Award

The Dinner Tonight! program encourages family mealtime by providing quick, nutritious and cost-effective recipes to consumers through weekly video webcasts and other web-based methods such as blogs, Pinterest and Facebook.

Concurrent Session 8 – Presenting a professional Webinar for NEAFCS Members

Track: COMMITTEE / Webinars

Presenter(s): *Leslie Shallcross*

State: Alaska

Sharing your work in a professional webinar can benefit you as well as other NEAFCS members. As a presenter, you gain national exposure, building your potential professional advancement and growth and opening the doors to collaborations. Other NEAFCS members gain from learning about your experiences and program models. Find out what it takes to submit a proposal and what a well written proposal looks like.

10:00 AM - 10:45 AM

Concurrent Sessions

Concurrent Session 1 – Community Health Education Campaigns

Track: Health

Presenter(s): *Elaine Fries, Rusty Hohlt*

Workshop will assist attendees in identifying land grant university resources to develop a comprehensive health outreach program and look at the success of highly visible public health campaigns.

Concurrent Session 2 – Prepare to Care

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter(s): *Lora Lee Frazier Howard, Leslie Workman, Kenna Knight, Amy Hosier*

Caregiving is an important role but one that few are trained to hold. This session highlights AARP's "Prepare to Care" program which helps individuals and families make caregiving more manageable.

Concurrent Session 3 – Utilizing Mindfulness to be an Effective and Balanced Extension Agent

Track: Potpourri

Presenter(s): *Heather Janney*

In this session, we will focus on bettering agents' wellness, work productivity and work-life balance. Research shows that individuals who have better physical and mental health have improved job productivity.

Concurrent Session 4 – Analysis of Certified Food Protection Manager Examination Results after a New Training Approach

Track: Food Safety

Presenter(s): *Natalie Seymour*

Overview of new extension-based food protection manager certification training program focused on principles of adult learning and behavior change theory and resulting impact on mastery of food safety topics.

Concurrent Session 5 – Extension Agents and University Students Successfully Grow Virtual Volunteer Income Tax Assistance

Track: Financial Management

Presenter(s): *Andrea Scarrow, Joan Koonce, Rachel Hubbard, Roxie Price, Parker Mitzi, Kathryn Holland, Suzanne Williams, Ann Centner, Lance Palmer*

Extension agents collaborated with University students and the IRS to implement Virtual Volunteer Income Tax Assistance. In one year, agent participation doubled and the program now reaches across the state.

Concurrent Session 6 – Promoting FCS Programs at the State and National Level

Track: COMMITTEE /PUBLIC AFFAIRS

Presenter(s): *Julie Garden-Robinson and Public Affairs Committee*

Does your community know about your Extension programs? Are you using/promoting the national public affairs activities (Dining In, Living Well Month)? Learn how to come up with a plan to promote your FCS programs. Help refresh the national NEAFCS projects with new ideas or success stories from your state.

Concurrent Session 7 – Master Wellness Volunteer Program a success in Tulsa County

Track: AWARD / Health

Presenter(s): *Michelle Bonnicelli, Kelly Baehler, Gerri Holmes, Deanna Lawson, Sharolyn Sorrels*

Master Family and Consumer Sciences Volunteer Award

The Master Wellness Volunteer training program is an engaging series of five classes that provides volunteers with 40 hours of training in health and wellness education. In return, the volunteers agree to give back 40 hours of service to the community as an OSU Extension Master Wellness Volunteer.

Concurrent Session 8 –

Track: COMMITTEE / Writing a Winning Proposal

Presenter(s): *Jami Dellifield, Marcia Parcell, Candace Heer*

Wondering how to write a proposal that will be accepted for presentation? Come and learn the tricks to the trade on how to write a winning proposal that will impress reviewers.

11:00 AM - 11:30 AM

Exhibitor Orientation

11:00 AM - 11:45 PM

Concurrent Sessions

Concurrent Session 1 – Caregiver wellness and resiliency

Track: Child Care/Child Development

Presenter(s): *Christine Anthony*

Providing high-quality care for children in out-of-home care can be stressful. This session will address strategies that can be used to maximize self-care and resiliency for early care professionals.

Concurrent Session 2 – Creating Behavior Change through Interactive, On-line Education

Track: Technology and Social Media

Presenter(s): *Julie England, Wendy Lynch, Wendy Dahl, Lisa Leslie*

Statewide teams work cooperatively to expand reach to non-traditional audiences through interactive nutrition and financial webinars to elicit behavior change.

Concurrent Session 3 – The Art of Goodbye: An Interdisciplinary Approach to End-of-Life Education

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter(s): *Lynda Spence*

This program helps individuals and families reduce barriers related to end-of-life concerns. Participants will learn how to explore, discuss, and plan using an intentional, self-determined, and coordinated approach.

Concurrent Session 4 – Dinner Tonight! Healthy Cooking School

Track: Health

Presenter(s): *Norma Munoz, Elaine Montemayor-Gonzalez, Rusty Hohlt*

The Dinner Tonight! program encourages home food preparation by providing quick, nutritious recipes through healthy cooking schools, virtual videos, e-newsletters, website features, and social media.

Concurrent Session 5 – Creating Effective Outcome Evaluations

Track: Potpourri

Presenter(s): *Karim Martinez, Bryce Jorgensen*

As extension educators, we are required to conduct evaluations. In this session, you will receive easy to use templates and learn best practices on writing and conducting effective evaluations.

Concurrent Session 6 – JNEAFCS...All You Need to Know About the Journal of NEAFCS

Track: COMMITTEE / Journal

Presenter(s): *Dana Wright, Sarah Ransom*

If you have ever wondered what the requirements are for submitting an article, what the reviewers are looking for, what we consider when selecting articles for the Journal – this is the place to be! We will discuss requirements, tips for submission and answer questions you may have regarding submitting to

JNEAFCS. If you would like to learn more about participating in the production of the Journal, we will share some brief information and share how to get involved.

Concurrent Session 7 – South Asian Health Awareness About Stroke (SAHAS)

Track: AWARD /Health & Nutrition

Presenter(s): *Shailja Mathur, Sunanda Gaur, Varsha Singh, Bishakha Ghoshal, Christina Varghese, Aayush Visaria, Tina Dharamdasani, Vanessa Rios,*

Mary W. Wells Diversity Award

SAHAS is a community outreach program from the South Asian Total Health Initiative (SATHI). This program is the first of its kind in Middlesex County and a collaboration between the Rutgers Medical School and Rutgers Cooperative Extension. The program is co taught by a Registered Dietitian and a Stroke Nurse. Participants are taught about healthy behaviors to prevent stroke and educated on recognizing the signs of Stroke in a timely fashion.

12:00 PM

Exhibit Hall Ribbon Cutting

12:00 PM - 3:30 PM

Exhibit Hall Open - Boxed Lunch Provided

Silent Auction and Showcase of Excellence Open for Viewing

*See below under the Ignite Session/World Café listing to see which sessions also include a Showcase of Excellence (denoted with **)*

1:00 PM - 3:45 PM

Exhibit Forums

2:15 PM - 4:15 PM

Annual Business Meeting

2:15 PM - 4:15 PM

Ignite Sessions and World Café

*Sessions marked with (**) represents those that also include a Showcase of Excellence.*

The first hour will include Ignite Sessions, followed by an hour of World Café.

IGNITE/WORLD CAFÉ ROOM 1

IGNITE 2:15 PM

Basic Core: Building Blocks for Safe and Healthy Children ()**

Track: Child Care/Child Development

Presenters: *Terri Black, Diane Bales, Edda Cotto-Rivera, Janet Hollingsworth, Susan Howington, Lisa Jordan, Susan Moore, Laura Smith*

Ensuring that children in are safe, preventing the spread of infectious diseases, preventing abuse and neglect in child care are the most basic components of a high-quality child care program.

IGNITE 2:25 PM

Boosting Cooking Skills for Kids

Track: 4-H and Youth Development

Presenters: *Grace Wittman, Becky Hutchings, Gretchen Manker*

Studies demonstrate that people spending less time preparing meals at home. Four Idaho FCS and 4-H Extension Educators have taken on the task of teaching youth basic cooking skills.

IGNITE 2:35 PM

Building Early Emotional Skills: A group curriculum for parent and early childhood providers ()**

Track: Parenting Education

Presenters: *Kylie Rymanowicz, Kendra Moyses, Carrie Shrier, Holly Brophy-Herb*

Building Early Emotional Skills (BEES) is a research-based parenting/caregiver curriculum designed to help adults build awareness and skills to support healthy social emotional development in young children.

IGNITE 2:45 PM

GoJoCo - Promoting Child Nutrition Programs and Healthy Living

Track: Nutrition

Presenters: *Sarah Ransom*

GoJoCo is a grant-funded initiative to promote child nutritional programs throughout the county. This projects works to address education, awareness of available resources and building partnerships for lasting impact.

IGNITE/WORLD CAFÉ ROOM 2

IGNITE 2:15 PM

Cooking Local Foods Made Simple: Agent Training to Increase Capacity for Foods and Nutrition Programming

Track: Nutrition

Presenters: *Katrina Levine, Lorelei Jones, Emily Foley, Susan Chase, Suzanne van Rijn, Zandra Alford, Jayne McBurney, Jennifer Grable, Hayley Napier, Olivia Jones, Dara Bloom, Lindsey Haynes-Maslow, Gretchen Hofing, Carolyn Dunn*

Cooking Local Foods Made Simple is an intensive, three-part, 60-hour hands-on training specifically for FCS agents to improve confidence and develop food preparation skills for nutrition and local foods programs.

IGNITE 2:25 PM

Cooperative Extension as a Model for Sustainable Dissemination of the Diabetes Prevention Program

Track: Health

Presenters: *Vanessa da Silva, Traci Armstrong-Florian, Hope Wilson, Melissa Wyatt, Joyce Alves, Cathy Martinez*

The Diabetes Prevention Program is a CDC initiative to reduce the risk of diabetes. Cooperative Extension is an excellent fit for the DPP due to its reach in underserved areas.

IGNITE 2:35 PM

Culinary Farm Tour: An Interdisciplinary Approach to Growing, Cooking, and Eating Local ()**

Track: Potpourri

Presenters: *Samantha Kennedy, Christa Kirby, Michelle Atkinson, Martha Glenn, Crystal Snodgrass*

Chefs cook the food farmers produce. Bringing these groups together through farm tours helps strengthen this connection and educates chefs about the freshness, abundance, and safety of their locally-grown produce.

IGNITE 2:45 PM

Developing and piloting a participant food preservation tool ()**

Track: Food Safety

Presenters: *Shauna Henley, Chenzi Wang*

An evaluation tool was developed and piloted to capture participants' intent and self-efficacy to use evidence-based canning practices. Results show participants improved behavior intent and knowledge towards evidence-based canning practices.

IGNITE 2:55 PM

Dining With Diabetes ()**

Track: Nutrition

Presenters: *Kimberly Moore, Kathleen Splane, Cheryl Bush*

Dining with Diabetes is a five part series that teaches participants about the basics of diabetes, how to manage diabetes through diet, and the importance of exercise and medication.

IGNITE 3:05 PM

Effectiveness of a Healthy Menu Options Program ()**

Track: Nutrition

Presenters: *Sherri Cirignano, Sarah Perramant*

A study was undertaken to determine if promotion of a Healthy Menu Options program would increase both the purchase of approved items and awareness of healthy options by restaurant patrons.

IGNITE/WORLD CAFÉ ROOM 3

IGNITE 2:15 PM

Building Capacity through Mental Health Education

Track: Health

Presenters: *Zurishaddai Garcia*

Fostering mental health in youth is a critical need. Extension has the capability to foster mental health through existing programs and through prevention education – Youth Mental Health First Aid.

IGNITE 2:25 PM

Digital Detoxing for Health ()**

Track: Health

Presenter: *Jenny Lobb*

While technology has many positive uses, the overuse of technology can negatively impact health. Learn how and why to teach, practice and promote the art of digital detoxing for health.

IGNITE 2:35 PM

Methodology, Implementations, and Assessment of Mindfulness-based Programs with Adult Drug Court Participants

Track: Health

Presenter: *Dhruti Patel, Amy Rhodes*

The session illustrates the need, methodology, programmatic adaptations, implementation, and assessment of the mindfulness and

stress management program for adults participating in the county circuit court's drug court program.

IGNITE 2:45 PM

Now there's an app for that! Canning Timer and Checklist app. ()**

Track: Technology and Social Media

Presenter: *Jeanne Brandt, Dio Morales, Stephen Ward*

Based on USDA recommendations, the Canning Timer and Checklist App acknowledges consumer reliance on electronic sources of information. It combines steps for successful home food preservation with built-in timers.

IGNITE 2:55 PM

Steps Toward Attaining Extension Latino Cultural Competency: A Diversity & Inclusion Issue Corps Project

Track: Potpourri

Presenter: *Zurishaddai Garcia, Celina Wille*

The U.S. Latino community is growing and Extension should be engaging and inclusive. This presentation will share one state's efforts to empower Extension professionals with Latino cultural competency.

IGNITE 3:05 PM

The Stress Less with Mindfulness Program: An Evaluation of Program Benefits and Barriers to Implementation

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter: *Cheryl Kaczor, Rebecca Smith, Andrea Hoover, Ami Cook, Sue Flanagan, Terrill Peck, David Roberts*

An evaluation of the Stress Less with Mindfulness (SLM) program which is an initiative designed to help participants address stress in their daily lives using mindfulness principles.

IGNITE 3:15 PM

Increasing Cancer Screening and Changing Cancer Prevention Behaviors for Women in Georgia ()**

Track: Nutrition

Presenter: *Alison Berg, Ines Beltran, Keishon Thomas, Rhea Bentley, Leigh Ann Aaron, Terri Black, Edda Cotto-Rivera, Susan Culpepper, Jackie Dallas, MaryBeth Hornbeck, Susan Howington, Jackie Ogden, Kristen Sumpter, Cindee Sweda, Barbara Worley, Olga Lucia Jimenez*

The Cooking for a Lifetime of Cancer Prevention Cooking School program educates Georgia women about recommended breast, cervical and colorectal cancer screenings, and nutrition and physical activity for cancer prevention.

IGNITE/WORLD CAFÉ ROOM 4

IGNITE 2:15 PM

A Dozen Evaluation Methods and Metrics for Social Media Outreach

Track: Technology and Social Media

Presenter: Barbara O'Neill

This session will describe a dozen methods and metrics that Extension educators can use to document the impact of their educational outreach using various social media platforms such as Twitter.

IGNITE 2:25 PM

Community Volunteers as Health Motivators

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter: *David Roberts, Zona Hutson, Gwen Crum, Cheryl Kaczor, Becky Smith, Elaine Bowen, Lauren Prinzo*

Health Motivator volunteers promote healthy lifestyles within their local groups through monthly peer-led activities. Motivators and group members use research-informed health information and interactive physical activities to reinforce key messages.

IGNITE 2:35 PM

Determining Factors that Contribute to Employee's Perceptions of Low Income Individuals ()**

Track: Administration/Leadership/Community Development

Presenter: *Gina Taylor, Lauren Prinzo, Lauren Weatherford, Gina Wood*

The WVU Extension Service conducted research in 2017 to determine what factors influence staff perception of low income populations. The results can be utilized to guide employee training processes.

IGNITE 2:45 PM

I'll Have a Congregate Meal with Nutrition Education On the Side Please! ()**

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter: *Michelle Brill*

Older adults who attend the county congregate meals program are provided with nutrition education. Do they "ingest" it or do they "leave it on their plates"?

IGNITE 2:55 PM

Interdisciplinary Farmers Market Project Helps SNAP Clients Discover Benefits of Fresh Produce While Increasing Vendor Sales and Traffic ()**

Track: Administration/Leadership/Community Development

Presenter: *Anne-Carter Carrington, Meredith Ledlie-Johnson*

Redeeming SNAP benefits at farmers markets improves diets and vendor sales. During a three-year interdisciplinary project, sixteen markets redeemed \$56,355 in benefits that helped families, farmers, and the economy.

IGNITE 3:05 PM

Summer Lovin Health Challenge promotes behavior change in rural adults

Track: Health

Presenter: *Lindsey Stevenson*

A health challenge implemented in response to health disparities in a low-ranking, rural county has helped adults make sustainable behavior changes and lose weight through accountability, support and education.

IGNITE/WORLD CAFÉ ROOM 5

IGNITE 2:15 PM

Building Strong Adolescents

Track: Parenting Education

Presenter: *Suzanne Pish, Terry Clark-Jones, Holly Tiret*

Building Strong Adolescents (BSA) is a curriculum based on the forty-assets from the Search Institute. BSA intends to help parents approach parenting in ways that will facilitate asset development.

IGNITE 2:25 PM

Discover 4-H Clubs: The Essential Resource for FCS Youth Programs

Track: 4-H and Youth Development

Presenter: *Stacey MacArthur, Naomi Brower, Elizabeth Davis, Cindy Nelson, GaeLynn Petersen, Amanda Christensen, Callie Ward*

Discover 4-H curriculum increases confidence in delivering FCS information to youth. Join FCS faculty and volunteers across the globe to take advantage of this free, online teaching tool.

IGNITE 2:35 PM

Implementing the National Framework for Health and Wellness in Youth Development ()**

Track: 4-H and Youth Development

Presenter: *Daniel McDonald*

Positive youth development for health is a major component of the Cooperative Extension National Framework for Health and Wellness. This poster shows how FCHS programs can address youth health issues.

IGNITE 2:45 PM

Teen Chef Academy ()**

Track: 4-H and Youth Development

Presenter: *Jean Ince, Carla Due, Terrie James, Janet Cantrell, Eva Langley, Celeste Scarborough*

Agents from six counties taught a four day cooking school for youth ages 13-15. Teens gained basic meal preparation skills, teamwork and developed a love for cooking!

IGNITE 2:55 PM

Your Thoughts Matter: Navigating Mental Health

Track: 4-H and Youth Development

Presenter: *Jami Dellifield, Amanda Raines*

Let's start engaging teenagers in dialogue about mental health! A new 4-H project book is now available that encourages hands-on learning and can help you to start the conversation.

4:30 PM - 6:00 PM

Anniversary Kick-Off Celebration in the Exhibit Hall/Silent Auction Open

6:30 PM

State's Night Out

8:30 PM - 9:30 PM

FCS Program Leaders Reception (*by invitation, only*) President's Suite

8:45 PM - 9:30 PM

Wellness Activity – Evening Relaxation

Evening Relaxation, Tai-Chi Come wind-down and relax after a busy day with this simple yet effective session. Tai Chi is a low-impact activity that helps improve posture, balance, flexibility, range of motion and strength. This is an excellent chance to relieve stress, tension, and even assist with digestion. This session is suitable for all ages and fitness levels.

THURSDAY, SEPTEMBER 27, 2018

6:30 AM - 7:15 AM

Wellness Activity – Line Dancing

Get a jump start on your daily ‘Steps’ with this fun morning wake-up! Simple dance steps to upbeat music will get your heart-rate up to burn more calories throughout the day. Low-impact activity for all fitness levels. Comfortable clothing suggested; boots optional!

7:00 AM - 2:00 PM

Registration Open

7:00 AM - 8:00 AM

2019 Annual Session Planning Committee Meeting

8:00 AM - 9:00 AM

Committee Meetings

8:00 AM - 10:00 AM

Breakfast in the Exhibit Hall

8:00 AM – 2:00 PM

Marketplace

8:30 AM – 9:45 AM

Exhibit Forums

9:00 AM - 3:00 PM

FCS Program Leaders Meeting (*breakfast and lunch included*)

9:15 AM - 10:00 AM

Concurrent Sessions

Concurrent Session 1 – Leading the Charge: Achieving Greater Educational Impacts with Multi-level Comprehensive Community Interventions

Track: Health

Presenter(s): *Katie Funderburk, Sondra Parmer, Alicia Powers, Ruth Brock, Barb Struempler*

Extension education impacts communities more when coupled with multi-level comprehensive interventions. Supplemental Nutrition Assistance Program – Education leads this charge, improving food and physical activity environments that serve low-income individuals.

Concurrent Session 2 – Baby STEM: Learning through Play

Track: Child Care/Child Development

Presenter(s): *Lisa Poppe, LaDonna Werth*

Science, technology and math are not just for big kids. Infants and toddlers can learn through Baby STEM activities by using their senses through play.

Concurrent Session 3 – Aging Smart Online: Collaboration with Distance Learning

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter(s): *Kathryn Goins, Jenny Lobb*

Aging Smart an educational program geared toward older adults. The standard curriculum package has been adapted by the Office of Geriatrics and added to their Distance Education class offerings.

Concurrent Session 4 – Steps to Improve Statewide Parenting Education Evaluations: Process and Lessons Learned

Track: Parenting Education

Presenter(s): *Laura Hubbs-Tait, Cara Bosler, Jens Jespersen, Brenda Miller, Cindy Conner, Brenda Gandy-Jones, Tommie James, Amanda Morris*

Based on one state's improvements in evaluation, attendees will learn about instrument selection, upgrading evaluations from posttest-with-retrospective-pretest to true pretest-posttest designs, and creative and legitimate ways to implement control groups.

Concurrent Session 5 – Fixing Funky Foods: A Program to Explore Less Frequently Purchased Foods

Track: Nutrition

Presenter(s): *Robin Eubank-Callis*

Connect unfamiliar foods stocked in grocery stores, rural areas included, to increased fruit and vegetable consumption. After presentation, 88% of participants felt more motivated to follow healthy eating recommendations.

Concurrent Session 6 – Professional Development Programs for New Jersey Financial Educators

Track: AWARD / Financial Management

Presenter(s): *Barbara O'Neill, New Jersey*

Dean Don Felker Financial Management Award

Selected as the designated financial education provider for New Jersey, Rutgers Cooperative Extension receives funding via state law to provide professional development webinars and conferences and lesson plans for teachers.

Concurrent Session 7 – Mobile Grocery Store for Rural Communities

Track: Administration/Leadership/Community Development

Presenter(s): *Rebecca Reid*

How would your community respond if a business and funder wanted to implement a mobile grocery store for your rural community? We have lessons to share.

10:00 AM - 12:00 PM

Exhibitor Move-Out

10:15 AM - 11:00 AM

Concurrent Sessions

Concurrent Session 1 – Building a Healthier School Sports Environment with Nutrition Education and Expanded Concession Options

Track: Nutrition

Presenter(s): Amy Mullins, Laurie Osgood

This comprehensive program supports a healthier school environment through sport-specific nutrition education for high school athletes, and healthier concession stand options for families at school sporting events.

Concurrent Session 2 – Mindful Wellness

Track: Health

Presenter(s): Shannon Carter, Patrice Powers-Barker, Marie Economos, Kathryn Goins, Melinda Hill, Patricia Holmes, Christine Kendle

This session will introduce Extension educators to the Mindful Wellness curriculum designed to strengthen the mind-body connection and promote holistic health and wellness across the lifespan.

Concurrent Session 3 – Connecting People and Nutrition Education with Social Media

Track: Technology and Social Media

Presenter(s): Sondra Parmer, Katie Funderburk, Alicia Powers, Brittney Kimber, Barb Struempfer

This session will describe how to design and implement a successful social media campaign as a way to promote healthy diet and physical activity behaviors.

Concurrent Session 4 – The BEST Project: Utilizing Evidence-based Materials to Teach Pre-parents About Birth Options

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter(s): Gina Ord, Elizabeth Soliday

The Birth Education Starts Today Project aims at educating consumers on evidence-based birth options. Extension professionals will learn about educational tools developed to assist with programming in this emerging area.

Concurrent Session 5 – Acquire, Sustain and Aspire: Revising the RentWise Curriculum

Track: Sustainable Living: Textiles, Clothing, Housing, Environment and related topics

Presenter(s): Lori Hendrickson, Rebecca Hagen Jokela

The revised RentWise curriculum is designed to teach renters skills to acquire, sustain and aspire to their housing goals. This session will discuss the CBPR project, updated materials and evaluation.

Concurrent Session 6 – My Hair My Health PDX!

Track: AWARD / Health

Presenter(s): Joyce Senior, Adejoke Babatunde, Joyce Dougherty, Lashanda Friedrich

Mary W. Wells Diversity Award – Regional

My Hair My Health PDX! is a culturally-tailored initiative using hair health and practices as a platform to promote physical activity and healthy eating among African American women in Oregon.

Concurrent Session 7 – Celebrating Cultures: Activities and Resources for the Multicultural Classroom

Track: AWARD / Child Care Development

Presenter(s): Ashley Foster

Mary W. Wells Diversity Award - Regional

Celebrating Cultures: Activities and Resources for the Multicultural Classroom is a fun, hands-on curriculum based on the need to value all aspects of children and families related to their culture.

Concurrent Session 8 – Researching Emerging Issues of Competency Needs for Extension Faculty

Track: Administration/Leadership/Community Development

Presenter(s): *Callie Ward*

Many USU Extension personnel are nearing retirement age. A study was conducted to identify professional development needs of Extension professionals and evaluate competencies essential to be successful in Extension.

11:00 AM - 2:00 PM

Silent Auction Winners Announced/Pick-Up

11:30 AM - 1:45 PM

Past National President Luncheon and Meeting (Off-site)

**Group photo at hotel at 11:15. Location TBD*

11:15 AM - 12:00 PM

Concurrent Sessions

Concurrent Session 1 – Keys to Embracing Aging

Track: Life Span Development: Aging, Child and Human Development and related topics

Presenter(s): *Erin Yelland, Amy Kostelic*

Keys to Embracing aging introduces 12 healthy behavior practices that encourage optimal aging. Attendees will learn about the principles of the program and how to implement it in their community.

Concurrent Session 2 – Building a Maker Space for Young Children

Track: Child Care/Child Development

Presenter(s): *Lisa Poppe, LaDonna Werth*

The Maker-Based Learning experiences integrate the STEM content areas of science, technology, engineering, and math with a child's imagination.

Concurrent Session 3 – Encouraging Healthy Food Choices at Local Food Pantries

Track: Nutrition

Presenter(s): *Cathy Merrill, Melanie Jewkes, Casey Coombs, Heidi LeBlanc*

To encourage healthy food choices among limited food options available at food pantries, a replicable nutrition nudge program was developed that highlights healthy food choices for patrons.

Concurrent Session 4 – Counting on Consumers: Boosting Farmer Sales through Point of Purchase (POP) Home Food Preservation Education

Track: Food Safety

Presenter(s): *Kathleen Savoie*

Learn how to influence point of purchase consumer behaviors through “nudge” marketing to preserve fresh produce to use in the “off-season” to increase consumer sales and ultimately profitability of farms.

Concurrent Session 5 – The Colon Cancer Free Zone: Making an impact on colon cancer rates in the workplace.

Track: Health

Presenter(s): *Carlin Rafie*

Colorectal cancer is preventable and treatable through healthy lifestyles and screening. The Colorectal Cancer Free Zone program increases screening rates and healthy dietary and physical activity behaviors.

Concurrent Session 6 – POP Club Gets Youth Excited About Farmers' Market

Track: AWARD /

Presenter(s): Dayna Fentress, Natalie Taul, Brenda Thomas, Deena London, Jade Sadler, Toni Williams, Marla Stillwell, Matt Adams, Amy Aldenderfer, Stephanie Meredith, Holly Powell, Kristen Parrett, Chuck Crutcher, Mark Thomas

Innovative Programming Award

POP Club was a Farmers' Market program that gave youth market money for completing activities and trying new foods. POP Club was hosted by Cooperative Extension and five community partners.

Concurrent Session 7 – Financial Education in Child Care - Professionals, Preschoolers and Pennies

Track: Financial Management

Presenter(s): Sandra McKinnon, Phyllis Zalenski, Barb Wollan, Joyce Lash, Dr. Constance Beecher, Lesia Oesterreich, Donna Donald, Kristin Taylor

Child care professionals can be a unique and under-served financial education audience. Discover programs designed to increase personal financial well-being and incorporate money concepts into the preschool learning environment.

12:00 PM - 2:00 PM

Lunch on own

12:45 PM - 1:45 PM

2020 Annual Session Planning Committee Meeting

2:00 PM - 3:30 PM

Closing General Session

The Turquoise Table

Kristen Schell

Multiple award winning teacher, humorist and author

Across America, neighbors are getting to know one another at turquoise picnic tables in the most simple place of all-- their front yards. The Turquoise Table has become a symbol of hospitality and connection with friends and neighbors.

Come hear how Kristin Schell used an ordinary picnic table to use her front yard to transform her neighborhood.

Learning Objectives:

- Why connection with those around us is so important in today's culture
- The things that easily get in our way of showing hospitality to others
- Practical tips for hospitality and connecting with your neighbor

3:45 PM - 4:45 PM

Dinning with Diabetes

3:45 PM - 5:15 PM

Affiliate Officer Meetings

6:00 PM - 7:00 PM

President's Reception

7:00 PM - 9:30 PM

Awards Ceremony & Banquet