

*Nurturing the  
Richness of*  
**LIFELONG  
LEARNING**



**NEAFCS** *Annual Session* **2019**

*September 30 - October 3*

**HERSHEY LODGE • HERSHEY, PA**



Hotel photo courtesy of Hershey Entertainment & Resorts Company. Hershey Lodge is a trademark used with permission.



**2019 Annual Session Program**

# Hershey Lodge Floorplan

## Tower Level

## Main Level

**KEY**

- BC** Business Center
-  Restrooms
-  Telephone
-  ATM
- ★ Annual Session Registration
-  Bus Loading Area

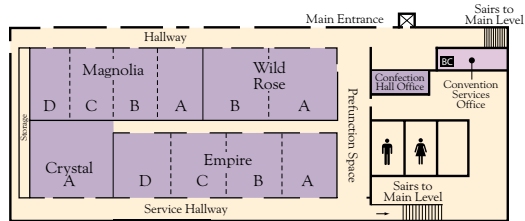


## Confection Hall Level

### Key

Great American Hall  
Cocoa Ballroom  
Chocolate Ballroom  
Monarch Ballroom  
Tower Suites

Offices  
Restaurants  
Prefunction Areas  
Guest Registration and Lobby  
Wall Dividers



# ANNUAL SESSION SPONSORS

THANK YOU TO OUR 2019 ANNUAL SESSION SPONSORS AND DONORS

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THANK YOU TO OUR 2019 ANNUAL SESSION AWARDS SPONSORS

**Clean and Healthy Families  
and Communities Award**



**Extension Housing Outreach Award**



**Dean Don Felker Financial  
Management Award**



**Innovation in Programming Award**



**Past Presidents' New Professional Award** *Sponsored by: NEAFCS Past Presidents*

## NEAFCS HERSHEY AFFILIATE DONORS

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Maine Blueberry Association

Foxx Family Potato Chips

Apples from New York and  
Pennsylvania

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**National Extension  
Association of Family  
& Consumer Sciences**

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**www.neafcs.org**

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**#NEAFCS2019**



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### Welcome to the NEAFCS Annual Session!

It is with immense pleasure that I welcome you to the 2019 NEAFCS Annual Session. This could not have been a more exciting year as we have been celebrating our 85th Anniversary. The entire Eastern Region led by the Tri-Liaisons and Eastern Region Director, along with the NEAFCS Board, have been working hard to ensure this Annual Session is at the highest standard possible. The theme for our Annual Session is “Nurturing the Richness of Lifelong Learning.” Thus, we hope you take full advantage of all the benefits of this session both professionally and personally that will last you for a lifetime.

If this is your first time attending or if it has been a few years since you attended the Annual Session, I am sure you will soon feel a sense of pride being among industry professionals and members of the Association; whose mission has been to educate and recognize Extension professionals who impact the quality of life for individuals, families and communities across the country for 85 years. I encourage you to continue to explore and develop methods to “Enhance Our Past and Embrace Our Future” during this Annual Session.

***Karen Munden***

NEAFCS President



### Welcome to Hershey, Pennsylvania!

Enjoy Nurturing the Richness of Lifelong Learning through concurrent sessions, exciting keynote and cap note addresses, In-Depth Sessions and enticing Pre-conference opportunities.

Our host for this year's Annual Session is the Eastern Region who has spent nearly two years working together to provide you with the opportunity to experience Hershey while achieving these objectives:

- Increase the ability of members to access and utilize relevant, research and evidence-based resources to address current and emerging issues and promote lifelong learning
- Showcase excellence in innovative programs to meet the needs of individuals, families, and communities.
- Provide networking opportunities that nourish new partnerships on multi-state and national issues.

The 2019 Annual Session includes many opportunities to learn about programs in other states, gather new ideas, and explore tools to help you expand in your career. This year, over 76 educational sessions are offered in a dozen topic areas. Look for presentations by our committees, life members, and especially our amazing Award Winners!

The Ignite sessions provided an opportunity to hear from our Showcase of Excellence presenters and others in a quicker format, after which discussion is encouraged in the Subject Matter Networking.

Taste the Richness of Lifelong Learning that NEAFCS offers!!!

***Jayne McBurney***

Vice President Professional Development







COMMONWEALTH OF PENNSYLVANIA  
OFFICE OF THE GOVERNOR




**GREETINGS:**

**It gives me great pleasure to join with the National Extension Association of Family and Consumer Sciences (NEAFCS) to celebrate their 2019 Annual Conference.**

**Since its inception in 1933, the NEAFCS has been committed to educating individuals, families, and communities to achieve success for the future of their family. Dedicated members of NEAFCS provide comprehensive education to improve families' well-being in food and nutrition, financial management, healthy lifestyles, home and environment safety, and relationship and parenting skills. I commend the members here today as they demonstrate extraordinary commitment to bettering the lives of future generations. I am certain that NEAFCS will continue to have a positive impact on the commonwealth's families for many years to come.**

**As Governor, and on behalf of all the citizens of the Commonwealth of Pennsylvania, I extend my appreciation to everyone at NEAFCS for your outstanding service to the people of our commonwealth. Please accept my best wishes for a memorable event and continued success.**



  
**TOM WOLF**  
Governor  
2019



# PennState Extension

Director's Office  
College of Agricultural Sciences  
The Pennsylvania State University  
323 Agricultural Administration Building  
University Park, PA 16802

814-865-4028  
[extension.psu.edu](http://extension.psu.edu)

Dear National NEAFCS Attendees,

On behalf of everyone in the Penn State Extension family, welcome to Hershey, the sweetest place on earth, to the Commonwealth of Pennsylvania and to the 2019 National Extension Association of Family and Consumer Sciences Annual Conference. We are excited to have you here and look forward to engaging with and learning from you.

Pennsylvania is home to a rich diversity of people, cultures, and identities. From Pittsburgh to Philadelphia and everywhere in between, the people of Pennsylvania work to *Nurture the Richness of Lifelong Learning*. Penn State Extension is similarly committed to developing strong people and programs to build the capacity of all Pennsylvanians to realize their individual and collective potential.

Penn State Extension's programs are impacted by and reflect the communities in which we live and serve. Our success is determined by the success of the people of the Commonwealth. Therefore, it is in our collective interest to build sustainable partnerships with communities, organizations, and institutions that serve a similar purpose. We hope to highlight some of these efforts and learn from other state's best practices.

Everyone here looks forward to meeting new friends, becoming reacquainted with old friends, and sharing in the rich learning environment. We encourage you to branch out and engage with colleagues and to build partnerships. We also invite you to enjoy everything that is Hershey and the beautiful Commonwealth of Pennsylvania.

Sincerely,

Brent D. Hales

Associate Dean of the College Agricultural Sciences and Director of Extension  
The Pennsylvania State University





**Welcome to Hershey and the National Extension Association of Family and Consumer Sciences!**

We're delighted to host you here in Pennsylvania to *Nurture the Richness of Lifelong Learning* because we are very proud of our nationally leading teaching, research and Extension programs, including that we are making Extension advice and information available 24/7/365 on-line.

After having both been founded as state institutions in 1855, Penn State and Michigan State were the first federal land-grant colleges, established in 1863 to apply scientific principles to farming. However, it was not until the 1880s, under the leadership of President George W. Atherton, that the college expanded its curriculum to match the Land-Grant Act's broad mandate.

In 1911, Penn State requested money from the state legislature to fund a system of agricultural agents to distribute knowledge from the School of Agriculture to practicing farmers across the state. The Smith-Lever Act of 1914 provided \$10,000 annually to each state for agricultural and home economics extension, allowing for the expansion of the agricultural cooperative extension.

By 1921, Pennsylvania was one of only six states to have a centralized agricultural cooperative extension program. The extension service employed specialists in economics, forestry, soils, agronomy, family life, and many other subjects. Penn State has increasingly brought a wide range of science-based advice to both urban and rural areas.

Family and consumer science has been an especially valued aspect of our Extension efforts. Among other key programs, for example, research has demonstrated that our PROSPER program (**P**ROMoting School-community-university **P**artnerships to **E**nhance **R**esilience) can reduce opioid misuse, and that these effects are sustained into the young adult years.

On a slightly later time-line than Penn State, Milton Hershey founded his first candy shop in 1873 in Philadelphia. In 1903, Hershey started a chocolate plant in his hometown of Derry Church, Pennsylvania, which later came to be known as Hershey. Long known as the "Sweetest Place on Earth", the Hershey Company has evolved to be one of the largest chocolate manufacturers in the world!

I'm confident that you'll find a lot of "sweets" during your visit, but even more confident that you will find much of lasting value in this conference. I trust that you'll enjoy your visit.

Rick Roush  
Dean, College of Agricultural Sciences  
Pennsylvania State University  
University Park, PA

# 2019 NEAFCS ANNUAL SESSION APP GAMIFICATION

**Get involved. Get excited!** Let's see who will be our big winner of a FREE registration to the 2020 Annual Session in Snowbird, UT. The attendee with the most points at the end of concurrent sessions on Thursday (3:15 PM) will be the winner. The winner will be announced at the Closing General Session & Awards Banquet. Keep track of your points on the 2019 NEAFCS Annual Session App by clicking on the **People Module** and at the top of the page, select **Leaderboard**.

## THE APP IS TO ENCOURAGE INTERACTION AMONG ANNUAL SESSION ATTENDEES AND SPEAKERS, WHILE PROVIDING TIPS AND EDUCATIONAL TAKEAWAYS.

### SCORING:

Posting a photo/message – **0 points**

Liking a post/photo – **1 point**

Making a comment – **3 points**

Voting on a poll – **5 points**

When your content receives a comment – **2 points**

When your content is liked – **2 points**

### GAME:

Pre-Meeting Activity Suggestions:

- Post tips to prepare for Annual Session in Hershey, PA
- Presenters – post a learning objective of your session

### ONSITE ACTIVITIES:

- Share educational takeaways from concurrent sessions, Ignites, Exhibitor Forums, etc.
- Share something new you learned at Annual Session from the Exhibitors
- Comment on other attendee posts to start interaction and develop communication for future education program ideas, etc.
- Vote on the different polls throughout the Annual Session

### ADDITIONAL GAME:

NEAFCS Staff, Will Ferguson, will make daily posts looking for the best caption. Each day a winner will be selected and announced on the App the following day. Prizes will be available for pick-up at the Annual Session Registration Desk.

### PHOTO CONSENT:

By participating in Gamification, you are giving consent to and authorize the copyright, reproduction, and publication either online or in print by the National Extension Association of Family & Consumer Sciences, with respect to photographs posted on the App during the course of Annual Session. If you do not consent, please contact the NEAFCS National Office at 850-205-5638.



# PRESIDENT'S CHARITY

## Dear NEAFCS Friends and Colleagues,

I am pleased to announce that I have chosen the Habitat for Humanity of the Greater Harrisburg Area as my President's Charity.

Habitat for Humanity of the Greater Harrisburg Area is a local affiliate of Habitat for Humanity International. Habitat is an ecumenical housing ministry with the goal of eliminating poverty housing.

Unwilling to accept the fact that thousands of families live without adequate shelter, Habitat challenges and invites individuals and organizations to join them to improve the living conditions of people existing in inadequate housing. In order to do that, Habitat creates a joint venture in which those families who benefit from the housing contribute their labor in the



form of 350 "sweat equity hours" to the successful completion of the home.

Habitat for Humanity International, founded in 1976, now works in all 50 states in the U.S. and in more than 70 countries and has helped more than 22 million people achieve strength, stability and independence through safe, decent and affordable shelter.

Harrisburg Habitat for Humanity stands for work, teamwork and community. I hope that you will join me in giving so that we can help provide affordable shelter to those in need. Additionally, baskets will be available to collect donations during both the Opening General Session on Monday and the Regional Awards Luncheons on Tuesday. You may contribute with cash or checks. Please make checks payable to Harrisburg Area Habitat for Humanity. Thanks in advance for supporting this worthy cause.

A handwritten signature in black ink, appearing to read "Karen Munden".

Karen Munden, NEAFCS President



# GENERAL INFORMATION

## ICON KEY



Wellness  
Activity



Meal  
Provided



Ticket  
Required



Sponsor

## REGISTRATION

Annual Session Registration is located on the Main Level of the Lodge.

Sunday: 4:00 PM – 6:00 PM  
Monday: 7:00 AM – 5:00 PM  
Tuesday: 7:00 AM – 4:00 PM  
Wednesday: 7:00 AM – 4:00 PM  
Thursday: 7:00 AM – 2:00 PM

## MESSAGE BOARD

A message board will be available near the Annual Session Registration Desk. You may leave messages about State's Night Out, photography appointments, ticket exchange, and other messaging needs.

## HOSPITALITY

Stop by the Hospitality Table located adjacent to the Annual Session Registration Desk.

### *Hospitality Hours:*

Sunday: 4:00 PM – 6:00 PM  
Monday: 8:00 AM – 2:00 PM  
Tuesday: 8:00 AM – 1:00 PM  
Wednesday: 8:00 AM – 1:00 PM  
Thursday: 8:00 AM – 11:00 AM

## EXHIBIT HALL

Visit the Exhibit Hall, NEAFCS's networking hub, located in the Blue Room on the Main Level of the Lodge, to meet exhibiting companies and learn about the latest products and services.

The following activities are located in the Exhibit Hall:

- Showcase of Excellence (Exhibit Hall Foyer)
- Silent Auction
- Wednesday Lunch (12:00 PM – 1:00 PM)
- Thursday Breakfast (8:00 AM – 9:00 AM)

### *Exhibit Hall Hours:*

Wednesday: 12:00 PM – 5:30 PM

Thursday: 8:00 AM – 10:00 AM

## EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their 30-minute presentation. Information on Exhibitor Forum location and details, see page 53.

Wednesday: 12:30 PM – 4:30 PM

Thursday: 8:00 AM – 10:00 AM

## MARKETPLACE

Entrepreneurs from across Pennsylvania will be selling their hand crafted wares. The Marketplace will be located in the Confection Hall Foyer.

### *Marketplace Hours:*

Thursday: 8:00 AM – 2:00 PM

## PHOTOS

Photos taken during the 2019 Annual Session will be available to download online within 30 days. To schedule a group picture, please sign up on the Message Board located next to the Annual Session Registration Desk.

### *Headshots:*

Attendees will have an opportunity to sign-up on the message board to have a professional headshot taken for free. Space is limited. Headshots will be taken during Exhibit Hall hours on Wednesday.

## CONTINUING EDUCATION/ PROFESSIONAL DEVELOPMENT UNITS

CEUs and PDUs are available from the following: AAFCS; AFCPE; NCFR. Certificates and information will be on the NEAFCS website after the conclusion of the conference.

## WELLNESS ACTIVITIES



See the daily schedules for details on the wellness activities, including location.

**Tuesday – Thursday:** Morning Chocolate  
6:30 AM – 7:30 AM Run/Walk

**Tuesday – Thursday:** Gentle Yoga  
6:30 AM – 7:30 AM

**Wednesday:** Get Experience in  
6:30 AM – 7:30 AM Mindfulness (GEM)

## SILENT AUCTION

Sponsored by the Sponsorship and Support Subcommittee, the NEAFCS Educational Awards Fund will be hosting a Silent Auction in the Exhibit Hall. Join us to raise funds to support the annual Awards program. Bid high and bid often!

### *Donated Items*

If you have a donated item for the Silent Auction, you may drop it off at the registration desk during the hours listed below.

Sunday: 4:00 PM – 6:00 PM  
Monday: 7:00 AM – 5:00 PM  
Tuesday: 7:00 AM – 4:00 PM

## *Silent Auction Hours*

Wednesday: 12:00 PM – 5:30 PM  
Final bids are due before the Silent Auction closes at 5:30 PM on Wednesday.

## *Winning Bid Item Pickup*

Thursday: 11:00 AM – 2:00 PM

## SERVICE PROJECT

We are inviting Annual Session attendees to participate in this year's Service Project, Storybooks for Hershey Medical Center Children's Hospital. The hospital services all of central Pennsylvania for critical and chronic care pediatric medical needs. We are asking members to please bring a NEW book that will be donated to the patients, infant to 18 years of age. All books must be brand new for infection prevention. You MAY NOT write in the books due to infection prevention. Books will be collected near the Annual Session Registration Desk through Thursday, October 3rd at 11:00 AM.

## RECYCLING

In coordination with NEAFCS's efforts to go green, conference attendees are encouraged to recycle paper/cardboard, aluminum cans, plastic bottles, etc. Recycling containers labeled for specific items are available throughout the hotel lobbies.

## APP

To stay up-to-date on announcements throughout the Annual Session, we highly recommend you download the Annual Session App. Search "2019 NEAFCS Annual Session" in the App Store to download it for FREE.

Participate in gamification for your chance to win a FREE registration to the 2020 Annual Session in Snowbird, UT. See page 8 for more information.

# 2019 SCHEDULE

All events will take place at the Hershey Lodge on the Main Level, and the Confection Hall Level, unless otherwise noted.

## SUNDAY, SEPTEMBER 29, 2019

4:00 PM – 6:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
4:00 PM – 6:00 PM	Hospitality Table Open

## MONDAY, SEPTEMBER 30, 2019

7:00 AM – 5:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 2:00 PM	Hospitality Table Open
8:30 AM – 11:30 AM	Pre-Conference Workshops
11:30 AM – 2:30 PM	Lunch on own
11:45 AM – 1:15 PM	First Timer Orientation & Lunch
12:30 PM – 2:00 PM	Affiliate Officer Meetings
2:30 PM – 5:30 PM	Opening General Session with Keynote Dr. Karl Pillemer, Ph.D.
7:00 PM – 9:00 PM	Welcome Event at Chocolate World

## TUESDAY, OCTOBER 1, 2019

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off

8:00 AM – 10:45 AM	Concurrent Sessions
8:00 AM – 1:00 PM	Hospitality Table Open
9:00 AM – 11:00 AM	Life Member Meeting
11:15 AM – 1:15 PM	Regional Business Meetings & Awards Luncheon
1:00 PM – 5:00 PM	Exhibitor Set-up/Silent Auction Set-up
1:30 PM – 5:30 PM	In-Depth Sessions
2:15 PM – 5:00 PM	Ignite Session & Subject Matter Networking
6:30 PM – 9:30 PM	Leadership Event at the Hershey Conservatory & Gardens <i>(Invitation Only)</i>

## WEDNESDAY, OCTOBER 2, 2019

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 11:00 AM	Exhibitor Set-up/Silent Auction Set-up
7:00 AM – 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 11:45 AM	Concurrent Sessions
8:00 AM – 1:00 PM	Hospitality Table Open
10:00 AM – 4:00 PM	FCS Program Leaders Meeting Day 1 <i>(Special registration required. Lunch included.)</i>



11:00 AM – 11:30 AM	Exhibitor Orientation
12:00 PM	Exhibit Hall Ribbon Cutting
12:00 PM – 5:30 PM	Exhibit Hall Open/Silent Auction Open (Boxed lunch provided)
12:30 PM – 4:30 PM	Exhibit Forums
1:00 PM – 5:30 PM	Showcase of Excellence Displays
2:15 PM – 4:15 PM	Annual Business Meeting
4:30 PM – 5:30 PM	85th Anniversary Celebration in the Exhibit Hall (Silent Auction Open and Showcase of Excellence Displays)
5:30 PM	State's Night Out (Off-site)

## THURSDAY, OCTOBER 3, 2019

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 2:00 PM	Registration/Service Project Drop Off
7:30 AM – 8:30 AM	2020 Annual Session Planning Committee Meeting
8:00 AM – 10:00 AM	Exhibit Hall Open/ Showcase of Excellence Displays (Continental Breakfast Provided)

8:00 AM – 11:00 AM	Hospitality Table Open
8:00 AM – 10:00 AM	Exhibit Forums
8:00 AM – 2:00 PM	Marketplace
8:00 AM – 3:00 PM	FCS Program Leaders Meeting Day 2 (Special registration required. Includes breakfast & lunch)
8:30 AM – 11:00 AM	Committee Meetings
10:00 AM – 12:00 PM	Exhibitors Move-Out
10:15 AM – 12:00 PM	Concurrent Sessions
11:00 AM – 2:00 PM	Silent Auction Winners Announced/Pick-Up
12:00 PM – 1:30 PM	Lunch on own
12:00 PM – 1:30 PM	Past National President Luncheon & Meeting (Off-site)
1:30 PM – 3:15 PM	Concurrent Sessions
2:30 PM – 3:30 PM	2021 Annual Session Planning Committee Meeting
4:30 PM – 5:30 PM	President's Reception
5:30 PM – 8:30 PM	Closing General Session & Awards Banquet with Keynote Dr. Ann Albright, Ph.D., RDN

# TUESDAY, OCTOBER 1, 2019

## CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM
<b>Child Care/Child Development/Parenting</b>	Extension Program Shows Improvements in Child Behavior and Parenting		The Feeding Young Children Study and Resulting Online Training
<b>Committee</b>		Diversity Impacts	Submitting an Article to the Journal of National Extension Association of Family and Consumer Sciences: Tips and Tricks for a Successful Submission
<b>Financial Management</b>	Cooperative Extension's Capacity to Demonstrate Impact in Financial Capability and Well-being		Financial Education Intervention in Human Services Organizations: An Approach with Significant Impact
<b>Food and Nutrition</b>	Development of a Professional Development Initiative that Equips Teachers to Implement Wellness Changes in the School Environment	Fun with Fresh Food Rainbow Nutrition Program for Families	
<b>Food Safety</b>	Pantry Food Safety--It's Your Job! A Food Safety Curriculum for Food Bank and Food Pantry Volunteers	Examining Food Safety of Low Acid Canning in "Smart Cookers"	
	Cottage Food: Keep it Safe! Keep it legal!	Raw Foods Trend: Communicating the Risks of Eating Raw or Undercooked Meat and Poultry	
<b>Health</b>	Healthwise for Guys: Reaching Men with Lifestyle Education about Cancer		
<b>Life Span Development</b>		Sharing Wisdom: An Interdisciplinary Approach to Matters of Health and Wealth as We Age	
<b>Technology and Social Media</b>		Online Smartphone-based eLearning: Connecting the Audience and the Content Through Innovative Technology	Using Audio to Enhance FCS Programming
			#LHLW365 Texting for Health
<b>Trending Topics</b>		MFLN 2018 Virtual Conference - Cultural Competency Awareness, Action, and Advocacy	Heart and Shield: Family Violence Prevention Program

# WEDNESDAY, OCTOBER 2, 2019

## CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
<b>4-H and Youth Development</b>		Teen Chef Academy	Effective Elements for Organizing a Healthy Relationships Teen Retreat	
<b>Administration/Leadership/Community and Economic Development</b>				Federal Funding Opportunities for Community Collaborations
			Build Your Leadership Skills From Your State and Up!	
<b>Committee</b>		Where Do You See Yourself in 2020?		Logistics, Learning, and Language
<b>Financial Management</b>	Finances of Caregiving: Workshop Series for Families	Night of the Living Debt: Zombies Help Youth and Adults Learn How to Build Credit	Online Homebuyer Education Program – Its Educational and Financial Benefits to Extension Consumers Nationwide	
<b>Food and Nutrition</b>		Real Kids, Real Skills, Real Meals (r3)		
<b>Food Safety</b>	Salsa Safety: Assessing Adherence of Weblogs to USDA Home Food Preservation Guidelines	Occasional Quantity Cooks		Similarities and Differences in Conducting a Needs Assessment in Rural, Urban, and Suburban Environments
<b>Health</b>	Improving Preschool Teachers' Confidence and Young Children's Knowledge of Fruit and Vegetables through Combined Practice Changes and Hands-on Education	Leveraging Volunteers to Improve Health: An Evolving Role for Extension Professionals	Cleaning with Care and Confidence in Your Day Care Center	
<b>Life Member</b>			Three Generations in Extension: A Look at 85 Years in Family and Consumer Sciences Extension	
<b>Life Span Development</b>	Developmentally Appropriate Practice Is the Guiding Star		Strengthening Communities by Strengthening Families	
<b>Sustainable Living: Textiles, Clothing, Housing, Environment and related topics</b>	National Partnership to Recruit, Prepare, and Support FCS Educators		Building Resilient Communities to Prepare and Deal with Climate Change.	
<b>Technology and Social Media</b>				Technology Enhancing Exercise and Nutrition
				The Garden Kitchen's #BigChangesStartSmall, Social Media Campaign
<b>Trending Topics</b>	Extension's Role in Engaging with Military Service Members, Veterans & Families			Emergency Messaging: Agent/Specialist Collaboration in Disaster Preparedness and Recovery
	– Learn, Grow, Eat & Go! AND Adult Latina Face-to-Face Entrepreneurship			

# THURSDAY, OCTOBER 3, 2019

## CONCURRENT SESSIONS AT A GLANCE

TRACK	10:15 AM - 11:00 AM	11:15 AM - 12:00 PM	1:30 PM - 2:15 PM	2:30 PM - 3:15 PM
<b>Administration/ Leadership/ Community and Economic Development</b>			Cash in on Quilt Trails: An Affordable Path to Stimulating Community Economics	
<b>Chronic Disease Prevention</b>		Targeting Chronic Disease Prevention and Management through Interactive Webinar Education		
<b>Committee</b>				
<b>Financial Management</b>	Building A Financial Capability Toolkit		Engaging Limited- Resource Participants in Financial Education Through Activity-Based Lessons	
			Small Savings Builds Big Dreams	
<b>Food and Nutrition</b>	Urban Versus Rural: Influences of Supplemental Nutrition Assistance Program Education		National Dining With Diabetes Program Update	
<b>Food Safety</b>	A Multidisciplinary Approach to Explore Food Safety with Dairy Science	Food Allergy Awareness Training for the Food Service Industry	Food Handling Practices of Consumers, an Integrated Approach to Inform Message Development	Tools of the Trade: A Regional Effort to Evaluate Food Preservation Education
		Food Safety in the Workplace		
<b>Health</b>	Healthy Communities are Thriving Communities			Exploring Alzheimer's Association/Extension Partnership: Origins, Barriers, and Best Practices
<b>Life Span Development</b>		The Next Chapter		
<b>Technology and Social Media</b>	Social Recipes		Digi_Life: A Curriculum About Managing Technology in Daily Living.	Enhancing & Extending Learning Through Innovative Wrap-Arounds
<b>Trending Topics</b>		Building Blocks for Working with Third-Party Payers	Creating a Healthier You: Finding Balance as an Extension Agent	What Do They Need? Using Focus Groups to Conduct a Health Needs Assessment for Planning Extension Programs
				Extension Educators Host Annual Family and Consumer Sciences Teacher In-Service Day

# 85 YEARS...AND GOING STRONG!

It really all began back in 1926 when Miss Florence Carvin attended the AHEA convention in Minneapolis, MN and was the only home demonstration agent present. In the next several years, more agents started attending, and in 1930 the first "house party" was held for extension workers. At the 2nd house party in 1931, Miss Grace Frysinger, the USDA Home Economist for the Central States asked Miss Clara Brian from Illinois to call a breakfast meeting and discuss organizing a national association. Miss Anna Searl, also from Illinois was appointed the temporary chairman. It took 2 additional meetings at AHEA before the new organization took hold in 1934 with the formation of a constitution, officers and committees. And from there...the rest is history.



Over the years the organization has grown and changed with the times, but the overall goals of those women who came together 85 years ago – to strengthen the work of the Extension Agent in the field, to promote fellowship among its members, to raise professional standards and to provide a centralized means for exchanging ideas and methods – are still alive today.

**HERE'S TO 85 MORE  
YEARS NEAFCS!**

—*Carol Schlitt*  
NEAFCS Historian

**(Above) First 4 presidents of NEAFCS (called HDANA – Home Demonstration Agents National Association 85 years ago):** Miss Anna Searl (IL) 1933-1935; Miss Nellie Watts (OH) 1936; Miss Florence Carvin (MO) 1936-1938; Miss Clara Brian (IL) 1939-1943.

**THE NEAFCS 85TH ANNIVERSARY COMMITTEE INVITES YOU  
TO PARTICIPATE IN A SCAVENGER HUNT.**



Visit our table located near the Annual Session Registration Desk for more information and download the App for clues.

# 2019 ANNUAL SESSION AGENDA

## SUNDAY, SEPTEMBER 29, 2019

**9:00 AM – 4:30 PM**

**National Pre-Board Meeting**

*Room: Cocoa Boardroom, Main Level*

**3:00 PM – 4:00 PM**

**Registration Subcommittee Meeting**

*Room: Cocoa Suite 5, Main Level*

**4:00 PM – 6:00 PM**

**Registration/Silent Auction Drop Off/Service Project Drop Off**

*Main Level*

**4:00 PM – 6:00 PM**

**Hospitality Table Open**

*Main Level*

## MONDAY, SEPTEMBER 30, 2019

### MONDAY SCHEDULE AT A GLANCE

7:00 AM – 5:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 2:00 PM	Hospitality Table Open
8:30 AM – 11:30 AM	Pre-Conference Workshops
11:30 AM – 2:30 PM	Lunch on own
11:45 AM – 1:15 PM	First Timer Orientation & Lunch
12:30 PM – 2:00 PM	Affiliate Officer Meetings
2:30 PM – 5:30 PM	Opening General Session with Keynote Dr. Karl Pillemer, Ph.D.
7:00 PM – 9:00 PM	Welcome Event at Chocolate World

**7:00 AM – 5:00 PM**

**Registration/Silent Auction Drop Off/Service Project Drop Off**

*Main Level*



**8:00 AM**

**Continental Breakfast**

for pre-conference workshop participants only. Breakfast located in corresponding workshop meeting room.



# PRE-CONFERENCE WORKSHOPS

Monday, September 30 | 8:30 AM – 11:30 AM

MONDAY



## Financial Action Steps and Milestones for Different Ages and Stages of Life

**Presenter:** *Barbara O'Neill, Ph.D., CFP, CRPC, AFC, CHC, CFEd, CFCS*

**Room:** *Magnolia AB, Confection Hall Level*



Generations vary in key ways- including personal finance practices- based on their formative experiences. Extension FCS educators teach clientele at different ages and stages of the financial life cycle and represent various generational cohorts themselves. This workshop will describe three financial life cycle stages (wealth protection, wealth accumulation, and wealth distribution), generational touchstones, and differences in financial management practices by generation, recommended financial action steps and milestones for people at different ages and stages of life, and useful financial education resources.

Similar to a medical standards of care (e.g., having a colonoscopy starting at age 50 and regular blood pressure and bone density tests), certain age-based milestones tell people the key actions to take at different ages. For example, the following financial activities often take place at various decades of a person's life:

- 20s and 30s - Debt repayment and household formation
- 40s and 50s - Peak earnings and wealth accumulation
- 60s - Preparation for retirement and retirement
- 70s and Above - Transitions and wealth distribution

### *Learning Objectives:*

- Participants will understand characteristics of different generations, including financial management practices.
- Participants will participate in 10 learning activities that they can replicate with clients.
- Participants will learn about recommended action steps for different ages and age-based financial milestones.
- Participants will learn about resources to enhance their understanding of generational personal finance.



## The Potential Health Beneficial Effects of Cocoa and Chocolate: What Does the Research Say?

**Presenter:** *Joshua D. Lambert, Ph.D.*

**Room:** *Empire AB, Confection Hall Level*



This session will combine a Sweets Demo from the Hotel Hershey Pastry Team and presentation from Dr. Joshua Lambert. The Sweets Demo will feature two desserts, which will be discussed, finished and plated into serving portions. Discussions will revolve around chocolate at different levels (sweet to bitter sweet).

Dr. Lambert's session will provide an overview of research on the potential health beneficial effects of cocoa and chocolate. It will include an overview

*continued*

## MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED

### The Potential Health Beneficial Effects of Cocoa and Chocolate, continued

of how cocoa and chocolate are produced, the important phytochemicals and nutrients in cocoa and chocolate, and a summary of studies to date on the potential mitigation of chronic diseases such as cardiovascular disease, fatty liver disease, and type II diabetes. An emphasis will be placed on balancing the potential health beneficial effects of cocoa and chocolate with the added calories from fat and sugar that chocolate brings to the diet.

#### *Learning Objectives:*

- Provide an overview of what cocoa and chocolate are and how they are made,
- Offer insight into the important nutrients and phytochemicals in cocoa and chocolate,
- Describe studies to date on the health beneficial effects of cocoa and chocolate including the strengths and weaknesses of the major studies



### Intergenerational Adventures - Enriching the Work of the Family and Consumer Sciences

**Presenters:** *Matthew Kaplan, Ph.D.; Denyse Variano, RN, MPS; Fran Alloway, MA, RD, LDN; Julika von Stackelberg; Megan Dolbin-MacNab, Ph.D.*

**Room:** *Magnolia CD, Confection Hall Level*

Intergenerational programs represent a practical and effective means to enrich the lives of individuals across the life span, strengthen family support systems, and contribute to caring, cohesive communities. As such, it is an area of practice that is consistent with the goals of most Extension professionals, particularly in the children, youth, aging/adult development, and family program areas. This pre-conference workshop will highlight ways in which an intergenerational framework can be used to enhance the work of FCS professionals. Featured Extension programs have been found to promote healthier eating practices, increased support for kinship families, enhanced older adult civic engagement, and countered age-related stereotypes. Presenters will provide practical guidance for program development and implementation.

#### *Learning Objectives:*

- Become acquainted with the emerging interdisciplinary field of “intergenerational programming” and its relevance for enhancing the work of FCS professionals
- Learn basic principles and strategies for planning effective, sustainable intergenerational programs and activities
- Gain a working knowledge of evidence-based Extension programs that support kinship care families, help families achieve their healthy eating goals, and provide older adults with new pathways for engaging youth and contributing to community quality of life for all generations



**Kaplan**



**Variano**



**Alloway**



**von Stackelberg**



**Dolbin-MacNab**

**11:30 AM – 2:30 PM**

**Lunch on Your Own**



**11:45 AM – 1:15 PM**

**First Timer Orientation & Lunch**



**Room: Cocoa Suite 1, Main Level**

**12:30 PM – 2:00 PM**

**Affiliate Officer Meetings**

**Presidents – Room: Cocoa Boardroom, Main Level**

**Treasurers – Room: Empire C, Confection Hall Level**

**Awards VP – Room: Wild Rose B, Confection Hall Level**

**Member Resources VP – Room: Cocoa Suite 4&5, Main Level**

**Professional Development VP – Room: Cocoa Suite 2&3, Main Level**

**Public Affairs VP – Room: Wild Rose A, Confection Hall Level**

**2:30 PM – 5:30 PM**

**Opening General Session with Keynote, Dr. Karl Pillemer, Ph.D.**

**Room: White Room, Main Level**

*See page 23 for more information about our Keynote.  
See page 22 and App for Agenda – listed under Schedule and then event details.*



**6:30 PM**

**Buses Begin Leaving Lodge for Welcome Event**

*Buses will load outside the Convention Center entrance adjacent to the Annual Session Registration Desk.*

*See your tickets for details regarding bus load time and welcome event activity.*



**7:00 PM – 9:30 PM**

**Welcome Event  
Chocolate World**



*Join us at Chocolate World to participate in your own chocolate experience.*

*Concessions including pizza, hot entrées, soup and deli, sweet treats and more will be provided. See your ticket for details on your selected activity as well as bus loading information.*

# OPENING GENERAL SESSION AGENDA

## MONDAY, 2:30 PM – 5:30 PM

### Opening Slideshow

Virtual Parade of States by Regional Directors

### Welcome

Denise Continenza, Lynn James, Theresa Mayhew

*NEAFCS Hershey Affiliate Tri-Liaisons*

### Presentation of the Flag

American Legion Post 272, Linglestown, PA

### Pledge of Allegiance

Theresa Mayhew

### National Anthem

Crystal Bomgardner, Jonestown, PA

*Norlebc 4-H Dairy Club, Bob Jones Academy of Home Education-Grade 10*

### Greetings

Dr. Brent Hale

*Penn State University Extension Director*

Jayne McBurney

*NEAFCS Vice President Professional Development*

Karen Munden

*NEAFCS President*

### Keynote Presentation: Advice for Living from the Oldest (and Wisest) Americans

Dr. Karl Pillemer, Ph.D.

*Professor of Human Development at Cornell University and Professor of Gerontology at the Weill Cornell Medical College*

### NEAFCS Awards Presentation

Karen Munden

### Candidate Presentation

Lora Lee Frazier Howard

*NEAFCS Immediate Past President & Nominating Committee Chair*

### 85th Anniversary Celebration

Debby Mathews

*85th Anniversary Committee Chair*

### President's Charity

Karen Munden

### NEAFCS National Communication Awards Ceremony

Dianna Bowen & Laurie Osgood

*Awards Ceremony Subcommittee Co-Chairs*

### Announcements

Jayne McBurney, Denise Continenza, Lynn James, Theresa Mayhew

### Closing

Karen Munden

# OPENING GENERAL SESSION KEYNOTE

Monday, September 30 | 2:30 PM – 5:30 PM

## *Advice for Living from the Oldest (and Wisest) Americans*

**by Dr. Karl Pillemer, Ph.D.**

**Professor of Human Development at Cornell University and Professor of Gerontology at the Weill Cornell Medical College**

**Room: White Room, Main Level**

Can our elders serve as “experts” on how to live our lives? To answer this question, Dr. Karl Pillemer, gerontologist and Professor of Human Development at Cornell University, decided to seek advice on how to live from the oldest Americans. In the Cornell Legacy Project, he surveyed over 1200 elders, asking them for their most important lessons for living – on topics like marriage, career, parenting, aging, regrets, happiness, and overcoming loss. In this talk, he highlights some of the key findings from the project, focusing on practical advice from the “Greatest Generation” for living a happier, healthier, and more fulfilling life. Journey in an ever-increasing climate of change.

### *Learning Objectives:*

- Learn about the importance of elder wisdom as a way of combating ageism.
- Gain knowledge about ways to promote intergenerational communication.
- Be exposed to an evidence-based program that promotes intergenerational contact.



*“Older people are the most credible source of information on how to live through hard times; all we have to do is ask them.”*

# TUESDAY, OCTOBER 1, 2019

## TUESDAY SCHEDULE AT A GLANCE

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 10:45 AM	Concurrent Sessions
8:00 AM – 1:00 PM	Hospitality Table Open
9:00 AM – 11:00 AM	Life Member Meeting
11:15 AM – 1:15 PM	Regional Business Meetings & Awards Luncheon
1:00 PM – 5:00 PM	Exhibitor Set-up/Silent Auction Set-up
1:30 PM – 5:30 PM	In-Depth Sessions
2:15 PM – 5:00 PM	Ignite Session & Subject Matter Networking
6:30 PM – 9:30 PM	Leadership Event at the Hershey Conservatory & Gardens ( <i>Invitation Only</i> )



**6:30 AM – 7:30 AM**

**Wellness Activity —  
Morning Chocolate Run/Walk**

***Meet in hotel lobby near guest check-in.***

Stroll a flat 3-mile course at your own pace and distance and savor the sweet aroma of Chocolatetown. Extension educators from PA, NY & ME will lead walkers and runners to get an energizing start to their day.

**Wellness Activity —  
Gentle Yoga**

***Room: Cocoa Boardroom, Main Level***

Gentle Yoga Flow offers a softer, slow-paced, well-supported, and relaxing practice. This 45-minute class is appropriate for students of all levels and is excellent for beginners.

**7:00 AM – 4:00 PM**

**Registration/Silent Auction Drop Off/  
Service Project Drop Off**

***Main Level***

## CONCURRENT SESSIONS

**8:00 AM - 8:45 AM**

### CONCURRENT SESSION 1

**Cooperative Extension's Capacity to  
Demonstrate Impact in Financial Capability  
and Well-being**

***Track: Financial Management***

***Room: Cocoa Suite 4&5, Main Level***

***Presenter(s): Maria Pippidis, Suzanne Bartholomae,  
Elizabeth Kiss, Laura Hendrix, Jesse Ketterman***

***State: DE***

A national initiative to aggregate all family resource management programming efforts and report national results has been underway since 2015. Be a part of this call to action!



## CONCURRENT SESSION 2

### **Development of a Professional Development Initiative that Equips Teachers to Implement Wellness Changes In the School Environment**

*Track: Food and Nutrition*

*Room: Wild Rose A&B, Confection Hall Level*

*Presenter(s): Luanne Hughes*

*State: NJ*

Learn how "Teacher Institutes" train/support teachers/administrators in creating healthier school environments – with classroom instruction and policy/system/environmental change strategies that enhance food, nutrition, wellness, gardening, and physical activity in schools.

## CONCURRENT SESSION 3

### **Extension Program Shows Improvements in Child Behavior and Parenting**

*Track: Child Care/Child Development/Parenting*

*Room: Cocoa Suite 2&3, Main Level*

*Presenter(s): Jens Jespersen, Laura Hubbs-Tait, Brenda Miller, Cindy Conner, Heather Winn, Brenda Gandy-Jones, Amanda Morris*

*State: OK*

Pre- to post-intervention evaluations of Active Parenting First Five Years show significant improvements in child behavior and parenting. Attendee lessons include strategies for recruitment, retention, rigorous evaluation with limited resources.

## CONCURRENT SESSION 4

### **Healthwise for Guys: Reaching Men with Lifestyle Education about Cancer**

*Track: Health*

*Room: Magnolia C&D, Confection Hall Level*

*Presenter(s): Julie Garden-Robinson, Cindy Klapperich, Kristi Berdal*

*State: ND*

After a needs assessment survey, the Healthwise for Guys team developed cancer-

related programming for men. Participants significantly increased their knowledge of lifestyle factors/screening related to colon, prostate and skin cancer.

## CONCURRENT SESSION 5

### **Pantry Food Safety--It's Your Job! A Food Safety Curriculum for Food Bank and Food Pantry Volunteers**

*Track: Food Safety*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Christine Venema*

*State: MI*

Providing safe and wholesome food to consumers at food pantries is everyone's job. A food safety curriculum was developed utilizing food science and food regulations. This presentation will cover an overview of the curriculum and its components, preliminary research involving the target audience, number of people reached and the impact on the participants.

## CONCURRENT SESSION 6

### **Cottage Food: Keep it Safe! Keep it Legal!**

*Track: AWARD/Food Safety*

*Room: Empire A&B, Confection Hall Level*

*Presenter(s): Suzanne Driessen and Kathy Brandt*

*State: MN*

*Food Safety Award*

Homemade products for sale are safer because of Extension's Cottage Food: Keep it Safe! Keep it Legal! program. Classes, online courses, a blog, newsletters and online publications educate this industry.

## CONCURRENT SESSIONS

9:00 AM - 9:45 AM

## CONCURRENT SESSION 1

**Examining Food Safety of Low Acid Canning in "Smart Cookers"***Track: Food Safety**Room: Magnolia C&D, Confection Hall Level**Presenter(s): Cathy Merrill, Susan Haws, Teresa Hunsaker, Patricia Mathis, Ellen Serfustini, Paige Wray, Karin Allen*

State: UT

"Smart Cookers" advertise safe low acid pressure canning capabilities, against USDA recommendations. Using thermal processing datalogging at three altitudes, cookers did not attain 121.1C killing botulism toxin spores. Participants to this presentation will learn about the research done and the science behind the stand-off between the "smart cooker" manufacturers and the USDA.

## CONCURRENT SESSION 2

**Fun with Fresh Food Rainbow Nutrition Program for Families***Track: Food and Nutrition**Room: Magnolia A&B, Confection Hall Level**Presenter(s): MaryBeth Hornbeck*

State: GA

Fun with Fresh Food is a six-part series of interactive rainbow-themed food demonstrations to help families improve attitudes and behaviors around fruit and vegetables in a whimsical yet substantive way.

## CONCURRENT SESSION 3

**Online Smartphone-based eLearning: Connecting the Audience and the Content Through Innovative Technology***Track: Technology and Social Media**Room: Cocoa 4&5, Main Level**Presenter(s): Edda Cotto-Rivera, Jung Sun Lee,*

*Alice White, Laurel Sanville, Ryan Frith, Jennine DeLane, Joanna Akin, Jackie Dallas, Jessica Moore, Laura Smith, Alexis Roberts, Breeanna Williams, Amanda Pencek, Sarah Stotz, Deborah Murray, Linda Kirk Fox, Laura Perry-Johnson, Gail Kefentse*

State: GA

Given the increasing access to Internet and Internet-accessing devices, eLearning models have potential to engage increasingly savvy connected low-income audiences who may have experienced barriers to attending face-to-face nutrition classes.

## CONCURRENT SESSION 4

**Sharing Wisdom: An Interdisciplinary Approach to Matters of Health and Wealth as We Age***Track: Life Span Development**Room: Wild Rose A&B, Confection Hall Level**Presenter(s): Lynda Spence, LuAnn Duncan, Mia Wilchcombe*

State: FL

This program helps participants prepare for a fulfilling life, allaying health, financial and emotional challenges and developing behaviors to perpetuate self-sufficiency well into their eighth and ninth decades of life.

## CONCURRENT SESSION 5

**MFLN 2018 Virtual Conference - Cultural Competency Awareness, Action, and Advocacy***Track: AWARD/Trending Topics**Room: Cocoa 2&3, Main Level**Presenter(s): Sara Croymans, Coral Owen & Kathleen Hlavaty*

State: MN

*Mary W. Wells Memorial Diversity Award*

The Military Families Learning Network September 2018 three day virtual conference, Cultural Competency: Awareness, Action, and Advocacy featured six webinar sessions with 579 participants, storytelling journals and multiple interactive strategies.

## CONCURRENT SESSION 6

### Diversity Impacts

*Track: Committee*

*Room: Empire C&D, Confection Hall Level*

*Presenter(s): Lorrie Coop, Ines Beltran*

Members of the Diversity sub-committee will present a review of programs that aligned with the definitions of Diversity and Pluralism by reaching people from different cultures, classes and ethnicity, and have helped them to have healthier and more productive lives by obtaining services such as insurance, financial, or health. Members also will share the results of these programs and future implications.

## CONCURRENT SESSION 7

### Raw Foods Trend: Communicating the Risks of Eating Raw or Undercooked Meat and Poultry

*(2 hour session – 9:00 AM – 10:45 AM)*

*Track: Food Safety*

*Room: Empire A&B, Confection Hall Level*

*Presenter(s): Christopher Bernstein and Chrystal Okonta*

*State: NC*

Focus groups explored why consumers eat raw or undercooked meat or poultry, how they respond to existing safety messages about these foods, and recommended approaches for message frames and outreach.

## CONCURRENT SESSIONS

**10:00 AM - 10:45 AM**

## CONCURRENT SESSION 1

### Financial Education Intervention in Human Services Organizations: An Approach with Significant Impact

*Track: Financial Management*

*Room: Cocoa Suite 2&3, Main Level*

*Presenter(s): Michael Elonge, Priscilla Graves, Dorothy Nuckols*

*State: MD*

Financial education intervention in human service organizations is expanding capabilities and enabling recipients of public assistance acquire financial skills from their caseworkers. Evaluations reveals significant outcomes and extensive impact.

## CONCURRENT SESSION 2

### Submitting an Article to the Journal of National Extension Association of Family and Consumer Sciences: Tips and Tricks for a Successful Submission

*Track: Committee*

*Room: Empire C&D*

*Presenter(s): Megan Brothers, Dana Wright, Beverly Jackey, Ashley Dixon, Rebecca Hardeman*

This session provides a breakdown of the submission process for the NEAFCS Journal as well as tips for submitting a high-quality article.

**TUESDAY**

**9:00 AM – 11:00 AM**

## LIFE MEMBER MEETING

### Personal Archiving: Paper Documents

*Room: Cocoa Boardroom, Main Level*

*Jennifer Henderson, Senior Archivist*

Learn how to preserve and protect your family's personal historical records. Paper-based documents will be the focus of this presentation and will cover items such as letters, printed photographs, newspapers and scrapbooks.



## CONCURRENT SESSION 3

**Heart and Shield: Family Violence Prevention Program***Track: Trending Topics**Room: Wild Rose A&B, Confection Hall Level**Presenter(s): Jill Baker-Tingey, Pamela Powell**State: NV*

Heart and Shield: Family Violence Prevention Program targets adult domestic violence survivors and their children, strengthens family relationships, and fosters resilience to break the cycle of violence.

## CONCURRENT SESSION 4

**Using Audio to Enhance FCS Programming***Track: Technology and Social Media**Room: Magnolia A&B, Confection Hall Level**Presenter(s): Samantha Kennedy, Les Harrison**State: FL*

Audio can be a simple and effective tool for enhancing FCS programming by highlighting and reinforcing important concepts and allowing clientele to revisit important aspects of class presentations multiple times.

## CONCURRENT SESSION 5

**#LHLW365 Texting for Health***Track: AWARD/Technology and Social Media**Room: Cocoa Suite 4&5, Main Level*

*Presenter(s): Lisa Barlage, Michelle Treber, Jami Dellifield, Tammy Jones, Beth Stefura, Pat Brinkman, Misty Harmon, Jenny Lobb, Lorrissa Dunfee, Amanda Bohlen, Danae Wolfe*

*State: OH**Innovation in Programming Award*

With over 95% of Americans using cell phones, text messaging is a common form of communication. A State Innovation Grant helped this team to pilot and implement wellness text messaging.

## CONCURRENT SESSION 6

**The Feeding Young Children Study and Resulting Online Training***Track: AWARD/Child Care/Child Development/Parenting**Room: Magnolia C&D, Confection Hall Level**Presenter(s): Katherine Elizabeth Speirs**State: AZ**Program Excellence Through Research Award*

The Feeding Young Children Study identified role modeling as an area where early care and education (ECE) providers were not meeting best practices and guided the development of an online training program to promote ECE providers' use of role modeling to encourage healthy eating.

**11:15 AM – 1:15 PM****Regional Business Meetings and Awards Luncheon****Room Locations:**

**Central Region – Empire Ballroom, Confection Hall Level**

**Eastern Region – Crystal A Ballroom, Confection Hall Level**

**Southern Region – White Room, Main Level**

**Western Region – Cocoa Suite 1, Main Level**

*(See App for Agendas – listed under Schedule and then event details.)*



## 1:30 PM – 5:30 PM | IN-DEPTH SESSIONS

Buses will depart promptly at 1:30 PM. Buses will load outside the Convention Center entrance adjacent to the Annual Session Registration Desk.

IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	DEPARTURE TIME	BUS #
<b>Everything --- and the Kitchen Sink!</b>	Diversity, Entrepreneurship, Food & Nutrition; Clothing & Textiles	Off-site	1:30 PM	1
<b>Before &amp; After Milton S. Hershey</b>	Community Vitality, Entrepreneurship, Nutrition	Off-site	1:30 PM	2
<b>Experience Amish Life at the Plain &amp; Fancy Farm</b>	Diversity, Food & Nutrition, Clothing & Textiles	Off-site	1:30 PM	3
<b>Celebrating Nature's Bounty</b>	Entrepreneurship, Sustainable Agriculture, Food Security	Off-site	1:30 PM	4
<b>Using Historical Preservation to Revive Neighborhoods</b>	Community Vitality, Entrepreneurship	Off-site	1:30 PM	5
<b>Lititz -- the Coolest Small Town in America</b>	Community Vitality, Entrepreneurship, Food & Nutrition	Off-site	1:30 PM	6
IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	START TIME	MEETING ROOM
<b>Addressing the Opioid Crisis: Evidence-informed Programs, Trauma-informed Efforts and Community Collaborations</b>	Life Span Development (Aging, Child & Human Development)	On-site	1:30 PM	Cocoa Suites 4&5, Main Level
<b>Creating a Culture of Health One Community Coalition at a Time!</b>	Community Health & Wellness, Sustainable Living, Community Vitality	On-site	1:30 PM	Cocoa Suite 2, Main Level
<b>Teen Cuisine -- a Cooking and Nutrition Education Curriculum for Grades 6-12</b>	Nutrition, 4-H Youth Development	On-site	1:30 PM	Cocoa Suite 3, Main Level
<b>Prepare for Retirement: Counting Down to Your Retirement Day</b>	Financial Management	On-site	1:30 PM	Cocoa Suite 6, Main Level
<b>Penn State College of Medicine Public Health Research</b>	Community Health & Wellness, Nutrition & Food Security	On-site/ Off-site	1:30 PM	Cocoa Boardroom, Main Level

2:15 PM – 5:00 PM

## IGNITE SESSIONS & SUBJECT MATTER NETWORKING

Sessions marked with (\*\*) represents those that also include a Showcase of Excellence. View their poster display in the Exhibit Hall foyer. The first part of these presentations will include Ignite sessions listed in the rooms below (quick 10 minute presentations by each presenter). Review the topics covered in each room and select that room to stay in during the duration of the Ignites. Following the Ignites, attendees will make their way to the White Room for the Subject Matter Networking (table discussions). Tables will be marked with the presentation title.

### IGNITE ROOM 1

#### **Room: Magnolia A&B** **Financial/Partnering/Social Media**

##### **What Extension Educators and Their Clients Need to Know About Income Taxes (\*\*)**

**Track:** Financial Management

**Presenter(s):** Barbara O'Neill

This Ignite Presentation will present content highlights and evaluation results from a worksite program about the Tax Cuts and Jobs Act. It will conclude with tax planning strategies for Extension educators.

##### **Faith, Community, and Financial Empowerment: Faith Organization Volunteer Training (\*\*)**

**Track:** Financial Management

**Presenter(s):** Dorothy Nuckols, Catherine Sorenson, Michael Elonge

Financial stability is better achieved when financial skills are learned in a supportive environment. This faith-based organization program uses the social ecological "systems" model and the influence of relationships.

##### **Training Guest Speakers for Home Buyer Education Workshops (\*\*)**

**Track:** Financial Management

**Presenter(s):** Lisa Hamilton, Johanna Ramirez

Guest speakers in home buyer classes need to learn HUD's rules and improve teaching skills to enhance participant learning. This session provides tips and tools for Agents.

##### **College Students - Making Choices with a Financial Impact! (\*\*)**

**Track:** Financial Management

**Presenter(s):** Jesse Ketterman

Student loan decisions are often made without thinking about future implications. This educator partnered with a university to engage in discussions with freshmen students about student loan decisions.

##### **Gaining Food \$ense By Building Healthy, Resilient Communities through Sustainable Partnerships (\*\*)**

**Track:** Health

**Presenter(s):** Margaret A. Jenkins, Candace J. Heer, Nanette L. Neal, Carri J. Jagger

The purpose of Ohio's Food \$ense Programs is to utilize partnerships between University Extension, faith-based food pantries, local healthcare and human service providers to address food insecurity and health disparities.

##### **Living Well Blogging Well (\*\*)**

**Track:** Technology and Social Media

**Presenter(s):** Judy Corbus, Angela Hinkle, Amy Mullins, Laurie Osgood, Kendra Zamojski

This District-wide Family and Consumer Sciences blog provides a reliable online source of research-based information on nutrition, food safety, health and wellness, and resource management topics to educate clientele.



## **Discover the Power of Text Messages in Wellness Programming (\*\*)**

**Track:** *Technology and Social Media*

**Presenter(s):** *Lisa Barlage, Pat Brinkman, Jami Dellifield, Tammy Jones, Beth Stefura, Michelle Treber*

Discover the power of Text Messages in your program. Increase your audience participation and their knowledge gained by adding powerful messages in a clear, concise and inspiring method.

## **Building and Maintaining Partnerships for Community and Statewide Programming**

**Track:** *Administration/Leadership/Community and Economic Development*

**Presenter(s):** *Misty Harmon, Jami Dellifield*

What are best practices to build and maintain successful partnerships? Learn how to build partnerships at the regional, community, and university level to increase program implementation and funding.

## **Best Practices for Using Evidence-Based Information for Family and Consumer Sciences Programming**

**Track:** *Trending Topics*

**Presenter(s):** *Debra Stroud, Natalie Seymour, Rachel McDowell, Candice Christian, Shauna Henley, Sarah Kirby, Ben Chapman*

Family and Consumer Sciences professionals are responsible for providing communities with reliable, evidence-based information and programming. This interactive workshop will equip participants to understand importance and implementation of evidence-based programming.

## **ALLIES: Agents Linking Leadership Inspiring Extension Solutions (\*\*)**

**Track:** *Administration/Leadership/Community and Economic Development*

**Presenter(s):** *Amy Ressler, Flora Williams, Tonya Poncik, Cameron Peters, Courtney Latour, Alfredo Alberto, Erika Bochat*

ALLIES: Agents Linking Leadership Inspiring Extension Solutions is a project designed to build relationships and engage in actions that strengthen the association, provide a support network, and improve employee experiences.

## **IGNITE ROOM 2**

### **Room: Magnolia C&D Youth/Schools**

## **Breakfast After the Bell: Does the Program Exceed Student Need? (\*\*)**

**Track:** *Food and Nutrition*

**Presenter(s):** *Jennifer Shukaitis*

Students from a low-income urban district that serves Breakfast After the Bell (BATB) were surveyed to determine if they were eating multiple breakfasts, and to measure students' opinions of BATB.

## **Impact of Colorful Trays on School Food Waste: A Case Study (\*\*)**

**Track:** *Food and Nutrition*

**Presenter(s):** *Jenna Smith, Whitney Ajie, Rachel Benn, Leia Flure*

Plate waste audits conducted by Extension staff revealed a reduction in elementary school food waste when lunch was served on new colorful trays.

## **Teaching Critical Life Skills Through a Week Long Adulthood Camp**

**Track:** *4-H and Youth Development*

**Presenter(s):** *Gayle Whitworth, Andrea Lazzari, Elizabeth Shephard*

To equip youth for adulthood, "Adulthood: Are You Ready?", a week-long day camp, was designed for youth to introduce them to important skills that are needed when they leave home.

**Walk Across Texas Youth (\*\*)***Track: AWARD/Food and Nutrition**Presenter(s): Alinda Cox**Snap-Ed/EFNEP Educational Program Award*

Jack County focused the Walk Across Texas Program on the Jacksboro Elementary Students who walked over 2400 miles, increased their activity rate and started making healthier food and drink choices.

**Connecting Citizenship and Valor***Track: 4-H and Youth Development**Presenter(s): Kris Boulton*

How can youth learn the cost of freedom? One way is to provide learning opportunities that allow creativity while developing science, technology, engineering, math and language arts skills.

**Career Exploration and Workforce Development in Rural Texas (\*\*)***Track: AWARD/Trending Topics**Presenter(s): Lorrie Coop, Jerry Coplen, Jennifer Rolston, Cody Myers, Michael Bowman, Seth Hall, Thomas Boyle, Josh Kouns**Excellence in Teamwork Award*

Working together, providing students with an experience that goes beyond the classroom, this team has conducted a unique program called Career Day involving 9 counties and 13 school districts annually.

**Food-tastic Youth Programs to Build Healthy Relationships with Food (\*\*)***Track: 4-H and Youth Development**Presenter(s): Elizabeth Shephard, Vanessa Spero, Andrea Lazzari, Angelika Keene, Gayle Whitworth*

Looking at utilizing multiple youth food programs to teach and reinforce healthy habits to youth and their families through summer camps, farmers market programs, and school lunchrooms.

**An Ecological Approach to (EAT) Family Style Dining: A Child Care Training Program to Improve Children's Healthier Food Choices (\*\*)***Track: AWARD/Child Care/Child Development/Parenting**Presenter(s): Lisa Franzen-Castle, Dipti Dev, Holly Hatton-Bowers, Lynn DeVries, Tasha Wulf, LaDonna Werth, Ranae Aspen, Jaclynn Foged, Erin Kampbell, Paige Wernick, Beth Nacke, Lisa Poppe, Linda Reddish, Kayla Hinrichs, Emily Hulse, Donnia Behrends, Zainab Rida, Jean Ann Fischer, David Dzewaltowski, Saima Hasnin, Jasmin Smith**Early Childhood Child Care Training Award*

The Ecological Approach to (EAT) Family Style Dining childcare program aims to improve childcare providers' mealtime feeding practices and children's (3-5 years) dietary intake to prevent childhood obesity.

**Youth Aware of Mental Health: YAM Extension (\*\*)***Track: AWARD/4-H and Youth Development**Presenter(s): Sandra Bailey, Jane Wolery, Julie Riley, Mary Anne Keyes, Jasmine Carbajal, Kelly Moore, Kendra Seilstad, Jesse Fulbright, Janelle Barber, Roni Baker, Juli Thurston, Tara Andrews, Lisa Terry, Alice Burchak, Brenda Ritchie, Josie Evanson, Teatta Plain Feather, Mary Ruth St. Pierre, Rene Kittle**School Wellness Award*

Youth Aware of Mental Health is an intervention for youth ages 14-16 offered in rural schools by Montana Extension. Evaluation results find reduced anxiety and depressive symptoms in participating youth.

## **Apprenticeship for Child Development Specialist (\*\*)**

*Track: Child Care/Child Development/Parenting*

*Presenter(s): Gwen Crum, Kerri Wade, Cheryl Kaczor, Terrill Peck, Andrea Hoover, Dana Wright, Tim Sayre*

ACDS is a training opportunity for those employed in childcare. Upon completion, apprentices receive a nationally recognized certificate from the U.S. Department of Labor/Office of Apprenticeship.

## **IGNITE ROOM 3**

### **Room: Crystal A Nutrition**

## **What's Cooking Marketing Campaign (\*\*)**

*Track: AWARD/Trending Topics*

*Presenter(s): Olivia Jones and Sherry Lynn*

*Marketing Package Award*

With a goal of reaching a broader audience a unique marketing campaign, "What's Cooking" was developed. Implementation resulted in a 97% increase in class participation of the last two years.

## **Teaching Cooking Under Pressure: Hands-on Workshops**

*Track: Food and Nutrition*

*Presenter(s): Amy Robertson, Surine Greenway, Becky Hutchings*

Cooking Under Pressure is a hands-on program that has taught over 400 participants how to safely and quickly prepare nutritious meals at home using an electric pressure cooker.

## **Enhanced Food Safety Program Impact Using a Regional Approach to Program Evaluation (\*\*)**

*Track: AWARD/Food Safety*

*Presenter(s): Susan Mills-Gray, Angela Shaw, Atina Rozhon, Barbara Ingham, Eileen Haraminac, Georgia Jones, Hope Kleine, Jeannie Nichols, Joellen Feirtag, Joyce McGarry, Julie Garden-Robinson, Lisa Treiber, Londa Nwadike, Megan Erickson, Michelle Jarvie, Shannon Coleman, Yaohau Feng*

*Excellence in Multi State Collaboration Award*

The North Central Regional Food Safety Team was formed to address the diverse issues, and initial focus was food preservation evaluation. Collective data impact was used to strengthen programming efforts.

## **Cooking Local Foods Made Simple: Agent Training to Increase Capacity for Foods and Nutrition Programming (\*\*)**

*Track: Food and Nutrition*

*Presenter(s): Jennifer Grable, Katrina Levine, Lorelei Jones, Emily Foley, Susan Chase, Suzanne Van Rijn, Zandra Alford, Jayne McBurney, Hayley Napier, Olivia Jones, Dara Bloom, Lindsey Haynes-Maslow, Carolyn Dunn, Emily Troutman, Peggie Garner, Elizabeth Odom*

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 programming.

## **Field to Fork: Reaching Audiences with Nutrition and Food Safety Information in Novel Ways (\*\*)**

*Track: Food Safety*

*Presenter(s): Julie Garden-Robinson*

Ensuring safe, nutritious food is critical for the consumer and the local food industry. This project developed, implemented, and evaluated face-to-face and online field-to-fork nutrition and food safety educational materials.

## Using Experiential Learning to Teach Food Safety (\*\*)

*Track: Food Safety*

*Presenter(s): Dianna Bowen*

Food safety will come alive for youth and adults alike with the use of hands-on experiments to teach the food safety rules of clean, separate, cook, and chill.

## Out of the Box Uses for Vegetables: Reframing the Old to Draw Interest and Improve Health (\*\*)

*Track: Food and Nutrition*

*Presenter(s): Andrea Nikolai*

Learn about a way to spark interest about vegetables and help give participants the knowledge, skills, and inspiration needed to make healthier changes in their diet.

## Dining with Diabetes and Walk with a Doc Partnership (\*\*)

*Track: Chronic Disease Prevention*

*Presenter(s): Amy Meehan, Whitney Gherman, Candace Heer, Dan Remley, Rashelle Ghanem*

Come and learn about the emerging partnership between Dining with Diabetes and Walk with a Doc that would add a much needed physical activity component to Extension diabetes management programming.

## A Needs Assessment to Create a Baseline of How Often Extension Master Gardener Volunteers Are Asked Food Preservation Questions During Public Events (\*\*)

*Track: Food Safety*

*Presenter(s): Shauna Henley, Jon Traunfeld, Elizabeth Bukoski, Alicia Bembenek*

Extension Master Gardener Volunteers educate community residents. It is unknown how often food preservation questions arise. An online survey showed 65.5% (n=574) of Master Gardeners were asked food preservation questions.

## IGNITE ROOM 4

### Room: Wild Rose A&B Human Development

## Addressing the Financial Burden Impacting Cancer Patients (\*\*)

*Track: Trending Topics*

*Presenter(s): Kendra Zamojski, Wendy Wood-Lynch, Michael Gutter, Giselle Navarro, LuAnn Duncan, Victor Harris, Jorge Ruiz-Menjivar, Natasha Parks, Sarah Ellis, Brenda Marty-Jimenez, Lisa Leslie, Karla Shelnutt, LaToya O'Neal, Sarah Szurek, Jodian Blake, Jean Marie Arick*

Newly diagnosed cancer patients receive intervention through online modules and interactive classes. The program's holistic design guides patients through the health care system from treatment expectations to financial implications.

## Fostering Lifelong Learning: Leadership Community of Practice (\*\*)

*Track: Administration/Leadership/Community and Economic Development*

*Presenter(s): Teresa Byington*

The Leadership Community of Practice was designed to foster opportunities for leaders within the community to meet monthly to enhance their leadership skills. Learn how to replicate in your community.

## Fun with Fresh Food Rainbow Nutrition Program for Families (\*\*)

*Track: AWARD/Health*

*Presenter(s): MaryBeth Hornbeck*

*Family Health & Wellness Award*

The Fun with Fresh Food Rainbow Nutrition program is designed for families to improve attitudes and behaviors around fruit and vegetable consumption through a series of short, interactive food demos.

### Home is Where Your Heart Is (\*\*)

**Track:** AWARD/Sustainable Living: Textiles, Clothing, Housing, Environmental and related topics

**Presenter(s):** Michelle Parrott

#### Extension Housing Outreach Award

Class participants are taught how to purchase a home, maintain a home, energy conservation, environmental concerns (radon, lead, mold) and the importance of green cleaning and recycling.

### Get Experience in Mindfulness (\*\*)

**Track:** AWARD/Health

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

#### Human Development/Family Relationships Award

The Get Experience in Mindfulness program is a curriculum developed to increase individual's knowledge and skills in mindfulness and stress management. Participants learn stress coping techniques through hands-on activities.

### Use of Ripple Effect Mapping to Show Impacts of High Obesity Prevention Program (\*\*)

**Track:** Health

**Presenter(s):** Jessica Vincent, Lisa Washburn, Addie Wilson

This session will describe Ripple Effects Mapping as an evaluation method, how it can be used to capture health program impact, and share impacts discovered using this technique.

### Addressing the Opioid Epidemic: A Call to Action for Cooperative Extension (\*\*)

**Track:** Health

**Presenter(s):** David Buys, Je'Kylynn Steen, Mary Nelson Robertson, Holli Seitz, Laura Downey, Alisha Hardman, Amanda Stone, Daniel Williams

Cooperative Extension remains a trusted source of education for millions of people. This report addresses the important role that Extension may play in addressing this nationwide opioid epidemic.

### Using the Mindful Attention Awareness Scale to Evaluate an Extension Program (\*\*)

**Track:** Health

**Presenter(s):** Melinda Hill, Shannon Carter, Patrice Powers Barker, Pat Holmes, Kathy Goins, Marie Economos, Christine Kendle

This presentation will share the results of using the Mindful Attention Awareness Scale with adult participants of Mindful Wellness, a program designed and taught by Extension Educators.



**6:30 PM – 9:30 PM**

**Leadership Event: Hershey Conservatory & Gardens**



*(Invitation Only)*

Buses will depart promptly at 6:15 PM. Buses will load outside the Convention Center entrance adjacent to the Annual Session Registration Desk.

# SHOWCASE OF EXCELLENCE DISPLAYS

(not participating in Ignite/Subject Matter Networking) *Exhibit Hall Foyer*

## Connecting with Others: Teaching Youth Social and Emotional Competence

*Track: 4H and Youth Development*

*Presenter(s): Shannon Cromwell, Elizabeth Davis*

*State: UT*

Connecting with Others is a program implemented with at-risk, elementary-aged youth in an afterschool setting that focuses on promoting prosocial behavior, positive decision making, and effective communication skills.

## Educator of the Year

*Track: AWARD/Food Safety*

*Presenter(s): Amy Peterson*

*Educator of the Year Award*

Since 1997, Amy Peterson designed, developed and presented food safety trainings to over 8,342 health care professionals, school food service, child care providers, state surveyors, teachers, 4-H staff, and youth.

## Hudson River Fish Advisory Outreach

*Track: AWARD/Health*

*Presenter(s): Karen Roberts Mort, Diane Whitten, Jennifer Zunino-Smith, Jessica Marie Canale, Regina Keenan, Audrey Van Genechten, Maureen Callamari*

*State: NY*

*Environmental Education Award*

Four Cornell Cooperative Extension Associations bordering the Hudson River partner with the NYS Department of Health to raise awareness about health advisories regarding consuming fish caught in this polluted river.

## Keeping a Healthy Diet

*Track: Food and Nutrition*

*Presenter(s): Karen Ensle*

How do we maintain good health for life? Do you follow fads or research? "Keeping a Healthy Diet" includes elements of increasing plant foods and decreasing dietary fat, salt, sugar.

## Moving from Knowledge to Action: How Community-based Diabetes Support Groups Can Facilitate Consumer Behavior Change

*Track: Chronic Disease Prevention*

*Presenter(s): Alexandra Greci*

*State: NJ*

Self-management of chronic diseases (including diabetes) requires skills and motivation to make/sustain healthy behaviors. Peer-based support groups, led by trusted Extension educators, can move participants from knowledge to action.

## Seniors Eating Well: A Sourcebook of Lesson Plans and Activities

*Track: Health*

*Presenter(s): Lynn James, Dori Owczarzak*

*State: PA*

"Seniors Eating Well" is a nine-lesson curriculum used throughout the U.S. by SNAP-Ed and other health educators that significantly improves the nutrition knowledge and health behaviors of older adults.

## The Value of Mentorship in Extension

*Track: AWARD/Administration/Leadership/Community and Economic Development*

*Presenter: Alyssa Anderson*

*State: NC*

*Greenwood Frysinger Award*

Mentorship, whether formal or informal, is invaluable to a newly starting professional. Learn about the ways that a mentor can help a new agent grow.

## Utah State University Extension Online Homebuyer Education

*Track: AWARD/Administration/Leadership/Community and Economic Development*

*Presenter(s): Marilyn Albertson, Stacy Abbott, Teresa Hunsaker, Ellie Hansen, Lucy Delgadillo*

*State: UT*

*Extension Housing Outreach Award*

The Utah State University Extension Online Homebuyer Education Program was created by Utah State Extension and University partners to provide convenient, affordable education for pre-purchase home buyers across the country.

# WEDNESDAY, OCTOBER 2, 2019

## WEDNESDAY SCHEDULE AT A GLANCE

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 11:00 AM	Exhibitor Set-up/Silent Auction Set-up
7:00 AM – 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 11:45 AM	Concurrent Sessions
8:00 AM – 1:00 PM	Hospitality Table Open
10:00 AM – 4:00 PM	FCS Program Leaders Meeting Day 1 ( <i>Special registration required. Lunch included.</i> )
11:00 AM – 11:30 AM	Exhibitor Orientation
12:00 PM	Exhibit Hall Ribbon Cutting
12:00 PM – 5:30 PM	Exhibit Hall Open/Silent Auction Open ( <i>Boxed lunch provided</i> )
12:30 PM – 4:30 PM	Exhibit Forums
1:00 PM – 5:30 PM	Showcase of Excellence Displays
2:15 PM – 4:15 PM	Annual Business Meeting
4:30 PM – 5:30 PM	85th Anniversary Celebration in the Exhibit Hall ( <i>Silent Auction Open and Showcase of Excellence Displays</i> )
5:30 PM	State's Night Out ( <i>Off-site</i> )



**6:30 AM – 7:30 AM**

**Wellness Activity:**  
**Morning Chocolate Run/Walk**

Meet in hotel lobby near guest check-in.

(*See page 24 for details*)

**Wellness Activity: Gentle Yoga**

**Room: Cocoa Boardroom, Main Level**

(*See page 24 for details*)

**Wellness Activity:**

**Get Experience in Mindfulness (GEM)**

**Room: Cocoa 6, Main Level**

Join us Wednesday morning as we go through various stress-reducing activities centered around being more mindful. This will include activities such as meditations/mental focus practices, gentle stretching and breathing techniques.

**7:00 AM – 4:00 PM**

**Registration/Silent Auction Drop Off/  
Service Project Drop Off**

**Main Level**



## CONCURRENT SESSIONS

8:00 AM - 8:45 AM

### CONCURRENT SESSION 1

#### **Developmentally Appropriate Practice is the Guiding Star**

*Track: Life Span Development*

*Room: Magnolia C&D, Confection Hall Level*

*Presenter(s): Marie Economos, Marie Diniaco Economos, Heather Reister*

*State: OH*

Connect Developmentally Appropriate Practice to effective teaching. Learn core considerations, guiding principles, guidelines for effective teaching, and strategies that support developmentally appropriate practice in early childhood education.

### CONCURRENT SESSION 2

#### **Extension's Role in Engaging with Military Service Members, Veterans & Families**

*Track: Trending Topics*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Sara Croymans, Anita Hering, Tiffany Kovalski, Keith Tidball*

*State: MN*

Familiarize yourself with the Military Families Learning Network and the Building Healthy Military Communities initiative. The connection between recent research, a military well-being model and Extension programming will be discussed.

### CONCURRENT SESSION 3

#### **Finances of Caregiving: Workshop Series for Families**

*Track: Financial Management*

*Room: Cocoa Suite 4&5, Main Level*

*Presenter(s): Barbara Wollan, Brenda Schmitt*

*State: IA*

Learn how a five-session workshop series helped over 200 participants be better prepared to

address financial and legal issues that come with caregiving, including protection of the caregiver's financial future.

### CONCURRENT SESSION 4

#### **Improving Preschool Teachers' Confidence and Young Children's Knowledge of Fruit and Vegetables through Combined Practice Changes and Hands-on Education**

*Track: Health*

*Room: Cocoa Suite 2&3, Main Level*

*Presenter(s): Diane Bales, Caree Cotwright, Jung Sun Lee*

*State: GA*

This project reduces obesity risk in preschoolers through teacher-led policy changes and nutrition activities. Project outcomes include increased teacher confidence and increased child willingness to try fruits and vegetables.

### CONCURRENT SESSION 5

#### **Salsa Safety: Assessing Adherence of Weblogs to USDA Home Food Preservation Guidelines**

*Track: Food Safety*

*Room: Empire A&B, Confection Hall Level*

*Presenter(s): Kathleen Savoie, Jennifer Perry, Lisa Fishman, Kate McCarty*

*State: ME*

Knowing that the public is accessing information via weblogs, research was conducted to assess the adherence of canned salsa recipes on these popular resources to USDA recommended food preservation guidelines.

### CONCURRENT SESSION 6

#### **Learn, Grow, Eat & Go! AND Adult Latina Face-to-Face Entrepreneurship**

*Track: AWARD/Trending Topics*

*Room: Wild Rose A&B, Confection Hall Level*

*Presenter(s): Louraiseal McDonald, Liz Buckner, Jheri-Lynn McSwain, Cathy Pearson, Feleshia Thompson (Learn, Grow, Eat & Go!) and Surine Greenway and Jackie Amende (Adult Latina Face-to-Face Entrepreneurship)*

State: TX (Learn, Grow, Eat & Go!) and ID (Adult Latina Face-to-Face Entrepreneurship)

*Mary W. Wells Memorial Diversity Award*

Learn, Grow, Eat & Go! - East Texas Agents united and fought childhood obesity by implementing Learn, Grow, Eat & Go! youth gardening curriculum that encourages youth to adopt a healthy lifestyle and build family relationships.

Adult Latina Face-to-Face Entrepreneurship - This Family & Consumer Sciences Team developed and implemented a face-to-face entrepreneurship program focused on building self-confidence, professional networking opportunities and empowerment in adult Latina entrepreneurs.

## CONCURRENT SESSION 7

### **National Partnership to Recruit, Prepare, and Support FCS Educators**

**(2 hour session – 8:00 AM – 9:45 AM)**

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

**Room:** Empire C&D, Confection Hall Level

**Presenter(s):** Jan Bowers, Carolyn Jackson

It's innovative. It's collaborative. It's critically important. Learn about and be engaged in our national model to address the critical Extension educator shortage and to promote careers in FCS Education.

## CONCURRENT SESSIONS

**9:00 AM - 9:45 AM**

## CONCURRENT SESSION 1

### **Leveraging Volunteers to Improve Health: An Evolving Role for Extension Professionals**

**Track:** Health

**Room:** Empire A&B, Confection Hall Level

**Presenter(s):** Lisa Washburn, Andrew Crocker, JoAnne Leatherman

State: TN

Extension FCS professionals accustomed to working with traditional FCS volunteers may need new approaches to engage volunteers in health and wellness initiatives. Learn strategies for volunteer training and engagement.

## CONCURRENT SESSION 2

### **Night of the Living Debt: Zombies Help Youth and Adults Learn How to Build Credit**

**Track:** Financial Management

**Room:** Wild Rose A&B, Confection Hall Level

**Presenter(s):** Luke Erickson, Lyle Hansen, Barbara Chamberlin, Dorothy Sammons

State: ID

Adults like learning through games too! This presentation focuses on the iPad app/game Night of the Living Debt and its educational impacts with adult audiences.

## CONCURRENT SESSION 3

### **Occasional Quantity Cooks**

**Track:** Food Safety

**Room:** Cocoa Suite 2&3, Main Level

**Presenter(s):** Kate Shumaker, Abigail Snyder, Lisa Barlage, Patricia Brinkman, Candace Heer, Christine Kendle, Amy Meehan, Michelle Treber, Treva Williams

State: OH

Handwashing, cooking and refrigerating are easy. Implementing food safety is hard. This up-to-date, engaging curriculum teaches safe food handling basics to non-foodservice workers involved in food preparation and service.

*continued*

## CONCURRENT SESSION 4

### **Real Kids, Real Skills, Real Meals (r3)**

*Track: Food and Nutrition*

*Room: Cocoa Suite 4&5, Main Level*

*Presenter(s): Julie Balzan, Mary Evans, Marilyn McKinley*

*State: WY*

This session highlights the r3 project and evaluation of a 5–class series that taught meal preparation to 5–8th graders in an afterschool setting and modified for school nutrition educators.

## CONCURRENT SESSION 5

### **Teen Chef Academy**

*Track: AWARD/4-H and Youth Development*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Jean Ince, Carla Due, Terrie James, Janet Cantrell*

*State: AR*

*Innovative Youth Development Programming Award*

Agents from six counties taught a multi-session hands-on cooking school for teens. The youth learned practical meal preparation skills, healthy meal planning, new equipment and tools, plus team building skills.

## CONCURRENT SESSION 6

### **Where Do You See Yourself in 2020?**

*Track: Committee*

*Room: Magnolia C&D, Confection Hall Level*

*Presenter(s): Marcia Parcell, Candace Heer, and Christine Kendle*

You can be a concurrent session presenter! What should you know about writing a proposal for your presentation? Come and learn tips for writing an accepted session proposal for NEAFCS 2020.

## CONCURRENT SESSIONS

**10:00 AM - 10:45 AM**

## CONCURRENT SESSION 1

### **Building Resilient Communities to Prepare and Deal with Climate Change**

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

*Room: Cocoa Suite 4&5, Main Level*

*Presenter(s): Lisa McCoy, Virginia Brown, Daphne Pee*

*State: MD*

Americans are not aware of the impacts of climate change. In this session, participants will gain knowledge and resources on educating communities how to prepare and respond to climate change.

## CONCURRENT SESSION 2

### **Effective Elements for Organizing a Healthy Relationships Teen Retreat**

*Track: 4-H and Youth Development*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Stacey MacArthur, Naomi Brower, Callie Ward, Amanda Christensen*

*State: UT*

To support youth in developing healthy relationships, state and county staff collaborated to offer a statewide overnight teen retreat to teach healthy relationship and communication skills.

## CONCURRENT SESSION 3

### **Online Homebuyer Education Program – Its Educational and Financial Benefits to Extension Consumers Nationwide**

*Track: Financial Management*

*Room: Empire C&D, Confection Hall Level*

*Presenter(s): Marilyn Albertson, Stacy Abbott, Teresa Hunsaker, Lucy Delgadillo, Ellie Hansen*

*State: UT*

An Interactive Extension online homebuyer education course can assist potential

homebuyers nationwide to make better financial housing and consumer decisions, and qualify for financial savings in their home purchases.

## CONCURRENT SESSION 4

### **Strengthening Communities by Strengthening Families**

**Track:** *Life Span Development*

**Room:** *Magnolia C&D, Confection Hall Level*

**Presenter(s):** *Barbara Beaulieu*

**State:** IN

A statewide preventative Extension program is creating stronger families to reduce substance use in youth. Parents and youth are engaged to develop positive family communications and youth develop peer-resistance skills.

## CONCURRENT SESSION 5

### **Three Generations in Extension: A Look at 85 Years in Family and Consumer Sciences Extension**

**Track:** *Life Member*

**Room:** *Wild Rose A&B, Confection Hall Level*

**Presenter(s):** *Shannon Carter, Marilyn Sachs*

**State:** OH

Explore 85 years of Extension family and consumer sciences through three generations of educators in one family and see how the intersection of generation and life stage impacts work/life choices.

## CONCURRENT SESSION 6

### **Cleaning with Care and Confidence in Your Day Care Center**

**Track:** *AWARD/Health*

**Room:** *Cocoa Suite 2&3, Main Level*

**Presenter(s):** *Sally Garrett, Dianne Gertson, Michelle Wright, Hannah Krebs, Denise Goebel, Jenifer Boening*

**State:** TX

*Clean and Healthy Families & Communities Award*

The curriculum educates child care providers on proper cleaning, sanitizing and disinfecting

practices critical for healthy child care environments. Providers are able to prevent the spread of infections plus create a sense of wellbeing for parents.

## CONCURRENT SESSION 7

### **Build Your Leadership Skills From Your State and Up!**

**(2 hour session – 10:00 AM – 11:45 AM)**

*This session sponsored by NEAFCS Endowment Fund*

**Track:** *Administration/Leadership/Community and Economic Development*

**Room:** *Empire A&B, Confection Hall Level*

**Presenter(s):** *Roxie Price, Cindy Davies*

Successful organizations develop leaders from within their ranks. Identify the knowledge and skills needed to be a leader in NEAFCS, opportunities for leadership at the state and national level, including committee work and elected positions.



**10:00 AM – 4:00 PM**

### **FCS Program Leaders Meeting Day 1**

**Room:** *Cocoa Suite 1, Main Level*

*(Special registration required.*

*Lunch included.)*

**11:00 AM – 11:30 AM**

### **Exhibitor Orientation**

**Room:** *Exhibit Hall Blue Room, Main Level*

*(Open to Exhibitors only)*

*continued*

## CONCURRENT SESSIONS

11:00 AM - 11:45 PM

### CONCURRENT SESSION 1

#### Emergency Messaging: Agent/Specialist Collaboration in Disaster Preparedness and Recovery

*Track: Trending Topics*

*Room: Cocoa Suite 4&5, Main Level*

*Presenter(s): Sarah Kirby, Natalie Seymour, Debra Stroud, Rachel McDowell, Candice Christian, Toi Degree, Kimberly Allen, Ben Chapman*

**State: NC**

Extension plays a vital role in disaster response, but perhaps none more important than sharing accurate messages to citizens regarding preparation and recovery.

### CONCURRENT SESSION 2

#### Federal Funding Opportunities for Community Collaborations

*Track: Administration/Leadership/Community and Economic Development*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Melissa Rupp, Jerry Braatz*

**State: OH**

Grant opportunities can make the difference for local programming. This session introduces you to a grant resource that provides timelines, funding targets and program officer tips for successful grant proposals.

### CONCURRENT SESSION 3

#### Similarities and Differences in Conducting a Needs Assessment in Rural, Urban, and Suburban Environments

*Track: Food Safety*

*Room: Empire C&D, Confection Hall Level*

*Presenter(s): Shauna Henley, Beverly Jackey, Chenzi Wang, Teresa McCoy*

**State: MD**

A needs assessment was used to inform an educator on food-safety community programming. Focus groups were conducted in

urban to rural communities. The need outcomes were similar across geographic location.

### CONCURRENT SESSION 4

#### Technology Enhancing Exercise and Nutrition

*Track: Technology and Social Media*

*Room: Cocoa Suite 2&3, Main Level*

*Presenter(s): Kimberly Burgess-Neloms, Tamara Warren, Darlene Minniefield, Chante Myles, A.Renee' Heard, Marchale Burton, Nkenge Hyter, Apriell Burgess, Pamela Irby, and Danielle Rudolph*

**State: AL**

Technology Enhancing Exercise and Nutrition (TEEN) and Volunteers in Urban Programs (VIP) collaboratively engage teenagers in healthier eating and exercise through an interactive technology learning environment reducing obesity risk.

### CONCURRENT SESSION 5

#### The Garden Kitchen's #BigChangesStartSmall, Social Media Campaign

*Track: AWARD/Technology and Social Media*

*Room: Wild Rose A&B, Confection Hall Level*

*Presenter(s): Jennifer Parlin*

**State: AZ**

*Social Media Education Award*

The Garden Kitchen has had transformative program results during the last year by employing a strategic marketing campaign, #BigChangesStartSmall, on Facebook, Instagram, and Mailchimp list serve.

### CONCURRENT SESSION 6

#### Logistics, Learning, and Language

*Track: Committee*

*Room: Magnolia C&D, Confection Hall Level*

*Presenter(s): Diane Reinhold, Keishon Thomas*

Have you been contemplating writing an award? Are you looking to submit an award that shines? Then join us for "Logistics, Learning, and Language" to learn how to submit an awarding winning application.

**12:00 PM – 5:30 PM**

**Exhibit Hall Ribbon Cutting/  
Exhibit Hall Open/Silent  
Auction Open**

**Room: Blue Room, Main Level**



**12:00 PM – 1:00 PM**

**Lunch in Exhibit Hall**

**Room: Blue Room, Main Level**

Name badges will be required to enter exhibit hall and receive lunch.

**12:30 PM – 4:30 PM**

**Exhibit Forums**

**Room: Crystal A, Confection Hall  
Level (1:00 PM – 2:00 PM)**

**Room: Cocoa 6, Main Level  
(12:30 PM– 4:30 PM)**

*(See page 53 for more information)*

**1:00 PM – 5:30 PM**

**Showcase of Excellence  
Displays**

To view listing of Showcase of Excellence Displays, see pages 30-36 and look for (\*\*) next to the Ignite/Subject Matter Networking listings. These sessions also received a poster display. Poster sessions not participating in Ignite/Subject Matter Networking can be found on page 36.

**2:15 PM – 4:15 PM**

**Annual Business Meeting**

**Room: Magnolia Ballroom,  
Confection Hall Level**

*(See App for Agenda – listed under Schedule and then event details)*

Recognition of the 2018-2019 outgoing board members and installation of new board members will take place at this meeting.

**4:30 PM – 5:30 PM**

**85th Anniversary Reception/  
Silent Auction Open/Showcase  
of Excellence Displays**

**Room: Blue Room, Main Level**

Join us to celebrate 85 years of providing leadership opportunities to family and consumer science professionals and helping families.

**5:30 PM**

**State's Night Out**

## THANK YOU TO OUR 2018-2019 OUTGOING BOARD MEMBERS

**Denise Continenza** – Affiliate Tri-Liaison

**Lynn James** – Affiliate Tri-Liaison

**Theresa Mayhew** – Affiliate Tri-Liaison

**Ellen Bjelland** – Central Region Director

**Dianne Gertson** – Southern Region Director

**Susan Routh** – Vice President Awards and Recognition

**Julie Garden-Robinson** – Vice President  
Public Affairs

**Joan Koonce** – Treasurer

**Roxie Price** – President-Elect

**Lora Lee Frazier Howard** – Immediate Past  
President

**Karen Munden** – President

# THURSDAY, OCTOBER 3, 2019

## THURSDAY SCHEDULE AT A GLANCE

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 2:00 PM	Registration/Service Project Drop Off
7:30 AM – 8:30 AM	2020 Annual Session Planning Committee Meeting
8:00 AM – 10:00 AM	Exhibit Hall Open/Showcase of Excellence Displays (Continental Breakfast Provided)
8:00 AM – 11:00 AM	Hospitality Table Open
8:00 AM – 10:00 AM	Exhibit Forums
8:00 AM – 2:00 PM	Marketplace
8:00 AM – 3:00 PM	FCS Program Leaders Meeting Day 2 (Special registration required. Includes breakfast & lunch)
8:30 AM – 11:00 AM	Committee Meetings
10:00 AM – 12:00 PM	Exhibitors Move-Out
10:15 AM – 12:00 PM	Concurrent Sessions
11:00 AM – 2:00 PM	Silent Auction Winners Announced/Pick-Up
12:00 PM – 1:30 PM	Lunch on own
12:00 PM – 1:30 PM	Past National President Luncheon & Meeting (Off-site)
1:30 PM – 3:15 PM	Concurrent Sessions
2:30 PM – 3:30 PM	2021 Annual Session Planning Committee Meeting
4:30 PM – 5:30 PM	President's Reception
5:30 PM – 8:30 PM	Closing General Session & Awards Banquet with Keynote Dr. Ann Albright, Ph.D., RDN



**6:30 AM – 7:30 AM**

**Wellness Activity:**  
**Morning Chocolate Run/Walk**

*Meet in hotel lobby near guest check-in.*

**Wellness Activity: Gentle Yoga**

**Room: Cocoa Boardroom, Main Level**

*(See page 24 for details)*

**7:00 AM – 2:00 PM**

**Registration/Service Project Drop Off**

**Main Level**

**7:30 AM – 8:30 AM**

**2020 Annual Session Planning Committee Meeting**

**Room: Cocoa Suite 2, Main Level**



**8:00 AM – 10:00 AM**  
**Exhibit Hall Open/Showcase  
of Excellence Displays**

**Room: Blue Room, Main Level**

Name badges will be required to enter exhibit hall and receive breakfast.

*(See page 30-36 for more information on Showcase of Excellence Displays)*



**8:00 AM – 9:00 AM**  
**Continental Breakfast in  
Exhibit Hall**

**Room: Blue Room, Main Level**

**8:00 AM – 10:00 AM**  
**Exhibit Forums**

**Room: Cocoa Suite 6, Main Level**

*(See page 53 for more information)*

**8:00 AM – 2:00 PM**  
**Marketplace**

**Room: Confection Hall Foyer**



**8:00 AM – 3:00 PM**  
**FCS Program Leaders Meeting  
Day 2**

**Room: Cocoa Suite 1, Main Level**

*(Special registration required.  
Includes breakfast & lunch)*

**8:30 AM – 11:00 AM**  
**Committee Meetings, Plans of  
Work**

**Finance, Investment, Endowment  
– Room: Tower 1, Tower Level**

**Member Resource – Room: Cocoa  
Suite 3, Main Level**

**Public Affairs – Room: Cocoa Suite  
4, Main Level**

**Awards – Room: Cocoa Suite 5,  
Main Level**

**Professional Development – Room:  
Cocoa Boardroom, Main Level**

**CONCURRENT SESSIONS**

**10:15 AM - 11:00 AM**

**CONCURRENT SESSION 1**

**A Multidisciplinary Approach to Explore  
Food Safety with Dairy Science**

**Track: Food Safety**

**Room: Magnolia C&D, Confection Hall Level**

**Presenter(s): Marie Arick, Jill Breslawski, Chris  
Decubellis, Colleen Larson**

**State: FL**

Utilization of multi-disciplined agents provided the winning combination to teach Food Safety from the dairy farm to the kitchen. This diverse workshop incorporated career exploration with food safety and science.

## CONCURRENT SESSION 2

### Building A Financial Capability Toolkit

*Track: Financial Management*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Lori Hendrickson, Rebecca Hagen Jokela, Sara Croymans, Sharon Powell, Antonio Alba Meraz, Jennifer Garbow, Shawna Thompson*

*State: MN*

Community partners shared the need for tools to teach financial capability with their clients. In response to those requests, educators developed a financial capability toolkit including lesson plans, videos, activities.

## CONCURRENT SESSION 3

### Healthy Communities are Thriving Communities

*Track: Health*

*Room: Empire C&D, Confection Hall Level*

*Presenter(s): Pamela Pruett, Michelle Lombardo*

*State: AR*

Highlights from a community-wide, replicable, proven project that promoted nutrition, physical activity and healthy living for children and caregivers using easy-to-replicate interventions in schools, Head Starts and other community-based organizations.

## CONCURRENT SESSION 4

### Urban Versus Rural: Influences of Supplemental Nutrition Assistance Program Education

*Track: Food and Nutrition*

*Room: Wild Rose A&B, Confection Hall Level*

*Presenter(s): Melanie Jewkes, Brittany Bingeman, Elizabeth Davis, Mateja Savoie Roskos, Heidi LeBlanc, Jaqueline Neid-Avila*

*State: UT*

An evaluation of the effectiveness of SNAP-Ed programming in [STATE] indicated significant differences in participants' intention to change four behaviors pertaining to cooking and nutrition between urban and rural participants.

## CONCURRENT SESSION 5

### Social Recipes

*Track: AWARD/Technology and Social Media*

*Room: Empire A&B, Confection Hall Level*

*Presenter(s): Julia Wilson, Christy Ramey, Tracy Cowles, and Janey Cline*

*State: KY*

*Social Media Education - Online Video Award*

Recipe videos are popular on social media. The Mammoth Cave Area FCS Agents worked together to create overhead fast framed videos featuring Plate it Up! Kentucky Proud and Extension Recipes.

## CONCURRENT SESSIONS

11:15 AM - 12:00 PM

## CONCURRENT SESSION 1

### Building Blocks for Working with Third-Party Payers

*Track: Trending Topics*

*Room: Wild Rose A&B, Confection Hall Level*

*Presenter(s): Laura Anderson, Dawn Contreras*

*State: MI*

This session focuses on third-party reimbursement as funding for Extension health programs. Participants will learn essential elements to acquire third-party funding and practice techniques for marketing their programs to payers.

## CONCURRENT SESSION 2

### Food Allergy Awareness Training for the Food Service Industry

*Track: Food Safety*

*Room: Magnolia C&D, Confection Hall Level*

*Presenter(s): Sandy Stoneman*

*State: VA*

Food allergies: A growing concern for anyone in food preparation. Are you up to date? Learn how this new program could be an asset to your food safety educators' toolbox.

### CONCURRENT SESSION 3

#### **Targeting Chronic Disease Prevention and Management through Interactive Webinar Education**

*Track: Chronic Disease Prevention*

*Room: Empire A&B, Confection Hall Level*

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

*State: FL*

A multidisciplinary collaboration, targeting chronic disease prevention and behavior change, reaches a diverse audience through interactive webinar series.

### CONCURRENT SESSION 4

#### **The Next Chapter**

*Track: Life Span Development*

*Room: Empire C&D, Confection Hall Level*

*Presenter(s): Cydney Martin*

*State: NM*

The Next Chapter series celebrates the latter years of life! This curriculum empowers and provides strategies to live as healthy and independent older adults with peace of mind.

### CONCURRENT SESSION 5

#### **Food Safety in the Workplace**

*Track: AWARD/Food Safety*

*Room: Magnolia A&B, Confection Hall Level*

*Presenter(s): Lorrie Coop*

*State: TX*

*Clean and Healthy Families & Communities Award*

This worksite wellness program emphasizes the importance of handwashing when preparing, storing lunches and consuming foods on the job, for employees with no access to heat, refrigeration or handwashing facilities.

**11:00 AM – 2:00 PM**

#### **Silent Auction Winners Announced/Pick-Up**

*Registration Desk, Main Level*




**12:00 PM – 1:30 PM**

#### **Past National President Luncheon (Invitation Only)**

*Meet in hotel lobby at 11:15 AM*

**12:00 PM – 1:30 PM**

#### **Lunch on own**



**Interactive, Mobile Culinary Cooking Cart**  
www.KitchenAlaCart.com  
800-859-5790

**edible education**  
*hands-on lessons for healthy living*

- Year-Round Curriculum
- Full Accessories

THURSDAY

## CONCURRENT SESSIONS

1:30 PM - 2:15 PM

### CONCURRENT SESSION 1

#### **Creating a Healthier You: Finding Balance as an Extension Agent**

*Track: Trending Topics*

*Room: Magnolia C&D, Confection Hall Level*

*Presenter(s): Heather Janney, Becca Fint-Clark,*

*Keri Gandy Hobbs, Margaret Miltenberger,*

*Tonya Price*

*State: FL*

The workshop will focus on developing balancing strategies to recharge and boost the careers of participants. The three areas of focus will include finding balance, goal setting, and time management.

### CONCURRENT SESSION 2

#### **Digi\_Life: A Curriculum About Managing Technology In Daily Living**

*Track: Technology and Social Media*

*Room: Cocoa Suite 2&3, Main Level*

*Presenter(s): Heather Wallace*

*State: TN*

"Digi\_Life" is a free curriculum addressing the relationship between technology and daily living. Lessons focus on integrating and managing technology to enhance quality of life for individuals and families.

### CONCURRENT SESSION 3

#### **Engaging Limited-Resource Participants in Financial Education Through Activity-Based Lessons**

*Track: Financial Management*

*Room: Wild Rose A&B, Confection Hall Level*

*Presenter(s): Karen Poff*

*State: VA*

Experience innovative activity-based lessons designed to assist volunteers (and staff)

in assessing the needs of a small group and engaging limited-resource participants in learning. Lessons supplement Your Money, Your Goals.

### CONCURRENT SESSION 4

#### **Cash in on Quilt Trails: An Affordable Path to Stimulating Community Economics**

*Track: AWARD/Administration/Leadership/Community and Economic Development*

*Room: Cocoa Suite 4&5, Main Level*

*Presenter(s): Lynda Latta, Rhonda DeVor, Recia Garcia*

*State: OK*

*Community Partnership Award*

Oklahoma Barn Quilt Trails help highlight rural communities' culture, history and beauty while promoting tourism and economic development. Barn Quilt Trails promote community pride and entrepreneurship skills for families' economies.

### CONCURRENT SESSION 5

#### **Small Savings Builds Big Dreams**

*Track: AWARD/Financial Management*

*Room: Empire A&B, Confection Hall Level*

*Presenter(s): Nancy Vance, Chelsea Wunnicke and Jeanne Walsh*

*State: WI*

*Dean Don Felker Financial Management Award*

Wisconsin Extension Educators provide parents and grandparents of young children with easy-to-use information about saving for their child's higher education through the Small Savings Build Big Dreams financial education initiative.

### CONCURRENT SESSION 6

#### **Food Handling Practices of Consumers, An Integrated Approach to Inform Message Development**

*Track: Food Safety*

*Room: Magnolia A&B*

*Presenter(s): Benjamin Chapman, Christopher*

**Bernstein, Chrystal Okonta**

State: NC

Overview of a multi-year observational study of consumers' food handling behaviors compared to self-report, the effect of relevant communication interventions, and how these insights inform consumer food safety messages.

## CONCURRENT SESSION 7

### **National Dining With Diabetes Program Update**

*(2 hour session – 1:30 PM – 3:15 PM)*

**Track:** Food and Nutrition

**Room:** Empire C&D, Confection Hall Level

**Presenter(s):** Dan Remley, Lisa Graves, Shari Gallup, Julie Buck, Jackie Armende, Margaret Jenkins

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. Members of the National Extension Dining with Diabetes Working Group will present information on the national curriculum, new tools, and multi-state evaluation results.

## CONCURRENT SESSIONS

**2:30 PM - 3:15 PM**

## CONCURRENT SESSION 1

### **Enhancing & Extending Learning Through Innovative Wrap-Arounds**

**Track:** Technology and Social Media

**Room:** Empire A&B, Confection Hall Level

**Presenter(s):** Anita Harris Hering, Sara Croymans

State: MN

The Military Families Learning Network Family Transitions will introduce an innovative wrap-around strategy to extend and enhance learning and build engaged online communities before, during and after webinars.

## CONCURRENT SESSION 2

### **Exploring Alzheimer's Association/ Extension Partnership: Origins, Barriers, and Best Practices**

**Track:** Health

**Room:** Magnolia C&D, Confection Hall Level

**Presenter(s):** Lynn James, Sara Murphy, David Buys

State: PA

Alzheimer's disease is a growing concern in our society. In this session, we report on an emerging partnership between Extension and a national Health Association and discuss best-educational practices.

## CONCURRENT SESSION 3

### **Tools of the Trade: A Regional Effort to Evaluate Food Preservation Education**

**Track:** Food Safety

**Room:** Cocoa Suite 2&3, Main Level

**Presenter(s):** Susan Mills-Gray, Julie Garden-Robinsn, Londa Nwadike, Barbara Ingham, Eileen Haraminac, Jeannie Nichols, Atina Rozhon, Shannon Coleman

State: MO

Implementing common evaluation tools showed collective impact from Extension home food preservation programs in 5 states, with 1,620 participants. Over 95% learned something new and planned to use Extension materials.

## CONCURRENT SESSION 4

**What Do They Need? Using Focus Groups to Conduct a Health Needs Assessment for Planning Extension Programs***Track: Trending Topics**Room: Magnolia A&B, Confection Hall Level**Presenter(s): Beverly Jackey, Shauna Henley, Teresa McCoy, Chenzi Wang, Mona Habibi**State: MD*

Conducting needs assessments periodically provides educators a better understanding on how to serve the changing needs of communities. Educators will learn the steps in conducting qualitative research and focus groups.

## CONCURRENT SESSION 5

**Extension Educators Host Annual Family and Consumer Sciences Teacher In-Service Day***Track: Trending Topics**Room: Cocoa 4&5**Presenters: Patrice Powers-Barker, Melissa Rupp, Cheryl Spires, Susan Zies, Donna Green, Katie Schlagheck**State: OH*

As one way to connect with local teachers, a team of Extension Educators offer professional development and resource sharing by planning, teaching and evaluating an annual FCS Teacher In-Service Day.

**2:30 PM – 3:30 PM****2021 Annual Session Planning Committee Meeting***Room: Cocoa Boardroom, Main Level***4:30 PM – 5:30 PM****President's Reception***Room: Great Lobby, Main Level*

*(Business dress to semi-formal)*  
NEAFCS invites you to join us for a reception honoring President Karen Munden.

**5:30 PM – 8:30 PM****Closing General Session & Awards Banquet with Keynote Dr. Ann Albright, Ph.D., RDN***Room: White Room, Main Level*

*(See page 51 more information about our Keynote. See Banquet agenda on page 52. See App for Agenda – listed under Schedule and then event details)*



## FRIDAY, OCTOBER 4, 2019

**8:00 AM – 2:30 PM****National Post-Board Meeting***Room: Cocoa Boardroom, Main Level*

# CLOSING GENERAL SESSION KEYNOTE

Thursday, October 3 | 5:30 PM – 8:30 PM

## *We Got the Chronic Disease Blues*

**by Keynote Dr. Ann Albright, Ph.D., RDN**  
**Director of the Division of Diabetes Translation**

**Room: White Room, Main Level**

**D**o you know anyone with diabetes, heart disease, cancer, asthma or arthritis? It is highly likely that you do. Chronic diseases are common and costly. They are leading causes of death and disability. The good news is that many of these conditions can be managed and in some cases prevented or delayed. This requires effective interventions and the ability to access them. In this session, you will hear the state of chronic diseases and associated risk factor in the U.S. Evidence based interventions being supported by the Centers for Disease Control and Prevention will be described. Opportunities for Extension professionals to become involved or connected to this work will be presented. As you consider all of those people in your life that have or are at risk for chronic diseases and the impact of chronic diseases on all sectors of society, you will not want to miss this session.

### *Learning Objectives:*

- Describe the burden of chronic disease in the United States
- Explain two effective chronic disease interventions
- Identify one opportunity for Extension professionals to engage in the interventions presented



*"We are all affected by chronic diseases – personally, professionally and as a nation. Extension professionals are key to addressing this epidemic."*

THURSDAY



# THURSDAY, OCTOBER 3

*National Extension Association of Family & Consumer Sciences  
Invites you to a*

## **RECEPTION HONORING PRESIDENT KAREN MUNDEN**

4:30 PM – 5:30 PM

Hershey Lodge ~ Great Lobby, Main Level | Business Dress to Semi-Formal

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## **CLOSING GENERAL SESSION & AWARDS BANQUET**

5:30 PM – 8:30 PM | Hershey Lodge ~ White Room, Main Level

### **OPENING REMARKS**

Karen Munden

### **INVOCATION**

Judy Corbus

### **KEYNOTE PRESENTATION**

#### **We Got the Chronic Disease Blues**

Dr. Ann Albright, Ph.D., RDN, Director of the Division of Diabetes Translation

### **JOINT COUNCIL OF EXTENSION PROFESSIONALS (JCEP) UPDATE**

David Civittolo, NACDEP & Julie Robinson, NAEPSDP

### **AWARDS PROGRAM**

Presiding: Susan Routh, Vice President Awards & Recognition

### **NEAFCS AWARDS PRESENTATION**

Dianna Bowen & Laurie Osgood, Awards Ceremony Committee Co-Chairs

### **2020 ANNUAL SESSION CALL TO ACTION**

Tri-Liaisons Kathy Riggs, Teresa Hunsaker & Sheila Gains

### **RECOGNITION/APPRECIATION OF 2018-2019 OUTGOING BOARD MEMBERS**

Denise Continenza – Affiliate Tri-Liaison

Theresa Mayhew – Affiliate Tri-Liaison

Lynn James – Affiliate Tri-Liaison

Dianne Gertson – Southern Region Director

Ellen Bjelland – Central Region Director

Julie Garden-Robinson – Vice President Public Affairs

Susan Routh – Vice President Awards & Recognition

Joan Koonce – Treasurer

Roxie Price – President-Elect

Lora Lee Frazier Howard – Immediate Past President

Karen Munden – President

# EXHIBIT FORUMS

## WEDNESDAY, OCTOBER 2<sup>ND</sup>

12:30 PM – 1:00 PM

### **Cooking on the Go! Mobile Teaching Cart**

**Company:** Edible Education

**Presenter(s):** Ann Butler

**Room:** Cocoa 6

Cooking is hot, hot, hot! Adding nutritional education hands-on lessons is easy ~ even without a kitchen. Chef techniques and setting up your youth culinary program.

1:00 PM – 2:00 PM **(1 hour session)**

### **Inspire Creativity and Enhance Community Outreach**

**Company:** B-Sew Inn

**Presenter(s):** Josie Baird

**Room:** Crystal A

Join our Hands-on session to learn how to add FLAIR to your classroom projects and community outreach programs. As a bonus, participants will have the opportunity to borrow an embroidery machine to use for FREE until August 15, 2020.

1:45 PM – 2:15 PM

### **Develop Career-Ready FCS Students with RealCare™ Innovative Learning Tools**

**Company:** Realityworks

**Presenter(s):** Denise Bodart

**Room:** Cocoa 6

In this session, learn how these evidence-based programs combine experiential activities, comprehensive curricula and interactive simulators for infant care skills, childcare occupations, health sciences exploration, eldercare and human services careers. Hear stories from instructors of program best practices and incorporating soft skills into lessons.

2:30 PM – 3:00 PM

### **Free Resources Available Through the National Resource Center for Healthy Marriage and Families**

**Company:** National Resource Center for Healthy Marriage and Families

**Presenter(s):** Robyn Cenizal

**Room:** Cocoa 6

In support of the Resource Center's goal of promoting the value of healthy marriage and relationship education skills and encouraging their integration into safety-net service systems as a holistic approach to strengthening families, we maintain a Media Gallery, Virtual Library, Curricula guidance, Calendar of Events, and E-News Archive.

3:15 PM – 3:45 PM

### **Signs, Signs, Everywhere a Sign! Learn from the Experts**

**Company:** Learning ZoneXpress

**Presenter(s):** Mary Beth Anderson

**Room:** Cocoa 6

Learn a step-by-step process to create high-impact signage that successfully promotes healthy eating and physical activity in schools and a variety of community settings.



4:00 PM – 4:30 PM

### **Hands on Banking®: Free, Noncommercial Financial Education Program**

**Company:** Wells Fargo/Hands On Banking

**Presenter(s):** Mia B. Russell

**Room:** Cocoa 6

This engaging session will answer three important questions: What is Hands on Banking? How can Hands on Banking be used (in its totality, as a supplement or complement)? Where can I find Hands on Banking resources and tools? In addition to learning how to leverage this program, participants will be provided curricula, tools, resources, and related evaluations for review and discussion. All participants will receive final, modified materials for future use.

*continued*

## EXHIBIT FORUMS, CONTINUED

### THURSDAY, OCTOBER 3<sup>RD</sup>



8:00 AM – 8:30 AM

#### **2019 New Product Review, Consumer Insights, & Recipe Validation**

**Company:** Newell Brands

**Presenter(s):** Jessica Piper & Matt Cheever

**Room:** Cocoa 6

Experts from Newell Brands, the makers of the Ball® Brand Fresh Preserving Products, will present on New Products for 2019, Consumer Insights, as well as the process for recipe testing and validation.

8:45 AM – 9:15 AM

#### **#EatMoreBeans with a Pressure Cooker!**

**Company:** Northarvest Bean Growers Association

**Presenter(s):** Julie Garden-Robinson, Megan Myrdal

**Room:** Cocoa 6

It's hard to find a simply delicious, naturally nutritious food that provides more benefits than

beans. This presentation will explore the latest research about this important food group and provide guidance for how to cook beans using one of today's most trendy food gadgets – a pressure cooker!

9:30 AM – 10:00 AM

#### **The Benefits of Participant Accident Insurance**

**Company:** American Income Life Special Risk Division

**Presenter(s):** Erin Bain

**Room:** Cocoa 6

This session will talk about the basics of what participant accident insurance is designed to cover and how FCS programs can specifically benefit from providing it. I will review coverage options, costs, and talk about examples of past claims from FCS programs and events.



**Real sugar comes from  
sugar beets and  
sugar cane plants.**

The Sugar Association  
is a proud sponsor  
of NEAFCS.

Visit us at [sugar.org](http://sugar.org)  
for more information and  
educational materials about  
**#RealSugar.**

**the Sugar association**  
There's more to sugar.

Get Social with @MoreToSugar   



**Come discover the difference  
Hands on Banking® can make**



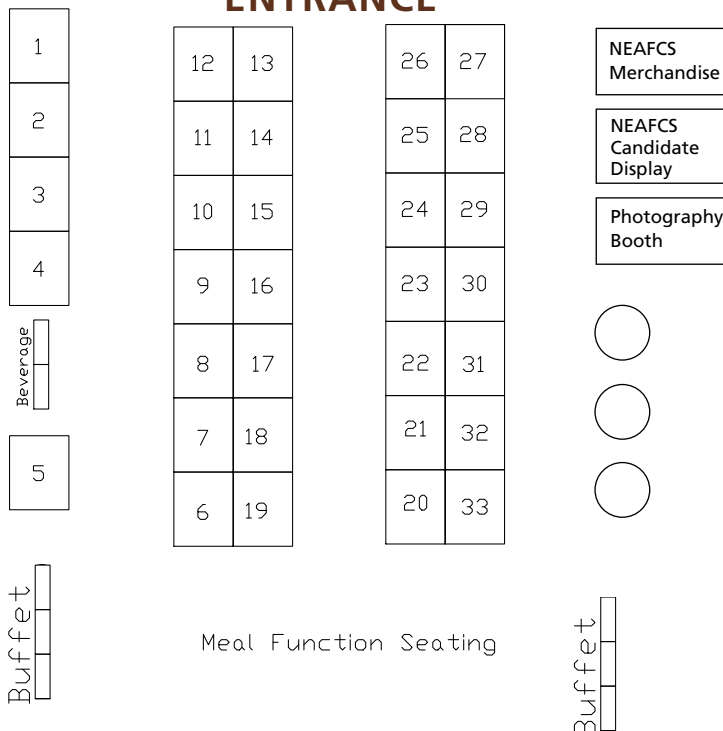
Stop by our booth and learn more  
about *Hands on Banking*, the  
free financial education program  
sponsored by Wells Fargo.

**[handsonbanking.org](http://handsonbanking.org)**

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# EXHIBIT HALL FLOOR PLAN

## ENTRANCE



2019 Hershey Annual Session Planning Committee. Booth 25  
 2020 Annual Session .....Booth 23 & 24  
 Active Parenting Publishers ..... Booth 9  
 Alzheimer's Association Greater PA Chapter ..... Booth 10  
 American Association of Family &  
 Consumer Sciences (AAFCS) ..... Booth 16  
 American Income Life Special Risk Division ..... Booth 6  
 B-Sew Inn ..... Booth 1  
 CATCH (Coordinated Approach to Child Health) .. Booth 27  
 Consumer Financial Protection Bureau (CFPB) .... Booth 21  
 Edible Education ..... Booth 3  
 Extension Journal, Inc. .... Booth 15  
 Federal Trade Commission. .... Booth 31  
 Fresh Baby ..... Booth 19  
 Hands on Banking/Wells Fargo ..... Booth 8  
 International Federation for Home Economics  
 - United States (IFHE-US) ..... Booth 30  
 Joint Council of Extension Professionals (JCEP) .... Booth 29  
 Learning ZoneXpress ..... Booth 12

Military Families Learning Network ..... Booth 20  
 NASCO ..... Booth 26  
 National Networks of Libraries of Medicine –  
 Middle Atlantic Region ..... Booth 14  
 National Presto Industries ..... Booth 11  
 National Resource Center for Healthy  
 Marriage & Families ..... Booth 5  
 Newell Brands ..... Booth 2  
 Noodle Soup..... Booth 22  
 Northarvest Bean Growers Association ..... Booth 4  
 Oklahoma Extension Association of Family & Consumer  
 Sciences ..... Booth 17  
 Partnership for Food Safety Education ..... Booth 7  
 Realityworks, Inc. .... Booth 33  
 Sew Very Smooth ..... Booth 32  
 The OrganWise Guys Inc. .... Booth 18  
 The Sugar Association ..... Booth 13  
 USDA Food Safety and Inspection Service /  
 Office of Public Affairs and Consumer Education .. Booth 28

# 2019 ANNUAL SESSION EXHIBITORS

## 2020 Annual Session –Snowbird, UT Booth 23 & 24

Our focus is creating an informational and welcoming booth for the 2020 Annual Session; we will also focus on fundraising using a display of “for sale” items and “donations” for multiple drawings.

## Active Parenting Publishers Booth 9

Video-based education programs that cover topics including parenting, character education, school success, and more.

## Alzheimer’s Association Greater PA Chapter Booth 10

1<sup>st</sup>  
Timers!

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

## American Association of Family & Consumer Sciences (AAFCS) Booth 16

AAFCS is a member-based organization for students and professionals in all practice settings and content areas of family and consumer sciences. AAFCS is also the managing partner of the Alliance for Family & Consumer Sciences of which NEAFCS belongs as a partner. Assessments and credentials are offered by AAFCS.

## American Income Life Special Risk Division Booth 6

The AIL Special Risk Division provides blanket group accident insurance policies for all Cooperative Extension groups and programs nationwide. We have specialized in working with Extension for

over 60 years and pride ourselves on personal and professional service.

## B-Sew Inn Booth 1

1<sup>st</sup>  
Timers!

Embroidery, Sewing and Quilting Machines, Notions, Tools, Culinary

## CATCH (Coordinated Approach to Child Health) Booth 27

CATCH (Coordinated Approach to Child Health) boosts nutrition education and physical activity with USDA approved curricula and training options for elementary & middle school age and CATCH early childhood for preschool.

## Consumer Financial Protection Bureau (CFPB) Booth 21

Effective financial education tools and resources that help individuals and families manage financial challenges at major life stages.

## Edible Education Booth 3

1<sup>st</sup>  
Timers!

The Kitchen a la Cart is a mobile, teaching kitchen. Complete with hot and cold running water, induction burner, oven and all the small wares necessary for 10 students to prepare food.

## Extension Journal, Inc. Booth 15

Information table, NEAFCS Journal Committee recruiting writers and reviews of Journal Articles. The Journal of Extension is a research-based and peer-reviewed resource for Extension Professionals to use for outreach and engagement. Extension Journal, Inc. also is the host for the Extension Job Bank listing of Extension positions throughout the United States.

## Federal Trade Commission

### Booth 31

The Federal Trade Commission offers free print and online material for consumers and educators. The articles, worksheets, brochures and videos found at [Consumer.Gov](http://Consumer.Gov), [IdentityTheft.gov](http://IdentityTheft.gov) and [FTC.gov/PassItOn](http://FTC.gov/PassItOn) help people manage money, deal with credit and debt, avoid scams, and report and recover from identity theft.

## Fresh Baby

### Booth 19



Fresh Baby is a USDA National Strategic MyPlate Partner. Supporting the US Dietary Guidelines, we develop innovative nutrition education products designed for participant success. Our products are great teaching tools in classrooms and clinics that also provide positive reinforcement at home, resulting in participants making healthy lifestyle choices.



## Hands on Banking/Wells Fargo

### Booth 8

Hands on Banking®, a public service offered by Wells Fargo, is a free financial education program that covers important money management concepts that help you improve each stage of your financial life.

## International Federation for Home Economics - United States (IFHE-US)

### Booth 30



International Federation for Home Economics - United States (IFHE-US) connects FCS professionals to the Global Home Economics Community. IFHE-US will host the XXIV IFHE World Congress August 2-8, 2020 in Atlanta, Georgia where nearly 1000 FCS and Home Economics professionals will network, share best practices, and learn about sustainable development around the world. Over 40 countries will be represented at the World Congress.

## Joint Council of Extension Professionals (JCEP)

### Booth 29

Organization whose members are the members of all seven-member organizations ANREP, ESP, NACAA, NAE4-HA, NACDEP, NAEPSPD & NEAFCS. Doing together what we can't as individuals.

## Learning ZoneXpress

### Booth 12

Learning ZoneXpress creates fresh, engaging resources to promote nutrition, wellness, and physical activity. Our posters, handouts, banners and games help clients make positive, health-related behavior changes. Stop by to see why extension customers turn to Learning ZoneXpress and to pick up free samples of what works. For more information, visit [www.learningzonexpress.com](http://www.learningzonexpress.com).

## Military Families Learning Network

### Booth 20

The Military Families Learning Network (MFLN) invites family service providers and Cooperative Extension professionals to online professional development opportunities where they can exchange experiences, resources, and research to enhance professional impact and growth.

## NASCO

### Booth 26

The NASCO Family and Consumer Sciences catalog offers a complete line of hands-on-educational materials, including Ready-Or-Not-Tot® and Love to Care parenting simulators, and curriculum; nutrition educational material featuring the Life/form® replicas as well as the only MyPlate with Dairy attached; family and consumer sciences games, books, software, and videos; classroom equipment and furniture; housewares and improved culinary equipment line, and sewing equipment.

## National Networks of Libraries of Medicine – Middle Atlantic Region

### Booth 14

The National Network of Libraries of Medicine (NNLM) is a nationwide program coordinated by the National Library of Medicine. The focus of the NNLM is to improve health professionals' access to biomedical information and enable the public to make informed decisions about their health through access to health information. NNLM is a collaboration of members, comprised of libraries, health centers, health departments, community organizations and other organizations providing health information resources and services. The Middle Atlantic Region of NNLM serves New York, New Jersey, Pennsylvania and Delaware and supports members through the provision of training, funding and health resources.

## National Presto Industries

### Booth 11

For over 110 years Presto has been a leader in food preservation, first as a manufacturer of industrial size pressure canners, known as "canner retorts" for commercial canneries and then smaller size canners for household use. Today, Presto remains a recognized brand of pressure canners, dehydrators as well as electrical housewares.

## National Resource Center for Healthy Marriage & Families

### Booth 5

Social service agencies are a crucial part of the safety-net for families struggling to gain or maintain economic stability. Yet all too often, these agencies are not equipped to address relationship and family issues as part of their routine service offerings. The National Resource Center for Healthy Marriage and Families (Resource Center) helps agencies develop the capacity to promote healthy relationship skills in a way that meets both their needs and those of the families they serve. As a service of the Office of Family Assistance, Administration for Children and Families, U.S. Department of Health and Human Services, we support the integration of healthy marriage and relationship education into targeted safety-net service delivery systems as part of a comprehensive strategy to strengthen families and promote family self-sufficiency.



## Newell Brands

### Booth 2

Newell Brands Inc., the makers of the 135+ year old Ball® home canning brand, continues to raise the bar on its iconic mason jar with product innovations and recipe development/validation.

## Noodle Soup

### Booth 22

Supplemental nutrition education for families and preschoolers. New curriculums for preschool classrooms and family engagement. Come get a sample of our children's "Little Books." Rhythmic verse and adorable photos reinforce your nutrition messages in fun, family-friendly format.

## Northarvest Bean Growers Association

### Booth 4

Northarvest Bean Growers Association (NBGA) represents bean growers in North Dakota – Minnesota, and provides resources & recipes to help food & nutrition professionals make beans a simply delicious naturally nutritious part of daily meals. Visit [www.beaninstitute.com](http://www.beaninstitute.com) and [www.northarvestbean.org](http://www.northarvestbean.org) for more information.

**1<sup>st</sup>**  
**Timers!**



## Partnership for Food Safety Education

### Booth 7

The Partnership for Food Safety Education develops and promotes effective education programs to reduce foodborne illness risk for consumers. We work with an active network of 13,000 BAC Fighters – health and food safety educators – and support them by making their work more visible, collaborative, and effective. Visit [www.fightbac.org](http://www.fightbac.org) for free food safety resources.

## Realityworks, Inc.

### Booth 33



Realityworks, Inc. offers educational products that use engaging, hands-on learning aids and interactive technology to bring Family and Consumer Sciences topics to life. Products include RealCare Baby®, the RealCare™, Fetal Development Kit, the RealCareer™, Food Safety Kit, plus products for infant health and safety, soft skill development and more.

## Sew Very Smooth

### Booth 12

Sewing tools that help sewing straight, consistent, seams every time. Ideal Student Kits, Seam Guides, Seam Gauges

## The OrganWise Guys Inc.

### Booth 18

The OrganWise Guys (OWG) is an evidence-based, obesity prevention program that uses the school or child-care center as the hub of healthy activity to positively impact the community at large. OWG seamlessly integrates core curricula objectives and healthy living education while it connects with kids to incite lifelong behavior change.



## The Sugar Association

### Booth 13

The Sugar Association provides informative publications on sugars role in a healthy diet and lifestyle.

## USDA Food Safety and Inspection Service / Office of Public Affairs and Consumer Education

### Booth 28

The USDA's Food Safety & Inspection Service inspects meat, poultry, and egg products at slaughter and processing plants. Within the Agency, food safety experts educate consumers, the media, and partner organizations (including extension offices) about food safety issues so they can safely cook, handle, and store their food. We offer a consumer hotline at 1-888-674-6854 (1-888-MPHotline), chat, email and FAQ services at [www.askkaren.gov](http://www.askkaren.gov), and food safety publications free of charge.

## STATE SALES TABLES

## 2019 Hershey Annual Session Planning Committee

### Booth 25

Stop by our raffle table to take a chance on winning some Hershey mementoes before your head back home! We will have a wide-ranging variety of mini-groupings sure to satisfy your sweet tooth, love of all things Hershey, autumn and chocolate! They will make perfect gifts for family, co-workers, key volunteers or friends – even yourself! Winners will be announced Thursday morning (October 3) at 9:45 am in the Exhibits Hall. Money raised helps offset expenses incurred by the Hershey Annual Session planning committee.

## Oklahoma Extension Association of Family & Consumer Sciences

### Booth 17

Do you like bling? How about NEAFCS bling? Come and see our NEAFCS bracelets and more (maybe some homemade items.)

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**Thank you for your generous donation to our NEAFCS Endowment to support leadership and professional development.**

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As an Extension educator, my prime concern is people. I believe it is my responsibility to give the best of my ability and develop myself to be an effective educator. I accept the opportunity to empower individuals, families, and communities to meet their needs and goals through a learning partnership. May I always be willing to accept the challenges of the changing times.



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