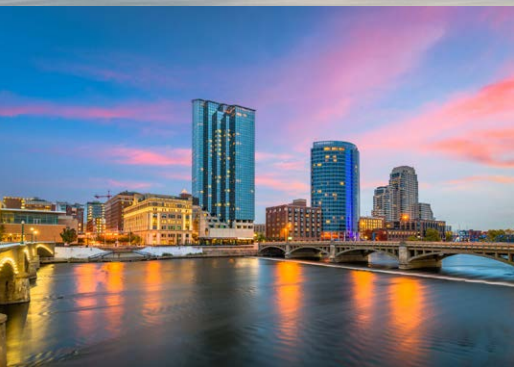


*Great
Depths,
Greater
Impact*



**NEAFCS Annual Session 2021
November 2-5**



2021 VIRTUAL PROGRAM BOOK



Are you ready to **answer** the call?

Are you interested in joining the next Leadership Experience as either a mentee or a mentor? The deadline to **apply** is **March 15.**

Apply online at **www.neafcs.org**

NEAFCS ENDOWMENT GRANTS FOR INNOVATIVE PROJECTS

To be considered for a 2022 grant, submit your proposal online by **January 31.**



<https://www.neafcs.org/endowment-grant>

ANNUAL SESSION SPONSORS

THANK YOU TO OUR 2021 ANNUAL SESSION SPONSORS



THANK YOU TO OUR 2021 ANNUAL SESSION AWARDS SPONSORS



NEAFCS AFFILIATE DONORS

Michigan Association of Extension Agents

MSU Extension FCS Retirees

Texas A&M AgriLife Extension

TABLE OF CONTENTS

Sponsor and Donor Thank You	3	Monday, November 1	19
Board of Directors	5	Tuesday, November 2	20
Welcome Letters	6	Wednesday, November 3	25
President's Charity	11	Thursday, November 4	34
General Information	12	Friday, November 5	43
2021 Schedule	14	Showcase Of Excellence	52
Wednesday Tracks	16	Exhibit Forums	56
Thursday Tracks	17	Exhibitors	58
Friday Tracks	18	Donors	60

THANK YOU TO OUR ANNUAL SESSION COMMITTEE

Courtney Aldrich, Affiliate Tri-Liaison

Karla Belzer, Program Development
Committee Co-Chair

Pat Brinkman, Vice President
Professional Development

Terry Clark-Jones, Affiliate Tri-Liaison

Dianne Gertson, President

Vanessa Hoines, Central Region
Director

Christine Kendle, Program
Development Committee Co-Chair

Georgina Perry, Affiliate Tri-Liaison

Roxie Price, Immediate Past-President

Susan Routh, President-Elect



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

325 John Knox Rd. Suite L103
Tallahassee, FL 32303
P: (850) 205-5638 / F: (850) 222-3019
www.neafcs.org

SOCIAL MEDIA



@Tweet_NEAFCS
#NEAFCS2021



Join our Facebook Group
www.facebook.com/groups/NEAFCS



Instagram @neafcs
www.instagram.com/neafcs/



YouTube Channel:
www.youtube.com/c/neafcs

NEAFCS BOARD OF DIRECTORS

Dianne Gertson, *President*
Texas A&M AgriLife Extension Service

Susan Routh, *President-Elect*
Oklahoma Cooperative Extension Service

Kate Shumaker, *Secretary*
Ohio State University Extension

Barb Wollan, *Treasurer*
Iowa State University Extension & Outreach

Pat Brinkman, *VP Professional Development*
Ohio State University Extension (retired)

Michelle Wright, *VP Member Resources*
Texas A&M AgriLife Extension Service

Julie Garden-Robinson, *VP Awards & Recognition*
North Dakota State University Extension

Mary Liz Wright, *VP Public Affairs*
University of Illinois Extension

Lorrie Coop, *Southern Region Director*
Texas A&M AgriLife Extension Service

Vanessa Hoines, *Central Region Director*
North Dakota State University Extension

Lisa McCoy, *Eastern Region Director*
University of Maryland Extension

Rick Griffiths, *Western Region Director*
New Mexico State University

Roxie Price, *Immediate Past President*
University of Georgia Cooperative Extension



PRESIDENT'S WELCOME

WELCOME TO THE NEAFCS ANNUAL SESSION!

It is with great pleasure that I welcome you to the 2021 NEAFCS Virtual Annual Session. This year, due to the pandemic, we learned to always be flexible and think outside the box. In late summer, the difficult decision was made to transition from an in person and virtual Annual Session to a fully virtual Annual Session. The Michigan Affiliate led by tri-liaisons Georgina Perry, Courtney Aldrich, and Terry Clark-Jones, along with the NEAFCS Board, and NEAFCS Staff, have displayed great flexibility in planning Annual Session, making sure that our professional development and networking are the best possible. The theme for Annual Session is "Great Depths, Greater Impact". We hope you take full advantage of the benefits, professionally and personally, to learn about programs in other states, gather new ideas, and explore tools to help you grow as an educator. I will miss the face to face networking and personal relationships that develop at Annual Session.

NEAFCS is your professional association and it is only as strong as the participation of its members. I encourage you to become involved by joining a committee and consider seeking a leadership position. NEAFCS needs your help to shape the future of our association. The mission for all our members has been to educate and recognize Extension professionals who impact the quality of life for individuals, families and communities across the country. If this is your first time attending or it has been a few years since you last attended Annual Session, I know you will soon feel a sense of pride being among the best in the country.

We know your time is valuable and hope you take advantage of all our wonderful virtual events at Annual Session. We hope you become energized and excited by the keynote speakers, concurrent sessions, Ignite sessions, Showcase of Excellence, and exhibits that will enhance your programming efforts. We hope you enjoy.



Dianne Gertson

County Extension Agent

Family and Community Health

Texas A&M AgriLife Extension Service, Fort Bend County

1402 Band Road, Suite 100

Rosenberg, Texas 77471

281-342-3034

VICE PRESIDENT FOR PROFESSIONAL DEVELOPMENT WELCOME

WELCOME TO OUR 2021 NEAFCS ANNUAL SESSION.

Welcome to our 2021 NEAFCS Annual Session. Since switching to virtual we have worked to try to improve your experience from last year using your evaluations. We hope you find our virtual platform easy to use. Be sure to participate in networking opportunities as they will be different from last year. Notice the Exhibit Hall will be available every day. You will have the opportunity to view sessions later that you wanted to participate in but could only view one session at a time.

Michigan State University Extension from the Central Region took the lead to plan and work toward having an in-person conference. Working from home up until June of this year they planned our conference, including the In-Depth Sessions. We thank the Michigan State University affiliate co-liaisons Courtney Aldrich, Georgina Perry, and Teresa Clark-Jones and all the committee chairs and members for working together to bring us pre-conference sessions, In-Depth sessions, Opening General Session and more. We owe all a big thank-you for preserving through the difficult times.

“Great Depths, Greater Impacts” is our theme as we explore concurrent sessions, ignite sessions, Showcase of Excellence, in-depth sessions, networking, exhibitor forums, and pre-conference sessions. We hope you will:

- Increase your depths of virtual programming
- Increase the depths of your networks with colleagues
- Increase your depths of personal and professional commitment
- Explore tips and methods for greater impacts in both virtual and in-person programming.

NEAFCS is your professional association. You help make this association stronger, greater and better with your participation and involvement. I encourage you to become a member of one of the subcommittees and to consider becoming involved through a higher leadership position. You can help make NEAFCS “greater.”



The 2021 Annual Session provides many opportunities to learn about programming in other states, glean new ideas, add tools, and gain skills to help you expand your horizons. The conference has so much to offer with motivating speakers, opening session, concurrent sessions, Showcase of Excellence, exhibits, committee meetings and more. Don't forget to bid on the virtual silent auction. We know you will take advantage of your time gaining “great depths” and plans for “greater impacts”.

Pat Brinkman
VP for Professional Development

MICHIGAN STATE UNIVERSITY

September 8, 2021

Greetings, NEAFCS Annual Session attendees, and welcome to Michigan — whether you join this year's event in person or attend virtually.

Michigan State University is proud to help host you this year in Grand Rapids, and I hope you take advantage of opportunities to get to know this vibrant community. MSU's engagement here includes partnerships with schools, businesses and the medical community in addition to service to local families through MSU Extension.

MSU has proudly served Michigan's residents through our Extension educators since 1907. Such engagement is part of our land-grant mission to apply the most current knowledge to the day's most pressing issues.

Following well over a year of challenges for all of us, I hope you leave this event recharged and inspired by engaging with your presenters and one another.

I congratulate you for your commitment to advancing your knowledge and skills through the association and by participating in this annual conference. Please continue to stay safe, and thank you for the vital work you do for your communities.

Sincerely,



Samuel L. Stanley Jr., M.D.
President
Michigan State University



Office of the President

Hannah Administration Building
426 Auditorium Road, Room 450
East Lansing, MI 48824

517-355-6560
Fax: 517-355-4670
president@msu.edu

Dear NEAFCS Conference Attendees,

On behalf of Michigan State University Extension, I would like to welcome each of you to the 2021 National Extension Association of Family & Consumer Sciences. Our conference theme this year is *Great Depths, Greater Impact*. Sessions will explore sustainable living and tourism through cultural events, tourism, entrepreneurship, food and beverage production, finance and food safety.

It's an exciting time as we continue to grow and adapt, remaining always adaptable, motivated and responsive. Our organization is confronting a time of many changes, and we are meeting these changes during a time of larger nation-wide and global change. The world of Family & Consumer Sciences is an exciting area in which to work, and we will continue to meet and bring inspired people together in forums like this, to ensure our organization remains at the cutting edge. We're transforming the way we operate to continuously improve our ability to educate and recognize Extension professionals who impact the quality of life for individuals, families and communities. Our employees and partners have continued to meet the challenges of our field and to excel despite setbacks. We should all be very proud of where we are today and excited about where we are headed.



MSU EXTENSION
Office of the Director

446 W. Circle Drive
Morrill Hall of Agriculture
Suite 409
East Lansing, MI 48824
517-355-2308
Fax: 517-355-6574
msuedir@msu.edu

I would like to thank each of you for attending our conference and bringing your expertise to our gathering. You, as organization leaders, have the vision, the knowledge, the wherewithal and the experience to help us pave our way into the future. You are truly our greatest asset today and tomorrow, and we could not accomplish what we do without your support and leadership. Throughout this conference, I ask you to stay engaged, keep us proactive and help us shape the future of Extension.

Sincerely,

Quentin R. Tyler, PhD
Associate Dean
Director, MSU Extension
Director for Diversity, Equity and Inclusion
College of Agriculture and Natural Resources

MSU is an affirmative-action,
equal-opportunity employer.
Michigan State University
Extension programs and materials
are open to all without regard to
race, color, national origin,
gender, gender identity, religion,
age, height, weight, disability,
political beliefs, sexual
orientation, marital status, family
status or veteran status.

Michigan State University, U.S.
Department of Agriculture and
counties cooperating.



City of Grand Rapids, Michigan

OFFICE OF THE MAYOR

ROSALYNN C. BLISS
MAYOR

October 2021

Welcome to Grand Rapids and the National Extension Association of Family and Consumer Sciences Annual Conference (NEAFCS), hosted by Michigan EAFCS via Michigan State University Extension. We are pleased to host this conference and we welcome you to our city. For those of you who are joining virtually, we hope that you will be able to visit our city sometime soon, as you'll find that Grand Rapids offers attractions for everyone, from arts and entertainment to an expansive parks system, as well as diverse food and drink options. We hope that you get a chance to explore our many offerings both downtown and throughout our vibrant neighborhoods.

If you're an art connoisseur, a walk downtown will take you by our Robert Indiana *LOVE* sculpture, and Alexander Calder's *La Grande Vitesse* (more commonly referred to as "*The Calder*") which is the first public work of art funded in part by the National Endowment of the Arts. Or if you need a break from the bustle of downtown, look no farther than one of our 74 City-owned parks, or take a stroll on a trail alongside the Grand River. And of course, as we are referred to as "Beer City USA," a trip to Grand Rapids would not be complete without a stop at one of our many breweries that are located downtown and throughout our neighborhoods.

And yet, this only comprises a sliver of what makes our city so great – it is the people who live and work here who have made us who we are today. We have been named the best city to raise a family and selected among the top U.S. destinations to visit. We also have been recognized among the best places to retire.

But don't take my word for it – check it out yourself. The creative energy of our city – with its wonderfully diverse culture, vibrant downtown and dynamic neighborhoods – will inspire you. You will not find another city that matches our amenities and beautiful community spirit. Add to that the West Michigan friendliness of those who live and work here, and you will feel right at home.

On behalf of my colleagues at City Hall and all those who call Grand Rapids home, we hope you enjoy our city and have a wonderful time here.

Sincerely,

Rosalynn Bliss

2021 PRESIDENT'S CHARITY

DEAR NEAFCS FRIENDS AND COLLEAGUES,

The President's Charity for 2021 is the NEAFCS Endowment. I'm encouraging each member to donate \$21 in 2021 to the NEAFCS Endowment. Donations of any amount will be accepted. Let's work together to create a lasting imprint on NEAFCS, support targeted projects, champion our profession and support the profession we believe in. I truly appreciate each contribution to the 2021 NEAFCS President's Charity.

Donations to the endowment are not spent. Instead, the endowment is an investment tool and the investment income is utilized for targeted projects. As we grow the endowment, more funding will be available for special projects.

Donations to the Endowment can be made online through the NEAFCS website, or can be mailed to the NEAFCS National Office directly. Checks should be made payable to NEAFCS Awards. Thank you in advance for your support!

What Did The NEAFCS Endowment Support in 2021?

In 2021, the Endowment Committee launched the new Grants for Innovative Projects. The Endowment awarded 5 individuals, totaling \$10,000 in grants to support their innovative ideas that benefit NEAFCS and its members or promote the profession of Family and Consumer Sciences.

Interested in these grants? Submit your proposal prior to January 31st to be considered for a grant in 2022. More information can be found on the NEAFCS website.

\$21 IN '21

The President's Charity



NEAFCS

*Let's work together to
create a lasting imprint on
NEAFCS, support targeted
projects, champion our
profession and support the
profession we believe in.*

GENERAL INFORMATION

ICON KEY



**Separate
Registration
Required**



Sponsor



**Endowment
Award**



**Award
Winner**

EXHIBIT HALL

Visit the Virtual Exhibit Hall to learn about the latest products, services and resources available. The Virtual Exhibit Hall will be open throughout the entire virtual conference, with scheduled dedicated manned times to connect with the exhibitors directly.

EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their 30-minute presentation.

Wednesday: 4:15 PM - 5:15 PM

Thursday: 4:45 PM - 5:15 PM

CONTINUING EDUCATION/ PROFESSIONAL DEVELOP- MENT 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

We all have times when we feel strong emotions; overwhelmed, lonely, angry, confused or anxious. We may need to take a break, reset and recharge. The Virtual Calming Room can help you to care for yourself, find peace, find an outlet, and restore yourself. - Michigan State University Virtual Calming Room <https://www.canr.msu.edu/virtual-calming-room/>

SILENT AUCTION

Sponsored by the Sponsorship and Support Committee, the NEAFCS Educational Awards Fund will hosting an Online Silent Auction this year at <https://www.accelevents.com/e/2021-neafcs-silent-auction>.

All registrants are encouraged to bid high and bid often! To make a bid, just follow the simple online instructions on the Silent Auction site.

Final bids are due before the Silent Auction closes at 4:15 PM (Eastern) on Friday.

Donors will be notified of who won their item and will put the item in the mail to the winner within 10 business days. Winners will be notified immediately of their winning bid and will be asked to make payment within 24 hours via the Silent Auction website.

Questions about the Silent Auction can be sent to awards@neafcs.org.

NETWORKING & BRAIN BREAKS

Join other NEAFCS members and professionals in the networking rooms. This is a great opportunity to meet with colleagues on topics of interest, or join a room to learn more about programs you don't work with on a daily basis.



Don't send your participants home with
unpaid medical bills.



Special Risk Division

800-849-4820

Erin Bain, Director — efbain@AILife.com
AILSpecialRisk.com

One of America's Leading Providers of Annual and Special Activities
Insurance for 4-H and Extension Groups/Programs

2021 SCHEDULE

All times are displayed in Eastern Time.

TUESDAY, OCTOBER 26, 2021

2:30 p.m. - 4:00 p.m.

Professional Development Program
Development Committee Meeting

10:30 a.m. - 12:30 p.m. #FCSsuccess: Let's
Make It Happen!

10:30 a.m. - 1:00 p.m. Pre-Conference
Workshops
*(additional ticket
purchase required)*

THURSDAY, OCTOBER 28, 2021

2:00 p.m. - 3:30 p.m.

First Timer & New Member Meeting

1:15 p.m. - 3:15 p.m. In-Depth Sessions
*(additional ticket
purchase required)*

MONDAY, NOVEMBER 1, 2021

Silent Auction Open All Day

9:30 a.m. - 10:30 a.m. 2022 Annual
Session Planning
Committee
Meeting

11:00 a.m. - 1:00 p.m. Committee
Meetings - Plans
of Work

1:00 p.m. - 2:00 p.m. Break

2:00 p.m. - 3:30 p.m. Affiliate Officer
Meetings

4:00 p.m. - 5:30 p.m. National Pre-
Board Meeting

3:15 p.m. - 5:30 p.m. Kick-Off & Opening
General Session
Speaker

WEDNESDAY, NOVEMBER 3, 2021

Silent Auction Open All Day

Exhibit Hall & Showcase of Excellence
Posters Open for Viewing All Day

10:00 a.m. - 11:00 a.m. Networking Open

11:00 a.m. - 11:45 a.m. Concurrent
Sessions & Ignite
Sessions

12:00 p.m. - 12:45 p.m. Concurrent
Sessions & Ignite
Sessions

TUESDAY, NOVEMBER 2, 2021

Silent Auction Open All Day

Exhibit Hall & Showcase of Excellence
Posters Open for Viewing All Day

10:00 a.m. - 2:00 p.m. Networking Open

12:45 p.m. - 1:15 p.m. Break

1:15 p.m. - 2:00 p.m. Concurrent
Sessions & Ignite
Sessions

2:15 p.m. - 4:00 p.m. Regional Awards &
Business Meetings

2021 SCHEDULE, CONTINUED

4:15 p.m. – 5:15 p.m. Exhibit Forums

5:30 p.m. – 6:30 p.m. States Night
Happy Hour
(optional)

THURSDAY, NOVEMBER 4, 2021

Silent Auction Open All Day

Exhibit Hall & Showcase of Excellence
Posters Open for Viewing All Day

10:00 a.m. – 11:00 a.m. Networking Open

11:00 a.m. – 11:45 a.m. Concurrent
Sessions & Ignite
Sessions

12:00 p.m. – 12:45 p.m. Concurrent
Sessions & Ignite
Sessions

12:45 p.m. – 1:15 p.m. Break

1:15 p.m. – 2:00 p.m. Concurrent
Sessions & Ignite
Sessions

2:15 p.m. – 4:30 p.m. Networking Open,
Exhibits & Poster
Presentations
Manned for Live
Discussions

2:30 p.m. – 4:30 p.m. Annual Business
Meeting

4:45 p.m. – 5:15 p.m. Exhibit Forms

5:30 p.m. – 6:30 p.m. President's Party

FRIDAY, NOVEMBER 5, 2021

Silent Auction Open – Last Bid Closes at 4:15
p.m.

Exhibit Hall & Showcase of Excellence
Posters Open for Viewing All Day

9:30 a.m. – 10:30 a.m. 2023 Annual Session
Planning Committee
Meeting

10:00 a.m. – 11:00 a.m. Networking Open

11:00 a.m. – 11:45 a.m. Concurrent Sessions
& Ignite Sessions

12:00 p.m. – 12:45 p.m. Concurrent Sessions
& Ignite Sessions

12:45 p.m. – 1:15 p.m. National Post-Board
Meeting

12:45 p.m. – 1:30 p.m. Networking Open,
Exhibits & Poster
Presentations
Manned for Live
Discussions

12:45 p.m. – 2:00 p.m. Break

2:00 p.m. – 3:30 p.m. Closing National
Awards Presentation

4:15 p.m. Silent Auction
Bidding Officially
Closes

WEDNESDAY, NOVEMBER 10, 2021

2:00 p.m. – 3:30 p.m. Life Member
Meeting

WEDNESDAY, NOVEMBER 3, 2021

EDUCATIONAL SESSIONS AT A GLANCE

TRACK	11:00 AM -11:45 AM	12:00 PM - 12:45 PM	1:15 PM - 2:00 PM
Child Care/ Child Development/ Parenting		IGNITE - Virtual Parenting during COVID-19	
	The Nation's Attention is Investing in The Early Childhood Professional Workforce. Why Extension Educators Should take Notice and Join the Conversation.	IGNITE - Parental Marital Transitions During Adolescence: Experiences with Supportive Resources and Relationships in the Context of the Rural-Urban Spectrum	
Committee		Diversity Ignite Session and Forum (PART 1)	Diversity Ignite Session and Forum (PART 2)
Financial Management			Master FCS Volunteer Program Award - Evoking Change: UMD Extension FCS Master Money Mentors Volunteer Training
	Virtual Financial Education during COVID-19 Pandemic: Building State Partnership for Significant Statewide Outcomes.	Financial Management Award in Memory of Dean Don Felker - USE LESS, SPEND WISE Challenge: Promoting Comprehensive Family Resource Management	Online Homebuyer Education: Tapping into an Untapped Market for Financial Management Programming
Food and Nutrition	Just for the Health of It: Home Edition	Kids Cooking and Baking Schools Go Virtual	Collaboration = The Secret Ingredient for a Healthier Childcare Environment
Food Safety/ Food Security		IGNITE - Early Childhood/Child Care Training Award - Success with Safe Food = Healthy Kids	Food Safety Award - The Power of your Pantry
Health: Emotional, Mental, Physical and Substance Use	Mixing in Everyday Mindfulness into Extension Programs	Helping Families Stay Active during a Pandemic Utilizing Facebook Groups	IGNITE - Family Health and Wellness Award - Healthy Georgia Wellness Curriculum
	IGNITE - Wellbeing Bingo: A 'whole person' employee centered approach to Employee Wellness Program	Community Partnership Award Winner - At-Home Activity Packets for Youth During COVID-19 Pandemic	Adding Greater Depth to Programming Using the Mindfulness Activity Guide for Adults
Life Span Development	Mary W. Wells Memorial Diveristy Award National Winner - The Aging Mastery Program Alleviates Ageism		
	Responding to the Mental/Emotional Impact of Social Isolation and Loneliness on Older Adults During the COVID-19 Pandemic		
Sustainable Living		How Much House Can I Buy? Teaching Housing Affordability in Online Home Buyer Workshops	
Teaching/ Program Development/ Leadership/ Community and Economic Development	Storybooks and STEM	Impact Challenge: Fashion with a Purpose	IGNITE - Human Development and Family Relationships Award - The Literacy Link: Building relationships in justice-involved families through reading.
	IGNITE - Mental Health Issues for Farmers, Their Families, and Their Communities	How mentoring programs can impact success in Extension	Milk Run 5k (The greatest run there never was)
Trending Topics	Helping couples during COVID and beyond: A statewide initiative to disseminate evidence-based relationship education programming		
	Extension Disaster Education Award - Preparing for the Cascadia Subduction Zone Event		What Can You Do to Recruit, Prepare, and Support FCS Extension Educators?
	Empowering the Resilient Paraprofessional		IGNITE - Expanding Extension's Healthy Lifestyle Outreach During the Pandemic in 2020
	IGNITE - Team Creates Brave Space to Increase Racial Understanding and Foster Connections Online with 168 Extension Colleagues	Cognitive Interviews: A Valuable Tool for Writing Effective Survey Questions and Understanding Your Participants and Community Stakeholders	Maintaining Relationships by Meeting the Needs of Mandated and Underserved Participants During a Pandemic

THURSDAY, NOVEMBER 4, 2021

EDUCATIONAL SESSIONS AT A GLANCE

TRACK	11:00 AM -11:45 AM	12:00 PM - 12:45 PM	1:15 PM - 2:00 PM
4-H and Youth Development		Kids in the Kitchen Virtual Cooking Club	
Child Care/Child Development/ Parenting	Extension Extras: Development of a suite of programs for parent education, professional education, and family engagement in a virtual environment	Understanding Internet Information Usage among Parenting Newsletter Website Users	
	Teaching Children Foundational Life Skills		
Committee	Growing the Leader in You with the NEAFCS Leadership Experience	Show Up and Show Out! Tips and Tricks to Submitting to the Journal of NEAFCS	One of These Awards is Not the Same
Financial Management			IGNITE - Public Housing Resident Advisers and Money Management Education: The Effect on Tenant Rental Evictions
			IGNITE - Take Action, Don't Lose Qualification for Public Service Student Loan Forgiveness
			IGNITE - Engaging Youth in Entrepreneurship
			Understanding the Needs of Low-Income Audiences
Food and Nutrition	Hooking consumers on the Dietary Guidelines for American's seafood recommendations	Innovative Youth Development Program Award - Virtual Farm to You: Overcoming Youth Education Barriers Through a Different Lens	A Panel Discussion on the Remote Delivery of the Diabetes Prevention Program: Key Components and Examples from Cooperative Extension
Food Safety/Food Security		Safe Food = Healthy Kids: Food Safety for Childcare Providers	
Health: Emotional, Mental, Physical and Substance Use	Extension's Innovative Initiative to Educate Older Adults about Non-Pharmacological Approaches to Pain Management and Opioid Misuse Prevention	Dining with Diabetes Goes Virtual!	Socially Distant Wellness Activity Programs: Celebrating Wellness During a Pandemic
	Innovation in Programming Award - Driveway Walk-a-Weigh: A Socially Distanced In-Person Program During COVID-19	How to Implement a Trauma Informed Care State Team	Suicide Prevention Training for Supporters of the Farm Community
Life Span Development		Healthy Aging Intervention to Maintain Independence and Slow Sarcopenia	Pickleball for Sedentary Mid-Life and Older Adults in Rural Utah: A Pilot Study
Sustainable Living	Once Lost, Now Found: FIND - A Solution to Reduce Clutter		
Teaching/ Program Development/ Leadership/ Community and Economic Development			Mary W Wells Memorial Diveristy Award Regional Winners - Idaho's Coming Together for Racial Understanding
			Mary W Wells Memorial Diveristy Award Regional Winners - Information Everyone Can Understand
	Family Consumer Sciences Agent works with Farmers and Community Partners to Provide Access to Affordable Produce	Impact of Extension and Outreach on STEAM Education and Career Goals of School Students	Victory2020 Garden Growth Through Partnership
Technology and Social Media	IGNITE - Marketing Package Award - Fill Your Pantry: Home Food Preservation		
	IGNITE - Creating a Technology-Based Learning Community for Youth		
	Best practices for Building a Virtual Program That Works!!		
Trending Topics	Balancing Life Series Equips 2600 Adults with Tools to Navigate Family, Work and Personal Challenges in a Pandemic	USU Extension's COVID-19 Messaging Campaigns Show Impact and Reach Through Strong Collaborations	
		How to Pull an Audience to your Session: An Analysis on Conference Data	

FRIDAY, NOVEMBER 5, 2021

EDUCATIONAL SESSIONS AT A GLANCE

TRACK	11:00 AM -11:45 AM	12:00 PM - 12:45 PM
4-H and Youth Development		Teen Cuisine @ Home: A Remote Cooking Program for Teens from Limited-Resource Families during the COVID-19 Pandemic
Child Care/Child Development/ Parenting	Bestowing Children with Superpowers	Development and Implementation of a Parenting Program for Parents of Lead Exposed Children
Committee		Writing a Winning Proposal
Financial Management	Soup to Nuts: Home Care and Maintenance Education Goes Virtual	Financial Management Education in a COVID World
Food and Nutrition	Taking a New Look at Fermented Foods	Support School Gardening Throughout the School Year—September through May!
Food Safety/Food Security		
Health: Emotional, Mental, Physical and Substance Use	Culture and Resilience of Farmers	
	IGNITE - SNAP-Ed/EFNEP Educational Program Award - LIFTing Health in the South Central District of North Carolina	
	IGNITE - School Wellness Award - Be Physically Active 2Day!	
	Extension's Role In improving Soldier Readiness Through Strategic Partnerships	Mental Health First Aid (MHFA) - Paving the Way to Increased Awareness and Reduced Stigma
Sustainable Living	When Your Health Insurance Plan Says No: How to Avoid, Prevent, and Solve Surprise Conflicts	
Teaching/ Program Development/ Leadership/ Community and Economic Development	IGNITE - Garden to Table Lessons Learned	
	Program Excellence Through Research Award - Barriers that Prevent Program Participants from Completing EFNEP Program Food Talk Sessions	Cooking "Online" Matters: Taking Cooking, Nutrition, or Food Safety Classes Online Works
	Building Empathy in the Workplace	IGNITE - Extension Educator of the Year
Technology and Social Media		Social Media Education Award - Using Social Media for Programming - "Walk N Talk - Rethink Your Drink!"
Trending Topics		IGNITE - Environmental Education Award - Environmentally Friendly Tablescapes
	You ARE a SUPERHERO! (But that doesn't mean you can't say NO!)	Successful Face-to-Face Programing in a Covid World

2021 ANNUAL SESSION AGENDA

MONDAY, NOVEMBER 1, 2021

Silent Auction Open All Day

9:30 AM – 10:30 AM

**2022 Annual Session Planning
Committee Meeting**

11:00 AM – 1:00 PM

Committee Meetings – Plans of Work

1:00 PM – 2:00 PM

Break

2:00 PM – 3:30 PM

Affiliate Officer Meetings

4:00 pm – 5:30 pm

National Pre-Board Meeting

**Real
Sugar**

FROM THE FIELD TO THE TABLE



**the
Sugar**
association

**Proud sponsor
of NEAFCS**

**VISIT US AT
SUGAR.ORG FOR
LESSON PLANS AND
EDUCATIONAL
VIDEOS ABOUT
#REALSUGAR.**



TUESDAY, NOVEMBER 2, 2021

TUESDAY SCHEDULE AT A GLANCE

Silent Auction Open All Day

Exhibit Hall & Showcase of Excellence Posters Open for Viewing All Day

10:00 a.m. – 2:00 p.m. Networking Open

10:30 a.m. – 12:30 p.m. #FCSuccess: Let's Make it Happen!

10:30 a.m. – 1:00 p.m. Pre-Conference Workshops *(additional ticket purchase required)*

1:15 p.m. – 3:15 p.m. In-Depth Sessions *(additional ticket purchase required)*

3:15 p.m. – 5:30 p.m. Kick-Off & Opening General Session Speaker

Silent Auction Open All Day

**Exhibit Hall & Showcase of
Excellence Posters Open
for Viewing All Day**

10:00 AM – 2:00 PM

Networking Open



10:30 AM – 12:30 PM

#FCSuccess: Let's Make It Happen!

Presenter(s): Margaret Jenkins, Pat Brinkman, Nancy Bock, Georgia Affiliate, Kentucky Affiliate, California Affiliate and Ohio Affiliate

Come join this pre-conference forum to share your thoughts and discuss how Family and Consumer Sciences organizations state affiliates can work together to promote Family and Consumer Sciences professionals. Discover what the National FCS Alliance has initiated, explore what some state affiliates are doing to support the FCS Alliance and partner with others in their state. Create a Plan of Action for your state to grow the FCS profession. No pre-registration is necessary to participate. See you at the FCS Forum!

PRE-CONFERENCE WORKSHOPS

TUESDAY, NOVEMBER 2, 2021

10:30 AM – 1:00 PM



(separate registration required)



Values Driven Leadership and Working Towards a Vision for Common Good

Presenter: Ritchie Harrison

Effective leaders not only need the skills to perform their jobs and navigate daily interactions, but they also must possess an awareness for the influence their actions can create for shaping an improved vision for the future. The workshop will help participants broaden their knowledge and understanding for the key leadership skills and values that can empower self and others.

For more than 14 years, the Great Lakes Leadership Academy (GLLA) has promoted positive change, economic vitality, and resource conservation to enhance the quality of life in Michigan by encouraging leadership for the common good. GLLA believes that great leaders are individuals who use their skills to improve organizations and communities

Learning Objectives:

- Broaden knowledge and understanding for the key leadership skills and values that can empower self and others
- Learn effective strategies for working across differences
- Identify core values to create a greater sense of satisfaction
- Create synergy between values, vision, and impact
- Improve interactions in conversations and dialogue with others
- Increase feelings of inspiration, drive, and enthusiasm



PRE-CONFERENCE WORKSHOPS, CONTINUED



Turning Points: A Narrative Approach for Capturing, Writing and Presenting Interesting Impact Statement

Presenter: Jennifer Strauss

For generations, the human brain has been hardwired for story. We think, learn and retain information in images that our brain translates into meaning. If you want to make a point, leave an impression, explain a process, or gain the support or stakeholders, storytelling is the most powerful tool. Three parts of the brain are activated by “story”: knowledge, emotion, and imagination. By including Personal Narrative in your impact statements, you will achieve greater outcomes.

In this workshop, Narrative Consultant and Storyteller, Jenifer Strauss will share her Turning Points Narrative Process. Participants will not only understand the brain science behind “story”, but they will also be given a model and framework for including personal narrative in impact statements.



Learning Objectives

- Become familiar with the Turning Points Narrative Process
- Understand the brain science behind “story”
- Leave with a model and framework for including personal narrative in impact statements.

IN-DEPTH SESSIONS



1:15 PM – 3:15 PM

(Separate registration required)

Michigan ACES Initiative

Track: Child Development/Child Care/Parenting

Presenter(s): Nicole Wethington, Jacqueline Rabine

STATE: MI

Virtual ACES Training the Michigan ACE Initiative is focused on raising awareness about Adverse Childhood Experiences and developing trauma-informed, healing organizations and communities across the state.

Grand Rapids Furniture Making Traditions: Past and Present

Track: Sustainable Living: Textiles, Clothing, Housing, Environment; Community and Economic Development

Presenter(s): Mark Walters

STATE: MI

Learn about high-quality furniture making from a century ago until today in Grand Rapids. Tour both historical exhibits and a site where educators create inspiring learning environments to meet the changing needs of students and teachers.

OPENING GENERAL SESSION KEYNOTE

Tuesday, November 2 | 3:15 PM – 5:30 PM

TUESDAY

Sharpening Our DEI Lens for Personal, Institutional and Community Change

by Dionardo Pizaña

Diversity, Equity and Inclusion Specialist, Michigan State University Extension

The excellence, relevance, strength and very survival of organizations in a richly diverse world requires a commitment by the organization and all its members to sharpen and sustain our collective commitments to diversity, equity and inclusion. These commitments must take place at the personal, interpersonal, institutional and cultural levels to help inform and transform our work, our outcomes and our relationships with self and others.

How do we honor and hold complexity and paradoxes? Work toward moving from transactional to authentic and connected relationships? Connect our resources with the assets and wisdom of our most marginalized communities? And help to address historical and current systemic inequities and build our legacies of shared power, equity and inclusion. Come along on this lifelong journey of personal and professional growth for we have important and life-giving work to do.

Learning Objectives:

- Work toward moving from transactional to authentic and connected relationships
- Learn to connect your resources with the assets and wisdom of our most marginalized communities
- Help to address historical and current systemic inequities and build our legacies of shared power, equity and inclusion



*“How do we honor
and hold complexity
and paradoxes?”*

OPENING GENERAL SESSION AGENDA

3:15 PM – 5:30 PM ET

Opening Slideshow

Virtual Parade of States by Regional Directors

Welcome

Dianne Gertson, NEAFCS President

Courtney Aldrich and **Georgina Perry**
NEAFCS Michigan Affiliate Liaisons

Pledge of Allegiance

Isabella County, Michigan, Evergreen 4-H Club,
led by NEAFCS member **Kara Lynch**

National Anthem

Bay County, Michigan, **Danielle Harding**,
friend of NEAFCS member Lisa Treiber

Greetings

Dr. Quentin Tyler, Director of MSU Extension

Mr. Patrick Cudney, Associate Director of MSU Extension

Pat Brinkman, NEAFCS Vice President for Professional Development

KEYNOTE PRESENTATION:

Sharpening our DEI Lens for Personal, Institutional and Community Change

Dionardo Pizaña

Diversity, Equity and Inclusion Specialist, Michigan State University Extension

AAFCS & FCS Alliance Updates

Nancy Bock, Executive Director of AAFCS and

Peggy Wild, PhD, CFCS, co-chair of The Alliance for FCS

USDA NIFA Update

Dr. Brenda Martin, Social Science Specialist / NPL of the Division of FCS

JCEP Presentation

Dianne Gertson and **Susan Routh**

Candidate Presentation

Roxie Price, NEAFCS Immediate Past President & Nominating Committee Chair

NEAFCS Reports & Updates

Mary Ann Lienhart Cross, Endowment Committee Co-Chair

Gina Lucas, Mentoring and Leadership Committee Chair

President's Charity

Dianne Gertson

Closing

Dianne Gertson

WEDNESDAY, NOVEMBER 3, 2021

WEDNESDAY SCHEDULE AT A GLANCE

Silent Auction Open All Day

Exhibit Hall & Showcase of Excellence Posters Open for Viewing All Day

10:00 a.m. – 11:00 a.m. Networking Open

11:00 a.m. – 11:45 a.m. Concurrent Sessions & Ignite Sessions

12:00 p.m. – 12:45 p.m. Concurrent Sessions & Ignite Sessions

12:45 p.m. – 1:15 p.m. Break

1:15 p.m. – 2:00 p.m. Concurrent Sessions & Ignite Sessions

2:15 p.m. – 4:00 p.m. Regional Awards & Business Meetings

4:15 p.m. – 5:15 p.m. Exhibit Forums

5:30 p.m. – 6:30 p.m. States Night Happy Hour (*optional*)

Silent Auction Open All Day
Exhibit Hall & Showcase of
Excellence Posters Open for
Viewing All Day

10:00 AM – 11:00 AM
Networking Open

CONCURRENT SESSIONS

11:00 AM – 11:45 AM



CONCURRENT SESSION 1

Extension Disaster Education
Award - Preparing for the Cascadia
Subduction Zone Event

Track: Award – Trending Topics

Presenter(s): Glenda Hyde, Lauren Kraemer

STATE: OR

A NIFA Smith-Lever Special Needs Competitive Grant was secured to help the Pacific Northwest become aware and prepared for the M9.0 earthquake and resulting tsunami through an online learning system.



CONCURRENT SESSION 2

Mary W. Wells Memorial Diversity Award National Winner - The Aging Mastery Program Alleviates Ageism

Track: Award – Life Span Development

Presenter(s): Renee Koenig and Mary Ann Schilling

STATE: WI

Ageism is a growing form of discrimination. This presentation will describe methods to implement the Aging Mastery Program to support older individuals and reduce the stigma of aging.

CONCURRENT SESSION 3

Empowering the Resilient Paraprofessional

Track: Trending Topics

Presenter(s): Angela Hinkle, Rachel Biderman, Pamela Bradford, Danielle De Vries-Navarro

STATE: FL

This state-wide effort identified new and sudden knowledge and technology skill gaps among paraprofessionals during pandemic social distancing. We served our audience, collectively recognizing new approaches to delivering nutrition education.

CONCURRENT SESSION 4

Virtual Financial Education during COVID-19 Pandemic: Building State Partnership for Significant Statewide Outcomes

Track: Financial Management

Presenter(s): Michael Elonge

STATE: MD

County research-based low-income household financial education attracted state government partnership for statewide virtual education

during the COVID-19 Pandemic. Participants would learn from the program planning, design, implementation, and significant outcomes.

CONCURRENT SESSION 5

Just for the Health of It: Home Edition

Track: Food and Nutrition

Presenter(s): Rebecca Hardeman, Keishon Thomas, Diandria Barber

STATE: GA

Just for the Health of It: Home Edition is a unique program that meets today's nutrition education needs by providing the latest research-based information to a wide-range of diverse audiences.

CONCURRENT SESSION 6

The Nation's Attention is Investing in The Early Childhood Professional Workforce. Why Extension Educators Should take Notice and Join the Conversation.

*Track: Child Care/Child Development/
Parenting*

Presenter(s): Marie Economos

STATE: OH

Examine with us the key components, research and strategies necessary to create a vibrant early childhood professional workforce ready to meet all young children in core areas of development.

CONCURRENT SESSION 7**Responding to the Mental/Emotional Impact of Social Isolation and Loneliness on Older Adults During the COVID-19 Pandemic***Track: Life Span Development**Presenter(s): Sara Richie, Ruth Schriefer***STATE: WI**

Access to resources, tools and best practices built capacity within individuals, families, and communities in responding to and mitigating impacts of social isolation and loneliness during the COVID-19 Pandemic.

CONCURRENT SESSION 8**Storybooks and STEM***Track: Teaching/ Program Development/ Leadership/ Community and Economic Development**Presenter(s): Sarah Roberts, Jackie Steffen***STATE: NE**

Building upon the Collaborative Summer Library Program, this new early childhood resource brings the excitement of literacy and STEM to children, families and early childhood educators.

CONCURRENT SESSION 9**Mixing in Everyday Mindfulness into Extension Programs***Track: Health: Emotional, Mental, Physical and Substance Use**Presenter(s): Sean Knurek, Holly Tired, Nicole Wethington***STATE: MI**

This session will focus on one Extension's efforts to include concepts of mindfulness knowledge and skills in a variety of programs with a goal of improving mental health of participants.

CONCURRENT SESSION 10**Helping Couples during COVID and Beyond: A statewide initiative to disseminate evidence-based relationship education programming***Track: Trending Topics**Presenter(s): Karla Belzer, Cheri Burcham, Tessa Hobbs-Curley, April Littig, Melissa Bramlet, Susan Sloop, Judy Schmidt, Sheri Merry, Dr. Allen Barton***STATE: IL**

This session describes a new statewide initiative to disseminate evidence-based relationship education programming through Extension services, balancing scientific effectiveness with population-level reach to achieve substantial public health impact.

IGNITE SESSIONS**Round One | 11:00 AM – 11:40 AM**

*Ignite Round 1 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

11:00 AM – 11:10 AM**IGNITE ROUND 1 SESSION #1****Wellbeing Bingo: A 'whole person' employee centered approach to Employee Wellness Program (**)***Track: IGNITE - Health: Emotional, Mental, Physical and Substance Use**Presenter(s): Angelika Keene, Kelly Freno***STATE: FL**

To help lower health care costs, the educator worked with the county health care provider to provide a no-cost wellness activity that incorporates the 5 pillars of well-being.

11:15 AM – 11:25 AM

IGNITE ROUND 1 SESSION #2

Team Creates Brave Space to Increase Racial Understanding and Foster Connections Online with 168 Extension Colleagues (**)

Track: Ignite – Trending Topics

Presenter(s): Crystal Tyler-Mackey, Glenn Sturm, Thomas Woodson

STATE: VA

Nationwide cries against racial injustice escalated as COVID-19 hindered in-person gatherings. Our Coming Together for Racial Understanding team collaborated with Everyday Democracy as first Extension system to hold dialogues online.

11:30 AM – 11:40 AM

IGNITE ROUND 1 SESSION #3

Mental Health Issues for Farmers, Their Families, and Their Communities (**)

Track: IGNITE - Teaching/ Program

Development/Leadership/Community and Economic Development

Presenter(s): Matthew Brosi, Jordan Shuler, Shannon Ferrell

STATE: OK

A presentation on the development and delivery of The Mental Health Issues for Farmers, Their Families, and Their Communities video program and dissemination to rural and professional audiences.

CONCURRENT SESSIONS

12:00 PM – 12:45 PM



CONCURRENT SESSION 1

Financial Management Award in Memory of Dean Don Felker - USE LESS, SPEND WISE Challenge: Promoting Comprehensive Family Resource Management

Track: Award – Financial Management

Presenter(s): Nichole Huff, Kelly May

STATE: KY

Learn about a FRM initiative designed to help constituents increase consumer mindfulness. Participants explored ways to “use less, spend less, and stress less” while maximizing their resources, budgets, and relationships.



CONCURRENT SESSION 2

Community Partnership Award Winner - At-Home Activity Packets for Youth During COVID-19 Pandemic

Track: Award - Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Bethany Bachmann

STATE: MO

This presentation will highlight a project designed to reach youth in southeast Missouri during the early stages of the pandemic when the local schools were closed without plans for virtual education.

CONCURRENT SESSION 3**Diversity Ignite Session and Forum
(PART 1)***Track: Committee**Presenter(s): Ashley Dixon, Samantha Kennedy,
Lesa Rauh, Diana Romano, Crystal Tyler-
Mackey***STATE: MULTI-STATE**

Ignite session, followed by a presenter forum, to highlight Extension diversity initiatives being conducted throughout the country.

CONCURRENT SESSION 4**How Much House Can I Buy? Teaching
Housing Affordability in Online Home
Buyer Workshops***Track: Sustainable Living**Presenter(s): Cyndi Longley, Lisa Hamilton,
Katherine Allen, Halie Corbitt, Judy Corbus,
LuAnn Duncan, Sarah Ellis, Johanna Gomez-
Gonzalez, Terri Keith, Laurie Osgood, Natasha
Parks, Jenny Rodriguez***STATE: FL**

First-time homebuyers need to understand how debt-to-income ratio affects housing affordability and approval for a home mortgage loan. This session will provide three teaching techniques for agents.

CONCURRENT SESSION 5**Helping Families Stay Active during a
Pandemic Utilizing Facebook Groups***Track: Health: Emotional, Mental, Physical and
Substance Use**Presenter(s): Hannah Guenther, Mariah
Newmyer, Donnia Behrends, Beth Nacke***STATE: NE**

During the pandemic, Facebook groups proved successful in motivating youth and their families to stay active. This session will highlight best practices for implementing a virtual running club.

CONCURRENT SESSION 6**Kids Cooking and Baking Schools Go
Virtual***Track: Food and Nutrition**Presenter(s): Julie Garden Robinson***STATE: ND**

Conference participants will 1) gain knowledge of the methods to reach children and families; 2) explore pieces of the food/nutrition curriculum; and 3) know how to apply similar techniques.

CONCURRENT SESSION 7**How Mentoring Programs Can Impact
Success in Extension***Track: Teaching/ Program Development/
Leadership/ Community and Economic
Development**Presenter(s): Lisa McCoy***STATE: MD**

Mentoring programs can help new employees achieve success in their Extension careers. Learn what the literature reveals about their purpose, structure, and value as well as tools to evaluate them.

CONCURRENT SESSION 8**Cognitive Interviews: A Valuable Tool
for Writing Effective Survey Questions
and Understanding Your Participants
and Community Stakeholders***Track: Trending Topics**Presenter(s): Katherine Speirs, Courtney
Aldrich, Carrie Shrier, Courtney Luecking,
Audrey Rider, Kyleigh Sullivan, Jodi Nerren***STATE: AZ**

This program is for anyone who wants to improve their programmatic surveys. We will explore cognitive interviews, an easy and inexpensive method for writing effective survey questions.

CONCURRENT SESSION 9**Impact Challenge: Fashion with a Purpose**

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Cheryl Kaczor, Dana Wright, David Roberts, Lauren Prinzo, Carrie White, Colleen Moretz, Angela Uriyo

STATE: WV

The "Impact Challenge: Fashion with a Purpose" program is a replicable model that combines fashion, entrepreneurship, and community engagement to enable students to have a positive impact on their communities.

IGNITE SESSIONS**Round Two | 12:00 PM – 12:40 PM**

*Ignite Round 2 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

12:00 PM – 12:10 PM

IGNITE ROUND 2 SESSION #1

Parental Marital Transitions During Adolescence: Experiences with Supportive Resources and Relationships in the Context of the Rural-Urban Spectrum ()**

Track: IGNITE - Child Care/Child Development/Parenting

Presenter(s): Carrie Krug, J. Mitchell Vaterlaus, Brianna Routh

STATE: MT

This qualitative study identified young adults' (n=47) experiences with supportive resources and relationships as they adapted to a parental marital transition during adolescence within urban, suburban, and rural communities.

12:15 PM – 12:25 PM

IGNITE ROUND 2 SESSION #2

Virtual Parenting during COVID-19 ()**

Track: IGNITE - Child Care/Child Development/Parenting

Presenter(s): YaeBin Kim

STATE: NV

Virtual parenting services have been provided to families during COVID-19 while we can't meet face-to-face. We used several online tools such as Zoom, Facebook, and YouTube to share parenting information.

12:30 PM – 12:40 PM

IGNITE ROUND 2 SESSION #3

Early Childhood/Child Care Training Award - Success with Safe Food = Healthy Kids ()**

Track: IGNITE - Food Safety/Food Security

Presenter(s): Kara Lynch, Laurie Messing, Lisa Treiber

STATE: MI

Safe Food = Healthy Kids is a comprehensive food safety program for childcare providers. MSU Extension shares their accomplishments educating childcare providers and how you can access this curriculum.

12:45 PM – 1:15 PM

Break

CONCURRENT SESSIONS

1:15 PM – 2:00 PM



CONCURRENT SESSION 1

Food Safety Award - The Power of your Pantry

Track: Award – Food Safety/Food Security

Presenter(s): Angie York, Cecelia Hostilo, and Jill Harris

STATE: KY

Offered during the onset of the pandemic, the three part “Power of your Pantry” series highlighted ways to create nutritious meals using items on-hand in your kitchen, refrigerator, and pantry.



CONCURRENT SESSION 2

Master FCS Volunteer Program Award - Evoking Change: UMD Extension FCS Master Money Mentors Volunteer Training

Track: Award – Financial Management

Presenter(s): Dorothy Nuckols, Crystal Terhune

STATE: MD

UME’s MMM program trains volunteers to strengthen their own personal finance skills, gain enjoyment in helping others, and help low to moderate income individuals to improve or develop their positive financial behaviors.

CONCURRENT SESSION 3

Diversity Ignite Session and Forum (PART 2)

Track: Committee

Presenter(s): Ashley Dixon (AZ), Samantha Kennedy (FL), Lesa Rauh (OK), Diana Romano (OK), Crystal Tyler-Mackey, PhD (VA)

STATE: MULTI-STATE

Ignite session, followed by a presenter forum, to highlight Extension diversity initiatives being conducted throughout the country.

CONCURRENT SESSION 4

Online Homebuyer Education: Tapping into an Untapped Market for Financial Management Programming

Track: Financial Management

Presenter(s): Melanie Jewkes, Stacy Abbott, Teresa Hunsaker, Ellie Hansen

STATE: UT

With increased demand for online education, Utah State University Extension online homebuyer education course helps consumers nationwide implement financial strategies and make informed decisions regarding personal finances and housing choices.

CONCURRENT SESSION 5

Adding Greater Depth to Programming Using the Mindfulness Activity Guide for Adults

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Erin Jewell, Dhruvi Patel, Amy Rhodes

STATE: MD

Educators can add greater depth to existing programs and promote emotional resilience and overall well-being among communities by incorporating mindfulness activities from the Mindfulness Activity Guide for Adults.

CONCURRENT SESSION 6**Collaboration = The Secret Ingredient for a Healthier Childcare Environment***Track: Food and Nutrition**Presenter(s): Dawn Earnesty, Tyler Becker, Shelley Frazier***STATE: MI**

Collaboration between community and federal organizations led to the success of the Multi-Level Healthier Childcare Environment policy, system and environmental intervention to improve nutrition behaviors in childcare homes.

CONCURRENT SESSION 7**Milk Run 5k (The greatest run there never was)***Track: Teaching/ Program Development/ Leadership/ Community and Economic Development**Presenter(s): Jana Anderson, Jenny Rodriguez, Virgilia Zabala, Melinda Souers***STATE: FL**

The Milk Run 5K promotes physical activity for families while increasing awareness of Extension. This session will cover logistics for planning, implementing, and evaluating Extension-based races, successes and lessons learned.

CONCURRENT SESSION 8**Maintaining Relationships by Meeting the Needs of Mandated and Underserved Participants During a Pandemic***Track: Trending Topics**Presenter(s): Roseanne Scammahorn, Misty Harmon***STATE: OH**

Educators create engaging environments, overcome obstacles, and reshape court-mandated instruction, and programming for

underserved audiences, to meet the needs of the communities while maintaining existing relationships during the pandemic.

CONCURRENT SESSION 9**What Can You Do to Recruit, Prepare, and Support FCS Extension Educators?***Track: Trending Topics**Presenter(s): Jan Bowers, Margaret Viebrock, Lori Myers, Karen Bergh***STATE: MULTI-STATE**

What should be done to recruit, prepare, and support FCS Extension educators? This session provides a collaborative model designed to provide resources and tools to increase a diverse FCS workforce.

IGNITE SESSIONS**Round Three | 1:15 PM – 1:55 PM**

*Ignite Round 3 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

1:15 PM – 1:25 PM**IGNITE ROUND 3 SESSION #1****Expanding Extension's Healthy Lifestyle Outreach During the Pandemic in 2020 (**)***Track: IGNITE - Trending Topics**Presenter(s): Joanne Kinsey, Rachel Tansey***STATE: NJ**

Live Well, Work Well, Stay Healthy was successful using virtual outreach methods (text messages, newsletters, online video) to educate Rutgers employees in 2020 to relieve the stress of work-from-home restrictions.



1:30 PM – 1:40 PM

IGNITE ROUND 3 SESSION #2

Family Health and Wellness Award - Healthy Georgia Wellness Curriculum ()**

*Track: Award - Health: Emotional, Mental,
Physical and Substance Use*

*Presenter(s): Susan L. Moore, Rachel Stewart,
Georgeanne Cook, Joan Koonce, Lisa Jordan,
Rachel Hubbard, Denise Everson, Kisha Faulk,
Jacquelyn Ogden, Ali Berg*

STATE: GA

A grab and go health and wellness curriculum with fifteen lessons designed to improve participants' physical, cognitive and emotional well-being in order to lead healthier, happier and less stressful lives.



1:45 PM – 1:55 PM

IGNITE ROUND 3 SESSION #3

Human Development and Family Relationships Award - The Literacy Link: Building relationships in justice- involved families through reading. ()**

*Track: Award - Teaching/ Program
Development/ Leadership/Community and
Economic Development*

Presenter(s): Elizabeth Lexau

STATE: WI

The Literacy Link partnered with jails, family agencies, and public and tribal libraries to connect children and parents in justice-involved families through literacy-rich experiences and environments.

2:15 AM – 4:00 PM

Regional Business Meetings & Awards Luncheon

EXHIBIT FORUMS

4:15 PM – 5:15 PM

4:15 PM - 4:45 PM

Alzheimer's Association Resources for Your Community

Organization: Alzheimer's Association

Presenter(s): Stephanie Rohlfs-Young

The Alzheimer's Association will review the latest disease statistics and research findings while also sharing a preview of programs available to Extension Offices for the public. The Association is eager to partner with Extension programs nationwide to extend programming for caregivers and has a wide array of free programs available to share with you.

4:45 PM – 5:15 PM

Free Resources on Promoting Responsible Fatherhood Practices: Hosted by the National Responsible Fatherhood Clearinghouse

*Organization: National Responsible
Fatherhood Clearinghouse (NRFC)*

*Presenter(s): Rush Bishop, Eugene
Schneeberg, and James Worthy*

The goals of the National Responsible Fatherhood Clearinghouse (NRFC) are to provide, facilitate, and disseminate current research and proven and innovative strategies that will encourage and strengthen fathers and families and providers of services, all free of charge.

5:30 PM – 6:30 PM

States Night Happy Hour (Optional)

THURSDAY, NOVEMBER 4, 2021

THURSDAY SCHEDULE AT A GLANCE

Silent Auction Open All Day

Exhibit Hall & Showcase of Excellence Posters Open for Viewing All Day

10:00 a.m. – 11:00 a.m. Networking Open

11:00 a.m. – 11:45 a.m. Concurrent Sessions & Ignite Sessions

12:00 p.m. – 12:45 p.m. Concurrent Sessions & Ignite Sessions

12:45 p.m. – 1:15 p.m. Break

1:15 p.m. – 2:00 p.m. Concurrent Sessions & Ignite Sessions

2:15 p.m. – 4:30 p.m. Networking Open, Exhibits & Poster Presentations
Manned for Live Discussions

2:30 p.m. – 4:30 p.m. Annual Business Meeting

4:45 p.m. – 5:15 p.m. Exhibit Forms

5:30 p.m. – 6:30 p.m. President's Party

Silent Auction Open All Day

**Exhibit Hall & Showcase of
Excellence Posters Open for
Viewing All Day**

10:00 AM – 11:00 AM

Networking Open

CONCURRENT SESSIONS

11:00 AM – 11:45 AM



CONCURRENT SESSION 1

Innovation in Programming Award - Driveway Walk-a-Weigh: A Socially Distanced In-Person Program During COVID-19

*Track: Award - Health: Emotional, Mental,
Physical and Substance Use*

Presenter(s): Brad Averill

STATE: GA

Driveway Walk-a-Weigh provided program participants with a socially distanced, safe learning environment to enhance nutrition and wellness education and to inspire the establishment of regular physical activity.

CONCURRENT SESSION 2

Growing the Leader in You with the NEAFCS Leadership Experience

Track: Committee

*Presenter(s): Gina Lucas, Kyleigh Sullivan,
Carrie Elsen, Joy West, Halie Corbitt, Angelika
Keene, Lisa Peterson, Christi Demitz, Alivia
Faris, Karen DeZarn*

STATE: MULTI-STATE

Growing the leader in you through the eyes of panelists from the 2021 NEAFCS Leadership Experience based on lessons from Always Growing by Jones Loflin.

CONCURRENT SESSION 3

Extension's Innovative Initiative to Educate Older Adults about Non- Pharmacological Approaches to Pain Management and Opioid Misuse Prevention

*Track: Health: Emotional, Mental, Physical and
Substance Use*

*Presenter(s): Dawn Contreras, Christi Demitz,
Georgina Perry, Sean Knurek, Holly Tired,
Pamela Daniels*

STATE: MI

The session focuses on an initiative to reduce pain and opioid misuse in older adults. Program activities will be described, and project evaluation and funding will be highlighted.

CONCURRENT SESSION 4

Best practices for Building a Virtual Program That Works!!

Track: Technology and Social Media

Presenter(s): Dhruti Patel, Lisa McCoy

STATE: MD

This session focuses on best practices of building a sound framework that ensures learned-centered virtual educational programs. Presenters will also share an overview of the training content and outcomes.

CONCURRENT SESSION 5**Family Consumer Sciences Agent works with Farmers and Community Partners to Provide Access to Affordable Produce**

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Natasha Parks

STATE: FL

FCS agents work with farmers and community partners to provide access to affordable, fresh, local produce. Learn the different approaches to support community and economic development in an urban setting.

CONCURRENT SESSION 6**Balancing Life Series Equips 2600 Adults with Tools to Navigate Family, Work and Personal Challenges in a Pandemic**

Track: Trending Topics

Presenter(s): Crystal Tyler-Mackey

STATE: VA

Adults face unprecedented decision-making needs regarding acquiring food, avoiding coronavirus, schooling children while working, and managing stressors associated with COVID-19, politics, and racial injustice. Our highly-effective webinar series provides support.

CONCURRENT SESSION 7**Hooking Consumers on the Dietary Guidelines for American's seafood recommendations**

Track: Food and Nutrition

Presenter(s): Christine Zellers, Joanne Kinsey

STATE: NJ

Seafood is a healthy, under consumed recommendation in the Dietary Guidelines for Americans. To address this deficiency a program was developed to create awareness of production, nutrition, and health benefits.

CONCURRENT SESSION 8**Once Lost, Now Found: FIND — A Solution to Reduce Clutter**

Track: Sustainable Living

Presenter(s): Susan Moore, Laura Smith, Diane Bales, Pamela Turner

STATE: GA

The Healthy Homes curriculum FIND (Focusing on Important Necessities in Your Dwelling) was developed to help people reduce clutter to improve personal well-being and create a safer home environment.

CONCURRENT SESSION 9**Extension Extras: Development of a suite of programs for parent education, professional education, and family engagement in a virtual environment**

Track: Child Care/Child Development/ Parenting

Presenter(s): Courtney Aldrich, Carrie Shrier

STATE: MI

Learn about responsive resources developed to support parents, families, early childhood professionals and community partners in the pandemic environment using virtual programming, digital resources, and take-home kits.

CONCURRENT SESSION 10**Teaching Children Foundational Life Skills**

Track: Child Care/Child Development/ Parenting

Presenter(s): Christy Stuth, Jennifer Argyros, Ashley Dixon, Debbie Curley

STATE: AZ

Teaching parent's child behavior management techniques to develop children's foundational life skills. Strategies and tools can be used in Extension programming to increase behavior changes and impact.

IGNITE SESSIONS

Round Four | 11:00 AM – 11:25 AM

*Ignite Round 4 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

11:00 AM – 11:10 AM

IGNITE ROUND 4 SESSION #1

Creating a Technology-Based Learning Community for Youth ()**

Track: Technology and Social Media

Presenter(s): Wendy Lynch, Heather Janney, Daniel Gonzalez

STATE: FL

A statewide, cross-disciplined collaboration developed a virtual learning community to provide youth a healthy living summer camp focusing on emotional wellbeing using digital learning strategies and tools.



11:15 AM – 11:25 AM

IGNITE ROUND 4 SESSION #2

Marketing Package Award - Fill Your Pantry: Home Food Preservation ()**

Track: Award – Technology and Social Media

Presenter(s): Diane Reinhold and Jenna Smith

STATE: IL

Illinois Extension educators reached 1.8 million with their marketing efforts for the Fill Your Pantry: Home Food Preservation webinar series and 31 Days of Home Food Preservation social media campaign.

CONCURRENT SESSIONS

12:00 PM – 12:45 PM



CONCURRENT SESSION 1

Innovative Youth Development Program Award - Virtual Farm to You: Overcoming Youth Education Barriers Through a Different Lens

Track: Award – Food and Nutrition

Presenter(s): Jenni Klufa, MS, RD, LD and Becky Brown

STATE: OK

The pandemic brought our interactive Farm to You travelling exhibit to a halt. Recognizing the new normal future impact, we developed Virtual Farm to You: an engaging virtual exhibit.

CONCURRENT SESSION 2

Show Up and Show Out! Tips and Tricks to Submitting to the Journal of NEAFCS

Track: Committee

Presenter(s): Ashley Dixon, Meagan Brothers, Rebecca Hardeman, Dana Wright

STATE: MULTI-STATE

This presentation will highlight the process of submitting to the Journal of NEAFCS. This will include discussing basic expectations, submission tracks, the review process, and beyond. Overall, the editorial team wants to encourage all members to make their voices heard and share their experiences for all of Extension's benefit.

CONCURRENT SESSION 3**Healthy Aging Intervention to Maintain Independence and Slow Sarcopenia***Track: Life Span Development**Presenter(s): Wendy Lynch, Jana Anderson***STATE: FL**

Reducing risk of sarcopenia is essential to maintaining independence as we age. This session will provide steps to implement an evidence-based, strength training program for older adults.

CONCURRENT SESSION 4**Understanding Internet Information Usage among Parenting Newsletter Website Users***Track: Child Care/Child Development/Parenting**Presenter(s): YaeBin Kim, Silvia Vilches, Anne Clarkson***STATE: NV**

A national network of Extension Specialists has developed and delivered research-based, age-paced parenting newsletters via email and website to provide parents with timely and relevant information about their child's development.

CONCURRENT SESSION 5**Kids in the Kitchen Virtual Cooking Club***Track: 4-H and Youth Development**Presenter(s): Zoe Soltanmammedova, MaryBeth Hornbeck, Siew Guan Lee***STATE: GA**

Kids in the Kitchen Virtual Cooking Club is a hands-on, virtual program that teaches youth and their families nutrition, food safety, and cooking skills to increase self-efficacy in the kitchen.

CONCURRENT SESSION 6**How to Implement a Trauma Informed Care State Team***Track: Health: Emotional, Mental, Physical and Substance Use**Presenter(s): Bridget Britton, Jami Dellifield, Amanda Raines, Candace Heer, Laura Stanton, Kathy Tutt, Misty Harmon, Lorissa Dunfee, Whitney Gherman, Courtney Woelfl, Imani Scruggs, Sandra Allison, Steve Brady, Karima Samadi, Ken Stewart, Alisha Barton, Frances Foos, Marissa Mulligan, Grace Peach-Storey, Travis West, Joseph Maiorano***STATE: OH**

This session introduces you to Trauma 101, suggestions for creating a statewide Trauma-Informed Care team, and collaborating within extension and community agencies to educate Individuals who have experienced trauma.

CONCURRENT SESSION 7**Dining with Diabetes Goes Virtual!***Track: Food and Nutrition**Presenter(s): Dan Remley, Shari Gallup, Margaret Jenkins, Gayle Price, Dave Roberts, Pam Daniels***STATE: MULTI-STATE**

COVID-19 forced states to get creative with Dining with Diabetes. Join the National Dining with Diabetes Leadership Team and learn tips and tricks to delivering DWD in a virtual platform.

CONCURRENT SESSION 8**USU Extension's COVID-19 Messaging Campaigns Show Impact and Reach Through Strong Collaborations***Track: Trending Topics**Presenter(s): Gabriela Murza, Melanie Jewkes, Celina Wille, Cynthia Lyman, Emma Parkhurst, Ashley Yaughner, Tim Keady, Paige Wray, Teresa Hunsaker, Mike Whitesides, Dennis Hinkamp***STATE: UT**

USU Extension collaborated with partners to create and disseminate COVID-19 health guidance via media campaigns and on-the-ground efforts to reach impacted communities. Results showed improvements in awareness, attitudes, and behaviors.

CONCURRENT SESSION 9**Safe Food = Healthy Kids: Food Safety for Childcare Providers***Track: Food Safety/Food Security**Presenter(s): Kara Lynch, Laurie Messing, Lisa Treiber***STATE: MI**

Food Safety education for childcare providers is critical. Learn about Safe Food = Healthy Kids, including best practices for food safety at childcare and how-to implement this curriculum locally.

CONCURRENT SESSION 10**Impact of Extension and Outreach on STEAM Education and Career Goals of School Students***Track: Teaching/ Program Development/ Leadership/ Community and Economic Development**Presenter(s): Lila Karki***STATE: MD**

A post evaluation of 116 students engaged in the STEAM program demonstrated positive

impact of Extension's outreach on students' career goals through the EXERT (Extension Education and Research Track) program.

CONCURRENT SESSION 11**How to Pull an Audience to your Session: An Analysis on Conference Data***Track: Trending Topics**Presenter(s): Andrew Bingham, Jackie Amende-Lewis, Surine Greenway***STATE: ID**

The 2020 NEAFCS virtual session provided an opportunity to collect data on session activity. By analyzing this data, valuable findings were identified including key variables that contribute to well-attended sessions.

12:45 PM – 1:15 PM**Break****CONCURRENT SESSIONS****1:15 PM – 2:00 PM****CONCURRENT SESSION 1****Mary W. Wells Memorial Diversity Award National Winners***Track: Award - Teaching/ Program Development/ Leadership/Community and Economic Development*

Idaho's Coming Together for Racial Understanding

Presenter(s): Surine Greenway, Jackie Amende, Andrew Bingham, Nic Usabel, Sindy Martinez

STATE: ID

Racial understanding trainings were implemented between 2018-2021 in Idaho. Over 300 participants reported an increase in racial and ethnic relations awareness and to better and more equitably serve diverse audiences.

Information Everyone Can Understand

Presenter(s): Ivelisse Colón

STATE: NC

During the pandemic, Ivelisse joined efforts with county organizations and agencies providing food safety information that was translated into seven languages, to inform and educate her county's diverse community.

CONCURRENT SESSION 2

One of These Awards is Not the Same

Track: Committee

Presenter(s): John Fuller, Hope Wilson, Judy Corbus, and Keishon Thomas

STATE: MULTI-STATE

Join the Awards and Recognition Training and Education Subcommittee for this interactive session that will review tips for submitting a complete and strong award application that stands out above the others to judges. Presenters will focus on strategies for thinking differently about award applications and being creative to emphasize what makes your application unique. Participants will have the opportunity to practice some of the strategies presented with a hands-on activity.

CONCURRENT SESSION 3

Understanding the Needs of Low-Income Audiences

Track: Financial Management

Presenter(s): Catherine Sorenson

STATE: MD

This session presents results from a focus group of low-income audiences and their perceptions of finance classes. Participants will learn to tailor education to the needs of this audience.

CONCURRENT SESSION 4

Victory2020 Garden Growth Through Partnership

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Halie Corbitt, LuAnn Duncan, Heather Janney

STATE: FL

Extension efforts were able to reach over 225,000 participants in the areas of gardening, well-being, food safety, history, and careers through a highly cross-programmatic collaboration in a virtual format.

CONCURRENT SESSION 5

Pickleball for Sedentary Mid-Life and Older Adults in Rural Utah: A Pilot Study

Track: Life Span Development

Presenter(s): Callie Ward, Paige Wray, Cindy Nelson, David Bolton, Chris Dakin, Brennan Thompson, Debasree DasGupta, Matthew Vierimaa, Sandra Sulzer

STATE: UT

A six-week study aimed at improving the health and wellness of rural mid-life adults found that Pickleball is an effective intervention to overcome exercise barriers and improve health.

CONCURRENT SESSION 6

Suicide Prevention Training for Supporters of the Farm Community

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): David Brown, Dawn Dunnegan, Danielle Day

STATE: IA

Suicide Prevention Training for Supporters of the Farm Community

CONCURRENT SESSION 7

Socially Distant Wellness Activity Programs: Celebrating Wellness During a Pandemic

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Kristin Bogdonas, Susan Glassman, Lisa Peterson

STATE: IL

Increasing physical activity and eating well can be challenging despite a global pandemic. This session will explore four wellness programs piloted in 2020 to improve social connectedness while apart.

CONCURRENT SESSION 8

A Panel Discussion on the Remote Delivery of the Diabetes Prevention Program: Key Components and Examples from Cooperative Extension

Track: Food and Nutrition

Presenter(s): Kate Welshons, Nikki Johnson, Bridget Morrisroe-Aman

STATE: MN

This session will focus on key components for delivering the National Diabetes Prevention Program (NDPP) using distance learning platforms. Three panelists will highlight their lessons learned from implementation of NDPP.

IGNITE SESSIONS

Round Five | 1:15 PM – 1:50 PM

*Ignite Round 5 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

1:15 PM – 1:25 PM

IGNITE ROUND 5 SESSION #1

Engaging Youth in Entrepreneurship ()**

Track: IGNITE - Financial Management

Presenter(s): Jesse Ketterman, Ashley Travis

STATE: MD

Educators from 4-H, FCS, and Agriculture collaborated to expose youth to animal science focused entrepreneurship. The youth learned to develop and implement a business plan using a value-added commodity.

1:30 PM – 1:40 PM

IGNITE ROUND 5 SESSION #2

Public Housing Resident Advisers and Money Management Education: The Effect on Tenant Rental Evictions ()**

Track: IGNITE- Financial Management

Presenter(s): Michael Elonge

STATE: MD

This program provides money management education to public housing resident advisers as an enhancement to help tenants in need of assistances to pay rent timely to prevent evictions.

1:40 PM – 1:50 PM

IGNITE ROUND 5 SESSION #3

Take Action, Don't Lose Qualification for Public Service Student Loan Forgiveness ()**

Track: Financial Management

Presenter(s): Dorothy Nuckols

STATE: MD

Employees of public and nonprofit organizations are eligible for Public Service Loan Forgiveness and have student debt balances paid by the federal government. Know how to qualify, not lose out.

2:15 PM – 4:30 PM

Networking Open, Exhibit Booths & Poster Presentations Manned for Live Discussions

2:30 PM – 4:30 PM

Annual Business Meeting

EXHIBIT FORUMS

4:45 PM – 5:15 PM

Smart Strategies for Financially Savvy Youth

Organization: Consumer Financial Protection Bureau

Presenter(s): Leslie Jones

Achieving financial well-being as an adult is about more than how much money you make or whether you are able to do your taxes, balance your checkbook, or pay your bills. It's about having control over your money and being able to make choices that allow you to enjoy life. In this session, review financial literacy activities that you can incorporate in your work and find ideas to share with your colleagues - no matter what subject they teach.

USDA & Food Safety Education for Consumers

Organization: FSIS-USDA Meat & Poultry Hotline

Presenter(s): Argyris Magoulas

Short presentation sharing what the Hotline has to offer in terms of food safety. Updates on Ask USDA and how the Hotline plays a role.

5:30 PM – 6:30 PM

President's Party

Party with a purpose (on Zoom) honoring outgoing president Dianne Gertson with a "cook along" food demo, toast, musical tribute, and endowment encouragement for 21 in 21 President's Charity.

FRIDAY, NOVEMBER 5, 2021

FRIDAY SCHEDULE AT A GLANCE

Silent Auction Open – Last Bid Closes at 4:15 p.m.

Exhibit Hall & Showcase of Excellence Posters Open for Viewing All Day

9:30 a.m. – 10:30 a.m. 2023 Annual Session Planning Committee Meeting

10:00 a.m. – 11:00 a.m. Networking Open

11:00 a.m. – 11:45 a.m. Concurrent Sessions & Ignite Sessions

12:00 p.m. – 12:45 p.m. Concurrent Sessions & Ignite Sessions

12:45 p.m. – 1:15 p.m. National Post-Board Meeting

12:45 p.m. – 1:30 p.m. Networking Open, Exhibits & Poster Presentations
Manned for Live Discussions

12:45 p.m. – 2:00 p.m. Break

2:00 p.m. – 3:30 p.m. Closing National Awards Presentation

Silent Auction Open All Day

**Exhibit Hall & Showcase of
Excellence Posters Open for
Viewing All Day**

**9:30 AM – 10:30 AM
2023 Annual Session Planning
Committee Meeting**

**10:00 AM – 11:00 AM
Networking Open**

FRIDAY

CONCURRENT SESSIONS

11:00 AM – 11:45 AM



CONCURRENT SESSION 1 Program Excellence Through Research Award - Barriers that Prevent Program Participants from Completing EFNEP Program Food Talk Sessions

*Track: Award - Teaching/ Program
Development/ Leadership/Community and
Economic Development*

*Presenter(s): Rhea Bentley, Ines Beltran, Susan
Moore, LaZavia Grier, LaKeisha Levi, Cindee
Sweda*

STATE: GA

UGA EFNEP program supervisors from six rural and urban counties in Georgia conducted the qualitative study "Barriers that Prevent Program Participants from Completing Expanded Foods and Nutrition Education Program (EFNEP) Food Talk Sessions.

CONCURRENT SESSION 2 Extension's Role in Improving Soldier Readiness Through Strategic Partnerships

*Track: Health: Emotional, Mental, Physical and
Substance Use*

*Presenter(s): Virgilia Zabala, Wendy Dahl,
Suzanne Fundingsland, Kimiko Griffin, Lori
Johnson, Twyla Leigh, Brenda Marty-Jimenez,
Amy Mullins, Andrea Nikolai, Karla Shelnutt*

STATE: FL

Extension can play an integral role in meeting the needs of the geographically dispersed military service members and their families, thus helping to improve mission readiness of the total force.

CONCURRENT SESSION 3

Building Empathy in the Workplace

*Track: Teaching/ Program Development/
Leadership/ Community and Economic
Development*

*Presenter(s): Debbie Curley, Christy Stuth,
Jennifer Argyros, Ashley Dixon*

STATE: AZ

Seeking ways of improving workplace climate and culture after a year of quarantine? Learn concrete skills for empowering people in the workplace.

CONCURRENT SESSION 4

You ARE a SUPERHERO! (But that doesn't mean you can't say NO!)

Track: Trending Topics

*Presenter(s): Jami Dellifield, Amanda Raines,
Tori Kirian*

STATE: OH

Our abilities and skills are diverse and impactful, but we have our weaknesses as well. Superman has Kryptonite and the extension superhero faces burnout and stress that impact job performance.

CONCURRENT SESSION 5

Bestowing Children with Superpowers

*Track: Child Care/Child Development/
Parenting*

Presenter(s): Allison Hillis, Barbara Beaulieu

STATE: IN

HERO'S Story Time is a reading and activity program promoting preschoolers' social emotional development focused in the 40 Developmental Assets by supporting teachers and families with curriculum guides and newsletters.

CONCURRENT SESSION 6

Taking a New Look at Fermented Foods

Track: Food and Nutrition

Presenter(s): Donna Krug

STATE: KS

There is renewed interest in preparing fermented foods in your kitchen. A fact sheet, leader's guide and teaching videos will show how to make tasty ferments with reported health benefits.

CONCURRENT SESSION 7

When Your Health Insurance Plan Says No: How to Avoid, Prevent, and Solve Surprise Conflicts

Track: Sustainable Living

Presenter(s): Dorothy Nuckols, Lisa McCoy, Jesse Ketterman, Catherine Sorenson, Maria Pappidis

STATE: MD

Conflict resolution is stressful, especially when health and finances are at stake. Health insurance disputes usually arise from claim denials or surprise bills. Learn how to resolve and avoid them.

CONCURRENT SESSION 8

Soup to Nuts: Home Care and Maintenance Education Goes Virtual

Track: Financial Management

Presenter(s): Lisa Hamilton, LuAnn Duncan, Katherine Allen, Jenny Rodriguez, Johanna Gomez, Judy Corbus, Sarah Ellis, Cyndi Longley, Halie Corbitt, Terri Keith, Natasha Parks, Laurie Osgood

STATE: FL

Home care and maintenance education covers many topics. A team of Extension agents developed a comprehensive, compact, and visually engaging 30-minute presentation for online programming.

CONCURRENT SESSION 9

Culture and Resilience of Farmers

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Alexander Chan, Maria Pippidis, Bonnie Braun, Laurie Wolinski

STATE: MD

Extension agents provided a professional development series for clinicians on the culture of farmers. This series helped clinicians identify and respond to the most relevant mental health issues for farmers.

IGNITE SESSIONS

Round Six | 11:00 AM – 11:40 AM

*Ignite Round 6 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

11:00 AM – 11:10 AM

IGNITE ROUND 6 SESSION #1

Garden to Table Lessons Learned ()**

Track: IGNITE - Teaching/ Program

Development/Leadership/Community and Economic Development

Presenter(s): Christine Zellers

STATE: NJ

To encourage healthful eating patterns a gardening and nutrition education program was designed on garden to table living. Lessons learned from this program will provide professionals with resources and examples.



11:15 AM – 11:25 AM

IGNITE ROUND 6 SESSION #2

School Wellness Award - Be Physically Active 2Day! ()**

Track: Award - Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Katie Ahern

STATE: OR

The Balanced Energy Physical Activity 2.0 Toolkit is a low-cost, evidence-based resource developed specifically to support obesity prevention efforts in low-income educational environments. Educators receive training to provide programming that fit their needs.



11:30 AM – 11:40 AM

IGNITE ROUND 6 SESSION #3

SNAP-Ed/EFNEP Educational Program Award - LIFTing Health in the South-Central District of North Carolina ()**

Track: Award - Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Rhonda Peters and Der Holcomb

STATE: NC

Using the LIFT curriculum (developed by Virginia Cooperative Extension), agents in four counties partnered to improve people's physical activity and nutritional intake through face-to-face programming and virtual delivery during COVID.

CONCURRENT SESSIONS

12:00 PM – 12:45 PM



CONCURRENT SESSION 1

Social Media Education Award

- Using Social Media for Programming - "Walk N Talk – Rethink Your Drink!"

Track: Award – Technology and Social Media

Presenter(s): Jocelin B. Villarreal, Druann Benavides, Jessica E. Faubion, & Nicole Demmer

STATE: TX

Due to COVID, the FABLOW AgriLife team acted quickly and created an online version of Walk N Talk: Rethink Your Drink! using social media. Learn the different techniques and platforms used to implement their online program.

CONCURRENT SESSION 2

Writing a Winning Proposal

Track: Committee

Presenter(s): Christine Kendle, Karla Belzer and Amy Bartels

STATE: MULTI-STATE

Wondering how to write a proposal that will be accepted for presentation? Come discover clues and tips on how to write a winning proposal that will impress reviewers.

CONCURRENT SESSION 3

Financial Management Education in a COVID World

Track: Financial Management

Presenter(s): Laurie Osgood, Lisa Hamilton, Natasha Parks, Johanna Gomez-Ramirez, Jennifer Rodriguez, Cindy Longley, Halie Corbitt, Judy Corbus, Sarah Ellis, Katherine Marin

STATE: FL

For many Americans homeownership is an essential part of the American Dream. However, building credit and purchasing a home can be overwhelming. We offer on-line financial management education.

CONCURRENT SESSION 4

Mental Health First Aid (MHFA) - Paving the Way to Increased Awareness and Reduced Stigma

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Jacqueline Amor-Zitzelberger, Cynthia Pollich, Denise Continenza, Maria Tejada, Rozalia Horvath, Darlene Sansone

STATE: PA

The MHFA curricula is an evidence-based program that teaches how to identify and respond to signs of mental health and substance use challenges. Learn about trainer certification and more.

CONCURRENT SESSION 5

Cooking "Online" Matters: Taking Cooking, Nutrition, or Food Safety Classes Online Works

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Lisa Barlage, Debra Calvin, Denise Scharfetter, Johnna Miller

STATE: OH

Discover how this Team took the hands-on "Cooking Matters" nutrition, meal planning, and food preparation curriculum and piloted it to be a successful online course with homework.

CONCURRENT SESSION 6

Successful Face-to-Face Programing in a Covid World

Track: Trending Topics

Presenter(s): Cindy Nelson

STATE: UT

Learn strategies for holding safe face-to-face programs for youth and families in a Covid world. Understand what nonpharmaceutical Interventions (NPI) are and how to effectively minimize risk of disease transmission.

CONCURRENT SESSION 7**Development and Implementation of a Parenting Program for Parents of Lead Exposed Children**

Track: Child Care/Child Development/Parenting

Presenter(s): Carrie Shrier, Kevin Zoromski, Anne O'Rourke-Bean, Patti Marrs

STATE: MI

Learn about the development and implementation of a parenting education program for parents of lead-exposed children with a paired child-focused program, as well as adaptations made for the coronavirus pandemic.

CONCURRENT SESSION 8**Teen Cuisine @ Home: A Remote Cooking Program for Teens from Limited-Resource Families during the COVID-19 Pandemic**

Track: 4-H and Youth Development

Presenter(s): Stephanie Diehl, Elena Serrano, Sarah Misyak, Tonya Price

STATE: VA

Learn to implement Teen Cuisine @ Home in your community to successfully improve critical thinking and practical skills of youth and improve food security and dietary quality through remote education.

CONCURRENT SESSION 9**Support School Gardening Throughout the School Year—September through May!**

Track: Food and Nutrition

Presenter(s): Carol Smathers, Timothy McDermott

STATE: OH

Learn to support food and nutrition education through schoolyear gardening, applying research-based leadership concepts. Delve into September-May garden cycles, resources needed, and indoor and outdoor growing techniques appropriate for schools.

IGNITE SESSIONS**Round Seven | 12:00 PM – 12:45 PM**

*Ignite Round 7 Sessions marked with (**) represents those that also include a Showcase of Excellence. See bottom of schedule for listing of Showcase of Excellence presentations.*

**12:00 PM – 12:10 PM****IGNITE ROUND 7 SESSION #1****Environmental Education Award - Environmentally Friendly Tablesapes (**)**

Track: Award – Trending Topics

Presenter(s): Angie York

STATE: KY

In an effort to minimize the amount of household waste put into landfills by home redecoration, a lesson was taught implementing an environmentally friendly approach to home décor and remodeling.



12:15 PM – 12:25 PM

IGNITE ROUND 7 SESSION #2

Educator of the Year Award ()**

Track: Award – Teaching/ Program

*Development/ Leadership/ Community and
Economic Development*

Presenter(s): Melinda Hill

STATE: OH

Melinda serves with a focus on using assets to build strong families and increase their financial wellness. She advocates for mentoring, clear communication and teamwork to offer empowerment through education.

12:45 PM – 1:30 PM

Networking Open, Exhibit Booths & Poster Presentations Manned for Live Discussions

12:45 PM – 2:00 PM

Break

2:00 PM – 3:30 PM

Closing National Awards Presentation

(See page 50 for more information)

4:15 PM

Silent Auction Bidding Closes

CLOSING AWARDS PRESENTATION

2:00 PM – 3:30 PM ET

Opening Remarks

Dianne Gertson, NEAFCS President

State of NEAFCS Presentation

Dianne Gertson

NEAFCS Hall of Fame & Friend of NEAFCS Awards Presentation

Dianne Gertson

Awards Program

Presiding: Julie Garden-Robinson, Vice President Awards & Recognition

NEAFCS Awards Presentation

Jennifer Hagen, Awards Ceremony Committee Chair

2022 Annual Session Call to Action

Alyssa Anderson and Hayley Cowell, North Carolina Affiliate Co-Liaisons

Recognition /Appreciation of 2020-2021 Outgoing Board Members

Courtney Aldrich – Affiliate Liaison

Georgina Perry – Affiliate Liaison

Teresa Clark-Jones – Affiliate Liaison

Lorrie Coop – Southern Region Director

Vanessa Hoines – Central Region Director

Mary Liz Wright – Vice President Public Affairs

Julie Garden-Robinson – Vice President Awards & Recognition

Barb Wollan – Treasurer

Susan Routh – President-Elect

Roxie Price – Immediate Past President

Dianne Gertson – President

Get Certified

Broaden your Expertise.

Become a Real Colors Certified Facilitator.

When you become a Real Colors Certified Facilitator, you have a unique opportunity to make a true difference in your organization and the world around you. Gain the knowledge and support necessary to help participants understand themselves and one another on a deeper level.

Click here to learn more about becoming a Certified Facilitator.

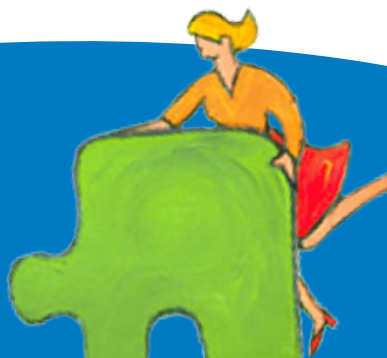
[Learn More](#)



Get More Out of Your Certification

Make sure you visit RealColors.org for insightful [blogs](#), [downloadable content](#), [workshop activities](#) and [more](#).

Plus, as a Real Colors Facilitator, you have access to Keep Real Colors Alive, a subscription program for even more resources including content and topics like Trust, Emotional Intelligence, Diversity and Inclusion, Virtual Communication and more!



Great content is waiting for you!

[Subscribe today](#) and elevate your next workshop.

SHOWCASE OF EXCELLENCE

An Assessment of Finance Education Programmatic Gaps Among Family and Consumer Sciences Faculty in Utah

Track: Financial Management

Presenter(s): Amanda Christensen, Melanie Jewkes, Andrea Schmutz, Lendel Narine

STATE: UT

Implementing social-emotional learning lessons in elementary afterschool programs provides opportunities for youth to gain the skills to manage their emotions, establish positive relationships, and reduce risky behaviors.

As If You Were There - Virtual Tours at Farmers Markets to Increase SNAP Redemption

Track: Technology and Social Media

Presenter(s): Stephanie Diehl, Kevin Cabbage, Morgan Martindell, Molly Beardslee

STATE: VA

Learn to create tours of farmers markets with drones and videography to increase SNAP benefit redemption where redemption is low. This technology helps increase comfort level prior to visiting markets.



Engaging in Remote Work Education to Create Greater Impacts in Iowa

Track: Teaching/Program Development/Leadership/Community and Economic Development

Presenter(s): Brenda Schmitt

STATE: IA

By providing the Remote Work Certificate program as a Professional Development option early in their career, staff will own the skills, tools, knowledge and attitude needed to be successful as a member of the Human Sciences Extension and Outreach team



Excellence in Teamwork Award - Victory2020 Garden Community Team

Track: AWARD - 4-H and Youth Development

Presenter(s): Heather Janney, Halie Corbitt, LuAnn Duncan

STATE: FL

Based on the historical victory gardens, a modern version was established through the Victory2020 Garden Program with agents from all program areas (Horticulture, 4-H, FCS, Livestock, Agriculture, Natural Resources).



Exploring Regional Extension Teamwork and Best Practices in Food Safety

Track: Teaching/Program Development/Leadership/Community and Economic Development

Presenter(s): Julie Garden-Robinson

STATE: ND

NEAFCS participants will learn how to use a regional network/team to foster professional development and share best practices in research-based programming and evaluation.

SHOWCASE OF EXCELLENCE, CONTINUED



How a Successful Mentor/ Mentee Partnership Can Drive FCS Programming

*Track: AWARD - Teaching/ Program Development/
Leadership/ Community and Economic
Development*

Presenter(s): Beverly A. Jackey MS, RDN

STATE: MD

This poster describes how a mentor/mentee partnership can successfully guide the mentee in assessing, identifying, and addressing the health needs in their communities through Extension programming.

Helping Kids PROSPER in Utah: An Evidence Based, Community Approach to Prevention

*Track: Health: Emotional, Mental, Physical and
Substance Use*

*Presenter(s): Paige Wray, Stacey MacArthur, Tim
Keady, Christine Jensen, Mary Sorenson, Claire
Warnick, Lendel Narine*

STATE: UT

This presentation will show how a research-based program was implemented during the COVID-19 pandemic to address opioid misuse and outline best practices for program adaptation during times of significant change.

Incorporating STEM Education into Family Activities to promote Career Readiness

Track: Trending Topics

Presenter(s): Elizabeth Davis, Shannon Cromwell

STATE: UT

Family STEM Nights promote an increased understanding of the importance of STEM-based education. Participants gain valuable life-skills that will be beneficial for their future college and career pathways.

Increasing Protective Factors among Youth through Social- Emotional Learning

Track: 4-H and Youth Development

Presenter(s): Shannon Cromwell, Kathleen Riggs

STATE: UT

Implementing social-emotional learning lessons in elementary afterschool programs provides opportunities for youth to gain the skills to manage their emotions, establish positive relationships, and reduce risky behaviors.



Excellence in Multi State Collaboration Award - Multi- State Team Provides Online Family and Consumer Sciences Professional Development Before and During the Pandemic

*Track: Award - Health: Emotional, Mental,
Physical and Substance Use*

*Presenter(s): Wendy Lynch, Wendy J. Dahl, Julie
B. England, Kendra Zamojski, Julie Garden-
Robinson, and Carlin Rafie*

STATE: MULTI

A multi-state team provided online professional development in nutrition and wellness for Extension professionals on diet trends, primary prevention of cognitive decline and dementia, anti-inflammatory diets and microbiota and diet.

SHOWCASE OF EXCELLENCE, CONTINUED

Programming in Correctional Facilities: Interviews for Remote Employment Program Provide Broader Lessons

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Gabriela Murza, Cris Meier, Ashley Yaughner, Christina Pay, Jaclyn Miller

STATE: UT

This project examined the experiences of persons in STATE who have delivered programs in correctional facilities. Participants described the needs, challenges, and opportunities for teaching in correctional facilities.

Regional Teamwork and Best Practices: “More Bang for Your Buck”

Track: Food Safety/Food Security

Presenter(s): Julie Garden-Robinson, Shannon Coleman, Atina Rozhon, Joyce McGarry, Susan Mills-Gray, Rebecca West

STATE: ND

Networking, sharing resources, and collaborative problem solving were key elements in solid teamwork for delivering the most relevant and vital information our clients need in order to ensure food safety.

The 2021 NEAFCS Leadership Experience: Pilot in Progress

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Lisa Peterson, Gina Lucas, Kyleigh Sullivan, Joy West, Roxie Price, Halie Corbitt, Rick Griffiths

STATE: MULTI-STATE

Responding to the need for members to step into leadership, this program was created to empower future leaders of the association by providing professional development, building confidence, and growing relationships.



Under Construction: Ohio Alliance for People-Centered Sciences

Track: Teaching/ Program Development/ Leadership/ Community and Economic Development

Presenter(s): Margaret Jenkins, Beth Stefura

STATE: OH

This poster outlines the process used to build Ohio's Alliance for Family and Consumer Sciences modeled after the American Association of Family and Consumer Sciences National Partnership. The purpose of the partnership is to recruit, prepare, and support FCS professionals by embracing and activating Ohio's statewide people-centered network of organizations.

Teachers change lives.

So does financial literacy.

Research shows that adult financial well-being is the result of young people developing financial capability over time. That's why the Consumer Financial Protection Bureau created a youth financial education website for teachers of all subjects to help you incorporate financial education into your classrooms.

Access free, stand-alone activities to support your students in developing the building blocks of financial capability.

Go to: www.cfpb.gov/youth-financial-education

The Consumer Financial Protection Bureau supports educators and community leaders by conducting research and developing resources to improve financial education.



EXHIBIT FORUMS

WEDNESDAY, NOVEMBER 3, 2021

4:15 PM – 4:45 PM

Alzheimer's Association Resources for Your Community

Organization: Alzheimer's Association

Presenter(s): Stephanie Rohlf-Young

The Alzheimer's Association will review the latest disease statistics and research findings while also sharing a preview of programs available to Extension Offices for the public. The Association is eager to partner with Extension programs nationwide to extend programming for caregivers and has a wide array of free programs available to share with you.

4:45 PM – 5:15 PM

Free Resources on Promoting Responsible Fatherhood Practices: Hosted by the National Responsible Fatherhood Clearinghouse

Organization: National Responsible Fatherhood Clearinghouse (NRFC)

Presenter(s): Rush Bishop, Eugene Schneeberg, and James Worthy

The goals of the National Responsible Fatherhood Clearinghouse (NRFC) are to provide, facilitate, and disseminate current research and proven and innovative strategies that will encourage and strengthen fathers and families and providers of services, all free of charge.

THURSDAY, NOVEMBER 4, 2021

4:45 PM – 5:15 PM

Smart Strategies for Financially Savvy Youth

Organization: Consumer Financial Protection Bureau

Presenter(s): Leslie Jones

Achieving financial well-being as an adult is about more than how much money you make or whether you are able to do your taxes, balance your checkbook, or pay your bills. It's about having control over your money and being able to make choices that allow you to enjoy life. In this session, review financial literacy activities that you can incorporate in your work and find ideas to share with your colleagues - no matter what subject they teach.

4:45 PM – 5:15 PM

USDA & Food Safety Education for Consumers

Organization: FSIS-USDA Meat & Poultry Hotline

Presenter(s): Argyris Magoulas

Short presentation sharing what the Hotline has to offer in terms of food safety. Updates on Ask USDA and how the Hotline plays a role.



alzheimer's 
association®

ALZHEIMER'S EDUCATION YOU CAN TRUST

The Alzheimer's Association® offers free, high-quality education on the basics the disease, healthy living, caregiving and more. To partner with us, contact Stephanie Rohlfs-Young at **srohlfs@alz.org**.

2021 ANNUAL SESSION EXHIBITORS



Alzheimer's Association **Silver Sponsor**

Website: www.alz.org

Contact: Stephanie Rohlfs-Young

Contact email: srohlfs@alz.org

Address: 225 S. Michigan Ave, Chicago, IL 60601

Phone: 800/272-3900

The Alzheimer's Association offers a variety of free resources for caregivers and those impacted by any type of dementia. Chapters nationwide are eager to partner with Extension programs to offer education about Alzheimer's, dementia and its effects on families. Stop by our booth to learn more about bringing Alzheimer's programs to your community.



American Income Life **Special Risk Division** **Gold Sponsor**

Website: www.ailspecialrisk.com

Contact: Erin Bain

Contact email: efbain@ailife.com

Address: PO Box 50158, Indianapolis, Indiana 46250

Phone: 317/436-1005

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.

Consumer Financial Protection Bureau (CFPB)

Website: www.consumerfinance.gov/youth-financial-education

Contact: Leslie Jones

Contact email: leslie.jones@cfpb.gov

Address: 1700 G. Street NW, Washington, DC 20552

Phone: 202/435-7687

Effective financial education tools and resources that help individuals and families manage financial challenges at major life stages. Free print publication to order, PDFs to download and online tools on the topics of personal financial literacy and protection.

FSIS-USDA Meat & Poultry Hotline

Website: www.fsis.usda.gov

Contact: Archie Magoulas

Contact email: argyris.magoulas@usda.gov

Address: 1400 Independence Ave., SW, Washington, DC 20250

Phone: 1-888/MPHotline

FSIS' Meat and Poultry Hotline helps prevent foodborne illness by answering questions about the preparation of meat, poultry, and egg products; how to safely handle food in the home; proper food storage; food safety during a power outage; FSIS recalls and more. The hotline is staffed by food safety experts who can personally answer food safety questions from callers ranging from novice cooks to experienced food handlers. Call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline (1-888-674-6854) or live chat at through Ask USDA. The Hotline is open year-round Monday through Friday from 10 a.m. to 6 p.m. ET (English or Spanish). The Hotline is also open on Thanksgiving Day from 8:00 a.m. to 2:00 p. m., Eastern Time, but closed on other Federal government holidays. Recorded food safety messages are available 24 hours a day. Send email questions to MPHotline@usda.gov.

National Responsible Fatherhood Clearinghouse (NRFC)

Website: www.fatherhood.gov

Contact: Rush Bishop

Contact email: Rush.Bishop@icf.com

Address: 9300 Lee Highway, Fairfax, VA 22031

Phone: 877/4DAD411

The National Responsible Fatherhood Clearinghouse is an Office of Family Assistance (OFA) funded national resource for fathers, practitioners, programs/Federal grantees, states, and the public at-large who are serving or interested in supporting strong fathers and families.

National Presto Industries, Inc.

Website: www.gopresto.com

Contact: Barb Milkert

Contact email: bmilkert@gopresto.com

Address: 3925 N. Hastings Way, Eau Claire, WI 54703

Phone: 715/839-2029

National Presto Industries dates back to 1905 when the company began manufacturing industrial size pressure canners known as "canner retorts." Today Presto remains a recognized brand for pressure vessels and is a leader in the electric housewares industry. Stop by our booth to view appliances, receive educational materials, and enter drawings for a pressure canner and Presto Test Unit.

Real Colors

Website: www.realcolors.org

Contact: Allison Hetzel

Contact email: ahetzel@realcolors.org

Address: 319 East McDowell Road Suite 200, Phoenix, AZ 85004

Phone: 602/452-5501

Real Colors is easy to understand and hard to forget. We provide the tools to ensure program participants develop and retain a deeper understanding of themselves and others, resulting in more open and effective communication. Become a facilitator and make a true difference in your organization and the world around you.



The Sugar Association **Gold Sponsor**

Website: www.sugar.org

Contact: Ali Swietek

Contact email: sugar@sugar.org

Address: 1310 L Street NW, Suite 400, Washington, DC 20005

Phone: 202/590-0059

The Sugar Association is the scientific voice of the US sugar industry, making the difference by responsibly supporting scientific research and sharing our knowledge to enhance consumer understanding and confidence in the role that real sugar plays in an nutritious, balanced and enjoyable diet.

ENDOWMENT DONORS

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

DIAMOND - OVER \$10,000

Anna-Mae Kobbe, MD - in memory of Jane Taylor NEAFCS Past President 1985-1986 and Robert Dothage

Donna K. Donald, IA - in memory of David E. Donald

Yvonne Steinbring, CA

OPAL - \$1,000 - \$4,999

Arkansas Affiliate – NEAFCS - in memory of Dr. Lynn Russell

Arizona Affiliate – NEAFCS - in honor of retirees, Cynthia Flynn, Lynne Durrant and Victoria Steinfelt

Arizona Affiliate – NEAFCS - in honor of Sharon Hoelscher Day

Betty Parks Strutin, PA - in memory of June Wilke Snyder

Barbara Eichner-Maidment, Western Australia

Carol C. Schlitt, IL

Christine Kniep, WI

Colorado Affiliate – NEAFCS

Deloris Pourchot, VA – in honor of Anna-Mae Kobbe

Frances Watts Torbeck, OR

Illinois Affiliate – NEAFCS in honor of Past National Presidents from Illinois

Iowa Affiliate – NEAFCS – in honor of Sandra McLain

Jan Harwood, MI

Jean Clarkson-Frisbie, KS

Johanna O. Hahn, VA - in memory of Edward J. and Lillian H. Oresky

Karen Ensle, NJ - in memory of Doris Ensle and Richard Ensle

Kentucky Affiliate – NEAFCS

Mabel I. Ito, HI

Margaret Warren, LA

Mary Ann Lienhart Cross, IN – in memory of Mike L. Cross

Mary L. Heisler, WI

Missouri Affiliate - NEAFCS

Missouri Affiliate – NEAFCS - in honor of Past and Current National Officers from Missouri

Nancy Gruel Nehring, FL

New Jersey Affiliate – NEAFCS

North Carolina Affiliate – NEAFCS - in honor of Marilyn Gore

Ohio State University Extension – Ashtabula County

Ohio State University Extension – Ashtabula County - in honor of Cheryle Jones Syracuse

Patricia Powley, PA – in memory of Helen Tunison

Raygene Paige, TN - in memory of Jackie Beard

Rita T. Wood, NJ - in memory of Carmela Darpino Travaglione

Sandra McLain, IA

Sharon Hoelscher Day, AZ

Texas Affiliate - NEAFCS - in honor of 2021 President's Charity

AMETHYST - \$500 - \$999

Alabama Affiliate – NEAFCS

American Association of Family & Consumer Sciences – in honor of NEAFCS's 75th Anniversary

Amy Peterson, NE

Andrea Bressler, PA

Beatrice M. May, NJ

Beverly Koenig, OH

Charlotte Young, IA

Colleen Gengler, MN

Darsene Baggett, NJ

Emily Remster, IN

Gerald W. Warmann, SD

Indiana Affiliate – NEAFCS

Indiana Extension Educators Association - FCS

Judy Breland, MS

Judy Breland, MS - in memory of Debra Cottrill's father and aunt and Carol S. Miller's mother

Julie Holman, FL

Kathy Dothage, MO – in memory of Brian Schlitt

Linda Wells, TX

Lisa Guion, NC

Luann Boyer, CO – in memory of Brian Schlitt

Lynas K. Waun, MI

Mariah B. Brymer, AL

Marilyn Tileson

Marsha A Goetting, MT

Martha M. Pile, TN

Pennsylvania Affiliate – NEAFCS –
in memory of Shirley Bixby

Phyllis M. Northway, WI

Sharon Blase, NJ

University of Arizona
Department of Nutritional
Sciences - in honor of Sharon
Hoelscher Day

Virginia T. Hall, WI

TURQUOISE - \$100 - \$499

Adele R. Collier, NJ

Alice Henneman, NE

Amy Ressler, TX

Anita Rohde, ND

Ann Fontes, HI

Ann Rhinesmith, NJ

Ann Vale, KY

Anne Field, MI

Barbara O' Neill, NJ

Barbara Tricinella, OK

Barbara J. Wollan, IA

Barbara Woods, IA

Beverly Kindler, KS

Bonnie Braun –MD - in honor of
Dr. Anna-Mae Kobbe

Bonnie Jo Westendorf, NY

Carla Farrand, CO

Carol Chandler, OH

Carol S. Miller, OH

Celvia Stovall, AL

Cindy Davies, NM

Claudia Mincemayer, PA

Daryl Minch, NJ

Denise Sullivan – in memory of
Sharon Mozen and in honor of
Carolyn Jackson

Denyse Variano Diana Fair

Diana Milne, MO

Diane V. Brown, PA

Diane Neilson, KS

Dianne Gertson, TX

Dianne Lambert, VT

Dianne Lennon, NJ

Doris Rogers, NC

Doris Taylor, FL

Doris Wetters, FL - in memory of
Bea Paulucci

Edith Reisler, PA

Eleanor Mathews, AL – in honor
of Sharon Hoelscher Day

Elizabeth Andress, GA

Evelyn Adams, IN

Faith Calahan, SD

Faytie Johnston, NC

Florence Minifie, NJ

Frances Watts Alloway, PA

Gail Brand, NE

Gayle Muggli, MT

Genevieve Harris, MS

Gisele Jefferson, OH

Glenda Hyde, OR – in memory of
Carolyn Raab

Glenda Wentworth, CO

Glinda Leach, KS

Helen Carter, GA

Ida Marie Snorteland, SD

Idaho Affiliate - NEAFCS

Ilene C. Miller, TX

Irene Leech, VA

J.B. Hamilton, MD

Jane Beigtol, PA

Jane Jett, IN

Jane Schuchardt, VA

Jane Ann Stout, IA

Jean Childers, NC

Jeanne H. Green, NY

Jessica Hill, GA

Joan Chong Joan Younce, IN

Judith C. Kovack, TN

Judy Hetterman, KY

Judy Marks

Judy Matlick, WV

Julia Zee – in memory of Kikuye
Kohashi

June James, SD

Karen Bruns, OH

Karen Dickrell, WI

Karen Thomas, PA

Karma Metzgar

Katherine J.T. Humphrey, NY

Katherine Shumaker, OH

Kathryn Wolters, IL

Kathy Brandt, MN

Kathy Oliver, OH

Kathy Roesel Byrnes, KY - in
memory of 4 Northern KY Agents

Lana Anderson, WI

Linda Byster, NY

Linda Gossett, ID

Linda Huyck, MI

Linda S. Law-Saunders, NY

Lori Sporer, KS

Louise Kirkland, AZ

Lynn C. Russell, AR

Madeline Crouch, TX - in honor
of the 2006-2007 National Board,
2007-2008 National Board, 2008-
2009 National Board, 2009-2010
National Board, Memory of Bob
Dothage

Margaret Van Ginkel, IA	Ruth Jackson, AZ	Aneta Eichler, TN
Margie Memmott, UT	Ruth O'Conner, PA	Anonymous Donation - in honor of Dr. Anna-Mae Kobbe
Maria Young, NJ	Sandra Fry, TX	April Martin, TN
Marilyn Bischoff, ID	Sharon Hoelscher Day, NV – in memory of colleagues and friends - Patsy Glass, OH; Ruth Paine, OH; Myra Philpot, OH; Sharon Blaše, NJ; Pat Margolis, KY	Audrey C. Burkart, NJ
Marilyn Gore, NC		Barbara Ann Miller, PA
Marsha Lockard, ID		Barbara Gilbert, OH
Mary J. Sullivan, KS		Barbara Lambert, SC
Mary Pattison, FL - in memory of Dr. Anne Rideout	Sharon McDonald, PA	Bernice Mason, MT
Maryland Affiliate - NEAFCS	Shirley Barber, MN - in memory of Delos Barber, Michael Blaze, Myrna Shearer, John Remster, Shirley Tisdale	Beth Bell, TN
Maudie Kelly, MO		Beth Van Horn, PA
Melanie Hart	Sonja Koukel, NM	Bette Parker Thornton, VA
Minnesota Affiliate - NEAFCS	South Dakota Affiliate – NEAFCS	Bettie Wolfe Collins
Mississippi Affiliate – NEAFCS	Stella McKinstry, WY	Betty Gottler, AL
Nancy Porter, VA	Susan Morris, MD	Beverly Ann Shelby, TN
Nancy Stehulak - Ohio EAFCS	Susan Routh, OK – in honor of Betty Brannan	Beverly Doll, WI
NEAFCS 2005 Past Presidents	Susan Taylor, IA	Beverly Jackey, MD
NEAFCS 2005-2006 National Board	Suzanne Driessen, MN	Bonnie Tazewell, VA
NEAFCS 2005-2006 National Board - in memory of Lois West	Theresa Mayhew, NY	Brenda Miller, OK – in honor of Barbara Tricinella
NEAFCS 2010-2011 National Board	Tommie Lou Hunter, VA	Brenda Schmitt, IA
NEAFCS Past Presidents - in memory of Virginia Zirkle	Utah Affiliate - NEAFCS	Candace Carrie, AR
Nevada Affiliate – NEAFCS	Vickie J Hadley, IN	Carole Rison, KY
New Mexico Affiliate - NEAFCS	Virginia Affiliate – NEAFCS	Carolyn Jackson, KS
Nyla Musser, WI	Virginia H. Muth, FL	Celia Hayhoe, VA
Ohio Affiliate – NEAFCS in honor of past national presidents Nelle Watts, Virginia Zirkle, Cheryle Jones Syracuse	Virginia Zirkle, OH	Charlotte Coffman, NY
Patty Merk, AZ		Charlotte Crawford, MO – in memory of Brian Schlitt
Peg Ehlers, IN	TOPAZ - UP TO \$99	Charlotte Shoup Olsen, KS - in honor of Anna- Mae Kobbe
Phyllis Lewis, WV	2008 NEAFCS Program Excellence Through Research Award, First Place National, Team Members: Elizabeth Reames, Team leader, Alexis Navarro, Bertina McGhee, Sally Soileau, Terri Crawford, Sheila Haynes, Berteal Rogers, De'Shoen Friendship, David Bankston, Mike Keenan, Georgianna Tuuri, Katie Dean, Melissa Mixon, Easter Tucker	Cheryl Spires, OH
Phyllis Wright, PA		Christi Demitz, MI
Rebecca Travnichek, MO		Christine Rivera, KY
Rhea Bentley, GA		Cindy Baumgartner, IA
Roberta Moseley, NJ		Claudia Boozer-Blasco, NH
		Connecticut Affiliate - NEAFCS

Cristin Sprenger, VA	Gertrude Dougherty, PA	Kathleen Olson, MN
Cynthia R. Strasheim, NE	Grace M. Angotti, KY	Kathy Tharman, KS
Cynthia Thompson, IA	Helen Williams, GA	Kay Webb Burke, VA - in honor of Mary Helen Loftin
Dan McDonald	Ivelisse Colon, NC	Kendra Freeman, IN
Deanna Sweat, KS	Jacquelyn McLaughlin, TX	Kikuye Kohashi, HI
Deanna Tribe, OH	Jan Floeter, WI	Kim Greder, IA
Deborah Maes, NH	Jan Nixon, CO	Kristy Spalding, OK
Debra Cottertill, KY	Jane Henderson, VA	Kyleigh Sullivan, MO
Denise J. Brandon, TN	Jane Landis, PA	LaDonna Hines, OK - in honor of Kristy Spalding
Denise Wyland, IA	Janet Burnett, MO - in memory of Brian Schlitt	Laura Sant, ID
Dianne Lamb, VT	Janet Cover, MD	Laura Stanton, OH
Dianne M. Swanson, NE	Janet Johnson, AL	Laurie J. Boyce, WI
Dolores Dixon, MD	Janet H. Johnson, KY	Laurie Welch, PA
Don Bower, GA	Janet LaFon, MO	Leesa Woods Calvi, TX
Donna Andrusyk, IA	Janet Stephens, KS	Licking River Area FCS Agents, KY
Donna Peterson, WI	Janice Shelton, AZ	Linda Block, AZ
Doris Herringshaw, OH	Janice Stoudnour, PA	Linda Cook, FL
Dorothy Martin, CO	Jeanice Cress, KS	Linda Floyd-Chappell, MO
Dorothy Simmons, TN	Jessica Trussell, MO	Linda Holmquist, KS
Eileen Krumbach, NE	Jill Weber, IA	Linda Olson, WI
Elizabeth R. Bare, WV	Josephine Swanson, NY	Linda P. Stephens, KY
Elizabeth Cornelius, GA	Joy Purkeypile, KS	Lisa McCoy, MD
Ellawese McLendon, NJ	Joyce Alves, AZ	Lois Carlson, KS
Ellen Bjelland, ND	Joyce McGarry, MI	Lois Hunt, IA
Emily Grace Marrison, OH	Judi Merkel, IN	Lois Killcayne, PA
Erin Ludwig, IA	Judith Carlson, IA	Lora Lee Frazier Howard, KY
Esther Shoup, CT	Judy Branch, VT	Lorrie Coop, TX
Evelyn Deloatch, NC	Judy Corbus	Lynne Beam, NM
Faye Rosselle, ME	Julie Garden-Robinson, ND	M. Dale Steen, VT
Forsyth County ECA	Kansas Affiliate - NEAFCS	Maine Affiliate - NEAFCS
Frieda K Heinly, KS	Karen DeZarn, TX	Marcia Jess, OH - in honor of Nancy Stehulak
Freida Terrell, NC	Karen Joos, WI	Marciel Klenk, CA
Genevieve Berry, MS	Karen Mort, NY	Marian Anderson, MN
Georgia Burton, KY	Kate Decker, MO	
Georgia Williams, MS		

Marion G. Rutan, NY	memory of Mary W Donnini	Sharon Johnson, IA
Martha Flanagan, KS	Nettie Ruth Brown, FL	Sharon Mader, OH
Martha Shireman, IN	New York Affiliate – NEAFCS - in honor of Josephine Swanson	Sheila Craig, MN
Mary A Patterson, IA	Norma Morgan, IA	Sheila Gains, CO
Mary Blackburn, CA	Northern Kentucky Agents – NEAFCS - in honor of Judy Hetterman	Shirley Tisdale, AK
Mary Beth Kaufman, IA	Oklahoma Affiliate – NEAFCS	Shirley Whitten, AL
Mary Elizabeth Ouzts, SC	Pat Swartzlander, IA	Sonia Butler, NJ
Mary Ellen Fleming, CO	Patricia Brennan, NJ	Soyeon Shim, AZ - in honor of Sharon Hoelscher Day
Mary Janette Mueller Temple, IA	Patricia Brinkman, OH	Surine Greenway
Mary K. Warner, NE	Patricia Bruschini, GA	Susan E. Brown, NE
Mary Kohli, WA	Patricia Gerhardt, KS	Susan Crusey, OH
Mary Liz Wright, IL	Patricia Steiner, IA	Susan Hansen, NE
Mary Novak, WI	Paulelda Gilbert, IA	Susan McDonnell, IA
Mary Weinand, IA	Peggy Prucnal, AL	Susan Pickle, AR
Melissa Rupp, OH	Phyllis C. Stainback, NC	Susan Plassmeier, IN
Miriam Ward, NJ	Pratt Co. R & E, KS	Susan Zies, OH – in honor of Nancy Stehulak
Myra Philpott, OH	R. Beth Burke, MO	Tara Brown, OK
Nancy Covert, NC	Recia Garcia, OK	Tarasha Daren-McKoy, NY
Nancy E. Schuster, KS	Rhoda Barnett, IA	Tennessee Affiliate - NEAFCS
Nancy Stevens, PA	Rick Griffiths, NM	Teresa Clark-Jones
Nancy Vance, WI	Robin Kuleck, PA	Terrie James, AR
Nannette Armstrong, IL	Robin Rex, PA	Terry Toombs, LA
Natalie A. Thomas, AK	Rose Ford, FL	Theresa K. Ross, CO
NEAFCS Past Presidents – in memory of Dianne Lennon	Rosemary K Heins, NM	Vera Stokes, IA
NEAFCS Past Presidents - in memory of Evelyn Morrow Lededeff	Roxie Dinstel, AK	Vermont Affiliate - NEAFCS
NEAFCS Past Presidents - in memory of Jean Clarkson-Firsbie	Sally Hope Park-Hageman, SD	Vicki Hayman, WY
NEAFCS Past Presidents - in memory of Kathryn Everson	Sara R Dukes, GA	Wilma Ruffin, AL
NEAFCS Past Presidents - in	Sara Sprouse, IA	Wilton W. Wells, VA - in memory of Mary W. Wells
	Shannon Lindquist, MI	Wyoming Affiliate – NEAFCS

If you would like to see your name on this list, complete the Donation Form on the NEAFCS website today!



NEAFCS 2021

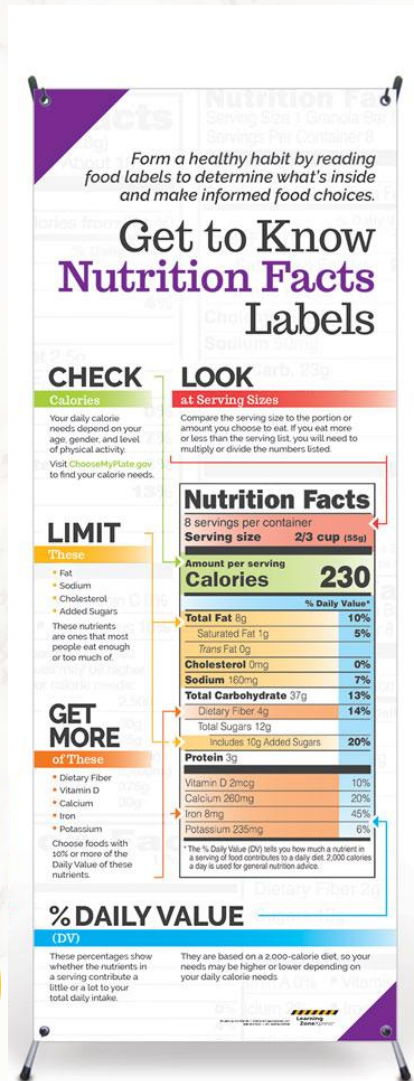
Families thrive when they learn from the best

You work hard to help individuals, families, and communities to meet their needs and goals through a learning partnership
VISUALZ makes your job easier.

Check out our website for nutrition and life sciences content. Not seeing what you need?
We can create it!

getvisualz.com

15% off
code
NEAFCS15
(thru
12/6/21)



 **VISUALZ**
powered by Vomela

formerly LearningZoneXpress

SAVE THE DATE



NEAFCS Annual Session 2022
SEPTEMBER 12-15 • RALEIGH, NC

