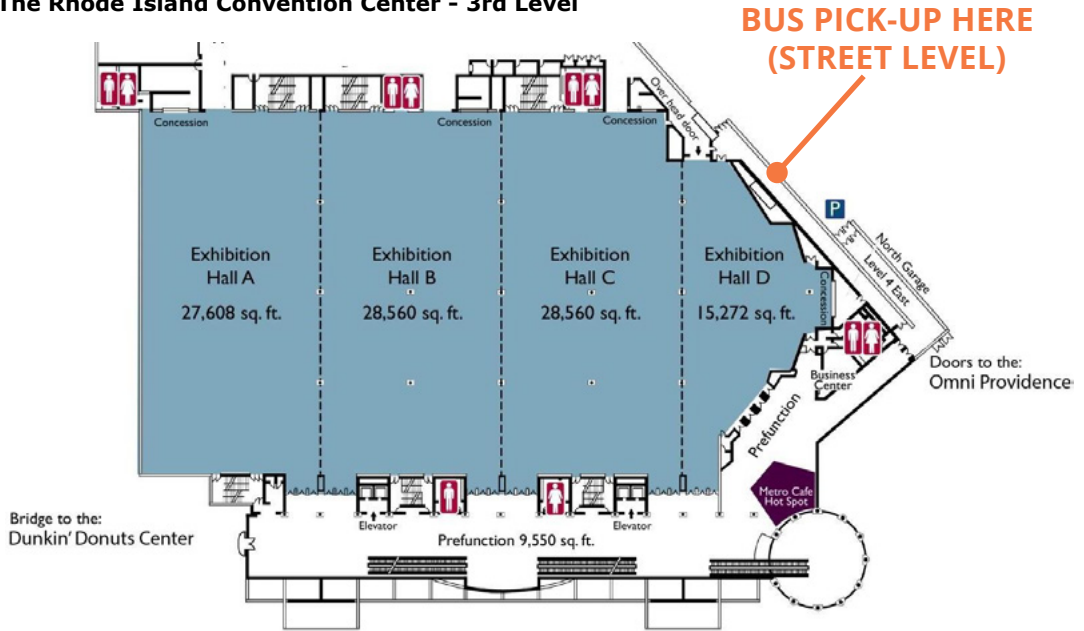




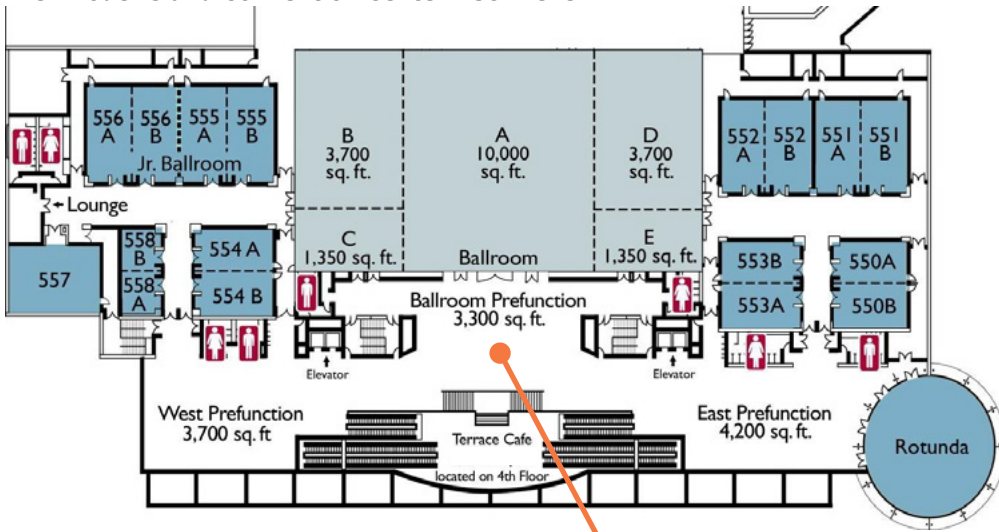
ANNUAL SESSION PROGRAM

LOCATION MAP

The Rhode Island Convention Center - 3rd Level



The Rhode Island Convention Center - 5th Level



ANNUAL SESSION SPONSORS

THANK YOU TO OUR 2023 ANNUAL SESSION SPONSORS AND DONORS

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This conference was supported [in part] by the intramural research program of the U.S. Department of Agriculture, National Institute of Food and Agriculture, AFRI Diet, Nutrition, & the Prevention of Chronic Diseases, accession 1031154, award 2023-68015-40709.

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Extension Housing Outreach Award



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THANK YOU TO OUR ANNUAL SESSION COMMITTEE

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National Extension Association of Family & Consumer Sciences

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PRESIDENT'S WELCOME



*“Let’s all begin
‘Exploring
Oceans of
Opportunities’
as we enjoy this
Annual Session!”*

Welcome

I hope you are geared up for “Exploring Oceans of Opportunities” during our 89th Annual Session of the National Extension Association of Family and Consumer Sciences. On behalf of the NEAFCS Executive Board, I welcome all of you to our session. We are looking forward to hearing about your Extension programs across the U.S., and I extend congratulations to the 2023 Award winners. I welcome the Family and Consumer Sciences Program Leaders and NIFA partners and thank them for their continued support of NEAFCS. We also greatly appreciate the support of our Partner Members and Corporate Sponsors.

The conference planning team members have been working diligently for many months to prepare for our conference. The NEAFCS Executive Board in partnership with Gina Crist, Shauna Henley, and Maria Pippidis, the Eastern Region Liaisons to the Board, and our management company have been preparing tirelessly for this time together. Please help me thank them for their creativity, energy, and numerous contributions to ensure the success of this Annual Session. We also congratulate the liaison team for securing conference grant funding from the U.S. Department of Agriculture to help defray some of our annual session costs. Please be sure to complete the evaluation surveys throughout our time together.

Let’s all begin “Exploring Oceans of Opportunities” as we enjoy this Annual Session! Please “dive in” to all the professional development offerings and “map out” ongoing ways to collaborate and interact with your new friends. We are so happy you are joining us in Providence!

Julie Garden-Robinson
NEAFCS President

VICE PRESIDENT FOR PROFESSIONAL DEVELOPMENT WELCOME

Welcome to Providence, Rhode Island!

Welcome to our 2023 Annual Session! Our host this year is the Eastern Region in Providence, Rhode Island with Affiliate Tri-Liaisons Shauna Henley, University of Maryland and Maria Pippidis and Gina Crist, both University of Delaware. We thank these affiliate tri-liaisons, national committee members, their subcommittees, and other contributors for their determination and creativity to present this unique opportunity to engage in programs, pre and post conference workshops, in-depth sessions, keynote speakers, discussion forms, concurrent sessions, and celebration of our profession and award winners. Shauna, Maria, and Gina braved new waters to secure USDA grant funds to support our NEAFCS Annual Session. They networked with other Eastern region affiliates to put together oceans of possibilities at annual session to be explored in Providence, Rhode Island.

The 89th Annual Session is for you to Explore Oceans of Opportunities of professional development with the objectives of:

- Sea ways to develop personally and professionally
- Sail-a-brate a resilient, thriving you
- Embark on Rhodes of opportunities for mentorship, team building, and connecting with FCS-mates
- Dive into oceans of innovative approaches to education, policy, systems, and environmental change
- Map out new funding and collaborative opportunities to navigate fresh program topic areas

The 2023 Annual Session provides a plethora of opportunities to network with conversation starters, welcome bingo, and discussion forum on Thursday and to learn from NEAFCS members through presentations. For answers to your question while in Providence, please visit the hospitality desk located near registration or ask an Ambassador, an NEAFCS member with a blue armband.

We know you will take advantage of these opportunities at Annual Session and plan to return to your communities with fresh programs, innovative approaches, new connections and ideas to navigate our professional and programming needs in 2023 and beyond. Enjoy the personal and professional benefits of “Exploring Oceans of Opportunities” in Providence!

Marcia Parcell

Vice President for Professional Development



Enjoy the personal and professional benefits of ‘Exploring Oceans of Opportunities’ in Providence!

Dear Visitor,

It is our pleasure to welcome you to Providence for the National Extension Association of Family and Consumer Sciences Annual Session. To those of you who have visited Providence before, welcome back. And to those who are experiencing the city for the first time, we hope you will return again soon.

Providence is a city that is, by its very nature, both welcoming and innovative. We are home to a diverse population of big thinkers, creative minds, and future leaders. That is why we are thrilled to host your meeting in Providence - we are the Creative Capital and we are the perfect location to collaborate, think broadly and be inspired. We know you will return home with big, forward-thinking ideas.

Between sessions and seminars, I hope you are able to explore all that our city has to offer. Providence dishes up world-class cuisine from Italian fare on Federal Hill to grab-and-go bites in our many cafes and restaurants downtown. We are a city rich in history, culture and the arts – you can find that on display at the RISD Museum, on a walk down historic Benefit Street, and in each performance at our award-winning theatres.

It is our pleasure to host you in Providence. We look forward to your next visit.

Sincerely,



Kristen L. Adamo
President & CEO

2023 PRESIDENT'S CHARITY

Dear NEAFCS Friends and Colleagues,

This year I am continuing our funding promotion for the NEAFCS Endowment as we usher in the 90th anniversary of NEAFCS in 2024. Please consider donating \$90 (or more) in 2023 to NEAFCS Endowment. Donations at any level are welcomed and appreciated. As we build our Endowment, we are working to create a lasting legacy of NEAFCS, which will help support innovative special projects and champion the outreach of our profession. As a past recipient of an Endowment Grant, I can attest to the difference that this funding can provide in moving a project forward. I greatly appreciate your consideration of supporting this year's President's charity and the current and future members of our association.



Thank you!

Julie Garden-Robinson, NEAFCS President

Donations to the endowment are not spent. Instead, the endowment is an investment tool. The investment income is used 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 2023?

For 2023-2024, the Endowment Committee's Grants for Innovative Projects awarded two grants totaling \$7,000 to Margaret Jenkins (\$3,000), and Shauna Henley (\$4,000). These innovative projects can benefit NEAFCS and its members and promote the profession of Family and Consumer Sciences.

Interested in these grants? Submit your proposal prior to May 15th, 2024 to be considered for a grant. More information can be found on the NEAFCS website.

www.neafcs.org/endowment



GENERAL INFORMATION

ICON KEY



**Ticket
Required**



Sponsor



**Meal
Provided**



**Award
Winner**

REGISTRATION

Annual Session Registration is located on the 5th Level of the Convention Center.

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 5:00 PM

Tuesday: 7:00 AM – 4:00 PM

Wednesday: 7:00 AM – 4:00 PM

Thursday: 7:00 AM – 2:00 PM

MESSAGE BOARD

A message board will be available near the Annual Session Registration Desk. You can utilize this board to share information on State's Night Out, photography appointments, ticket exchange, and other messaging needs.

HOSPITALITY

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

HOSPITALITY HOURS:

Stop by to pick up your regionally sponsored 2023 Annual Session Gift, daily giveaways and regional daily raffled items.

Sunday: 4:00 PM – 6:00 PM

Monday: 8:00 AM – 2:30 PM

Tuesday: 8:40 AM – 11:30 AM hospitality table open between concurrent sessions

Wednesday: 8:40 AM – 11:30 AM hospitality table open between concurrent sessions

12:00 PM – 1:00 PM

Thursday: 8:00 AM – 10:00 AM

EXHIBIT HALL

Visit the Exhibit Hall, NEAFCS's networking hub, located in Exhibit Hall C on the 3rd Level of the Rhode Island Convention Center, to meet exhibiting companies and learn about the latest products and services.

The following activities are in the Exhibit Hall:

- Showcase of Excellence
- Silent Auction
- Wednesday Lunch (12:00 PM – 1:00 PM)
- Thursday Breakfast (8:00 AM – 9:30 AM)

EXHIBIT HALL HOURS:

Wednesday: 12:00 PM – 5:00 PM

Thursday: 8:00 AM – 9:30 AM

EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their 30-minute presentation. Information on Exhibit Forum location and details, see pages 46 and 49.

Wednesday: 1:00 PM – 4:30 PM

Thursday: 8:15 AM – 9:30 AM

PHOTOS

Photos taken during the 2023 Annual Session will be available to download online within 30 days. To schedule a group picture, please sign up on the Message Board located next to the Annual Session Registration Desk.

CONTINUING EDUCATION/ PROFESSIONAL DEVELOPMENT UNITS

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

WELLNESS ACTIVITIES



Wellness activities will be on your own this year. Scan the QR code below for options to explore Providence while also getting in some steps. Join a group or participate in a self-guided tour.

SILENT AUCTION



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

DONATED ITEMS

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

Sunday: 4:00 PM – 6:00 PM
Monday: 7:00 AM – 5:00 PM
Tuesday: 7:00 AM – 4:00 PM
Wednesday 7:00 AM – 10:00 AM

Silent Auction Hours

Wednesday: 12:00 PM – 5:00 PM

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

Winning Bid Item Pickup

Thursday: 12:30 PM – 2:00 PM

SERVICE PROJECT

\$10,000 and 200 pounds of apples

We invite you to participate in our Annual Service Project. Our goal is to raise \$10,000 for the Free Farmers Market at the University of Rhode Island. This Market was a collaborative program

between URI Health Services, Colleges of Health Sciences and Nursing, and other campus groups that mobilized student volunteers to glean and distribute excess produce from campus farms to the university community.

With over 5,000 total pounds of fruits and vegetables gleaned from campus-based farms. In addition to a monetary donation, we have over 20 NEAFCS Affiliate members donating their time to pick apples and our apple-picking goal is 200 pounds of apples.

See page 18 for more information on how to give.

RECYCLING

In coordination with NEAFCS's efforts to go green, conference attendees are encouraged to recycle. Mixed recycling bins are located throughout the facility.

WIRELESS INTERNET

The Rhode Island Convention Center offers complimentary WiFi (1Mbps) available for 2-hour blocks. After the 2-hour block, you will need to reconnect to the network to attain another 2-hour block.

Search Providence Restaurants and More



Scan the QR code to view an interactive map explorer to locate and plot your route to restaurants, attractions and more.

2023 SCHEDULE

All events will take place at the Convention Center, unless otherwise noted.

SUNDAY, SEPTEMBER 10, 2023

- 10:00 AM – 3:00 PM National Pre-Board Meeting
- 4:00 PM – 6:00 PM Registration/Hospitality Open

MONDAY, SEPTEMBER 11, 2023

- 7:00 AM – 5:00 PM Registration/Silent Auction Drop-Off/Service Project Drop-Off
- 8:00 AM – 11:00 AM Pre-Conference Workshops (*Separate registration required*)
- 8:00 AM – 2:30 PM Hospitality Table Open
- 9:00 AM – 1:45 PM Pre-Conference Matunuck Oyster Farm: Tour and Lunch (*Separate registration required*)
- 11:15 AM – 12:45 PM First Timer Orientation & Lunch (*Invitation only*)
- 12:45 PM – 2:15 PM Affiliate Officer Meetings
- 2:15 PM – 3:00 PM Leadership Experience Networking Event (*Invitation only*)
- 3:00 PM – 5:30 PM Opening General Session with Keynote Rita Landgraf
- 5:30 PM – 8:00 PM Welcome Event at Rhode Island Convention Center

TUESDAY, SEPTEMBER 12, 2023

- 7:00 AM – 4:00 PM Registration/Silent Auction Drop-Off/Service Project Drop-Off
- 8:00 AM – 10:45 AM Concurrent Sessions
- 8:40 AM – 11:30 AM Hospitality Table Open Between Concurrent Sessions
- 8:45 AM – 10:45 AM Life Member Meeting
- 11:00 AM – 1:00 PM Regional Business Meetings & Awards Luncheon
- 1:30 PM – 5:30 PM In-Depth Sessions (*Separate registration required*)
- 1:30 PM – 5:30 PM FCS Program Leaders Meeting – Day 1 (*Special registration required*)
- 3:00 PM – 5:30 PM Exhibitor & Showcase of Excellence Poster Display Set-Up
- 6:00 PM States Night Out

WEDNESDAY, SEPTEMBER 13, 2023

- 7:00 AM – 10:00 AM Silent Auction Drop-Off
- 7:00 AM – 11:00 AM Exhibitor Set-Up/Silent Auction Set-Up/Poster Set-up
- 7:00 AM – 4:00 PM Registration Open/Service Project Drop-Off
- 8:00 AM – 11:45 AM Concurrent Sessions

8:40 AM – 11:30 AM	Hospitality Table Open Between Concurrent Sessions
11:00 AM – 11:30 AM	Exhibitor Orientation <i>(Exhibitors Only)</i>
12:00 PM – 1:00 PM	Hospitality Table Open
12:00 PM – 5:00 PM	Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays <i>(Boxed Lunch provided)</i>
	Silent Auction Final Bid 5:00 PM
	Posters manned from 12:30 PM - 1:30 PM
12:15 PM – 1:30 PM	National Program Leaders & NEAFCS Executive Board Lunch
12:15 PM – 4:00 PM	FCS Program Leaders Meeting – Day 2 <i>(Special registration required)</i>
1:00 PM – 4:30 PM	Exhibit Forums
1:30 PM – 3:00 PM	National Dining with Diabetes Program
2:15 PM – 4:15 PM	Annual Business Meeting
6:30 PM – 8:30 PM	Leadership Event at the Graduate Providence Hotel <i>(Invitation only)</i>

THURSDAY, SEPTEMBER 14, 2023

7:00 AM – 2:00 PM	Registration/Service Project Drop-Off
8:00 AM – 9:30 AM	Exhibit Hall Open/ Showcase of Excellence Displays <i>(Continental breakfast provided)</i>

8:00 AM – 10:00 AM	Hospitality Table Open
8:15 AM – 9:30 AM	Exhibit Forums
8:30 AM – 9:30 AM	2024 Annual Session Planning Committee Meeting
9:30 AM – 10:00 AM	Showcase of Excellence/ Exhibitor Teardown
9:45 AM – 10:30 AM	Concurrent Session
11:00 AM – 12:15 PM	Closing General Session
12:15 PM – 1:00 PM	Lunch on Own
12:30 PM – 2:00 PM	Silent Auction Item Pick-Up
12:30 PM – 2:00 PM	NEAFCS National Post-Board Meeting
12:30 PM – 2:30 PM	Past President's Luncheon <i>(Offsite)</i>
1:00 PM – 4:00 PM	FCS Program Leaders Meeting – Day 3 <i>(Special registration required)</i>
2:15 PM – 4:15 PM	Committee Meetings
5:00 PM – 6:00 PM	President's Reception
6:00 PM – 8:00 PM	Closing Awards Banquet

FRIDAY, SEPTEMBER 15, 2023

9:00 AM – 1:45 PM	Post-Conference Matunuck Oyster Farm: Tour and Lunch <i>(Separate registration required)</i>
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TUESDAY, SEPTEMBER 12, 2023

CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM
4-H and Youth Development	Extension R.E.A.D.S. (Reaching and Empowering All Developing Scholars) Program Addresses Youth Literacy	Building the Next Generation of Family and Consumer Scientists through Positive Youth Development	Escape Vapes: Vaping Education for Youth
Committee		Everything You Need to Know About the NEAFCS Leadership Experience	
Education, Leadership, and Diversity		The Quiet Leader: Empowering Introverted Leaders in the Extension Environment	Navigating an Ocean of Opportunities and a Call to Action for FCS: Using National Resources for Local Benefits
Environmental Health and Sustainability	Getting Our Feet Wet: Our Disaster Education Journey and Lessons Learned		In the Face of Disaster: An Agent Toolkit for Disaster Readiness and Response
Financial Health and Capability	Fairy Godmother's Guide to Transforming Finances through Power Pay	FAFSA Application Survival Kit (FAST): A Multi-State Pilot Program to Guide Students and Parents	A Community Financial Education Program to Help Cope with Inflation
		Leading the Way in Increasing Financial Literacy Through Children's Storybooks and Activities	
Financial Management			Financial Education Program to Improve Financial Literacy Among Economically Disadvantaged Youth
Food and Nutrition	The Responses of an Older Adults Food Frequency Survey and Alignment with The Dietary Approaches to Stop Hypertension Plus	Pilot Results from a Novel Healthy Meals/ Food Waste Reduction Curriculum	Cooperative Extension Qualitative Insights: The Healthy for Life Program
Health and Well-being	Mental Health First Aid: The beginning of one state's story	Addressing Mental Health at Work – A New Extension Curriculum	Build Your Bones: Effectiveness of Virtual Program Delivery
	Tooele Opioid Response Network – A Community Fighting and Overcoming Utah's Rural Opioid Epidemic		
Lifespan Development and Family Relationships	Development and Implementation of a Culturally Responsive Early Literacy Program for Two American Indian Communities	Innovations in Divorce Education Classes for Extension Educators and Other Social Service Providers	Engaging Families Virtually in Dialogic Reading
Technology	Digital Parenting (Nurturing Family Relationships in the Technology Age): A Ten Year Retrospective	Short-form Video Content in Extension Education	
Trending Topics	Area Advocacy + Creative Funding + Stronger Extension Offices = Positive Impacts		Extension Professionals' Readiness to Engage Volunteers: A statewide survey using the Volunteer Engagement Framework

WEDNESDAY, SEPTEMBER 13, 2023 CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
4-H and Youth Development	Level Up! with Wellness Children and Youth Summer Wellness Program	Youth Leadership Retreats: Breaking Barriers, Building Relationships		
Committee		Show Up & Show Out: Tips and Tricks to Submitting to the Journal of NEAFCS	NEAFCS Awards Boot Camp	NEAFCS Diversity Committee: Everything you need to know
Education, Leadership, and Diversity	Managing Priorities to Match Your Purpose	Supporting program development/expansion, diversity, equity, and inclusion for Incarcerated parents using the adaptation of Evidence-Based curriculum	What's your story – tales of guts and glory	From Conceptualization to Dissemination: A Statewide Needs Assessment on Fathering
			Hooking Consumers on Science Based Nutrition Education	Family Well-Being: Navigating the Social Justice Landscape
Financial Health and Capability	Money Matters: Online Financial Education + Coaching Meets Participants' Needs	Beyond SHIP: Alternatives to Down Payment Assistance for First Time Home Buyers	Developing a Multi-faceted and Impactful Personal Finance Program to Address Inflation	Building a HUD-approved Housing Counseling Agency: A Team Approach
Food and Nutrition	On the Move to Stronger Bodies Promotes Positive Health Behaviors Among Children	Canning with a Twist: 5 Approaches to Food Preservation Classes	Anchoring New Programs Using Your Existing Resources	Pulse Program: Assessing Consumer Knowledge Plus Receptivity and Response to Education and Outreach Materials
	Food Safety on the Homestead	Development and Implementation of a SNAP-Ed Educational Program within the Garden	"Peter Rabbit Goes to School"	Experiential Learning Builds Future Food & Nutrition Professionals' Awareness of Food Waste
				Safe Plates FSIC: A Social Media Education Approach
Health and Well-being	Habit Shift Mindset: One-degree shift toward changing your habits	Tai Chi, an Extension Health and Wellness Intervention	The Strengthening Families Program: For Parents and Youth 10-14	Opioid Response: Safe Medication Practices for Better Health
	Building a Community of Support for Kinship Caregivers	Five for Five - 5 Minutes to Better Health	Small Numbers, Big Impact: The Extension Diabetes Prevention Program	

continued

WEDNESDAY CONCURRENT SESSIONS AT A GLANCE, CONTINUED

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
Lifespan Development and Family Relationships	Mutually Beneficial Parenting Education: Working with Missouri Division of Social Services	Wanting Respect, Engagement, and to be Known as Individuals: Understanding On-line Parenting/Caregiver Information-seeking Motivation	Planning AHEAD: A tool to ease end-of-life planning	Adolescent Substance Use: What can parents do?
	STEM Imagination Guides			
Technology	Qualtrics XM for FCS Impact and Efficiency	Development of an Online, Self-Paced Course for Parents and Early Childhood Professionals	Homebuyer Education: Using technology and social media to educate communities on best financial practices.	
Trending Topics	Elevating Family & Consumer Sciences Marketing through FCS Day	You are your Best Advocate!	Valid Program Evaluation that Allows for Flexibility in Implementation	Exploring the Intersection of Cooperative Extension and Public Health
				Using Canva to Make Your Program Promotions Pop!



Thank You
USDA/NIFA!

This conference was supported [in part] by the intramural research program of the U.S. Department of Agriculture, National Institute of Food and Agriculture, AFRI Diet, Nutrition, & the Prevention of Chronic Diseases, accession 1031154, award 2023-68015-40709.

THURSDAY, SEPTEMBER 14, 2023 CONCURRENT SESSIONS AT A GLANCE

TRACK	9:45 AM -10:30 AM
4-H and Youth Development	Using 4-H Resources to Open Oceans of Community Opportunities for Everyone
Committee	NEAFCS Conference Proposal Submission Strategies
	Topics to Continue-Start the Conversations Now!...And To Be Continued
Education, Leadership, and Diversity	Diverse and Inclusive Financial Education Program for Vulnerable Youth
	Building Authentic Connections that Inspire Trust, Engage Teams, and Achieve Goals
Financial Health and Capability	The Importance of Health Insurance Literacy for People with Diabetes
	Protect Your Life from Scams and Frauds
Food and Nutrition	Today's Mom: Improving Pregnancy and Birth Outcomes Through Nutrition Education
Health and Well-being	Farm Stress Certified: A Training Approach for Mental Health Professional
Lifespan Development and Family Relationships	Improving Social Connections for Older People Through Programming and Partnership
Trending Topics	Creating Pathways to Wellness: Facilitating Local Conversations About Social Determinants of Health



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ANNUAL SESSION SERVICE PROJECT

UNIVERSITY OF RHODE ISLAND FREE FARMERS MARKET

Everyone can participate - whether you are attending Annual Session or not. Let's show them how NEAFCS supports local organizations.

\$10,000 and 200 pounds of apples

We invite you to participate in our Annual Service Project. Our goal is to raise \$10,000 for the Free Farmers Market at the University of Rhode Island. This Market was a collaborative program between URI Health Services, Colleges of Health Sciences and Nursing, and other campus groups that mobilized student volunteers to glean and distribute excess produce from campus farms to the university community.

With over 5,000 total pounds of fruits and vegetables gleaned from campus-



based farms. In addition to a monetary donation, we have over 20 NEAFCS Affiliate members donating their time to pick apples and our apple-picking goal is 200 pounds of apples.

How to Donate:

It is important to follow the steps below so URI can report the total amount raised for the NEAFCS Service Project.

- ▶ Donations can simply be made online by visiting the following website or scan the QR code.
 - Once on the site, scroll down slightly and on your right side there is a box that says DONATE HERE TO SUPPORT THE FREE FARMERS' MARKET.
 - Enter gift amount.
 - Name on the designation should be autofilled as "Sustainable Agriculture Research".
 - Proceed to fill out the remainder of the required information.
 - When you reach MORE OPTIONS, select ADDITIONAL COMMENTS and include the following:
 - ▶ What inspired you to give: ATTENDED AN EVENT
 - ▶ Comments about your gift: NEAFCS



Website: <https://web.uri.edu/nutrition/student-resources/get-involved/>

2023 ANNUAL SESSION AGENDA

SUNDAY, SEPTEMBER 10, 2023

10:00 AM – 3:00 PM

National Pre-Board Meeting

ROOM: 550 AB, 5TH LEVEL

4:00 PM – 6:00 PM

Hospitality Desk Open

BALLROOM LOBBY, 5TH LEVEL

4:00 PM – 6:00 PM

Registration/Silent Auction Drop Off/

Service Project Drop Off

BALLROOM LOBBY, 5TH LEVEL

Come join the

DIVERSITY



COMMITTEE!

The main goal of the diversity committee is to create awareness of diversity issues facing NEAFCS members.

Our Objectives are to provide members opportunities to share successful diversity programming, and to involve diverse members in the association.



During the year, we write newsletter articles, plan webinars, judge diversity award applications, plan the diversity presentation for annual session and review or add diversity resources to the website.

Scan here to visit the NEAFCS Diversity Resources page:



MONDAY, SEPTEMBER 11, 2023

SCHEDULE AT A GLANCE

7:00 AM – 5:00 PM	Registration/Silent Auction Drop-Off/Service Project Drop-Off
8:00 AM – 11:00 AM	Pre-Conference Workshops <i>(Separate registration required)</i>
8:00 AM – 2:30 PM	Hospitality Table Open
9:00 AM – 1:45 PM	Matunuck Oyster Farm: Tour & Lunch <i>(Separate registration required)</i>
11:15 AM – 12:45 PM	First Timer Orientation & Lunch <i>(Invitation only)</i>
12:45 PM – 2:15 PM	Affiliate Officer Meetings
2:15 PM – 3:00 PM	Leadership Experience Networking Event <i>(Invitation only)</i>
3:00 PM – 5:30 PM	Opening General Session with Keynote Rita Landgraf
5:30 PM – 8:00 PM	Welcome Event at the Rhode Island Convention Center

7:00 AM – 5:00 PM
Registration/Silent Auction
Drop Off/Service Project
Drop Off

BALLROOM LOBBY, 5TH LEVEL



7:00 AM – 7:45 AM
Continental Breakfast

for pre-conference workshop participants only.

BALLROOM LOBBY - EAST, 5TH LEVEL



7:00 AM – 9:00 AM
NEAFCS Ambassador
Orientation

ROOM: 556 AB, 5TH LEVEL



PRE-CONFERENCE WORKSHOPS

MONDAY, SEPTEMBER 11, 2023

8:00 AM – 11:00 AM



(continental breakfast provided at 7:00 AM to workshop attendees)



(separate registration required)



From Zero to Hero: Starting a Home Food Preservation Program & The Role of a Process Authority in Developing & Validating Preservation Processes

**Presenters: Dr. Carla Schwan
and Dr. Kaitlyn Casulli**
ROOM: 551 AB, 5TH LEVEL

This pre-conference will cover the scientific principles, as well as the National Center for Home Food Preservation's recommended procedures for home food preservation. It is a combination of classroom presentations and video demonstrations on the practice of food preservation methods. Topics also include recommended resources, Extension curricula used by the University of Georgia Extension, and program delivery in food preservation.

This presentation will detail the role of a process authority in developing and validating food preservation methods to meet food safety outcomes. Extension professionals who attend this session can expect to learn about the various methods for home food preservation, general concepts around food safety and microbiology, and the various data collection methods and analysis used when examining home food



Dr. Carla Schwan



Dr. Kaitlyn Casulli

preservation processes. Data from various case studies will be presented.

Learning Objectives:

At the end of this training, participants will be able to:

1. Become familiar with and appreciate the science of home food preservation and its methods.
2. Apply food safety and home food preservation concepts in real-world scenarios provided by the National Center for Home Food Preservation.
3. Identify available resources to start a home food preservation program.

MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



From Vision to Action: Implementing Cooperative Extension's National Framework for Health Equity and Well-Being

Presenter: Dr. Roger

Rennekamp

ROOM: 552 AB / 5TH LEVEL

Cooperative Extension's National Framework for Health Equity and Well-Being provides Extension faculty and staff with a forward-looking roadmap for establishing and sustaining health as a core component of Cooperative Extension work. The framework document includes advancing health equity, identifying health inequities, investing in people and programs, cultivating strategic alliances, and using community development approaches for catalyzing systems-level change.

Participants will be introduced to a curated collection of resources published in an easy-to-use playbook designed to help local-Extension professionals bring the framework to life in their individual communities. A peer-learning approach will be used to showcase examples of how Extension professionals from across the nation are transforming the way they work to ensure that all residents of the communities they serve live long and healthy lives.



Learning Objective:

- Move from a "one size fits all" approach to programming to one that addresses the needs of those carrying the greatest health burden.

MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



Appreciative Inquiry 101: Tools for Positive Change with Your Clientele and Community

**Presenters: Jen Hetzel
Silbert and Tony Silbert**
ROOM: 553 AB / 5TH LEVEL

This hands-on, practical session will put new resources in your toolbox. Appreciative Inquiry (AI) is a collaborative, strengths-based approach to planning and change. Participants will learn how to effectively initiate positive change in your personal lives, teams, organization and societal levels of Extension work.

AI is built on a few basic principles: 1. What we look for we find, and what we pay attention to grows; 2. Change begins the moment we ask a question; 3. Positive Image of the future creates positive action in the present; and 4. People commit to what they help to create. By looking for and cultivating “what works” (strengths, resources, exemplar practices), you’ll learn how to accelerate positive outcomes for your clients, your organization, and your communities. Whether your role is an educator, specialist, program leader, coalition leader or director, you’ll leave this session with concrete tools and practices for sparking positive change.



Jen Hetzel Silbert



Tony Silbert

8:00 AM – 2:30 PM
Hospitality Table Open
BALLROOM LOBBY, 5TH LEVEL



9:00 AM – 1:45 PM
Matunuck Oyster Farm: Tour & Lunch *(Separate registration required)*
OFFSITE

Bus load time: 8:45 AM. Bus will depart promptly at 9:00 AM. Bus will load outside the Rotunda Lobby on the East side of the building (3rd level).



11:15 AM – 12:45 PM
First Timer Orientation & Lunch
(Invitation only)

ROOM: BALLROOM B



12:45 PM – 2:15 PM
Affiliate Officer Meetings
 All rooms located on the 5th level

Presidents & Presidents-Elect –
ROOM: 552 AB

Treasurers –
ROOM: 551 AB

Awards VP –
ROOM: BALLROOM D

Member Resources VP –
ROOM: ROTUNDA

Professional Development VP –
ROOM: BALLROOM C

Public Affairs VP –
ROOM: BALLROOM E



2:15 PM – 3:00 PM
Leadership Experience Networking Event
(invitation Only)
ROOM: 555 AB, 5TH LEVEL

3:00 PM – 5:30 PM
Opening General Session with Keynote, Rita Landgraf
ROOM: BALLROOM A, 5TH LEVEL
 See page 27 for more information about our Keynote.



5:30 PM – 8:00 PM
Welcome Event
LOCATION: RALEIGH CONVENTION CENTER EXHIBIT HALL A, 3RD LEVEL



Following our opening session, we invite you to join us for a night of local love! Local fare will be highlighted through a buffet dinner and local goods will be available for purchase throughout the evening at the Marketplace. As you enjoy dinner, you will hear sounds of jazz played by Brown University students. After dinner, we hope to “sea” you at the photo booth with colleagues from your state and beyond. Explore the opportunities to purchase local jewelry, food and goods sourced from the Northeast region. Additionally, connect with Go Providence to hear more about what to do while you are visiting. The Welcome Event ticket is included in the full registration package.

NEAFCS HISTORY

CHARTING OUR COURSE FOR THE MILLENNIUM

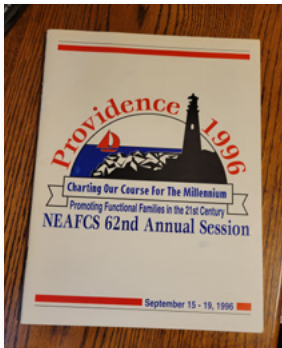
NEAFCS's 62nd Annual Session, September 15-19, 1996, Providence Rhode Island

The 1996 Annual Session, held in Providence Rhode Island, was NEAFCS first regionally hosted Annual Session.

The success of this multi-affiliate approach to hosting an annual session has been replicated over the years in many ways, again in 2023.

This was the first meeting of the organization under the name NEAFCS. President Donna Donald highlighted progress made on six area during the past year:

Communications, Marketing, Public Affairs, Unity, Professional Development and Futuring and challenged members to "Dream...Do...Dare...Care".



The 1996 Annual Session focused on three objectives related to the theme "Charting Our Course for the Millennium":

- Participants will explore, identify and prioritize critical issues in health and well

being, financial stability, and food security for families in the 21st century.

- Extension professionals will expand their knowledge and develop strategies to help families cope with complexities of modern life, and become contributing members of society.
- NEAFCS will position itself on the cutting edge of professional growth and enhancement for the 21st century.

A few highlights from the 1999 Annual Session:

- Keynote speakers included Patricia Russell-McCloud addressing "The Family Circle: Immediate and Extended" and Liz Curtis Higgs, speaking about "Choosing to Change"
- The Welcome/Friendship Event was held at Roger Williams Park, Proctor and Gamble hosted a Leadership Event and Kellogg hosted a breakfast for all members.
- Concurrent sessions were offered morning, afternoon AND evening! Over 40 exhibitors filled the Exhibit hall!



National Officers:

President, Donna K. Donald, IA
President-elect, Barbara Tricinella, OK
Secretary, Madeleine Greene, MD
Treasurer, Debra A. Bryant, PA
VP for Awards and Recognition, Sharon P. Blasé, NJ
VP for Professional Development, Fay B. Strickler, PA
VP for Member Resources, Emily A. Remster, IN

VP for Public Affairs, Shirley L. Barber, MN
Past President, Dianne S. Lennon, NJ
Central Region Director, Jean Clarkson-Frisbie, KS
Eastern Region Director, Ingrid H. Holmes, MD
Southern Region Director, Jane A. Gault, TN
Western Region Director, Carolyn Rude, WA
National Office, Ruth Helein and Denise Rentz

OPENING GENERAL SESSION

Monday 3:00 PM – 5:30 PM

Opening Slideshow

Virtual Parade of States by Regional Directors

Welcome

Gina Crist, Dr. Shauna Henley, Maria Pippidis

NEAFCS Eastern Region Tri-Liaisons

Presentation of the Flag

Pledge of Allegiance

Dr. Jesse Ketterman, NEAFCS member and Eastern Region Director

National Anthem

Dr. Timo Vollbrecht, Director of Jazz Studies and Lecturer in Music, Brown University

Greetings

Julie Garden-Robinson, NEAFCS President

Dr. Lisa Townson, Associate Dean and Administrator of the University of Rhode Island

Dr. Jinhee Kim, Professor, Associate Dean and Associate Director of University of Maryland Extension

Marcia Parcel, NEAFCS Vice President for Professional Development

NEAFCS Creed

Nancy Mears, NEAFCS member and DE Affiliate Member

Keynote Presentation: Creating Opportunities through Shared Stewardship in Advancing Equitable Communities

Rita Landgraf, AARP, Director of Government Affairs -Lead Family Caregiving

AAFCS/FCS Alliance Presentation

Karin Athanas, AAFCS Executive Director

USDA/NIFA Presentation

Dr. Martha Ray Sartor, Division Director, Division of Family and Consumer Sciences

Candidate Presentation

Susan Routh, NEAFCS Immediate Past President and Nominating Committee Chair

NEAFCS Recognition

2022-2023 NEAFCS Affiliate Leaders, Past National Presidents, and National Executive Board

Theresa Mayhew, NEAFCS Endowment Committee Chair

Halie Corbitt, NEAFCS Leadership Experience Chair: 2023 Class

Journal of NEAFCS Contributors

2023 Sponsor Recognition

Service Project: University of Rhode Island's Free Farmers Market

Dr. Lisa Townson

Announcements & Closing

Julie Garden-Robinson

Creating Opportunities through Shared Stewardship in Advancing Equitable Communities

Rita Landgraf,

AARP – Director of Government Affairs -Lead Family Caregiving

University of Delaware's Professor of Practice and Distinguished Health and Social Services Administrator in Residence

UD Continuing and Professional Studies Customized Learning

Rita's focus is concentrated on the social, economic, and environmental conditions that support and sustain healthy communities and the relationship of these conditions to a cost-effective healthcare system, chronic disease management, along with policy impacts. The impact of the pandemic has highlighted inequities and increased civil unrest. The presentation will examine the factors that lead to health inequities (i.e. educational and economic disadvantage, access to healthy foods, safe affordable housing, increased trauma, and social injustices). We will explore the social determinants of health (SDOH) also known as the vital conditions of health and the impact on overall well-being. Participants will be exposed to how shared stewardship and intentional community engagement is advancing equity and the promotion of healthy vibrant inclusive communities.

Through the keynote, attendees will enhance knowledge in the following areas:

1. Acquire foundational knowledge of the social determinants of health/vital conditions of health, and the ways in which these broad determinants intersect with one another to widen health inequities.
2. Examine current public health policy and resources, and the impact on communities.
3. Acquire foundational principles and values of community engagement, and the shared stewardship model.



The presentation will examine the factors that lead to health inequities.

TUESDAY, SEPTEMBER 12, 2023

SCHEDULE AT A GLANCE

7:00 AM – 4:00 PM	Registration/Silent Auction Drop-Off/Service Project Drop-Off
8:00 AM – 10:45 AM	Concurrent Sessions
8:40 AM – 11:30 AM	Hospitality Table Open Between Concurrent Sessions
8:45 AM – 10:45 AM	Life Member Meeting
11:00 AM – 1:00 PM	Regional Business Meetings & Awards Luncheon
1:30 PM – 5:30 PM	In-Depth Sessions <i>(Separate registration required)</i>
1:30 PM – 5:30 PM	FCS Program Leaders Meeting – Day 1 <i>(Special registration required)</i>
3:00 PM – 5:30 PM	Exhibitor & Showcase of Excellence Poster Display Set-Up
6:00 PM	States Night Out

7:00 AM – 4:00 PM

Registration/Silent Auction Drop Off/Service Project Drop Off

BALLROOM LOBBY, 5TH LEVEL

8:40 AM – 11:30 AM

Hospitality Table Open

BALLROOM LOBBY, 5TH LEVEL

The Hospitality Table will be open between concurrent sessions.

PROMOTE HEALTHIER LIFESTYLES

See how our science-based curricula can help your state

Penn State Extension offers health and well-being programs in:

- + Strengthening families.
- + Healthy aging.
- + Sustainable quality of life.
- + Home food preservation.
- + Nutrition and food safety.
- + Physical activity.
- + Personal, family and intergenerational relationships.

CHECK US OUT:
extension.psu.edu/neafcs



PennState Extension

CONCURRENT SESSIONS

8:00 AM – 8:45 AM

All concurrent session rooms are located on the 5th level.

Fairy Godmother's Guide to Transforming Finances through Power Pay

Track: *Financial Health and Capability*

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

State: UT

ROOM: BALLROOM C

Are you aware of a nationally recognized Extension program developed 30 years ago that provides free, personalized debt repayment plans? Learn about this excellent tool to transform finances – bippity-boppity-BOOM!

Area Advocacy + Creative Funding + Stronger Extension Offices = Positive Impacts

Track: *Trending Topics*

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

State: OH

ROOM: BALLROOM D

Faced with local funding challenges, partnerships with external funders became the mechanism to secure funds. Extension staff were forced to think “outside of the box” regarding programming, marketing, and funding.

The Responses of an Older Adults Food Frequency Survey and Alignment with The Dietary Approaches to Stop Hypertension Plus

Track: *Food and Nutrition*

Presenter(s): *Shauna Henley, Mona Habibi, Beverly Jackey, Dhruvi Patel, Rebecca Rosenstein, Hee-Jung Song*

State: MD

ROOM: BALLROOM E

Older adults are the fastest-growing population segment and 66% have hypertension. Using baseline data, researchers described the eating patterns of community-dwelling hypertensive older adults and their blood pressure control status.

Mental Health First Aid; The beginning of one state's story

Track: *Health and Well-being*

Presenter(s): *Kathee Tiftt, Kirstin Jensen, Gail Silkwood*

State: ID

ROOM: 550 AB

Mental Health First Aid (MHFA) teaches individuals to recognize and respond to mental health and substance use challenges. Sixteen educators completed training as MHFA Instructors and taught the program state-wide.

Extension R.E.A.D.S. (Reaching and Empowering All Developing Scholars) Program Addresses Youth Literacy

Track: *4-H and Youth Development*

Presenter(s): *Christina Garner, Ashley Carroll*

State: GA

ROOM: 551 AB

Learn about the Extension R.E.A.D.S. program, engage in two exciting, hands-on literacy

activities, and leave with a literacy toolkit containing three ready-to-implement programs for youth.



Tooele Opioid Response Network – A Community Fighting and Overcoming

Utah's Rural Opioid Epidemic

Track: *Health and Well-being*

Presenter(s): *Maren Wright Voss, Matthew Huntington*

State: UT

ROOM: 552 A

Extension-led Tooele Opioid Response Network combats opioid overdose in high need areas. As an inclusive community consortium, TORN raises awareness, provides education, and connects communities with prevention, treatment, and recovery resources.

Getting Our Feet Wet: Our Disaster Education Journey and Lessons Learned

Track: *Environmental Health and Sustainability*

Presenter(s): *Mary Welch, Faye Griffiths-Smith*

State: CT

ROOM: 552 B

FCS educators share how they engaged in three Smith-Lever Special Needs Competitive Grants Program projects to promote emergency preparedness practices for distinctly different audiences in urban, suburban and rural communities.

Development and Implementation of a Culturally Responsive Early Literacy Program for Two American Indian Communities

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Katherine Speirs, Margine Bawden, Juan Arias, Ashley Dixon-Kleiber, Violeta Dominguez, Terrace Ewinghill, Nathan Notah, Michele Walsh*

State: AZ

ROOM: 553 AB

Early literacy programming is critically important for young children. Working closely with community stakeholders, University of Arizona Cooperative Extension developed a culturally responsive multicomponent early literacy program for two American Indian

Digital Parenting (Nurturing Family Relationships in the Technology Age): A Ten-Year Retrospective

Track: *Technology*

Presenter(s): *Patricia Carroll, Anne Clarkson*

State: WI

ROOM: 556 AB

This session will provide a retrospective look at a decade of digital parenting outreach and engagement. Participants will learn about program development and evolution, implementation, evaluation, and strategic visioning.

8:45 AM – 10:45 AM

Life Member Meeting

ROOM: 554 AB, 5TH LEVEL

HOSPITALITY TABLE OPEN - STOP BY!

CONCURRENT SESSIONS

9:00 AM – 9:45 AM

All concurrent session rooms are located on the 5th level.

FAFSA Application Survival Kit (FAST): A Multi-State Pilot Program to Guide Students and Parents

Track: *Financial Health and Capability*

Presenter(s): *Daniel McDonald, Portia Johnson, Becky Smith, Dorothy Nuckols, Kimberly Watkins, Esmeralda Cruz, Jesse Ketterman, Caecilia Loibl, Margaret Jenkins, Megan Wells*

State: AL

ROOM: *BALLROOM C*

This presentation explains how a post-secondary financial aid curriculum (FAST: Fafsa Application Survival Toolkit) raises awareness, supports, and empowers students, parents, guardians, and counselors to consider completing a FAFSA application. States will be invited to participate in pilot program.

Short-form Video Content in Extension Education

Track: *Technology*

Presenter(s): *Caroline Shrier, Alyssa Picone, James Monahan*

State: MI

ROOM: *BALLROOM D*

Learn more about how to successfully create

and utilize short-form video content such as TikToks on social media for community engagement, program promotion and microlearning and why this is important.

Pilot Results from a Novel Healthy Meals/Food Waste Reduction Curriculum

Track: *Food and Nutrition*

Presenter(s): *Rachel O'Halloran, Carrie Elsen, Bethany Bachmann, Sara Bridgewater*

State: MO

ROOM: *BALLROOM E*

The 'Freeze It!' program demonstrates effective partnerships between health educators, solid waste management, and community leaders. Five pilot courses reveal the programs' influence on home-prepared meals and household food-waste.



Innovations in Divorce Education Classes for Extension Educators and Other Social

Service Providers

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Matt Brosi, Ronald Cox, Katey Masri*

State: OK

ROOM: *550 AB*

This study reports on how parents attending divorce education classes vary in important ways, who may benefit most from classes, and Hope as a new intervention target to improve classes.

Addressing Mental Health at Work – A New Extension Curriculum

Track: *Health and Well-being*

Presenter(s): *Stephanie Woodcox, Tessa Garrow, Lisa Graves*

State: IN**ROOM:** 551 AB

Many organizations want education for employee mental health. Purdue Extension developed a curriculum called Compassion & Resilience Education at Work (CREW). This presentation will discuss how Extension professionals can deliver CREW.



Leading the Way in Increasing Financial Literacy Through Children's Storybooks and Activities

Activities

Track: *Financial Health and Capability***Presenter(s):** *Katie Gellings, Mary Ann Schilling, Bev Doll, Jenny Abel***State:** WI**ROOM:** 552 A

Invested in helping youth build executive functioning skills and enhance financial knowledge? Join us to learn about teaching parents and children money concepts through popular children's books, activities, and discussion.

The Quiet Leader: Empowering Introverted Leaders in the Extension Environment

Track: *Education, Leadership, and Diversity***Presenter(s):** *Christina Pay, Melanie Dabb, Eva Timothy***State:** UT**ROOM:** 552 B

This presentation will explore quiet leadership and answer the question, can leaders with an introverted personality create an impact in the world of Extension?

Everything You Need to Know About the NEAFCS Leadership Experience

Track: *Committee***Presenter(s):** *Halie Corbitt, Troy Anderson, Elizabeth Martin, Joy West***State:** Multi-State**ROOM:** 553 AB

Let's Breakout with the Mentoring and Leadership Committee to learn about being a NEAFCS mentee or a mentor. Escape with an insider's view of the ultimate Leadership Experience. #WeBrokeoutwithNEAFCS

Building the Next Generation of Family and Consumer Scientists through Positive Youth Development

Track: *4-H and Youth Development***Presenter(s):** *Ryan Kline, Lisa Barlage***STATE:** OH**ROOM:** 556 AB

Learn how county educators use teen leadership development and 4-H skill building workshops to develop the next generation of Family and Consumer Scientists with workforce and life skills in mind!

**HOSPITALITY TABLE
OPEN - STOP BY!**

CONCURRENT SESSIONS

10:00 AM – 10:45 AM

All concurrent session rooms are located on the 5th level.

Engaging Families Virtually in Dialogic Reading.

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Constance Beecher, Michelle Schott, Cassidie Odland*

State: IA

ROOM: *BALLROOM C*

A virtual program called “Our Bookshelf” (in Spanish & English) was created to give adults the skills to provide children with literacy and language experiences using research-based dialogic reading techniques.

Build Your Bones: Effectiveness of Virtual Program Delivery

Track: *Health and Well-being*

Presenter(s): *Wendy Dahl, Wendy Lynch, Marie Arick*

State: FL

ROOM: *BALLROOM D*

The Build Your Bones virtual program for osteoporosis and fall prevention supports knowledge gain, bone-friendly dietary intake, physical activity, strength training, balance, and posture – positive steps toward personal health.

Financial Education Program to Improve Financial Literacy Among Economically Disadvantaged Youth

Track: *Financial Management*

Presenter(s): *Kim Griffin, Beth Kerr*

State: FL

ROOM: *BALLROOM E*

Financial education provides youth the knowledge and skills needed to build a secure financial future. This session demonstrates the successful implementation of a financial literacy program for economically disadvantaged youth.

A Community Financial Education Program to Help Cope with Inflation

Track: *Financial Health and Capability*

Presenter(s): *Michael Elonge, Dorothy Nuckols, Catherine Sorenson, Crystal Terhune, Troy Anthony, Jesse Ketterman, Isha Chawla*

State: MD

ROOM: *550 AB*

This program increases financial knowledge to help cope with inflation. Session attendees will learn about program development, implementation, measurement, and outcome from seven educators. The program is research-driven, and adaptable.

Extension Professionals' Readiness to Engage Volunteers: A statewide survey using the Volunteer Engagement Framework

Track: *Trending Topics*

Presenter(s): *Lisa Washburn, Karen Franck, Shelly Barnes, Jamie Harris*

State: TN

ROOM: *551 AB*

Are Extension professionals ready to meaningfully engage volunteers? Learn findings from the Volunteer Engagement Readiness Survey conducted in one state, including recruitment and agent authority, and discuss implications for Extension.



In the Face of Disaster: An Agent Toolkit for Disaster Readiness and Response

Track: *Environmental Health and Sustainability*

Presenter(s): *Nichole Huff, Amy Kostelic, Kelly May, Mindy McCulley, & Hardin Stevens*

State: KY

ROOM: *552 A*

This session will overview a multidisciplinary, multimodal FCS agent resource developed by Kentucky Cooperative Extension to address the many areas of family life often impacted when a natural disaster occurs.

Escape Vapes: Vaping Education for Youth

Track: 4-H and Youth Development

Presenter(s): Adrienne Duke, Synithia Flowers

State: AL

ROOM: 552 B

The 2022 National Youth Tobacco Survey found that 2.55 million American middle and high school students currently vape. Our prevention program educates youth to prevent them from vaping initiation.

Navigating an Ocean of Opportunities and a Call to Action for FCS: Using National Resources for Local Benefits

Track: Education, Leadership, and Diversity

Presenter(s): Patrice Powers-Barker, Marie Economos, Margaret Jenkins, Heather Reister, Melissa J. Rupp, Sandra Slater, Beth Stefura

State: OH

ROOM: 553 AB

Join us as we explore and navigate the interrelationship of national FCS professional organizations and how their resources can support our individual work to add depth, credibility, and intentional connections.

Cooperative Extension Qualitative Insights: The Healthy for Life Program

Track: Food and Nutrition

Presenter(s): Heather Gavras, Jennifer Lobb

State: TX

ROOM: 556 AB

A Healthy for Life pilot grant was offered to Cooperative Extension agencies in 2022. A qualitative evaluation was used to assess the strengths and limitations of the grant and implementation.



11:00 AM – 1:00 PM Regional Business Meetings and Awards Luncheon

All rooms are on the 5th Level

*Central Region –
BALLROOM B*

*Eastern Region –
ROTUNDA*

*Southern Region –
BALLROOM A*

*Western Region –
555 AB*



1:30 PM – 5:30 PM In-Depth Sessions

(see in-depth session grid on the next page for additional information)



1:30 PM - 5:30 PM FCS Program Leaders Meeting - Day 1

ROOM: ROTUNDA, 5TH LEVEL
(Special registration required)

6:00 PM State's Night Out

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



Buses will load on the east side of the Convention Center. Exit the building on the 3rd level through the Rotunda Lobby.

For those attendees who are participating in the off-site Service Project Apple Picking, please board bus #2. (Special sign-up required)

IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	BUS #/Room #
Blithewold Mansion, Gardens, & Arboretum	Life Member	Off-site	Bus #3
Land, Culture, and Survivance	Culture	Off-site	Bus #4
Farm Stress Management: Observe, Engage, Share	Health & Well-Being	On-site	Room: 552 A
Leveraging a Food Safety Extension Network for Food Safety Resource Sharing to Support Home Food Preservation, Cottage Foods/Home-based Businesses, and Retail	Food & Nutrition	On-site	Room: 552 B
Health Equity and Financial Well-Being: Examining the Intersections, Exploring the Trends and Planning Next Steps	Financial Management	On-site	Room: Ballroom E
The University of Rhode Island's (URI) Health Equity and Well-Being Approach Through Campus Gardens Service Project Apple Picking	Health & Well-Being	Off-site	Bus #2
A Constructionist Preschool Classroom; Inside & Out!	Lifespan Development & Family Relationships	On-site/ Off-site	Meet in room 553 AB
Rhode Island Historical Society: Work & Culture Museum and John Brown House	History & Culture	Off-site	Bus #5
Extension's Role is Promoting Food Entrepreneurship	Food & Nutrition	On-site/ Off-site	Meet in Ballroom C prior to bus loading.
The Culinary Experience at Johnson & Wales University	Food & Nutrition	Off-site	Bus #6
Unguided Tour: Explore Newport	Exploring Newport	Off-site	Bus #1

TUESDAY

WEDNESDAY, SEPTEMBER 13, 2023

SCHEDULE AT A GLANCE

7:00 AM – 10:00 AM	Silent Auction Drop-Off
7:00 AM – 11:00 AM	Exhibitor Set-Up/Silent Auction Set-Up/Poster Set-up
7:00 AM – 4:00 PM	Registration Open/Service Project Drop-Off
8:00 AM – 11:45 AM	Concurrent Sessions
8:40 AM – 11:30 AM	Hospitality Table Open Between Concurrent Sessions
11:00 AM – 11:30 AM	Exhibitor Orientation (<i>Exhibitors Only</i>)
12:00 PM – 1:00 PM	Hospitality Table Open
12:00 PM – 5:00 PM	Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays (<i>Boxed Lunch provided</i>)
12:15 PM – 1:30 PM	National Program Leaders & NEAFCS Executive Board Lunch
12:15 PM – 4:00 PM	FCS Program Leaders Meeting – Day 2 (<i>Special registration required</i>)
1:00 PM – 4:30 PM	Exhibit Forums
1:30 PM – 3:00 PM	National Dining with Diabetes Program
2:15 PM – 4:15 PM	Annual Business Meeting
6:30 PM – 8:30 PM	Leadership Event at the Graduate Providence Hotel (<i>Invitation only</i>)

7:00 AM – 10:00 AM

Silent Auction Drop Off

BALLROOM LOBBY, 5TH LEVEL

7:00 AM – 11:00 AM

Exhibitor Set-Up/Silent Auction Set-Up/Poster Set-up

EXHIBIT HALL A, 3RD LEVEL

7:00 AM – 4:00 PM

Registration Open/Service Project Drop-Off

BALLROOM LOBBY, 5TH LEVEL

8:40 AM – 11:30 AM

Hospitality Table Open

BALLROOM LOBBY, 5TH LEVEL

The Hospitality Table will be open between concurrent sessions.

CONCURRENT SESSIONS

8:00 AM – 8:45 AM

All concurrent session rooms are located on the 5th level.

Mutually Beneficial Parenting Education: Working with Missouri Division of Social Services

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Kyleigh Brown, Kathy Dothage*

State: MO

ROOM: *BALLROOM C*

MU Extension was able to secure a mutually beneficial scenario for Missouri families, government, and MU. The presentation will cover the process and impact of this parenting education program.

On the Move to Stronger Bodies Promotes Positive Health Behaviors Among Children

Track: *Food and Nutrition*

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

State: ND

ROOM: *BALLROOM D*

The “On the Move to Stronger Bodies” curriculum promoted positive nutrition and fitness knowledge gain and behavior changes among children in school classrooms. Parents and teachers also reported observations.

Level Up! with Wellness Children and Youth Summer Wellness Program

Track: *4-H and Youth Development*

Presenter(s): *Jenna Dyckman, Elizabeth Davis, April Litchford*

State: UT

ROOM: *BALLROOM E*

The Level Up! with Wellness program gives children ages 5-13 the opportunity to practice healthy and sustainable lifestyle habits to reduce their risk for chronic disease later in life.

Managing Priorities to Match Your Purpose

Track: *Education, Leadership, and Diversity*

Presenter(s): *Shannon Carter,*

State: OH

ROOM: *550 AB*

Learn about a purpose-driven approach to managing priorities and explore tools to focus your time and resources on projects and tasks that help you become more energized, focused and engaged.

Qualtrics XM for FCS Impact and Efficiency

Track: *Technology*

Presenter(s): *Becky Reid*

State: KS

ROOM: *551 AB*

Learn tips and tricks for creating registrations, surveys, online contests, and training programs in Qualtrics XM to maximize your impact and efficiency.



Food Safety on the Homestead

Track: *Food and Nutrition*

Presenter(s): *Torrie Smith, Billie Collins*

State: AR

ROOM: *552 A*

A recent influx of hopeful homesteaders moved into the Ozarks; needing education on safe homesteading practices: canning, cheese making, dehydrating, and outdoor cooking. Learn planning tips for homesteading education.



STEM Imagination Guides

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Jackie Steffen, Sarah Roberts, Ingrid Lindal*

State: NE

ROOM: 552 B

Building upon the Collaborative Summer Reading Program, Nebraska Extension's new early childhood resource brings the excitement of literacy and STEM to children, families and early childhood educators.

Money Matters: Online Financial Education + Coaching Meets Participants' Needs

Track: *Financial Health and Capability*

Presenter(s): *Carol Bralich, Jackie Carattini, Jeanne Walsh, Bev Doll, Amanda Kostman*

State: WI

ROOM: 553 AB

Money Matters is an online financial management self-study program designed to provide a virtual learning option for adults. Coaching is provided to answer questions and help participants reach financial goals.

Habit Shift Mindset: One-degree shift toward changing your habits

Track: *Health and Well-being*

Presenter(s): *Dhruti Patel, Carrie Sorenson*

State: MD

ROOM: 554 AB

The session provides a glimpse of the Habit-Shift-Mindset adult curriculum, grounded in neuroscience, behavioral health, and counseling. It explains the science of habit formation and scientific strategies for cultivating habits.

Elevating Family & Consumer Sciences Marketing through FCS Day

Track: *Trending Topics*

Presenter(s): *Christopher Sneed, Janet Fox, Katie Conrad, Amy Elizer*

State: TN

ROOM: 555 AB

Session highlights how one state FCS Extension program utilized the AAFCS Elevate FCS Campaign resources to market FCS Extension. Impacts, lessons learned, best practices for marketing FCS will be shared.

Building a Community of Support for Kinship Caregivers

Track: *Health and Well-being*

Presenter(s): *Jacqueline Amor-Zitzelberger, Kristina Brant, Ami Cook, Cynthia Pollich*

State: PA

ROOM: 556 AB

This multi-state Extension partnership designed a 12-module curriculum covering topics relevant to kinship families. Learn how this series can help create and sustain kinship caregiver support groups in your state.

**HOSPITALITY TABLE
OPEN - STOP BY!**

CONCURRENT SESSIONS

9:00 AM – 9:45 AM

All concurrent session rooms are located on the 5th level.

Supporting program development/ expansion, diversity, equity, and inclusion for Incarcerated parents using the adaptation of Evidence-Based curriculum

Track: *Education, Leadership, and Diversity*

Presenter(s): *Frances Holguin, Debbie Curley*

State: AZ

ROOM: BALLROOM C

Adapting evidence-based Triple P Child Behavior Management to serve incarcerated parents in state prisons results in state funding contracts and internationally groundbreaking pilots led by trained incarcerated instructors.

Youth Leadership Retreats: Breaking Barriers, Building Relationships

Track: *4-H and Youth Development*

Presenter(s): *Christine Kendle, Kiersten Heckel, Michelle Moon*

State: OH

ROOM: BALLROOM D

Weekend retreats improve leadership skills while strengthening relationships among teens serving on 4-H older youth boards. Gain insights into curriculums and fun activities to promote cooperation, communication, and problem-solving skills.

Canning with a Twist: 5 Approaches to Food Preservation Classes

Track: *Food and Nutrition*

Presenter(s): *MaryBeth Hornbeck, Angelica Brdiges-Davis, Victoria Presnal, Rebecca Thomas, Zoe Soltanmammedova, Carla Schwan*

State: GA

ROOM: BALLROOM E

Hands-on in-person home food preservation workshops empowered consumers in rural, urban and suburban audiences to safely and confidently can foods using approaches tailored to needs in five diverse communities.

Development and Implementation of a SNAP-Ed Educational Program within the Garden

Track: *Food and Nutrition*

Presenter(s): *Tristin Bolton*

State: AR

ROOM: 550 AB

Learn about the success in implementing a nutrition, garden-based pilot program in SNAP-Ed eligible schools that incorporates direct education, indirect education, and PSE strategies.

Tai Chi, an Extension Health and Wellness Intervention

Track: *Health and Well-being*

Presenter(s): *Cindy Nelson, Andrea Schmutz, Eva Timothy, Kari Ure, Sadie Wilde, Stephanie Carlson*

State: UT

ROOM: 551 AB

Tai Chi has proven health benefits for older adults. Learn how to train instructors and establish Tai Chi classes to address fall prevention, balance and mobility issues, and social isolation.

You are your Best Advocate!

Track: *Trending Topics*

Presenter(s): *Members of the Public Affairs committees*

State: Multi-State

ROOM: 552 A

Find out more about plans to promote NEAFCS and the important work of members throughout our affiliates. Learn about indicator questions we will be using this year to gather information for graphics and how you can increase your advocacy for FCS!

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

Track: *Committee*

Presenter(s): *Rebecca Hardeman, Ashley Dixon-Kleiber, Meagan (Brothers) Salomon*

State: Multi-State

ROOM: 552 B

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.

Wanting Respect, Engagement, and to be Known as Individuals: Understanding On-line Parenting/ Caregiver Information-seeking Motivation

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Silvia Vilches, YaeBin Kim, Anne C. Clarkson, Bruno Ache Akua, Minsu Kim*

STATE: AL

ROOM: 553 AB

Qualitative analyses of survey responses about an age-paced on-line parenting newsletter reveal desires for engagement and respect. Creating opportunities for two-way communication, even asynchronously, may increase satisfaction and improve outcomes.

Beyond SHIP: Alternatives to Down Payment Assistance for First Time Home Buyers

Track: *Financial Health and Capability*

Presenter(s): *Lisa Hamilton, Laurie Osgood, Johanna Gomez, Katherine Allen, Jenny Rodriguez, Cnydi Longley, Katherine Marin, Natasha Parks, Halie Corbitt, LuAnn Duncan, Giovanna Benitez*

State: FL

ROOM: 554 AB

Many first-time home buyers seeking help from down payment assistance programs do not receive funding. To help buyers access other financing options, agents created the Alternatives to DPA resource guide.

Development of an Online, Self-Paced Course for Parents and Early Childhood Professionals

Track: *Technology*

Presenter(s): *Courtney Aldrich, Anne Baker, Caroline Shrier*

State: MI

ROOM: 555 AB

Create more flexible programming by exploring how to take an existing in-person or live virtual program for parents and caregivers and create an online, self-paced version.

Five for Five - 5 Minutes to Better Health

Track: *Health and Well-being*

Presenter(s): *Kirstin Jensen, Shelly Johnson, Kathee Tifft*

State: ID

ROOM: 556 AB

"Five for Five" is easily incorporated into Extension programming for all ages and

physical abilities. This curriculum enhances an individual's concentration and supports flow of instruction through planned PA breaks.



CONCURRENT SESSIONS

10:00 AM – 10:45 AM

All concurrent session rooms are located on the 5th level.

Valid Program Evaluation that Allows for Flexibility in Implementation

Track: *Trending Topics*

Presenter(s): *Lauren Weatherford, Margaret Miltenberger, Hannah Fincham, Adeola Ogunade*

State: WV

ROOM: BALLROOM C

Participants will learn of an innovative approach to program evaluation which allows for the practical needs of delivery in a variety of settings while still providing opportunities for valid evaluation.

Developing a Multi-faceted and Impactful Personal Finance Program to Address Inflation

Track: *Financial Health and Capability*

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

State: UT

ROOM: BALLROOM D

Session details how a personal finance program provided over 8,000 people with

critical, impactful finance education and innovative resources during economic challenges of inflation and pandemic stressors.

The Strengthening Families Program: For Parents and Youth 10-14

Track: *Health and Well-being*

Presenter(s): *Cathy Hockaday, Shannon Hoffman*

State: IA

ROOM: BALLROOM E

SFP 10-14 is a globally implemented, evidence-based, family-based prevention program. SFP 10-14 is a skills-building program designed to strengthen parenting skills, build family strengths, and prevent teen substance abuse.

Anchoring New Programs Using Your Existing Resources

Track: *Food and Nutrition*

Presenter(s): *Kate Shumaker, Lisa Barlage, Shari Gallup, Laura Halladay, Candace Heer, Melinda Hill, Christine Kendle, Emily Marrison, Amy Meehan, Melissa J. Rupp, Treva Williams*

State: OH

ROOM: 550 AB

Gain knowledge of lessons learned through three years of online Food Preservation programming based on fact sheets. Discover how you can anchor new programs utilizing current publications.

Small Numbers, Big Impact: The Extension Diabetes Prevention Program

Track: *Health and Well-being*

Presenter(s): *Bridget Morrisroe-Aman, Shailja Mathur, Jennifer Brown, Alexandra Greci, Alison C. Berg, Soghra Jarvandi*

State: ID

ROOM: 551 AB

Extension professionals working together, implement the CDC's National Diabetes Prevention Program. In this session learn how the program has had big impacts for individuals, families, and communities across the nation.

**"Peter Rabbit Goes to School"**

Track: *Food and Nutrition*

Presenter(s): *Karen Denniston*

State: KY

ROOM: 552 A

Nutrition conscious eating habits need nurturing and to be developed at an early age. Learn innovative hands-on way to teach children the importance of healthy eating choices and nutrition.

NEAFCS Awards Boot Camp

Track: *Committee*

Presenter(s): *Judy Corbus, Diandria Barber, Hope Wilson, Diane Reinhold*

State: Multi-State

ROOM: 552 B

We know submitting competitive award applications can be challenging. Let us help you begin your training early, so you will have the skills and resources to build a robust application.

What's your story - tales of guts and glory

Track: *Life Member/ Education, Leadership, and Diversity*

Presenter(s): *Donna Donald, Christine Kniep*

State: Multi-State

ROOM: 553 AB

From traveling dirt roads with a load of home canning equipment to helping a community establish quality day care for children, from

teaching women to manage the farm records to building community partnership to address water quality, NEAFCS members have a rich history or tackling challenging situations and issues to make a difference. We have our own tales of guts and glory, our own stories of courage and Resilience. Life members Donna Donald and Chris Kniep will lead a discussion on NEAFCS member gutsy accomplishments, our legacy and strategies for continuing to make a difference in our association and community.

Hooking Consumers on Science Based Nutrition Education

Track: *Education, Leadership, and Diversity*

Presenter(s): *Chris Zellers*

State: NJ

ROOM: 554 AB

Credible nutrition education is science-based however understanding consumer perceptions while encouraging healthy habits is critical. This program will discuss development of educational materials using consumer feedback to support science.

Homebuyer Education: Using technology and social media to educate communities on best financial practices.

Track: *Technology*

Presenter(s): *Natasha Parks, Lisa Hamilton*

State: FL

ROOM: 555 AB

Family Resource Management and Homebuyer Education: Using technology and social media to educate communities on best financial practices

Planning AHEAD: A tool to ease end-of-life planning

Track: *Lifespan Development and Family Relationships*

Presenter(s): Jenny Abel, Jackie Carattini, Carol Bralich, Sherry Daniels, Sara Richie

State: WI

ROOM: 556 AB

End-of-life planning can be a confusing and emotional task. Planning AHEAD is a comprehensive end-of-life planning program that guides participants through making end-of-life financial, legal, and healthcare decisions.

**HOSPITALITY TABLE
OPEN - STOP BY!**

11:00 AM – 11:30 AM

Exhibitor Orientation

EXHIBIT HALL, 3RD LEVEL

(Open to exhibitors only)

CONCURRENT SESSIONS

11:00 AM – 11:45 AM

All concurrent session rooms are located on the 5th level.

Pulse Program: Assessing Consumer Knowledge Plus Receptivity and Response to Education and Outreach Materials

Track: Food and Nutrition

Presenter(s): Julie Garden-Robinson, Kimberly Beauchamp

State: ND

ROOM: BALLROOM C

Phase One of the “Pulse Program” reached 385 individuals across the U.S. with recipe variations designed to motivate consumers to increase weekly consumption of beans, lentils, and peas.

From Conceptualization to Dissemination: A Statewide Needs Assessment on Fathering

Track: Education, Leadership, and Diversity

Presenter(s): Patricia Carroll, Margaret Kerr, Jenna Klink

State: WI

ROOM: BALLROOM D

This session will highlight the unique approach taken from project conception to dissemination of a collaborative statewide needs assessment, which included voices from community partners, fathers, and Extension faculty/staff.

Experiential Learning Builds Future Food & Nutrition Professionals' Awareness of Food Waste

Track: Food and Nutrition

Presenter(s): Kathleen Savoie

State: ME

ROOM: BALLROOM E

Traditional food and nutrition education focuses on food that is eaten versus not eaten. Discover food waste reduction experiential learning activities for nutrition interns and the impact on their future.

Adolescent Substance Use: What can parents do?

Track: Lifespan Development and Family Relationships

Presenter(s): Kelsie Muller

State: IN

ROOM: 550 AB

Some youth are at an increased risk for substance use. What can parents/caregivers do? Knowing the risks can help parents and caregivers be aware of their own child's risk.

Opioid Response: Safe Medication Practices for Better Health

Track: *Health and Well-being*

Presenter(s): *Marie Economos, Susan Zies, Ruth Emptage*

State: OH

ROOM: 551 AB

Promoting individual and community health requires safe medication practices. Learn how a state-wide collaboration paired an evidenced-informed prevention education program and tailored communication strategies to effectively reach older adults.



Family Well-Being: Navigating the Social Justice Landscape

Track: *Education, Leadership, and Diversity*

Presenter(s): *Sara Croymans, Keith Tidball, Eduardo González, Jr., Julia von Stackelberg, Coral Owen, Molly Herndon, Chris Plein, Bob Bertsch, Jessica Beckendorf, Roseline Anderson, Brigitte Scott*

State: MN

ROOM: 552 A

OneOp personnel and partners will share our experiences of mutual learning and self-reflection behind the development of the programming series "Family Well-Being: Navigating the Social Justice Landscape."



Safe Plates FSIC: A Social Media Education Approach

Track: *Food and Nutrition*

Presenter(s): *Candice Christian, Mary Yavelak, Ellen Shumaker*

State: NC

ROOM: 552 B

Safe Plates utilizes a social media intervention to accomplish the mission of improving food

safety knowledge and practices of consumers by providing science-based information that is applicable to everyday situations.

Building a HUD-approved Housing Counseling Agency: A Team Approach

Track: *Financial Health and Capability*

Presenter(s): *Lisa Hamilton, Laurie Osgood, Johanna Gomez, Judy Corbus, Katherine Allen, Cnydi Longley, Jenny Rodriquez, Katherine Marin, Terri Keith, Melanie Taylor, Jill Breslawski, Halie Corbitt, Natasha Parks, LuAnn Duncan, Giovanna Benitez, Stephanie McMinds, Wendy Lynch*

State: FL

ROOM: 553 AB

Extension is well positioned to provide education for HUD-funded housing assistance programs. Extension faculty have developed a team approach to operating a HUD approved housing counseling agency.

Exploring the Intersection of Cooperative Extension and Public Health

Track: *Trending Topics*

Presenter(s): *Jessica Vincent, Bryan Mader, Lisa Washburn, David Buys, Dawn Burton, LaToya O'Neal*

State: AR

ROOM: 554 AB

This panel discussion aims to tell the story of the importance of recognizing essential public health programming as an integral part of the work Extension performs every day within communities.

Using Canva to Make Your Program Promotions Pop!

Track: *Trending Topics*

Presenter(s): *Mindy McCulley*

State: KY

ROOM: 555 AB

Looking for ways to make your program promotions stand out? Join members of the NEAFCS Marketing committee to gain insight and learn how to use Canva to attract an audience for your efforts. Leave knowing how to edit Templates to make them your own, utilize various NEAFCS created Templates, the “dos and don’ts” of basic design, and considerations for making images more accessible to your audience.

NEAFCS Diversity Committee: Everything you need to know

Track: *Committee*

Presenter(s): *Darlene Minniefield, Caroline Everidge, Laura Stanton, Michael Elonge, Courtney Aldrich, Jenny Aviles Rodriquez, Bea Favela*

State: Multi-State

ROOM: 556 AB

Join us to learn more about the NEAFCS Diversity Committee! We'll share the many opportunities available to members and then wrap things up by highlighting the work our committee members are doing in their state/region.

12:00 PM – 5:00 PM

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

EXHIBIT HALL A, 3RD LEVEL

- Showcase of Excellence Posters Manned 12:30 PM - 1:30 PM. See page 56 for more information.
- Exhibit Forums 1:00 PM - 4:30 PM. See page 46 for more information.



12:00 PM – 1:00 PM
Lunch in Exhibit Hall

12:00 PM - 1:00 PM

Hospitality Table Open

BALLROOM LOBBY, 5TH LEVEL



12:15 PM – 1:30 PM

National Program Leaders and NEAFCS Executive Board Lunch

ROOM: ROTUNDA, 5TH LEVEL



12:15 PM – 4:00 PM

FCS Program Leaders Meeting - Day 2

ROOM: ROTUNDA, 5TH LEVEL

(Special registration required.)

1:30 PM – 3:00 PM

Dining with Diabetes Updates

Presenters: *National Dining with Diabetes Working Group Leadership Team*

ROOM: BALLROOM E, 5TH LEVEL

We will be providing the latest updates to the Dining with Diabetes curriculum including the new Google Drive, recipe updates, Spanish adaptations, and more!

2:15 PM – 4:15 PM

Annual Business Meeting

ROOM: BALLROOM B & C, 5TH LEVEL

This meeting is open to all members. Delegates are required to attend.



6:30 PM – 8:30 PM

Leadership Event *(Invitation Only)*

**THE GRADUATE PROVIDENCE,
CAPITAL BALLROOM**



EXHIBIT FORUMS

1:00 PM – 4:30 PM

ROOM: EXHIBIT D, 3RD LEVEL,
LOCATED INSIDE THE EXHIBIT HALL



1:00 PM – 1:30 PM

Building Nutrition Literacy – Healthy for Life

Company: American Heart Association

Presenter: Heather Gavras, MPH, RDN

The Healthy for Life community program was developed to promote healthy food and lifestyle choices for individuals.

The program resources are turn-key and science-based. It follows the 4 A's format: Anchor, Add, Apply and Away and provides hands-on skills practice to equip participants with the skills and confidence to discover, choose, prepare and consume healthy food.

The interactive curriculum is centered around six themes: Your Well-being, Cooking Skills & Food, Grocery Shopping, Gardening in Your Neighborhood, Globally Inspired Home Cooking and Growing Healthy Habits. Learn more about the resources and how to apply in your own community.



1:45 PM – 2:15 PM

News from Ball® Home Canning

Company: Newell Brands (Ball Home Canning)

Presenter(s): Stephen Galucki, Taylor Pearce, Taegan Williams

The team of product developers from Newell Brands, makers of Ball® Mason Jars, will share updates on new products and the latest canning research. Topics include product testing, recipe validation, refreshed guidance on pre-heating

canning lids and a preview of the 38th edition of the Ball Blue book!

2:30 PM – 3:00 PM

Let the OrganWise Guys bring your Direct Education to life...with no prep work needed!

Company: OrganWise Guys

Presenter(s): Dr. Michelle Lombardo

This lively presentation focuses on evidence-based, educator friendly, healthy living program that empowers children to be healthy and smart from the inside out...at the touch of a button!

3:15 PM – 3:45 PM

How to Measure the Impact of Your Food Safety Education Programming

Company: Partnership for Food Safety
Education

Presenter(s): Katie Weston

We'll demonstrate how you can use the award-winning "Don't wash your chicken" education program to incorporate evaluation into your programming using the Evaluation Toolbox and Guide.

4:00 PM – 4:30 PM

Food Safety Extension Network: Supporting Consumer, Retail, and Home-based Businesses

Company: Food Safety Extension Network

Presenter(s): Ellen Shumaker

The Food Safety Extension Network was created to support the growing need for food safety support the areas of home food preservation and consumer food safety, retail food safety, and home-based business and cottage foods.

Thank You

TO OUR 2022-2023 OUTGOING BOARD MEMBERS

Gina Crist – Delaware Affiliate Tri-Liaison
Shauna Henley – Maryland Affiliate Tri-Liaison
Maria Pippidis – Delaware Affiliate Tri-Liaison
Cindy Thompson – Central Region Director
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Samantha Kennedy – Vice President for Awards & Recognition
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The NEAFCS Board and Annual Session Tri-liaisons would like to extend a sincere thank you to those individuals that devoted their time to helping to plan the 2023 Annual Session. The time, energy, and enthusiasm provided was much appreciated and this conference would not have been possible without them!

Delaware Affiliate

Sarah Goldring
Nancy Mears
Kimi Moore
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**Co-chair Marketing/
Invitation*

Maryland Affiliate

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Hospitality*

West Virginia Affiliate

Gwen Crum
Hannah Fincham
Cheryl Kaczor
Gina Taylor
Lauren Weatherford

THURSDAY, SEPTEMBER 14, 2023

SCHEDULE AT A GLANCE

7:00 AM – 2:00 PM	Registration/Service Project Drop-Off
8:00 AM – 9:30 AM	Exhibit Hall Open/Showcase of Excellence Displays (<i>Continental breakfast provided</i>)
8:00 AM – 10:00 AM	Hospitality Table Open
8:15 AM – 9:30 AM	Exhibit Forums
8:30 AM – 9:30 AM	2024 Annual Session Planning Committee Meeting
9:30 AM – 10:00 AM	Showcase of Excellence/Exhibitor Tear-down
9:45 AM – 10:30 AM	Concurrent Session
11:00 AM – 12:15 PM	Closing General Session
12:15 PM – 1:00 PM	Lunch (<i>on own</i>)
12:30 PM – 2:00 PM	Silent Auction Item Pick-Up
12:30 PM – 2:00 PM	NEAFCS National Post-Board Meeting
12:30 PM – 2:30 PM	Past President's Luncheon (<i>offsite</i>)
1:00 PM – 4:00 PM	FCS Program Leaders Meeting – Day 3 (<i>Special registration required</i>)
2:15 PM – 4:15 PM	Committee Meetings
5:00 PM – 6:00 PM	President's Reception
6:00 PM – 8:00 PM	Closing Awards Banquet

7:00 AM – 2:00 PM
Registration/Service Project Drop Off
BALLROOM LOBBY, 5TH LEVEL

8:00 AM – 11:00 AM
Hospitality Table Open
BALLROOM LOBBY, 5TH LEVEL



8:00 AM – 9:30 AM
Exhibit Hall Open/Continental Breakfast/Showcase of Excellence Displays
ROOM: EXHIBIT HALL C, 3RD LEVEL
(See page 56 for more information on Showcase of Excellence Displays)

8:30 AM – 9:30 AM
2024 Annual Session Planning Committee Meeting
ROOM: 555 A, 5TH LEVEL

EXHIBIT FORUMS

8:15 AM – 9:30 AM

ROOM: EXHIBIT D, 3RD LEVEL, LOCATED INSIDE THE EXHIBIT HALL

8:15 AM – 8:45 AM

Cooking is HOT, HOT, HOT!

Company: Edible Education

Presenter(s): *Chef Ann Butler*

Thinking of starting or expanding your cooking programming? Let the experts at Edible Education guide you through the edible essentials you'll need to heat things up! From Knife skills to budgeting and successes around the country, we provide you resources galore and delicious food too. If they can smell it, cut it and cook it, they'll eat it - we've proven it over 60,000 times.

9:00 AM – 9:30 AM

Say Yes to FCS Degrees: Earn your Masters and Ph.D. in Family and Consumer Sciences Extension Education at a Distance or on Campus

Company: Texas Tech University Family and Consumer Sciences Education

Presenter(s): *Dr. Karen L. Alexander, Dr. Amanda K. Holland*

Become a leader in FCS Extension Education and Research with our degrees serving as the foundation for career paths in cooperative extension, university teaching, educational research, public policy and academic publishing.

CONCURRENT SESSIONS

9:45 AM – 10:30 AM

All concurrent session rooms are located on the 5th level.

Today's Mom: Improving Pregnancy and Birth Outcomes Through Nutrition Education

Track: *Food and Nutrition*

Presenter(s): *Theresa Mince, Sondra M.*

Parmer, Stephanie Helms

State: AL

ROOM: *556 AB*

Today's Mom, a prenatal nutrition education program for limited-resource audiences, works to improve maternal and infant health outcomes. Learn about outcomes and how to implement this program in your state.

Creating Pathways to Wellness: Facilitating Local Conversations About Social Determinants of Health

Track: *Trending Topics*

Presenter(s): *Leslie Workman, Courtney Luecking, Angela Baldauff, Sarah Congleton, Karli Giles, Katherine Jury, Amy Kostelic, Mindy McCulley*

State: KY

ROOM: *BALLROOM C*

Pathways to Wellness: not your typical health program. We'll talk about how FCS Extension can build capacity to empower individuals and communities to address social determinants of health for all people.

Farm Stress Certified: A Training Approach for Mental Health Professional

Track: *Health and Well-being*

Presenter(s): *Jami Dellifield, Bridget Britton, Shea Bennett-Callen, Chris Zoller, Sarah Noggle, Ken Martin, Dee Jepsen*

State: OH

ROOM: *BALLROOM B*

The Extension Farm Stress team collaborated with the College of Social Work to develop a Continuing Education curriculum for mental health providers to gain knowledge of agricultural life.

Building Authentic Connections that Inspire Trust, Engage Teams, and Achieve Goals

Track: *Education, Leadership, and Diversity*

Presenter(s): *Gina Lucas, Carrie Elsen, Lori Korthals, Rick Griffiths, Halie Corbitt, Roxie Price, Lisa Peterson, Joy West*

State: Multi-State

ROOM: 554 AB

Establishing trust by promoting authentic connections facilitates engagement, increases overall team productivity leading to goal achievement. Learn research-based and practical methods for building highly productive teams based on trust.

Protect Your Life from Scams and Frauds

Track: *Financial Health and Capability*

Presenter(s): *Kelly May*

State: KY

ROOM: 550 AB

Fraud can happen to anyone at any age. A new curriculum is teaching Kentucky residents how to avoid being a victim by recognizing common scams.

Improving Social Connections for Older People Through Programming and Partnership

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Sara Richie*

State: WI

ROOM: 551 AB

Supporting older people by creating opportunities to connect with others through learning, and building capacity to screen, identify and refer people to resources that reduce social isolation and loneliness.

**Diverse and Inclusive Financial Education Program for Vulnerable Youth**

Track: *Education, Leadership, and Diversity*

Presenter(s): *Kim Griffin, Beth Kerr*

State: FL

ROOM: 552 A

Our diverse and inclusive financial education program aims to empower vulnerable youth by equipping them with essential financial skills and knowledge while fostering an inclusive environment that embraces diversity.

The Importance of Health Insurance Literacy for People with Diabetes

Track: *Financial Health and Capability*

Presenter(s): *Catherine Sorenson*

State: MD

ROOM: 552 B

Understanding complex health insurance concepts can help diabetics manage their diabetes and save money. This session covers the top health insurance concerns for diabetics and how education can help.

NEAFCS Conference Proposal Submission Strategies

Track: *Committee*

Presenter(s): *Amber Allen, Andrea Haubner*

State: Multi-State

ROOM: 553 AB

Want to present at the NEAFCS Annual Conference 2024? Come discover strategies on how to write a winning proposal that will impress reviewers.

Using 4-H Resources to Open Oceans of Community Opportunities for Everyone

Track: *4-H and Youth Development*

Presenter(s): *Candace Heer, Rebecca Barker*

State: OH

ROOM: 555 A

Learn how using created 4-H resources on civic service helped developmentally disabled youth recognize how they can socially engage and make an impact in their community.

Topics to Continue-Start the Conversations Now!...And To Be Continued

Track: *Committee*

Presenter(s): *Andrea Nikolai, Debbie Messenger, Misty Harmon, Marcia Parcell*

State: Multi-State

ROOM: 555 B

Join a topic to converse about your needs, wants, or experiences of AI(Artificial Intelligence), Teaching Modalities, Social Determinants of Health/Dimensions of Wellness, and Newbies/Ask Anything. Bring your business cards to share with colleagues as you connect on hot topics of mutual interest. You will be encouraged to continue the connection through Connecting with Colleagues or other means scheduled in October after the 2023 Annual Session.

CLOSING GENERAL SESSION

Thursday, September 14 | 11:00 AM – 12:15 PM | Room: Ballroom A, 5th Level

The Magic of Humor

Jim Snack,

HUMOR Project - Certified Speaking Professional

We will close our conference on a positive note with a program from the Humor Project.

Master magician and spellbinding speaker Jim Snack will challenge us to see things in a new way and discover how humor can stimulate creativity, enhance communication, and improve relationships.

In this program, you will:

- Learn how to use humor to tickle stress before it tackles you.
- Differentiate between stress reducing and stress producing humor.
- Understand the role of humor in building resilience, health, and wellness.
- Learn how to move from “Yes, but” to “Yes, and” thinking.



Be prepared for an exciting closing presentation filled with magic, humor, and audience participation.

CLOSING GENERAL SESSION

Thursday 11:00 AM – 12:15 PM

Welcome

Julie Garden-Robinson, NEAFCS President

State of NEAFCS Presentation

Julie Garden-Robinson

Keynote Presentation: The Magic of Humor

Jim Snack – HUMOR Project, Certified Speaking Professional

JCEP Presentation

Julie Garden-Robinson, **Rick Griffiths**, NEAFCS President-Elect,
and **Susan Routh**, NEAFCS Immediate Past President

Announcements & Closing

Julie Garden-Robinson

THURSDAY

12:15 PM – 1:00 PM

Lunch on own

12:30 PM – 2:00 PM

Silent Auction Item Pick-Up

BALLROOM LOBBY, 5TH LEVEL

12:30 PM – 2:00 PM

National Post-Board Meeting

ROOM: 550 AB, 5TH LEVEL



12:30 PM – 2:30 PM

Past National President

Luncheon *(Invitation Only)*

BLAKE'S TAVERN, 122

WASHINGTON STREET

Meet outside of Ballroom A at 12:20

PM for group photo.



1:00 PM – 4:00 PM

FCS Program Leaders

Meeting - Day 3

ROOM: ROTUNDA, 5TH LEVEL

(Special registration required)

2:15 PM – 4:15 PM

Committee Meetings

These meetings are open to all interested members.

Finance, Investment –

ROOM: 554 AB

Member Resources –

ROOM: BALLROOM C

Public Affairs –

ROOM: 551 AB

Professional Development –

ROOM 553 AB

Awards –

ROOM: 552 A

Ambassadors –

ROOM: 556 AB

5:00 PM – 6:00 PM

President's Reception

ROOM: BALLROOM LOBBY, 5TH

LEVEL

(Business dress to semi-formal)

NEAFCS invites you to join us for a

reception honoring President Julie

Garden-Robinson.



6:00 PM – 8:00 PM

Closing Awards Banquet

ROOM: BALLROOM A, 5TH LEVEL

See following page for more information.





American Income
life insurance company

Special Risk Division

The AIL Special Risk Division has specialized in providing blanket group accident coverage for 4-H and Cooperative Extension programs since 1952.

Our motto is "Serving Those Who Serve Others" and our partnership with NEAFCS is a key part of how we live up to that.

Contact Erin Bain, AIL SRD Director for more information about protecting your program!

efbain@ailife.com

CLOSING AWARDS BANQUET AGENDA

Thursday, September 14

National Extension Association of Family & Consumer Sciences invites you to a reception honoring President Julie Garden-Robinson.

RECEPTION HONORING PRESIDENT JULIE GARDEN-ROBINSON

5:00 PM – 6:00 PM | Rhode Island Convention Center – Ballroom Lobby, 5th Level
(Business dress to semi-formal)

CLOSING AWARDS BANQUET

6:00 PM – 8:00 PM | Rhode Island Convention Center – Ballroom A, 5th Level

Opening Remarks

Julie Garden-Robinson, NEAFCS President

Invocation

Lesia Rauh, OK

NEAFCS Hall of Fame Presentation

Julie Garden-Robinson

Awards Program

Samantha Kennedy, Vice President for Awards & Recognition

NEAFCS Awards Presentation

Lesia Rauh, Awards Ceremony Committee Chair

2024 Annual Session Call to Action

Margine Bawden, Arizona Affiliate President

Recognition/Appreciation of 2022-2023 Outgoing Board Members

Gina Crist – Delaware Affiliate Tri-Liaison

Shauna Henley – Maryland Affiliate Tri-Liaison

Maria Pippidis – Delaware Affiliate Tri-Liaison

Cindy Thompson – Central Region Director

Keishon Thomas – Southern Region Director

Jennifer Bridge – Vice President for Public Affairs

Samantha Kennedy – Vice President for Awards & Recognition

Glenn Sturm - Treasurer

Rick Griffiths – President-Elect

Susan Routh – Immediate Past President

Julie Garden-Robinson – President

THURSDAY

FRIDAY, SEPTEMBER 15, 2023



9:00 AM - 1:45 PM

**Post-Conference Mantunuck
Oyster Farm: Tour & Lunch**

(Separate registration required)

OFFSITE

Bus load time: 8:45 AM. Bus will depart promptly at 9:00 AM. Bus will load outside the Rotunda Lobby on the East side of the building (3rd level).



FRIDAY

NEAFCS ENDOWMENT

Be NEAFCS Strong *Endowment Fund Campaign is Underway!*



NEAFCS turns 90 in 2024! Help keep it strong, vibrant and positioned to provide ongoing benefits that will enable members to continue doing critically important work in their communities and states. Our two-year **Be NEAFCS Strong** Endowment Fund Campaign will culminate at our 90th Annual Session in Tucson, AZ, in September 2024.

Our Endowment Fund has a principal balance in excess of \$300,000 that is to be kept permanently in the fund. The income earned on this fund can be used to advance the mission of the association, such as awards, scholarships, and other projects and services recommended by the majority of the Endowment Committee and approved by the majority of the Board.

There are several ways you can contribute to our \$90,000 goal. You can make a one-time contribution at this year's Annual Session (President Julie Garden-Robinson has designated the Endowment Fund as this year's President's Charity), make two annual pledges – one this year and one next, or make monthly contributions through the end of 2024. If 1,000 members contribute \$90 each, we'll achieve our goal!

When it comes to constructing something long-lasting you need durable building materials. The same can be said about an endowment fund. In order to keep it strong, you need to keep infusing it with additional sources of

funding. In keeping with our building analogy, we've identified the following giving categories:

Wood — up to \$99

Brick — \$100 - \$499

Stone — \$500 - \$999

Marble — \$1,000 - \$4,999

Granite — Over \$5,000

Donors will be recognized in print publications, on the website and with a confirmation thank you letter. Those making contributions during Annual Sessions will receive a small token as a visible sign of their support.

This campaign is all about keeping NEAFCS's Endowment Fund financially positioned so it can keep fueling the profession -- its mission, its goals and, ultimately, its members. Help NEAFCS achieve its maximum strength so it can respond to your ongoing needs! Help us make history and strengthen our Endowment's foundation to keep NEAFCS viable, resilient and STRONG for decades to come!

Learn more at www.neafcs.org.

SHOWCASE OF EXCELLENCE

Showcase of Excellence Poster Presentations will be displayed in the Exhibit Hall on Wednesday and Thursday. Posters will be manned on Wednesday from 12:30 PM - 1:30 PM.

4-H Outdoor Recreation Clubs: An Innovative Approach to Increasing Protective Factors Among Youth

Track: 4-H and Youth Development

Presenter(s): Shannon Cromwell, Cindy Nelson, Brandi Reber, Muria Everitt, Matt Palmer

State: UT

Outdoor Recreation Clubs focus on strengthening protective factors among youth by employing innovative hands-on educational adventures. Youth evaluations indicated success in building external and internal assets, therefore supporting healthy development.



Connecting Pollinator Protection with Nutrition and Chronic Disease

Prevention

Track: Environmental Health and Sustainability

Presenter(s): Ashleigh Geurin, Sydney Barwick Ingram

State: GA

The "Pollinate Your Plate" curriculum was designed by Family and Consumer Sciences and Agricultural and National Resources agents to help youth connect the importance of pollinators in the food chain.

Diabetes Cook Along Program: Virtual and In-Person Classes

Track: Food and Nutrition

Presenter(s): Jenna Dyckman, April Litchford

State: UT

The purpose of the Diabetes Cook Along program is to provide hands-on diabetes education and cooking skills to encourage lifestyle changes in participants to increase ability to manage diabetes successfully.

Extension Addresses Mental Health

Track: Health and Well-being

Presenter(s): Denise Continenze, Jacque Zitzelberger, Sonya Nace, Cynthia Pollich, Malu Tejada, Rozalia Horvath, Darlene Sansone, Chi Catalone, Amber Hughes, Cynthia Fisher, Matthew Crutchman, Malinda Surprise, Jill Varner

State: PA

Using curricula grounded in science and sound research, this team teaches skills for assessing and responding to observed changes in people's behavior, affect, and appearance.



Extension Educator of the Year Award

Track: Education, Leadership, and Diversity

Presenter(s): Margaret Jenkins,

State: OH

I am honored to be selected for this award. My poster highlights the work identified by my Ohio peers as impactful. I offer the poster as an opportunity for fellow FCS professionals to envision greater collective impacts for NEAFCS.

SHOWCASE OF EXCELLENCE, CONTINUED



FIND: Focusing on Important Necessities in Your Dwelling

Track: *Health and Well-being*

Presenter(s): *Susan Moore, Laura Smith (UGA); Dr. Pamela Turner (UGA), Dr. Diane Bales (UGA); Jasmine Harris-Speight (MSU); Dr. Mary Dozier (MSU); Dr. David Buys (MSU)*

State: GA

UGA and MSU Extension used the FIND curriculum to teach adults to control clutter at home to lead healthier lives and prevent indoor health hazards like mold and falls.



Fit and Healthy Kids Multi-State Early Childhood Education

Track: *Lifespan Development and Family Relationships*

Presenter(s): *LaDonna Werth, Lisa Poppe, Cami Wells, Audrey Rider, Tristen Cope, Katherine Speirs, Patty Merk, Brad Averill, Susan Moore, Courtney Aldrich, Caroline Shrier*

State: Multi-State

Fit and Healthy Kids answers childcare providers' request for a one-source stop for the latest research-based information. Experts from universities nationwide provide resources, classes, and the latest research to providers.



Freeze IT!

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Carrie Elsen, Rachel O'Halloran, Bethany Bachmann*

State: MO

University of Missouri Extension created the 'Freeze It!' curriculum to increase the frequency of home-prepared meals by teaching freezer food preservation, meal preparation, and food-waste reduction.



Greenwood Frysinger Award Presentation: Faith, Community, and Financial Empowerment

Track: *Education, Leadership, and Diversity*

Presenter(s): *Dorothy Nuckols*

State: MD

Mentorship provided needed guidance and encouragement to develop a financial mentoring program in collaboration with faith-based organizations. It became the springboard to later produce a new Master Money Mentor program.

Healthier Together: A Collaborative Effort to Improve Health in Rural Communities

Track: *Trending Topics*

Presenter(s): *Christina Garner, Shanda Ashley*

State: GA

Addressing obesity requires multilevel interventions that address knowledge and clinical care, as well as social, political, and environmental structures. This initiative implements these strategies for obesity prevention in rural counties.



Meeting Clients "Where They're At": An Innovative Approach to First-Time Homebuyer's Education

Track: *Environmental Health and Sustainability*

Presenter(s): *Jill Breslawski, Terri Keith, Melanie Taylor*

State: FL

In 2022, agents in four counties of Florida's Panhandle created an accessible hybrid version of the First-Time Home Buyer's class to meet their clients "where they're at."

SHOWCASE OF EXCELLENCE, CONTINUED



Nourished and Thriving Children Trauma-Informed Nutrition Online Course

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Jenny Rudolph*

State: OR

Children who have experienced trauma have unique feeding challenges that can impact their growth, development and overall health. This self-paced course introduces the six principles of trauma-informed nutrition, and offers guidance in addressing mealtime and feeding challenges.

Preserve the Taste of Summer: Promoting Safe Home Food Preservation

Track: *Food and Nutrition*

Presenter(s): *Sarah Francis, Jill Weber, Holly VanHeel, Renee Sweers, Kelsey Salow*

State: IA

Preserve the Taste of Summer is a comprehensive research-based home food preservation education program. It is leading to improved knowledge and increased likelihood of preserving food at home.

Promoting Personal Well-Being and Strengthening Communities through Free Online Hidden Gems and Discover 4-H Guides

Track: *Lifespan Development and Family Relationships*

Presenter(s): *Naomi Brower, Stacey MacArthur, Elizabeth Davis, Shannon Cromwell, Kari Ure, Cindy Nelson*

State: UT

Explore how to enhance personal well-being, prevent burnout, strengthen yourself and your

community through free couple and family resources—Hidden Gem Adventure Guides and Discover 4-H Club project guides.



Promoting Positive Youth Development Through a Curriculum to Increase Confidence in Youth

Track: *Health and Well-being*

Presenter(s): *Melanie Dabb, Christina Pay, Eva Timothy, Cindy Jenkins, Andrea Schmutz, Lisa Schainker, Jared Hawkins, Sadie Wilde, Rachel Myrer, McKenna Smith, Catherine Hansen*

State: UT

A multidisciplinary team of university faculty created an innovative six lesson curriculum designed to increase confidence in youth which in turn helps build resilience in youth.



Skeleton Tracks through Urban Hikes

Track: *Technology*

Presenter(s): *Shelley Meyer*

State: KY

Skeleton Tracks through Urban Hikes utilized marketing through informal presentations, radio segments, local paper, FCS Newsletter, Facebook page, and eye-catching flyers. The promotion of walks continued throughout the month's challenge.



South Florida Haitian Creole Expanded Food & Nutrition Education Program (SFHC EFNEP)

Track: *Food and Nutrition*

Presenter(s): *Jessica Alfonso, Danielle De Vries-Navarro*

State: FL

SHOWCASE OF EXCELLENCE, CONTINUED

The South Florida Haitian Creole (SFHC) EFNEP aims to provide quality, culturally relevant nutrition education programming to limited-resource Haitian families in South Florida.



Teen Cuisine - School Wellness Award

Track: *Food and Nutrition*

Presenter(s): *Rhonda Peters*

State: NC

Utilizing Virginia Cooperative Extension's Teen Cuisine Program, the FCS Educator worked with two schools to improve health through nutrition education, food preparation, and food safety skills.

Utilizing Decision Trees to Help Local Food Micro-entrepreneurs Navigate Food Safety Laws and Regulations

Track: *Food and Nutrition*

Presenter(s): *Hope Wilson, Jennifer Parlin, Traci Armstrong Florian, Margine Bawden, Aimee Novak, Cindy Pearson, Rosie Stewart, Evelyn Whitmer*

State: AZ

Outlines development of an interactive, web-based tool to help small food businesses navigate food safety laws and regulations. Participants will have access to the cottage food component of this tool.

Veggie Van Program

Track: *Food and Nutrition*

Presenter(s): *Jennifer Parlin, Evelyn Whitmer, Glenda Garcia*

State: AZ

The Veggie Van program aims to increase access to fresh produce in urban and rural counties. Poster includes planning steps, rural and urban audience considerations, and evaluation metrics.

When Stereotypes hurt: Promoting health equity through stereotype awareness education

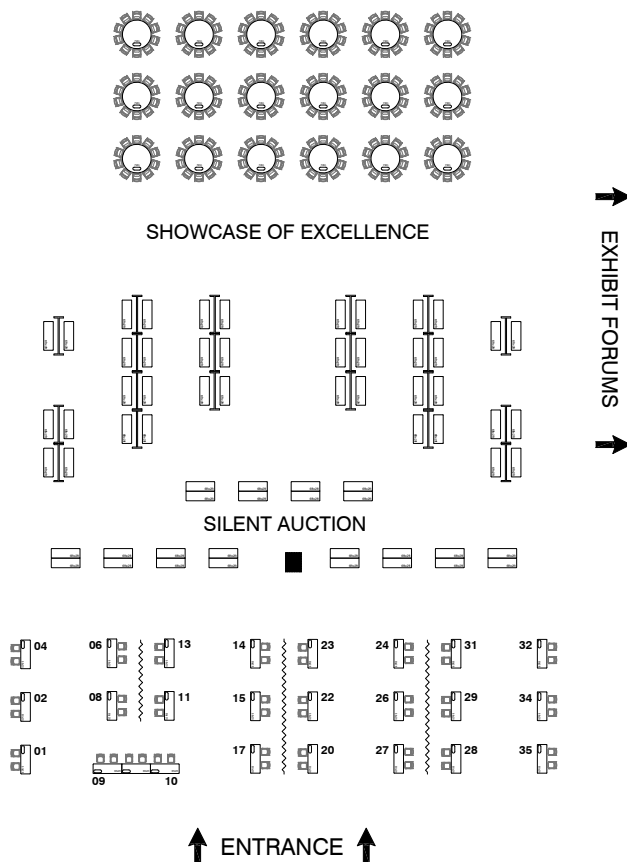
Track: *Education, Leadership, and Diversity*

Presenter(s): *Amber Allen, Tina Edholm, Brianna Anderson, Kathy Dothage, Kyleigh Brown*

State: MO

Promoting health equity through stereotype awareness education statewide among healthcare and health outreach professionals and institutions to ensure health equity through equal access and treatment of people across all individuals.

EXHIBIT HALL FLOOR PLAN



COMPANY

BOOTH

2024 NEAFCS Annual Session	20	NEAFCS Candidate, Diversity, Endowment, Journal	9/10
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2023 ANNUAL SESSION EXHIBITORS AND SPONSORS

2024 Annual Session, Tucson, AZ Tabletop #20

Website: www.neafcs.org

Contact Name: Debbie Curley, Rosie Stewart

Product/Service Description: The Arizona affiliate will be raising funds for the 2024 Annual Meeting in Tucson! They have made packets of greeting cards filled with photographs taken by FCHS faculty and staff around the state – beautiful landscapes, cacti, sunsets – all that make Arizona so special. Assembled into various sets of five different photos, the cards are blank inside and can be used for any purpose. They also make a great gift! The cards are free with a minimum suggested donation of \$10 to the Arizona Extension Association of Family and Consumer Sciences.

American Association of Family & Consumer Sciences (AAFCS) Tabletop #34

1410 King St. 2nd Floor
Alexandria, VA 22314

Phone: (703) 706-4600

Email: staff@aafcs.org

Website: www.aafcs.org

Contact Name: Karin Athanas

Product/Service Description: Invest in yourself and the profession with the American Association of Family & Consumer Sciences. As a member-based organization for FCS professionals and students in all practice settings and content areas, AAFCS offers opportunities to: ACCESS professional development, BUILD state and national connections, CONNECT to future employers, MAXIMIZE leadership capabilities, NETWORK through online forums, READ professional journals, STAND UP for diversity, equity and inclusion and VALIDATE competence! AAFCS

also serves as the managing partner for the Alliance for Family & Consumer Sciences of which NEAFCS belongs as a partner. Stop by and learn more and explore the programs and services offered by AAFCS.



American Heart Association

Champion Sponsor

Tabletop #1

7272 Greenville Avenue

Dallas, TX 75231

Phone: (630) 561-5545

Email: healthyforlife@heart.org

Website: www.heart.org/healthyforlife

Contact: Heather Gavras

Product/Service Description: Since 2015, Aramark and the American Heart Association have collaborated on Healthy for Life®, an innovative health impact model. Together, we designed a community engagement program aimed at inspiring people to make healthy food choices. The Healthy for Life resources equip individuals with the skills and confidence to prepare healthy food through hands-on experiences.



American Income Life Special Risk Division

Advocate Sponsor

Tabletop #22

PO Box 50158

Indianapolis, IN 46250

Phone: (800) 849-4820

Email: efbain@aillife.com

Website: www.aillspecialrisk.com

Contact: Erin Bain

EXHIBITORS AND SPONSORS, CONTINUED

Product/Service Description: 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.

Edible Education

Tabletop #31

13566 Waterford Place
Midlothian, Virginia 23113

Phone: (804) 218-7903

Website: www.kitchenalacart.com

Contact: Ann Butler

Product/Service Description: Kitchen a la Cart - portable teaching kitchen - Complete with hot and cold running water, safety induction burner and a quarter sized convection oven, this kitchen on wheels fits through any classroom door, and is complete with small wares for you to prepare foods with up to 10 students. Check out our booth for a delicious demo!

Food Safety Extension Network

Tabletop #15

4102 Beryl Rd, Suite 200
Raleigh, NC 27695

Phone: (919) 515-9842

Email: ellen_shumaker@ncsu.edu

Contact: Ellen Shumaker

Product/Service Description: At the Food Safety Extension Network booth, we will provide valuable resources highlighting how FSEN can effectively support FCS agents nationwide. Our focus is on home food preservation, cottage foods and home-based businesses, and retail food safety. Additionally, we will be offering exciting giveaways to enhance your experience. Stop by and discover the benefits of being part of the FSEN!



Fresh Baby

Conference Bag Sponsor

Tabletop #23

523 E. Mitchell St
Petoskey, MI 49770

Phone: (231) 348-2706

Email: accounts@freshbaby.com

Website: freshbaby.com

Contact Name: Katie Stewart

Product/Service Description: We are a strategic solutions provider supporting the National Hunger, Nutrition, and Health Strategy goal to end hunger and increase healthy eating and physical activity. We offer a line of products that are specifically designed for your participants to encourage nutritious food choices, breastfeeding, and physical activity.

Journal of Extension

Tabletop #13

116 Sigma Dr
Clemson, SC 29634

Phone: (864) 656-7156

Email: journalofextension@clemson.edu

Website: www.joe.org

Contact: Drew Griffin

Product/Service Description: The Journal of Extension is the flagship referred Journal for Extension professionals. As a diamond open-access publication, we publish and distribute original and applied research findings and share successful educational applications, scholarly opinions, and challenges on issues of critical importance to Extension professionals at no cost to authors or readers.

Money Habitudes, LLC

Tabletop #32

5830 Jamila River Dr.
Venice, FL 34293

Phone: (941) 444-9189

Email: info@moneyhabitudes.com

Website: www.moneyhabitudes.com

EXHIBITORS AND SPONSORS, CONTINUED

Contact: Cara Macksoud

Product/Service Description: Money Habitudes provides products designed to assist clients in grasping their financial behaviors and attitudes. Their range of offerings includes a tactile card deck, a digital online version, workbooks and practitioner training sessions.

National Presto Industries, Inc. Tabletop #27

3925 North Hastings Way
Eau Claire, WI 54703

Phone: (800) 877-0441

Email: bmilkert@gopresto.com

Website: www.gopresto.com

Contact: Barb Milkert

Product/Service Description: National Presto has been a leader in the housewares industry since the first pressure canner was manufactured in 1905. Stop by our booth to check out our food preservation family of products including Presto Precise® Digital Pressure Canner, dehydrators, and vacuum sealers.

National Resource Center on Nutrition and Aging / Iowa State Univ Extension & Outreach Tabletop #2

36 McKay Hall, 2302 Osborn Dr. Iowa State University Extension and Outreach
Ames, IA 50011

Phone: (515) 294-1456

Email: nrca@iowa.gov

Website: www.extension.iastate.edu/
humansciences <https://acl.gov/senior.nutrition>

Contact: Sarah Francis

Product/Service Description: The National Resource Center on Nutrition and Aging – also known as the Nutrition and Aging Resource Center serves to build the capacity of senior nutrition programs funded by the Older Americans Act (OAA) to provide high-quality, person-centered services, and to

assist ACL and stakeholders with identifying issues and opportunities to enhance program sustainability and resiliency. OAA funded senior nutrition programs work to reduce food insecurity, hunger and malnutrition, enhance socialization; and promote health and well-being of older adults.

NEAFCS Candidate, Diversity, Endowment, Journal Tabletop #9/10

Website: www.neafcs.org

Product/Service Description: Stop by the NEAFCS booth to view 2023 National Office Candidates, meet with the Endowment Committee, view the NEAFCS Journal, hear about NEAFCS Diversity Committee initiatives, and more.



Newell Brands (Ball Home Canning)

Advocate Sponsor Tabletop #11

6655 Peachtree Dunwoody Rd
Atlanta, GA 30328

Phone: (404) 782-5270

Email: Stephen.Galucki@Newellco.com

Website: www.newellbrands.com

Contact Name: Stephen Galucki

Product/Service Description: Newell Brands, the Makers of Ball® Home Canning products.

OneOp Tabletop #4

570 Devall St. Suite 202
Auburn, AL 36849

Phone: (919) 641-3319

Email: contactoneop.org

Website: oneop.org

Contact: Molly Herndon

Product/Service Description: OneOp collaborates with the Department of Defense and Cooperative Extension to provide free and

EXHIBITORS AND SPONSORS, CONTINUED

open-access learning opportunities within a full spectrum of family service subject areas. Our longstanding DoD partnership allows us to meet the professional development needs of service providers with programming that reflects complex and dynamic priority areas.

Partnership for Food Safety Education

Tabletop #28

2345 Crystal Drive #800
Arlington, VA 22202

Phone: (816) 210-2910

Email: info@fightbac.org

Website: www.fightbac.org

Contact: Katie Weston

Product/Service Description: The Partnership for Food Safety Education develops and promotes effective science-based education programming and materials to reduce foodborne illness risk for consumers.



Penn State Extension Advocate Sponsor

Tabletop #8

338 Ag Admin Building
University Park, PA 16802

Phone: (814) 863-1787

Email: eag107@psu.edu

Website: www.extension.psu.edu

Contact: Elise Gurgevich

Product/Service Description: Improve your health and well-being with Penn State Extension! Learn when, where, and how it suits you. Choose from in-person events and online courses, webinars, how-to videos, and printed and digital reference materials. Discover Extension's science-based programming in topics related to nutrition, well-being, families, health, youth development, and food safety.

Real Colors Tabletop #17

20815 N 25th Place, Suite A103
Phoenix, AZ 85050

Phone: (602) 252-3100

Email: info@realcolors.org

Website: realcolors.org

Contact: Ashley Miller

Product/Service Description: Real growth occurs when people understand themselves and the people around them. Real Colors provides the tools to develop stronger relationships and better communication, not just at work but in every situation, life has to offer.

SNAP-Ed Connection Tabletop #24

1320 Braddock Pl
Alexandria, VA 22314

Phone: (646) 265-9459

Email: Snap-edconnection@usda.gov

Website: www.snaped.fns.usda.gov

Product/Service Description: SNAP-Ed Connection is an online resource center for SNAP-Ed Administrators, State agencies, implementing agencies, educators, and others involved in the SNAP-Ed program. Through the SNAP-Ed Connection website, users can share best practices and successes, search an extensive library of SNAP-Ed resources and program materials, and receive training and professional development.

Southern Peanut Growers Tabletop #6

1025 Sugar Pike Way
Canton, GA 30115

Phone: (770) 309-7018

Email: hello@peanutbutterlovers.com

Website: peanutbutterlovers.com

EXHIBITORS AND SPONSORS, CONTINUED

Contact: Leslie Wagner

Product/Service Description: Southern Peanut Growers believes in the power of the peanut to change the world. From sustainable farming practices to sustainable nutrition and early introduction to prevent peanut allergies, we have all your peanut needs.

Texas Tech University Family and Consumer Sciences Education

Tabletop #29

1301 Akron Ave.

College of Human Sciences

Lubbock Texas 79409

Phone: (602) 452-5501

Email: fcse@ttu.edu

Website: <https://www.depts.ttu.edu/hs/fcse/index.php>

Contact: Ashlee Murden

Product/Service Description: Texas Tech offers a Masters and Ph.D. in Family and Consumer Sciences Extension Education at a Distance or On Campus. Become a leader in FCS Extension Education Research.

The OrganWise Guys

Tabletop #14

450 Satellite Blvd NE Ste M

Suwanee, GA 30024

Phone: (800) 786-1730

Email: customerservice@organwiseguys.com

Website: www.organwiseguys.com

Contact: Julie Green

Product/Service Description: The OrganWise Guys (OWG) is an evidence-based, standards-linked (in all 50 states + STEM, Head Start) nutrition and physical activity online curriculum that's easy for teachers to use and FUN for kids to learn. The connection point is a cast of friendly characters: Hardy Heart, Sir Rebrum, Madame Muscle, etc.



USDA National Institute of Food and Agriculture

Tabletop #26

805 Pennsylvania Ave

Kansas City, MO 64105

Phone: (202) 720-2791

Email: nifamediarequests@usda.gov

Website: www.nifa.usda.gov

Contact: Courtenay Simmons

Product/Service Description: The USDA National Institute of Food and Agriculture (NIFA) provides leadership and funding for programs that advance food and agriculture-related sciences. NIFA invests in and supports initiatives that advance agriculture research, education, and extension to solve societal challenges.

ENDOWMENT DONORS

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

Donors displayed in a copper color below have donated to the current 90th Anniversary campaign.

DIAMOND - OVER \$10,000

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

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

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 Steinfeld

Arizona Affiliate – NEAFCS - in honor of Sharon Hoelscher Day

Betty Parks Strutlin, 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 McClain

Jan Harwood, MI

Jean Clarkson-Frisbie, KS

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

KAREN ENSLE, NJ - in memory of Doris Ensle and Richard Ensle

Kentucky Affiliate – NEAFCS

LUANN BOYER, CO – in memory of Brian Schlitt

Mabel I. Ito, HI

Margaret Warren, LA

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

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

OKLAHOMA AFFILIATE – NEAFCS - in memory of Brian Routh from all of your Oklahoma Extension family to honor his and her great love

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