

2026 NEAFCS Annual Session
Knoxville, TN
AGENDA

(Updated 6/2/26. This document is a working document and subject to change.)

SUNDAY, SEPTEMBER 27, 2026

9:00 AM – 3:00 PM

National Pre-Board Meeting

4:00 PM - 6:00 PM

Registration/Silent Auction Drop Off

MONDAY, SEPTEMBER 28, 2026

7:00 AM - 5:00 PM

Registration/Service Project Drop-off

8:00 AM - 11:00 AM

Pre-Conference Workshops – *continental breakfast provided starting at 7 AM.*
(separate registration required)

3 Workshop Offerings:

Building Better Meals

Presenter(s): Valerie Bass, Extension Director of the Tennessee Beef Industry Council

The session highlights beef's role in a balanced diet, aligned with the Dietary Guidelines for Americans, emphasizing key nutrients such as protein, iron, and B vitamins, along with food safety and sustainability practices.

Participants will gain practical skills in beef selection, preparation, and cooking through demonstration-based learning, as well as budget-friendly meal ideas and consumer-focused messaging. This program provides ready-to-use tools and recipes to help FCS Agents deliver engaging, hands-on nutrition education in their communities.

Learning Objectives:

- How beef fits into a healthy diet
- New food trends and memorable ways to engage consumers
- Budget-friendly recipes, demonstration tips & tricks

Don't Leave It to Chance

Presenter(s): Carla Byrd, Dignity Memorial and Victoria Tillman, McKinney and Tillman, P.C.

Don't Leave It to Chance is an educational class designed to help individuals understand the importance of planning for the future. Participants will learn the basics of estate planning, including wills, powers of attorney, and key end-of-life decisions. The class will also discuss how proper planning can protect assets, reduce stress for loved ones, and ensure personal wishes are honored. By the end of the session, participants will have a better understanding of the steps they can take to begin organizing their plans and securing peace of mind for themselves and their families.

Learning Objectives:

- Recognizing the value of proactive end-of-life planning
- Identify key components of effective end-of-life preparation
- Develop strategies to facilitate meaningful conversation around end-of-life care

Restore and Rise: Rebuilding Life After Addiction

Presenters: Dr. Jennifer Ward is a Specialist and the Program Director for SNAP-Ed (TNCEP), Dr. Katie Conrad is an Extension Specialist II and Web-Based Specialist for the University of Tennessee, Dr. Kristin Riggsbee is an Extension Specialist and Assistant Professor for the University of Tennessee, Clint Cummings is an Extension Specialist and Project Director of Skill Up Tennessee

This comprehensive workshop prepares Extension professionals to educate and support individuals in recovery by addressing key areas essential to long-term stability and success. Participants gain insight into the effects of addiction on the brain and body, along with practical guidance on nutrition, accessing food resources, workforce readiness, and financial recovery. By combining education with skill-building, participants will leave with the tools to help individuals in recovery rebuild healthy routines, strengthen financial independence, and successfully transition into the next phase of life after addiction. The workshop will be presented by four University of Tennessee Extension Specialists.

Learning Objectives:

- Participants will be able to educate and support individuals in recovery by addressing key areas essential to long-term stability and success.
- Participants will gain insight into the effects of addiction on the brain and body, along with practical guidance on nutrition, accessing food resources, workforce readiness, and financial
- Participants will leave with the tools to help individuals in recovery rebuild healthy routines, strengthen financial independence, and successfully transition into the next phase of life after addiction.

11:00 AM – 3:30 PM

Hospitality Open

12:00 PM – 6:00 PM

Showcase of Excellence Poster Set-up

**See full Showcase of Excellence listing at the end of this schedule*

12:00 PM – 3:00 PM

Silent Auction Drop Off Near Registration Area

1:00 PM – 5:00 PM

In-Depth Sessions

(Separate registration required.)

To view details on the in-depth session offerings, visit <https://neafcs.memberclicks.net/2026-in-depth-sessions>.

5:15 PM – 6:15 PM

First Time Attendee Gathering

This meeting is open to first time Annual Session attendees only. Dinner will not be provided.

TUESDAY, SEPTEMBER 29, 2026

SCHOOL PRIDE DAY! Wear your school shirt or colors.

Wellness Activities

6:30 am – 7:30 AM

Walk/Run

Participants will meet in front of the Marriot Hotel at 6:30 AM for a morning walk around the World's Fair Park Greenway (approximately 1.5 miles round trip). The Park sits on the former fairgrounds of the 1982 World's Fair hosted in Knoxville. Attendees are welcome to do a self-paced jog or run. Weather Permitting.

6:30 AM – 7:00 AM

Line Dancing

Rotunda

No cowboy hat necessary! Almost all line dances are built by combining a few fundamental movements. Join us for gentle exercise and lots of fun!

7:30 AM – 8:00 AM

Tai Chi

Rotunda

Tai Chi is a gentle mind-body practice combining slow movements, deep breathing, and meditation. It improves balance, builds muscle strength, and reduces stress.

7:00 AM - 1:15 PM

Registration

7:00 AM – 4:00 PM

Showcase of Excellence Poster Displays Open

7:00 AM – 5:30 PM

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

8:00 AM - 9:30 AM

Regional Business Meeting & Awards Breakfast

8:00 AM – 10:45 AM

Hospitality Open (Hospitality Desk will be open between concurrent sessions)

9:45 AM - 10:30 AM

Concurrent Sessions

Addressing Opioid Misuse in Rural Communities through Partnerships Between Extension and Social Work

Track: Trending Topics

Presenter(s): *Diane Bales, Virginia Brown, Thuy Dung Pham, Orion Mowbray*

State: GA

Stigma around opioid use disorder (OUD) is a challenge in rural communities. Extension specialists and Social Work faculty and students partner to create and evaluate outreach to reduce OUD-related stigma.

Caring for Our Kin: Building National Partnerships to Strengthen Kinship Caregiver Support

Track: Lifespan Development and Family Relationships

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

State: PA

Learn how two state Extension teams developed a comprehensive support-group curriculum and partnered with community organizations across eight states to pilot and expand it to strengthen and empower kinship caregivers.

From Assets to Well-being: Building Community Vitality Through Extension Programming

Track: Economic and Workforce Development

Presenter(s): *Michael Wilcox, Lisa Graves*

State: IN

Evidence-based framework integrating Community Capitals and Policy-Systems-Environment approaches demonstrates how Extension programming strengthens community vitality and well-being across rural and urban populations in the REGION.

Investing in Youth Financial Capability: Bringing The Stock Market Game™ to 4-H

Track: 4-H and Youth Development

Presenter(s): *Becky Smith, Julie Sims, Regina Boykins, Sharon Nettles, Ashlyn Brett Clark*

State: MS

Learn how to introduce The Stock Market Game™ into 4-H using ready-made training creating teachable moments that help youth, agents, and volunteers safely learn investing and build financial capability.

Mary W. Wells Diversity Award – Regional Winners Co-Presentation

Track: Education, Leadership, and Community Engagement

First Time Homebuyer Program - Spanish-Language Education Series

Presenter(s): *Jenny Rodriguez, Giovanna Benitez, Laura Valencia, Cindi Hetz, Lisa Hamilton, Shannon Horillo*

State: FL

Florida counties who offer down payment assistance require education to support stable homeownership. To address access gaps, UF/IFAS Extension adapted its research-based First-Time Homebuyer curriculum into a Spanish-language series statewide.

Mary W. Wells Memorial Award S. Thorne

Presenter(s): *Sondra Thorne*

State: TN

Recovery Matters. You Matter. is an innovative program developed by Sondra Thorne providing life skills, nutrition, and emotional wellness education for people in recovery.

Money Week: Building Smart Money Habits - One Young Learner at a Time

Track: Financial Health and Capability

Presenter(s): *Christopher Sneed, Ann Berry, Karen Franck, Marci Hethmon*

State: TN

In this session, participants will explore Money Week, an elementary curriculum integrating financial concepts and reading instruction. Evaluation results demonstrating improved money skills, literacy, and scalable implementation will be shared.

Proven Best Practices for Engaging and Retaining Participants in Virtual Extension Programs

Track: Education, Leadership, and Community Engagement

Presenter(s): *Shailja Mathur, Mikaela Kane*

State: NJ

This session will examine the key elements that influence participant engagement in virtual extension programs. Participants will learn effective strategies for virtual engagement and retention.

What's New with Student Loans

Track: Trending Topics

Presenter(s): *Dorothy Nuckols*

State: MD

This presentation highlights a program on major federal student loan changes, covering repayment plans, PSLF updates, and borrowing limits to equip educators and borrowers with essential knowledge.

Winter Wellness

Track: Health and Well-being

Presenter(s): *Shannon Carter*

State: OH

This research-based program offers evidence-driven strategies to boost winter wellness, focusing on immunity, mental resilience, and sustainable habits, helping participants optimize nutrition, sleep, and activity levels during colder, darker months.

9:45 AM – 11:30 AM

Life Member Meeting

10:30 AM – 11:30 AM

Silent Auction Drop-off

10:45 AM - 11:30 AM

Concurrent Sessions

For Better Living

Innovation in Programming Award

Track: Education, Leadership, and Community Engagement

Presenter(s): *Larissa Bonnet, Melissa Cook*

State: WY

Art for Better Living challenges the “Cowboy Up” culture by combining art and mental health education into one innovative Extension program, improving resiliency, connection, and emotional wellness for rural older adults.

Comparing Agricultural Knowledge Gains: Field Trip Outcomes for Public and Private School Students

Track: 4-H and Youth Development

Presenter(s): *Mona Habibi, Kelly Nichols, Catherine Savage, Chandini Montgomery*

State: MD

This session examines agricultural knowledge gains through pre- and post-testing of public and private school students during a hands-on field trip, highlighting disparities in learning outcomes.

Developing a New Canning Recipe Can't be That Hard...

Endowment

Track: Food and Nutrition

Presenter(s): *Shauna Henley*

State: MD

This talk will discuss the second round of testing towards validating a seafood stock recipe.

From Soil to Supper: An Extension Mobile Teaching Kitchen and Agricultural Storytelling Program

Track: Food and Nutrition

Presenter(s): *Hillary MacMichael, Kevin Camm*

State: FL

A mobile teaching kitchen paired with permanent agricultural signage, public art, and nutrition education engaged urban audiences, promoted healthy behaviors, and extended Extension learning through public spaces.

How Professional Educators Share Digital Resources with Caregivers In-Person: Translational Practices in a Digital Age

Track: Education, Leadership, and Community Engagement

Presenter(s): *Kelsie Muller, Silvia Vilches, YaeBin Kim, Amanda Griswold*

State: IN

Professional educators integrate digital parenting resources into in-person interactions, as a national survey shows. We explore strategies for designing reliable, accessible tools that strengthen family engagement through professional guidance.

Meal Planning with Confidence: Adapting One Toolkit for Multiple Programs to Save Time, Money, Reduce Stress and Reduce Food Waste.

Track: Trending Topics

Presenter(s): *Mary Snow, Sheila Gains*

State: CO

Explore how one meal planning toolkit was adapted for multiple programs to improve confidence, reduce food waste, reduce stress, save time, support budgets, and expand reach without creating new curricula.

Spanish HED**Mary W. Wells Memorial Award**

Track: Education, Leadership, and Community Engagement

Presenter(s): *Camden Bryan*

State: SC

Spanish Health Extension for Diabetes enrolled 115 South Carolina participants, delivering 192 hours of culturally tailored education. Led by Camden Bryan, the program improves outcomes and increases Hispanic engagement statewide.

Tree-mendous Teachers! A Nature-Based Early Childhood Professional Development Program

Track: Economic and Workforce Development

Presenter(s): *Caroline Cruz*

State: TX

The “Tree-mendous Teachers” Early Childhood Professional Development Program uses trees as windows to the world to train educators of young children. Let’s go outside – nature is our classroom!

Wellness in Action: A Ten-Lesson Curriculum for Extension Educators

Track: Health and Well-being

Presenter(s): *Chris Zellers, Jennifer Shukaitis*

State: NJ

This session introduces the Eight Dimensions of Wellness and a peer-reviewed ten-lesson curriculum that equips Extension professionals with practical tools, assessments, and strategies to teach and apply evidence-based wellness concepts.

11:45 AM

Lunch on own

1:00 PM - 2:45 PM

Opening General Session

Welcome to the Volunteer State!

Presenter: *Christine Williamson*

Volunteerism is more than an activity—it’s a mindset that shapes how we lead, serve, and show up in our communities. The Volunteer State of Mind explores what it truly means to live a life grounded in service, even amid competing demands and complex challenges. This session reframes volunteerism as an identity rather than an obligation, emphasizing the quiet, consistent ways individuals make a lasting impact.

Participants will examine how service extends beyond traditional definitions, highlighting the role of mentorship, education, and opportunity as powerful forms of volunteerism. The session underscores how those who have opened doors for us modeled service—and how we, in turn, carry that responsibility forward for others.

Through the lens of NEAFCS member work, this session will also illustrate the ripple effect of engagement at the local level. Serving one family, one classroom, or one county at a time may

seem small, but it is precisely how meaningful, sustainable change is built. Attendees will leave with a renewed perspective on their role as changemakers and practical insight into amplifying their impact through everyday acts of service.

Learning Objectives:

- Participants will be able to articulate volunteerism as a personal and professional identity — recognizing how their daily work as Extension professionals reflects a sustained commitment to service beyond traditional definitions of volunteering.
- Participants will be able to identify at least one way they currently serve as a mentor, educator, or opportunity-creator for others — and apply a framework for intentionally investing in the next generation of community leaders.
- Participants will be able to describe the ripple effect of localized service efforts — connecting their individual community impact to broader systemic change and leaving with renewed confidence in the significance of their work.

3:00 PM - 9:00 PM

Welcome Event – Dollywood

This event is open to all full registered attendees and those that purchased the Welcome Event ticket. Dinner will be provided.

3:00 PM – 4:00 PM

Travel to Dollywood

4:00 PM – 8:00 PM

Welcome Event & Dinner at Dollywood

Service, community and making positive change are essential to the heart of NEAFCS, and equally important to Tennesseans. As Extension educators, our focus is people – the clientele we serve, our friends, and most importantly, our families. This passion is found at the heart of Dollywood’s mission and values. Come and celebrate decades of love, family, and Appalachian culture with us as we embark on an adventure to Dollywood to make memories worth repeating. More than an amusement park, Dollywood invites guests to learn, grow and take some of the East Tennessee Appalachian culture home with you. Experience the harvest festival providing individuals the opportunity to taste delightful Appalachian flavors at over thirty food vendors, be immersed in the beauty of East Tennessee’s fall colors in flora, fauna and vegetables and hear the sweet strains of classic Tennessee music – including Southern gospel, county and bluegrass! Engross yourselves in our southern traditions and heritage while experiencing hands-on learning at Dollywood’s exhibits, shows and live demonstrations. From glassblowing, blacksmithing, an Eagle sanctuary, homemade brooms, candle making, storytelling, a working grist mill, and more, there is truly something for everyone to learn! Enjoy this multi-sensory experience that will leave you feeling refreshed, enlightened and ready to return to our states to build our communities, increase service and engage with volunteers to make lifelong changes for the better.

8:00 PM – 9:00 PM

Travel back to Knoxville Convention Center from Dollywood

1:30 PM - 5:30 PM

Exhibitor Set-up

WEDNESDAY, SEPTEMBER 30, 2026

Wellness Activities

6:30 AM – 7:30 AM

Run/Walk

Participants will meet in front of the Hilton Hotel at 6:30 AM for a sunrise walk across the Gay Street Pedestrian Bridge (approximately 1.5 miles round trip). View the Tennessee River, UT Knoxville Campus and the Knoxville Skyline. Attendees are welcome to do a self-paced jog or run. Weather Permitting.

6:30 AM – 7:00 AM

Drums Alive

Room: Rotunda

7:00 AM – 7:30 AM

Drums Alive

Room: Rotunda

Drums Alive is a high-energy, research-backed fitness class that combines traditional aerobics with the rhythm of drumming. Using stability balls and drumsticks, participants get a full-body workout that boosts cognitive function, reduces stress, and improves cardiovascular health.

7:00 AM – 10:00 AM

Silent Auction Drop Off Near Registration Area

7:00 AM – 11:00 AM

Exhibitor Set-up/Silent Auction Set-up

7:00 AM - 5:00 PM

Registration Open

7:00 AM – 5:00 PM

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

7:00 AM – 5:00 PM

Showcase of Excellence Poster Displays Open

8:00 AM – 11:30 AM

Hospitality Open (Hospitality Desk will be open between concurrent sessions)

8:00 AM – 2:00 PM

Marketplace

8:00 PM – 4:00 PM

FCS Program Leaders Meeting – Day 1
(separate registration required)

8:30 AM – 9:15 AM
Exhibit Forum

8:30 AM - 9:15 AM
Concurrent Sessions

Beyond More Effort: How Structural Redesign Transformed High Demand Extension Programming

Track: Trending Topics

Presenter(s): *Suzette Barta, Susan Routh, Jennifer Hedges, Kelsey Ratcliff*

State: OK

This session illustrates how statewide coordination and team-based delivery transformed a resource-intensive poverty simulation program, improving efficiency, consistency, educator support, and scalability through intentional systems-based program design.

Building Stronger Programs Together: A Cross-Disciplinary Model for Integrating Health and Horticulture Education

Track: Education, Leadership, and Community Engagement

Presenter(s): *Melissa Bales, Briana Naumuk, Weatherly Thomas*

State: SC

An interdisciplinary partnership model improved participation, outcomes, and program scalability in integrated health and horticulture education. This session shares strategies for collaborative program development, implementation, and evaluation alignment.

From Awe to Action: Implementing and Evaluating Dark Sky Experiences for Rural Mental Health

Track: Health and Well-being

Presenter(s): *Troy Allan*

State: UT

This session explores how awe-based dark sky experiences can be implemented and evaluated as practical, evidence-informed strategies to support mental health and well-being in rural communities.

Leveraging Learning Management Systems (LMS) to Build Online Extension Courses

Track: Skill-based

Presenter(s): *Troy Anderson*

State: MD

Discover how leveraging Learning Management Systems (LMS) can revolutionize Extension teaching. This session addresses adaptive learning technologies, personalized learning paths, and data analytics to enhance engagement and retention across communities.

**Life Member
Committee**

Track: Education, Leadership, and Community Engagement

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

State: Multi-State

Listening to Learn: What Secondary Educators Need to Effectively Teach Personal Finance

Track: Financial Health and Capability

Presenter(s): *Ann Berry, Christopher Sneed, Karen Franck, Marci Hethmon*

State: TN

In this session, participants will examine educator experiences teaching high school personal finance, identify confidence and resource gaps, and explore Extension-informed strategies to strengthen instruction, training, and school partnerships.

**Penn State Extension - Food & Health Social Media Education Initiative
Social Media Education Award**

Track: Technology

Presenter(s): *Becky Smith, Andy Hirneisen, Sarah Davis, Nicole McGeehan, April Miller*

State: PA

By leveraging creative formats and high-impact reels, the Penn State Food & Health team reached younger, previously underserved audiences with compelling, research-grounded nutrition and food safety education.

Teaching Healthy Eating and Grocery Budgeting through Grocery Store Tours

Track: Food and Nutrition

Presenter(s): *Shari Bresin*

State: FL

Food price hikes have driven families to skip meals or choose processed foods. Extension grocery store tours taught healthier, affordable shopping, boosting knowledge and habits, improving nutrition and saving money.

The Mental Wellness Conversation Curriculum

Track: Health and Well-being

Presenter(s): *Michelle Grocke-Dewey, Alison Brennan, Jennifer Munter*

State: MT

Learn about the Mental Wellness Conversation Curriculum, which includes a deck of cards and facilitator manual for Extension professionals to deliver research-based stress management strategies to communities via informal conversations.

9:30 AM - 10:15 AM

Exhibit Forum

9:30 AM – 10:30 AM

NEAFCS Board and Program Leader Discussion

9:30 AM - 10:15 AM

Concurrent Sessions

Addressing substance use in rural communities through a community engaged mapping framework

Track: Education, Leadership, and Community Engagement

Presenter(s): *Kenneth Stewart, Gwynn Stewart, Kelly Cabral*

State: OH

Presenters will share insights from a pilot program demonstrating how Extension professionals can use community-driven ROSC mapping to strengthen coalitions, identify service gaps, enhance rural substance-use prevention and recovery efforts.

Awards, What NOT to Do

Track: Committee

Presenter(s): *Natalie Snowden, Jamie Mahlandt, Sara Laite, Diane Reinhold*

State: Multi-State

Avoid common pitfalls and build confidence when writing successful award applications. Gain a deeper understanding of strategies to craft applications: highlighting impact, aligning with criteria, and clearly communicating program outcomes. Participants will leave the session with a better understanding of the awards submission process.

Beyond the Budget: Leveraging Multimedia Tools for Holistic Financial Well-Being

Track: Financial Health and Capability

Presenter(s): *Luke Erickson, Lance Hansen*

State: ID

This session explores holistic financial well-being using multimedia tools to address emotional, physical, social, and environmental influences on money behavior, equipping practitioners with practical, research-informed strategies.

Breaking through Tough Conversations: Communication Skills for All

Track: Skill-based

Presenter(s): *Alexander Chan*

State: MD

This session will provide attendees with the communication skills to break through tough or repetitive conversations they may be having in their professional and / or personal lives.

Exploring the Germ Cave!

Track: Food and Nutrition

Presenter(s): *Quincy Vidrine, Shakera Williams, Sandra May, Jennifer Duhon, Brittney Newsome*

State: LA

The Germ Cave is an innovative, walk-through educational exhibit designed to increase awareness of how germs spread and to promote effective handwashing, food safety and hygiene practices.

Extension's Collaborative Response to Calamitous Weather Events: Project Recovery Iowa Extension Disaster Education Award

Track: Environmental Health & Sustainability

Presenter(s): *David Brown, Tammy Jacobs, Danielle Day, Suzanne Bartholomae*

State: IA

ISU offered crisis counseling, education, and networking after 2024 disasters, delivering mental health training, finance education, and outreach that supported hundreds across 21 Iowa counties.

From Pandemic Response to Sustainable Practice: Creating Effective Online Learning for Parents and Caregivers

Track: Lifespan Development and Family Relationships

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

State: MI

Explore Extension's development of online adult learning programs for parents and caregivers, including design, marketing, implementation, and evaluation strategies that expanded reach, improved participant outcomes, and strengthened support for children.

Strengthening Vaccine Conversations During Measles Outbreaks Through Motivational Interviewing

Track: Health and Well-being

Presenter(s): *Aaron Hunt, Taryn Wahlquist*

State: UT

A brief, evidence-based Motivational Interviewing training equipping health professionals to navigate vaccine hesitancy during measles outbreaks, rebuild trust, and improve real-world vaccine conversations across diverse community settings.

Stretch. Breathe. Imagine.: A Resource of Themed Yoga Routines for Youth

Track: 4-H and Youth Development

Presenter(s): *Ashleigh Geurin, Christina Garner*

State: GA

This session introduces a research-informed resource of themed yoga routines that easily integrate movement, breath, and imagination into youth programs, supporting positive mental health and physical activity across diverse settings.

10:30 AM - 11:15 AM

Exhibit Forum

10:30 AM - 11:15 AM

Concurrent Sessions

Access Is Not Enough: Building Trust, Engagement, and Opportunity Through Extension

Track: Committee

Presenter(s): *Deon Littles, Kyleigh Brown, Lorrie Coop, Maranda Brooks, Darlene Minniefield, Carla Carter Shailja Mathur, Flora Williams, Diana Romano, Courtney Aldrich, Silvia Vilches*

State: multi

Cooperative Extension has a long-standing mission to make research-based education accessible to all; however, access alone does not guarantee meaningful participation, sustained engagement, or equitable outcomes. This session explores how Extension educators can move beyond program availability to intentionally foster trust, relevance, and opportunity within the communities they serve. Grounded in Family and Consumer Sciences (FCS) practice, this session will examine common barriers to engagement such as time constraints, transportation, cultural relevance, and historical mistrust. These barriers often persist even when programs are technically "accessible." Through real-world examples and applied lessons from Extension programming, we will highlight how rethinking outreach methods, program design, and partnerships can expand opportunity and improve outcomes for individuals and families. Emphasis will be placed on meeting people where they are, leveraging trusted community

spaces, and co-creating programs that reflect community-identified needs while maintaining evidence-based integrity.

Addressing College Food Insecurity by Incorporating Fresh Produce Distributions with Budget-Friendly Microwave Recipes

Track: Food and Nutrition

Presenter(s): *Cecilia Tran, Jamille Hawkins*

State: GA

Learn how we engaged urban university students to incorporate fresh fruits and vegetables into their diets in simple and delicious ways to make healthy eating more accessible and approachable.

Beyond the Menu: Committee-led Community Dinners Bring Local Resources to the Table

Track: Trending Topics

Presenter(s): *Kimberly Moore*

State: DE

Quarterly community dinners convene multi-sector partners to connect local youth and families with food, education, and mental health resources, increasing awareness of essential community services and exposure to healthy foods.

Designing Learning That Sticks: Gamification in Family Financial Education Programming

Track: Financial Health and Capability

Presenter(s): *Noel Wilkinson, Deborah Curley, Ashley Dixon-Kleiber, Daniel McDonald, Madeleine DeBlois, Natalie Quiroz*

State: AZ

This session shares evidence-based gamification strategies that engage youth and parents in financial education, featuring an interactive escape room and adaptable tools which support learning, confidence, and sustained behavior change.

Development and Evaluation of a Nutrition Education Program for Emerging Adults

Track: Lifespan Development and Family Relationships

Presenter(s): *Stephanie Rogus*

State: TX

This session describes development, implementation, and evaluation of a nutrition education program tailored to emerging adults, highlighting curriculum design and preliminary process and outcome evaluation results.

Dining with Diabetes Curriculum Updates

Track: Skill-based

Presenter(s): *Gwen Crum, Dan Remly, Lisa Graves, Becky Smith, Jennifer Brown, Margaret Jenkins*

State: Multi-State

Dining with Diabetes was updated in 2025 featuring new slides. A panel of experienced instructors share creative approaches for marketing and delivering the program for proper evaluation and nationwide impact.

Effective Program Design for Curriculum Development

Track: Education, Leadership, and Community Engagement

Presenter(s): *Kelly May, Nichole Huff*

State: KY

This session demonstrates a model for effective program design as applied to STATE's award-winning financial literacy CURRICULUM. The curriculum addresses financial stress in substance use recovery, to build recovery capital.

Financial Fridays

Financial Management Award in Memory of Dean Don Felker

Track: Financial Health and Capability

Presenter(s): *Z. Tennille Short, Sarah Poole, Rachel Erwin, Priscilla Short, Rebecca Seratt, Lauren Wells, Jenny Smith, Deanna Poole*

State: TN

A team of Extension Educators from West Tennessee collaborated for a virtual program, helping clientele get instant answers to their financial questions about reducing debt and building wealth.

Influencing Change through Storytelling: A Workshop for Extension Professionals

Track: Education, Leadership, and Community Engagement

Presenter(s): *Cindy Jenkins, Christina Pay, Sadie Wilde, Kristen Koci, Anna Gilliam, Taryn Schroeder*

State: UT

Storytelling has long been a tool for motivating individuals and fostering connections. Today, leadership storytelling helps professionals represent themselves effectively. Participants will create a first draft of their own story.

Strong Bodies Program Shows Benefits for Aging Adults

Track: Health and Well-being

Presenter(s): *Gabriela Murza*

State: UT

Utah is one of the latest to bring Strong Bodies into their communities! Participants improved various health metrics, attitudes toward strength training, and expressed enthusiasm to continue.

11:30 AM - 12:00 PM

Exhibit Forums (3)

11:30 AM – 12:00 PM

Concurrent Sessions

Age-Friendly XXX County: The Implementation of a Multisector Plan for Aging

Track: Lifespan Development and Family Relationships

Presenter(s): *Kathleen Cullinen*

State: NJ

Results from a countywide project using evidence-based, culturally responsive strategies to support aging in place through cross-sector partnerships engaging older adults, people with disabilities, and caregivers will be presented.

Behind the Scenes of Empowering Parenthood: How to Plan and Execute a Meaningful Maternal Health Expo

Track: Lifespan Development and Family Relationships

Presenter(s): *Victoria Presnal*

State: GA

Empowering Parenthood Expo brings together expert-led sessions, hands-on workshops, and community resources to support expectant and new parents in confident, healthy, and informed parenting journeys.

Making Older Adults' Wellness a National Priority: Understanding Educational Needs Across Eight Dimensions of Wellness

Track: Education, Leadership, and Community Engagement

Presenter(s): *Shauna Henley, Mona Habibi, Dorothy Nuckols, Mariana Fernandez, Cory Larsson*

State: MD

This session focuses on a comprehensive statewide wellness needs assessment for older adults, the fastest-growing population, aimed at developing programs that align with the eight dimensions of wellness.

Field to Fork

Track: Food and Nutrition

Presenter(s): *Julie Garden-Robinson*

State: ND

A multidisciplinary program delivered webinars and resources to improve gardening, food safety, and preservation practices, which increased fruit and vegetable consumption and sustainable behaviors among thousands of participants nationwide.

Reality Money Check: An Experiential, Research-Based Approach to Youth Financial Decision-Making

Track: Financial Health and Capability

Presenter(s): *Mengya Wang, Kathy Enyart, Amanda Lewis, Connie Wollenberg*

State: OK

Reality Money Check is an interactive financial education simulation designed to teach students the realities of adult life.

Stitch By Stitch: Supporting Mental Well-Being through Hand Stitchery

Track: Health and Well-being

Presenter(s): *Patricia Mathis*

State: UT

This presentation explores how hand stitchery supports mental well-being through mindfulness, stress reduction, and sensory engagement, highlighting evidence-based benefits and practical applications for Extension and community wellness programs.

StrongPeople Strong Bodies Fosters Social Connections and Supports Sustained Engagement in Strength-building Activities Among Middle and Older Adults

Track: Health and Well-being

Presenter(s): *Patrick Zayas*

State: FL

Learn about the importance of strength training for older adults, how to facilitate discussion throughout StrongPeople Strong Bodies to build social connections, and how to complete a Senior Fitness Test.

11:00 AM - 11:30 AM

Exhibitor Orientation

This is open to exhibitors only.

11:30 AM – 1:00 PM

Hospitality Open

12:00 PM - 5:30 PM

Exhibit Hall Open - Boxed Lunch Provided

Silent Auction Open

1:15 PM – 2:45 PM

Leadership Event combined with Leadership Experience Reception
(invitation only)

3:00 PM

Delegate Check-in for Annual Business Meeting

3:15 PM – 4:15 PM

Showcase of Excellence Posters Manned

**See full Showcase of Excellence listing at the end of this schedule*

3:15 PM - 5:00 PM

Annual Business Meeting

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

5:30 PM

State Photos

Location TBD. Sign-up will be available at a later date.

5:30 PM

State's Night Out

5:30 PM – 7:00 PM

Exhibitor and Showcase of Excellence tear down

THURSDAY, OCTOBER 1, 2026

6:30 AM – 7:30 AM

Walk/Run

Participants will meet in front of the Cumberland House Hotel at 6:30 AM for a morning walk around the University of Tennessee Campus (approximately 2 miles round trip). Get a close up view of the Pat Summit Statue and other sports legends as we stroll past Circle Park, Neyland Stadium, and Thompson Boling Arena at Food City Center.

6:30 AM – 7:00 AM

Wellness Activity

Chair Yogo

Room: Rotunda

Chair Yoga is excellent for all fitness levels -delivering increased flexibility, improved strength, reduced joint strain, and significant mental stress relief without requiring floor work or heavy impact.

7:00 AM – 7:30 AM

Wellness Activity

Stay Strong Stay Healthy

Room: Rotunda

7:00 AM -8:00 AM

Showcase of Excellence teardown (must be down by 8:00 am)

7:00 AM - 12:00 PM

Registration Open

7:00 AM – 12:00 PM

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

8:00 AM – 9:30 AM

Closing General Session (plated breakfast included)

Consumed: The Science Behind What Families Choose

Presenter: Undrae Johnson

This speech explores how families consume—examining not just what families buy, but the science behind how they make decisions, form habits, and influence one another. Drawing from research in behavioral science, psychology, and community studies, the message unpacks the patterns that shape family choices around health, finances, media, and lifestyle. Through discovery and practical insight, the audience will gain a deeper understanding of the forces that drive consumption and how intentional decisions can transform family outcomes for generations.

Learning Objectives:

- Financial Affordability
- Cultural Habits
- Available Resources

9:30 AM – 10:30 AM

Silent Auction Winners Announced

9:45 AM – 12:00 PM
Silent Auction Pick-Up

9:45 AM – 12:30 PM
Program Leaders Meeting - Day 2
(separate registration required)

9:45 AM - 10:30 AM
Concurrent Sessions

A Recipe for Stronger Families: Delivering Literacy, Nutrition, and Parenting Education through Family Programming

Track: Education, Leadership, and Community Engagement

Presenter(s): *Tammy Barnard, Samara Purvis, David Diehl, Jessica Hart*

State: FL

This interdisciplinary, series-based community program for parents and their children demonstrates significant improvements in family outcomes through implementing the curriculum with fidelity and fostering participant engagement.

From Burnout to Belonging: Research-Informed Strategies to Strengthen Professional Fulfillment, Psychological Capital, and Faculty Self-Efficacy

Track: Trending Topics

Presenter(s): *Kristin Miller, Jessica Trussell, Amber Allen*

State: MO

This session integrates findings from three research studies to demonstrate how individual, interpersonal, and organizational strategies can reduce burnout and strengthen professional fulfillment, psychological capital, and faculty self-efficacy.

Growing Healthy Connections: Relationship Education for Youth

Track: 4-H and Youth Development

Presenter(s): *Adrienne Duke-Marks, Leigh Akins, Brianna Goodwin*

State: AL

Emerging Relationships is a curriculum for early adolescents (10-12) that strengthens self-regulation, communication, and boundary setting. In this session, we will discuss the implementation and evaluation of the program.

On the Move: How a Mobile Kitchen Cart is Taking FCS Into the Community

Endowment

Track: Food and Nutrition

Presenter(s): *Niki Maness*

State: NC

When your kitchen isn't available, you build one that moves. This session shares how a small, rural county in NC used an NEAFCS Endowment Award and plant sale funds to launch a mobile teaching kitchen that supports year-round nutrition education, youth programming, and community outreach.

Planning for Life After High School: Helping Families Navigate What's Next

Track: Economic and Workforce Development

Presenter(s): *Hannah Zellmer, Katie Gellings, Christa VanTreeck*

State: WI

This session highlights a research-informed program that builds student and parent readiness for life after high school through structured planning, practical tools, and family engagement.

Promoting Dignity and Access: Tackling Stigma in Food Security and School Meals

Track: Health and Well-being

Presenter(s): *Ricardo Kairios, Jennifer Salt Taylor, Veronica Jones, Jenna DeSimone*

State: NJ

Examines how stigma affects SNAP and school meal utilization and presents equity-centered strategies to reduce stigma, promote participation in nutrition assistance programs, and improve food security outcomes.

Seizing the Moment: How Cooperative Extension Can Capture the News Cycle

Track: Technology

Presenter(s): *Weatherly Thomas, Michelle Altman, Hannah Wilson, Donna Bowen*

State: SC

Stop being the “best kept secret.” Discover how to turn your program’s content into compelling, newsworthy stories and information that is regularly featured on mainstream broadcast media.

Stronger Together: The Power of Rural Collaboration for Suicide Prevention and 988 Awareness

Community Partnership Award

Track: Health and Well-being

Presenter(s): *Chi Catalone*

State: PA

Through a powerful rural partnership, Penn State Extension united schools, industry, artists, and health leaders to distribute 30,000 988 coins, reducing stigma and connecting communities to lifesaving mental health support.

Using Book Clubs to Build Financial Capability and Foster Extension Collaboration

Track: Financial Health and Capability

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

State: UT

Learn how Extension educators facilitated virtual finance book clubs to build financial capability and foster meaningful cross-departmental collaboration.

10:00 AM – 11:30 AM

National Post-Board Meeting

10:00 AM – 12:00 PM

Hospitality Open

10:45 AM – 11:30 AM

Concurrent Session

**Cottage Foods 101 Pilot: Program Outcomes from Hillsborough and Wakulla, Florida
Food Safety Award**

Track: Food and Nutrition

Presenter(s): *Terri Keith, Stephanie Brown, Samantha Kennedy, Joshua Payne, Allison Williams, Shari Bresin*

State: FL

Florida's Cottage Food Law provides a pathway for income generation through home-based food businesses. An introductory cottage foods program provides targeted education on food safety best practices and regulatory compliance.

Leveraging Artificial Intelligence (AI) to Advance Nutrition Education: Developing and Deploying Evidence-Based AI Chatbots for Health Behavior Change

Track: Technology

Presenter(s): *Azin Pourkhalili*

State: CA

This session explores developing and evaluating evidence-based AI nutrition chatbots to deliver accurate, culturally responsive health education and support behavior change across diverse audiences.

Organize this! Explore, Adapt, and Implement for Local Impact

Track: Financial Health and Capability

Presenter(s): *Leacey Brown, Lorna Saboe-Wounded Head, Shannon Sand*

State: SD

Administrative work associated with legal and financial planning is daunting. It is complicated by emotions around declining health and end-of-life. This session outlines the Organize This! program's development and outcomes.

Paper or Digital: Comparison of Data Collection Methods of In Person Co-Parenting Education

Track: Skill-based

Presenter(s): *Kyleigh Brown*

State: MO

We will discuss differences in data collection for paper versus digital survey methods for in person and virtual programming as well as accessibility and capacity concerns related to data collection.

Respect: What, Why, and How

Track: Lifespan Development and Family Relationships

Presenter(s): *Marie Economos, Heather Reister, Pam Perrino*

State: OH

Have you ever struggled to help children be more respectful in their interactions with others? Intentionality is the key. Explore how to create learning opportunities to master respectful skills.

Translating Evidence into Action: Empowering Families to Reduce Food Allergy Risk Through Early Introduction

Track: Food and Nutrition

Presenter(s): *Alison Berg, Quadarius Whitson, Beth Kindamo, Diane Bales, Ashleigh Geurin, Christina Garner, Gwen Hawn, Ines Beltran, Leslie Wagner, MaryBeth Hornbeck, Megan Applebaum, Mitzi Parker, Nancy Adams, Olivia Tumlin, Victoria Presnal*

State: GA

Learn how Extension translated food allergy prevention research into impactful education for parents, caregivers, childcare providers, and school nutrition professionals, and how to adapt this content for your Extension program.

Unlocking Community Capacity for Diabetes Self-Management

Track: Health and Well-being

Presenter(s): *Susan Conner, Soghra Jarvandi, Megan Shelton*

State: TN

Learn how Extension agents empowered participants through a diabetes support program by connecting clinical expertise, community resources, applying asset mapping, and building partnerships to enhance self-management creating sustainable community-clinical linkages.

Youth Leading Change: An Experiential 4-H Model to Reduce Food Waste

Track: 4-H and Youth Development

Presenter(s): *Palak Gupta, Kelsey Romney*

State: UT

An experiential, teen-led 4-H model engages youth in food waste reduction through hands-on learning, leadership development, and environmental education while building sustainable household food management skills.

12:00 PM – 2:00 PM

Past Presidents Luncheon

1:00 PM – 1:45 PM

Concurrent Session

Cultivating Capacity and Improving Food Security Through Hands-on Gardening Education

Track: Food and Nutrition

Presenter(s): *Veronica Jones*

State: NJ

This greenhouse-centered intervention integrates structured gardening and nutrition education to address food insecurity, strengthen participant skill development, and support sustainable nutrition behaviors in a transitional housing setting.

Cultivating Wellness in Farm Communities Through Collaboration: Action Steps from a Statewide Forum

Track: Health and Well-being

Presenter(s): *Chi Catalone*

State: PA

This session highlights how Extension united agricultural, health, and community partners through a statewide forum to address farm stress, strengthen mental health support, and inspire collaborative solutions empowering farming communities.

Empowering Entrepreneurs

Track: Economic and Workforce Development

Presenter(s): *Kellie Jordan, Karen Fifield, Kara Lynch*

State: MI

Home food entrepreneurs are provided education opportunities for comprehensive training on the Cottage Food Law, regulations for selling honey and maple syrup, and strategies for expanding beyond cottage food production.

Expanding Reach: The Power of Multi-State Online Teaching

Track: Technology

Presenter(s): *Surine Greenway, Amy Robertson, Jennifer Brown, Elizabeth Renfro, Keishon Thomas, Abby Weber, Sendy Martinez, Danielle Scott, Katie MacFarland, Joey Peutz*

State: ID

Multi-state virtual programming increases Extension's ability to educate new and returning clientele. This session highlights how to create a successful collaborative Family & Consumer Sciences program.

Growing on Purpose: Three Laws Every Extension Professional Can Use to Lead and Thrive

Track: Education, Leadership, and Community Engagement

Presenter(s): *Lori Korthals*

State: IA

Discover simple, practical strategies for boosting personal and professional growth. Learn how awareness, motivation, and intentional habits can strengthen leadership and help you grow with confidence and purpose.

Many Hands Working Towards a Change: Youth Health and Wellness Ambassadors, A Peer-Led Approach to Community Well-Being

Track: 4-H and Youth Development

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

State: GA

This session highlights a state-level youth Health and Wellness Ambassador model that builds leadership while promoting nutrition, physical activity, and well-being through evidence-based training, experiential learning, and community engagement.

More Than a Refund: Transforming Tax Appointments Into Financial Education Moments

Track: Financial Health and Capability

Presenter(s): *Halie Corbitt*

State: FL

Learn how partnerships and resource integration enhance financial education within a tax-assistance program, increase client knowledge, improve financial behaviors, and expand community impact through a service offered by Extension.

Skyward: Recalibrating Life Under the Stars

Innovative Youth Development Programming Award

Track: 4-H and Youth Development

Presenter(s): *Anna Gilliam, Troy Allan, Sadie Wilde*

State: UT

Skyward: Recalibrating Life Under the Stars is an innovative nature-based curriculum for teen wellness and connection, grounded in phenomenological research and the effects awe has on youth.

Using Creative Activities and Health Education Information to Build Community Protective Factors: Overview of the Crafting Change Program

Track: Skill-based

Presenter(s): *Cara Murray, Cris Meier, Kate Chappell, Emma Parkhurst*

State: UT

The Crafting Change program is an education program that combines creative activities and educational information to combat substance misuse and initiation. This session describes the program components and evaluation findings.

2:00 PM – 2:45 PM

Concurrent Session

Bring Innovation to Your Extension Effort Story In The Changing World Committee

Track: Public Affairs: Advocacy & Impact Committees

Presenter(s): *Dhruti Patel, Lorrie Coop, Linda Burgard, Dylan Gentry, Ann Davis*

State: PA

The presentation highlights newer methods of story/impact telling of extension efforts that aligns with changing technological, marketing, and research framework and how NEAFCS Public Affairs committee help tell this story with broader invitation to participate in committee efforts. Join us to learn newer methods of developing and sharing impacts, building advocacy using novel and existing technological tools, and to learn about the NEAFCS Public Affairs committee and ways to engage.

Engaging Consumers in Local and Nontraditional Food Retail to Improve Food Access and Healthy Eating Behaviors

Track: Food and Nutrition

Presenter(s): *Lynn Matava*

State: MD

This session explores how pairing experiential foodways learning with engagement in local and nontraditional food retailers can expand food access, build consumer confidence, and support nutrition security.

Examination of the Utility of Implementing Dr. Yum's Food Adventure through FCS Extension Program Excellence Through Research Award

Track: Education, Leadership, and Community Engagement

Presenter(s): *Carla Carter, Ashley Board, Asa Conkwright, Kenna Knight, Debbie Messenger, Anna Morgan, Ronda Rex, Debbie Shepherd, Christy Stearns, Hannah Thornsberry, Anna Cason, Courtney Luecking*

State: KY

Dr. Yum's Food Adventure piloted through Extension showed reach, engagement, and adaptability, supporting agents in delivering evidence-based, nutrition education in diverse early childhood settings.

From Research to Relevance: Using Canva and CapCut to Create Engaging Educational Content

Track: Technology

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

State: MI

Learn how educators can use Canva and CapCut to transform research-based content into engaging graphics and short form videos that increase reach, retention, and community impact.

From Training to Impact: A Two-Year Evaluation of Mental Health First Aid for Extension Workforce Competency

Track: Health and Well-being

Presenter(s): *Tesha Humphrey, Katie Conrad, Matthew Devereaux, Lynne Middleton*

State: TN

Two-year Mental Health First Aid workforce initiative demonstrates significant competency gains, sustained field application, and strong prevention value, offering a scalable Extension model for trauma-informed mental health response.

Home Price Halt: How CLTs Let Families Keep More in Their Pockets

Track: Financial Health and Capability

Presenter(s): *Giovanna Benitez*

State: FL

The Extension program equips aspiring homeowners with the knowledge and practical skills to purchase through Community Land Trusts, ensuring long-term affordability, local stewardship, and resilient community development.

Let's Go Outside! Can You Find?

Track: Lifespan Development and Family Relationships

Presenter(s): *Lisa Poppe, LaDonna Werth, Jackie Steffen, Erin Kampbell*

State: NE

This session demonstrates how a digital, nature-based learning campaign increased outdoor engagement, family connection, and provider wellness through social media, evidence-based design, and scalable technology-supported delivery.

Strengthening Health and Communities through Immunization Supplemental Messaging and Resources for EFNEP Professionals: Preliminary Results of a Regional Pilot

Track: Health and Well-being

Presenter(s): *Diane Oliver, Jacqueline Wilkins*

State: DE

EXCITE and EFNEP have partnered to provide immunization education during adult lessons. Results suggest that EFNEP's immunization messaging has a positive impact on adult knowledge and intent to get vaccinated.

Youth Exploring, Empowering and Experiencing 4-H Financial Health and Capability

Track: 4-H and Youth Development

Presenter(s): *Candace Heer, Margaret Jenkins, Rhonda Williams*

State: OH

Empower youth to build healthy financial habits, strengthen decision-making skills, and gain confidence through 4-H project books—an engaging, community-based resource that addresses educational gaps and supports lifelong financial learning.

3:00 PM – 4:00 PM

Affiliate Officer Meetings

These meetings are open to Affiliate Officers and/or delegated representatives for all positions.

4:00 PM – 6:00 PM

Dinner on Own

6:00 PM – 6:45 PM

President's Appreciation Honoring Dianne Christensen

This event is open to all full registered attendees and Awards Ceremony ticket holders.

6:45 PM - 8:30 PM

Closing Awards Ceremony

This event is open to all full registered attendees and Ceremony ticket holders. Desserts and Coffee provided.

SHOWCASE OF EXCELLENCE

Becoming Your Personal Best: Extension's Role in Expanding A Novel Youth Resilience Program

Track: 4-H and Youth Development

Presenter(s): *Sue Schneider*

State: CO

As today's youth navigate increasing social and mental health challenges, Extension educators can offer essential tools to build and strengthen resilience through the Becoming Your Personal Best program.

Behind the Scam: Understanding Scam Tactics and How to Combat Them

Track: Education, Leadership, and Community Engagement

Presenter(s): *Troy Anderson*

State: MD

This presentation explores scam tactics and offers strategies to detect and combat scams. Participants will gain skills in scam identification, critical thinking, and community advocacy to enhance digital safety.

Community Driven Credit Education: Reducing Debt and Enhancing Financial Resilience in the Cost of Living Crisis

Track: Financial Health and Capability

Presenter(s): *Giovanna Benitez*

State: FL

This session illustrates how consumers reduce credit card debt by mastering core credit principles and actionable financial management techniques that foster prudent borrowing decisions.

Community Health Worker Training Program

Track: Education, Leadership, and Community Engagement

Presenter(s): *James Keys*

State: OH

This comprehensive, culturally responsive training program equips participants with the skills needed to connect people with health services, provide basic health education, and support communities experiencing inequalities.

Cultivating Connection and Collaboration: Fostering Successful Community Partnerships

Track: Skill-based

Presenter(s): *Shailja Mathur, Jennifer Korneski, Mikaela Kane*

State: NJ

This poster will share how multiple innovative communication strategies were developed to build on existing relationships and foster new collaborations with community partners, thereby maximizing educational outreach to our audience.

Educator of the Year S. Thorne

Extension Educator of the Year Award

Presenter(s): *Sondra Thorne*

State: TN

Sondra Thorne has spent the past 21 years educating Hardin Countians on health and well-being through timely, innovative programs that promote healthier lifestyles and stronger communities.

Elevate Couples Georgia: A Scalable Extension Model for Strengthening Couple Relationships - Human Development & Family Relationship Award

Presenter(s): *Ted Futris, Evin W. Richardson, Karen DeMeester, Kim Gregson, Erin Cooper, Rachel Brown, Shuangyue Cui, Candace Woods, Latroy Rittenberry, Brigitte Love, Brittney Thompson, Matt Hampl, Catherine Walker O'Neal, Kristi Farner, La Keshia Levi, Brad Averill, Suzanne Williams, Zoe Soltanmammedova, Brittany Harrison, Amanda Harner*

State: GA

Elevate Couples Georgia is a statewide Extension initiative strengthening couple relationships by expanding access to evidence-based education through hybrid delivery and community partnerships.

Empower Her: Essential Insights into Women's Health

Track: Health and Well-being

Presenter(s): *Sara Olsen*

State: WY

This program was designed to help women in my community navigate perimenopause and menopause! Being informed and having open conversations with healthcare providers can make this transition easier to navigate.

Engaging Families Through Integrated Parent–Child Parenting Education: A Theory-Based Extension Model

Track: Lifespan Development and Family Relationships

Presenter(s): *YaeBin Kim*

State: NV

This session presents a theory-based Extension model integrating parents and children in shared learning, demonstrating improved parenting skills, family engagement, and child developmental outcomes across multiple program areas.

Evidence to Practice: Implementing Trauma-Informed Nutrition for Substance Use Disorder Recovery

Track: Food and Nutrition

Presenter(s): *Kristin Riggsbee, Katie Conrad, Karen Franck*

State: TN

Experiences piloting Nourish Recovery, a trauma-informed nutrition program for SUD recovery. Panel shares implementation strategies, evaluation methods, and anecdotal impacts on participants.

**Expanding Outreach and Impact: UF/IFAS Extension and FAMU Housing Education
Extension Housing Outreach Award**

Presenter(s): *Lisa Hamilton, Judy Corbus, Jenny Rodriguez, Cyndi Longley, Giovanna Benitez, Katherine Allen, Halie Corbitt, Terri Keith, Ella Dinkins, Cindi Hetz, Stephanie Clamer McMinds, Natasha Parks, Jill Breslawski, Melanie Taylor, Carla Adams-Lippett, Claire Davis, Pam Hughes, Laura Valencia, Cheyenne Martin*

State: FL

A partnership between UF/IFAS Extension and FAMU expanded HUD-approved housing education to reach 59% of Florida counties, improving financial management, increasing home ownership and housing stability, and reducing evictions.

**Extending Health: A Multi-Platform Marketing Strategy for Rural Communities
Marketing Package Award**

Presenter(s): *Elizabeth Josey, Hannah Shifflette*

State: SC

A multi-platform marketing strategy using radio, TV, blogs, and social media increases rural communities' health literacy, raises awareness of Extension programs, and boosts engagement across the region.

**Green Cleaning Across State Lines
Excellence in Multi-State Collaboration Award**

Presenter(s): *Janette Burkes, Sharlee Whiddon, Pamela Turner*

State: GA

Green Cleaning extension workshops teaches adults green cleaning practices that improve indoor air quality, reduce chemical exposure, promote sustainability, and lower household costs.

**In My Homesteading Era
Excellence in Teamwork Award**

Presenter(s): *Victoria Presnal, Paula Burke, Rebekah Claar*

State: GA

This program is a collaborative program empowering participants with practical skills in gardening, food preservation and animal care fostering teamwork while promoting self-sufficient communities

Innovative Community Partnership to Promote 988 Suicide and Crisis Lifeline Awareness

Track: Trending Topics

Presenter(s): *Chi Catalone*

State: PA

This session highlights an innovative cross-sector collaboration that created and distributed 30,000 tangible 988 awareness tools, increased crisis line engagement, and advanced long-term community mental health support strategies.

Let's Go Outside! Can You Find?

Track: Lifespan Development and Family Relationships

Presenter(s): *Lisa Poppe, LaDonna Werth, Jackie Steffen, Erin Kampbell*

State: NE

This session demonstrates how a digital, nature-based learning campaign increased outdoor engagement, family connection, and provider wellness through social media, evidence-based design, and scalable technology-supported delivery.

**My Wellbeing- Addressing the Health and Wellness of Individuals with IDD
Family Health & Wellness Award**

Presenter(s): *Kimberly Cavalier, Connie Beecher, Virginia Atwell, Cathy Drost, Karie Foster, Korissa Lassen, Nicole Leidal, Jeannette Mukayisire, Morgan Newell, Cassie Odland, Malisa Rader, Mackenzie Schelling, Vera Stokes, Hailey Walker, Ashley Wilson, Barb Wollan*

State: IA

My Wellbeing is a research-based program empowering adults with disabilities. Through inclusive education and strategic partnerships, it has enhanced the health, financial, and social independence of over 500 individuals.

NourishEd: A Policy, Systems, and Environmental Extension Model for Youth Nutrition and Food Waste Reduction

Track: Food and Nutrition

Presenter(s): *Palak Gupta, Carrie Durward, Jenna Dyckman, Missy White*

State: UT

NourishEd integrates surplus produce recovery with hands-on youth nutrition education to improve healthy eating, reduce food waste, and build food literacy through scalable, community-based Extension programming.

**NourishSmart: Environmental Education for Food Waste Reduction
Environmental Education Award**

Presenter(s): *Palak Gupta, Kelsey Romney, Bekka Israelsen, Meggan Callister, Callie Ward, Carson Johnson, Amberly Lambertsen, Sharon Bee, Deborah Ivie, Kristin Black, Robyn Handley, Davis Francis, Heidi LeBlanc*

State: UT

NourishSmart equips youth and educators with hands-on skills to reduce food waste, protect resources, and build sustainable, community-centered food systems.

Online Vaping Education for Parents: Lessons Learned in Designing the Program

Track: Technology

Presenter(s): *Adrienne Duke-Marks, Nana Adjoa Konadu Attiah, Angela Mintah*

State: AL

Our session discusses the design and implementation of an online parent vaping education program for parents. We will share the research-informed practices and strategies to create and launch the program.

**Passport to Early Childhood Education: Teacher and Staff Orientation
Early Childhood Child Care Training Award**

Presenter(s): *Shannon Wilson, Lesia Oesterreich, Mona Berkey, Melissa Wagner, Cindy Thompson, Kristin Taylor*

State: IA

Passport to Early Childhood Education: Teacher and Staff Orientation is designed to assist center-based programs in their onboarding process and build upon state-wide required trainings.

Preserve the Abundance/Preservando Con Propósito La Abundancia: Developing and Delivering Bilingual Home Canning Resources and Community Classes

Track: Food and Nutrition

Presenter(s): *Gretchen Manker, Grace Whitman, Siew Guan Lee, Annie Nelsen*

State: ID

Recognizing a gap in accessible, research-based food preservation materials for Spanish-speaking audiences, Extension educators developed and delivered bilingual home canning resources and community classes to promote safety and confidence.

Read and Ride

School Wellness Award

Presenter(s): *Cathy Agan, Brittney Newsome, Markaye Russell, Quincy Vidrine*

State: LA

The Read and Ride program was initiated to combine reading with physical activity. Stationary bikes with desks were placed in school and public libraries to promote reading while riding the bikes.

Reclaiming Real Childhood: A Family-Based Program to Reduce Screen Overuse, Improve Sleep, and Strengthen Youth Mental Health

Track: Lifespan Development and Family Relationships

Presenter(s): *Aaron Hunt, Taryn Wahlquist*

State: UT

A pilot family education program helping parents reduce youth screen overload, improve sleep, and strengthen mental health through practical routines, tech boundaries, and play-based strategies grounded in developmental research.

Regional Collaboration as a Strategy to Strengthen the 100 Miles, 100 Days Program

Track: Health and Well-being

Presenter(s): *Rachel O'Halloran, Sarah Barks, Tyler Hall, Maria Calvert*

State: MO

Targeted, locally adaptable strategies increased participation and engagement in the 100 Miles, 100 Days program, demonstrating the value of flexible, community-focused physical activity campaigns across Extension regions.

Standing Out in the Crowd: Using Partnerships, PSE, and Technology to Stay Relevant in High-Density Communities

Track: Trending Topics

Presenter(s): *Kristin Miller*

State: MO

This session explores how Policy, Systems, and Environmental change, technology, and strategic partnerships help Extension increase reach, sustainability, and impact in densely populated, resource-saturated urban communities.

Stirring Up Success with Positive Youth Development: Cooking Quest Fosters Teamwork, Cooking Skills, and Nutritional Knowledge

Track: 4-H and Youth Development

Presenter(s): *Christina Garner*

State: GA

Stirring Up Success uses hands-on cooking challenges and nutrition education to build teamwork, problem-solving, food safety, and workforce-ready skills, preparing youth for healthy, confident, Beyond Ready futures.

Succession Planning: The Intersection of FCS and Agricultural Extension

Track: Financial Health and Capability

Presenter(s): *Alexander Chan, Jesse Ketterman, L. Paul Goeringer*

State: MD

FCS and Agriculture Agents make a perfect team to teach farmers about succession planning. FCS brings expertise in family life, Ag agents cover legal and production matters.

The Nourish Program: Assessing the Results of an Extension Outreach Program Delivered Face-to-face or Online

Track: Trending Topics

Presenter(s): *Julie Garden-Robinson, Sherri Statstny, Nathaniel Johnson*

State: ND

Two series of online and face-to-face “Nourish” Extension programs for adults have been developed, implemented, and evaluated. Participants have shown positive behavior changes in nutritional intake and physical activity.

**Tracking Sustained Health Outcomes Through Collaborative SNAP-Ed Series
SNAP-Ed /EFNEP Educational Program Award**

Presenter(s): *Joanne Ureste*

State: TX

Five SNAP Program were offered to address the high prevalence of diet-related chronic diseases within the Sacred Heart Community Church congregation