

NATIONAL EXTENSION ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

# Tri-Star Traditions

Uniting Service, Community, and Volunteerism for Change



**Annual Session**

**KNOXVILLE, TN ★ Sept. 28 - Oct. 1, 2026**

**ANNUAL SESSION PROGRAM**

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Association of Family  
& Consumer Sciences**

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|-------------------------------------|-------------------------------|
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|----------------------------------------------|----------------------------------------------------------|
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# PRESIDENT'S WELCOME

**W**elcome to the 92nd Annual Session of the National Extension Association of Family and Consumer Sciences, hosted in the beautiful city of Knoxville, TN in the foothills of the Smoky Mountains.

We are delighted you are here. Whether this is your first Annual Session or a gathering you look forward to each year, we hope this week provides opportunities to network, learn, recharge, and create lasting memories. From the excitement of our Dollywood welcome event to the final celebration of excellence at the Awards Program, we hope your time together is both professionally enriching and personally meaningful.

As you participate in professional development sessions, exchange ideas with colleagues, and build new relationships, we encourage you to reflect on how this year's learning objectives can strengthen your work and the communities you serve:

## ***Celebrate Traditions***

Honor the enduring values of service, community, and volunteerism that have long defined Extension and continue to strengthen the lives of individuals and families.

## ***Unite Communities***

Foster collaboration among members, partners, and stakeholders as we work together to address challenges, build connections, and create opportunities for growth.

## ***Champion Change***

Embrace innovation and inspire positive action that leads to sustainable, transformative outcomes for individuals, families, and communities.

One of the greatest strengths of NEAFCS are the relationships we build with one another. Your Board members are eager to connect with you throughout the week. Whether you have a question, an idea, feedback to share, or simply want to visit, please stop and say hello. We look forward to getting to know you better. You will find Board members:

- Greeting attendees at the Welcome and Closing Sessions
- Welcoming members in the Registration Area
- Offering assistance and hospitality at the Hospitality Desk
- Connecting with members and partners in the Exhibit Hall

This Annual Session would not be possible without the dedication and commitment of many individuals working behind the scenes for months. We extend our heartfelt appreciation to Susan Moore, Vice President for Professional Development, and the Board members who partnered with Tennessee Tri-Liaisons Elizabeth Renfro, Shay Davis, and Lacy Yeley to plan and deliver this exceptional conference experience.

We are also deeply grateful to our management team, Danielle, Elizabeth, and Jessica, whose tireless efforts, attention to detail, and unwavering support helped bring every aspect of this event together. Special thanks to the many conference committee members and volunteers whose creativity, energy, and countless hours of service have created a rich and meaningful experience for us all. Most importantly, thank you for being here. Your commitment to Extension, Family and Consumer Sciences, and the communities you serve is what makes NEAFCS so strong. We are honored to spend this week learning, connecting, celebrating, and growing together.

Honored to have served you this year,



***Dianne Christensen***, NEAFCS National President



# VICE PRESIDENT FOR PROFESSIONAL DEVELOPMENT WELCOME



*This week, we come together to celebrate our traditions, unite communities, and champion meaningful change by honoring the values of service, community, and volunteerism.*

## ***Welcome to our 2026 National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session!***

It is an honor to welcome you to Knoxville and the great state of Tennessee – a region built on a proud heritage of community education, resilience, and true southern hospitality!

An event of this scale requires an immense amount of planning and dedication. I want to extend our deepest gratitude to our Tennessee Tri-Liaisons: Shay Davis, Elizabeth Renfro, and Lacy Yeley. We thank them, their subcommittees, national committee members, and other contributors for working tirelessly behind the scenes for months to create an abundance of professional development opportunities that reflect the true spirit of the Volunteer State. I also want to thank Professional Development Program Committee Co-Chair Andrea Nikolai (Florida) for her exceptional leadership in coordinating the peer review of hundreds of annual session proposals.

Our theme this year is **“Tri-Star Traditions – Uniting Service, Community, and Volunteerism for Change!”** This week, we come together to celebrate our traditions, unite communities, and champion meaningful change by honoring the values of service, community, and volunteerism. As you network with Extension professionals from across the nation, you will gather valuable resources, proven strategies, and innovative curriculums that you can utilize to make a positive impact on the quality of life for individuals, families, and communities.

Let’s challenge ourselves this week to step out of our comfort zones, build new friendships, and embrace new ideas – as the great Dolly Parton wisely said, “You’ll never do a whole lot unless your brave enough to try.”

***Susan L. Moore***

*Vice President for Professional Development*

# WELCOME FROM THE CITY OF KNOXVILLE



September 28, 2026

Dear NEAFCS Members,

It is my pleasure to welcome you to Knoxville!

We are honored to host professionals whose work strengthens individuals, families, and communities across the United States. Your dedication to education helps create lasting positive change and improve the quality of life for people of all ages.

As home of the University of Tennessee's flagship campus, Knoxville has deep roots in Extension tradition and recognizes the valuable contributions of Family and Consumer Sciences professionals. Your commitment to empowering individuals and strengthening communities aligns with the values we strive to uphold in our city.

We are proud of Knoxville's rich history, vibrant arts and culture and beautiful outdoor spaces. During your visit, I encourage you to explore our lively downtown as well as the natural beauty that has earned East Tennessee its reputation as a welcoming and inspiring place.

Thank you for the important work you do every day. We hope your time in Knoxville is filled with meaningful education, valuable networking opportunities, and memorable experiences.

Best wishes for a successful conference and an enjoyable visit.

Sincerely,



Indya Kincannon  
Mayor



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# NEAFCS HISTORY

## NEAFCS IN 1975: A 75<sup>TH</sup> ANNIVERSARY CELEBRATION

Knoxville and the Tennessee affiliate hosted the NAEHE Annual Session in 1975. President Nettie Ruth Brown shared her memories of the meeting as NEAFCS celebrated its 75th Anniversary. The following is an excerpt from the article she wrote that is posted in the NEAFCS Historical Archive: *"Reflections from the Past: Remembrances of a Past President: Highest Attendance Ever at Annual Session."*

The 1975 Annual Session was held in Knoxville with the theme Spirit of '76 Spotlight on Professionalism. It was the highest ever attendance for the association with over 2000 registrants. It seemed everyone wanted to partake of the "southern hospitality."

Because of the large number of participants, many late registrants had to be housed at other locations. Shuttles were arranged to transport them to the meetings. During the Board meeting, concern was expressed for the availability of hospitality for those who registered late. The Board agreed that hospitality would be allowed for the late registrants.



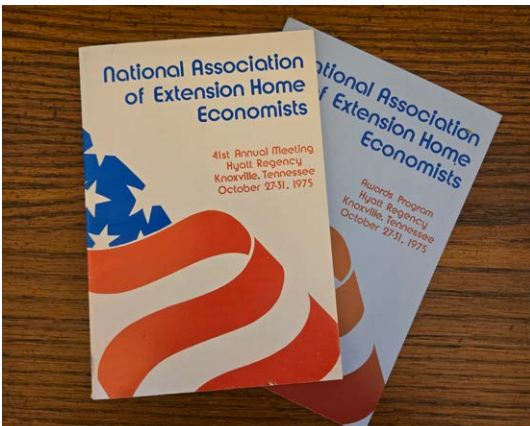
**Nettie Ruth Brown (FL),  
Past President,  
1975**

Many last minute changes had to be made to accommodate the large attendance. The opening session was held in the auditorium of the Coliseum. Two separate dining areas were set up because the ballroom could only seat 1200. An additional 600 were served in the lobby.

Over 80 companies exhibited with approximately 241 "excited" exhibitors participating. I remember one of the exhibitors was Faultless Spray Starch. Today, starching is almost a "thing of the past". That year there were many events sponsored by companies such as Miles Laboratory, Campbell Soup Company, Coats and Clark, General Foods, Kraft and Production Credit Association. Many of these types of activities are now a "thing of the past", too.

One of the objectives of the meeting was to honor our heritage. With this in mind the NAEHE Bicentennial Photography Project was created and introduced at the 1976 meeting. Each state was allowed three entrees.

Having the 1975 Annual Session with the largest participation level so very successful made me extra proud to be our President.



# NEAFCS ENDOWMENT

## ***INVEST IN THE FUTURE OF NEAFCS***

### **Your Gift Makes a Lasting Difference**

Every donation to the **NEAFCS Endowment Fund** helps strengthen our profession and supports the next generation of Family & Consumer Sciences professionals.

### **Your generosity helps fund:**

- ✓ Leadership Development
- ✓ Professional Growth
- ✓ Member Grants
- ✓ Annual Session Scholarships
- ✓ Innovative Programs & Initiatives

Since 2021, the NEAFCS Endowment has awarded more than \$81,000 in grants and scholarships to NEAFCS members.

### **Help Us Build an Even Stronger Future**

#### **SCAN TO DONATE**

Your contribution today creates opportunities for members tomorrow.

**Thank you for investing in the future of NEAFCS.**



# GENERAL INFORMATION

## ICON KEY



**Wellness Activity**



**Award Winner**



**Ticket Required**



**Endowment Award**



**Meal Provided**



**AEO Award**



**Sponsor**



**Committee Track**

## REGISTRATION

Annual Session Registration is located at the Knoxville Convention Center, 3rd Floor Clinch Concourse.

**Sunday:** 4:00 PM – 6:00 PM

**Monday:** 7:00 AM – 5:00 PM

**Tuesday:** 7:00 AM – 1:15 PM

**Wednesday:** 7:00 AM – 5:00 PM

**Thursday:** 7:00 AM – 12:00 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 Desk located at the Clinch Info Desk on the 3rd Floor for your attendee gift.

## HOSPITALITY HOURS:

**Monday:** 11:00 AM – 3:30 PM

**Tuesday:** 11:30 AM – 1:00 PM

**Wednesday:** 12:00 PM – 3:00 PM

**Thursday:** 12:00 PM – 2:00 PM

## EXHIBIT HALL

One day only this year – join us on Wednesday, September 30 from 12:00 PM – 5:30 PM to meet exhibiting companies and learn about the latest products and services. The Exhibit Hall is in Ballrooms A-D of the Knoxville Convention Center.

The following activities are in the Exhibit Hall:

- Silent Auction
- Wednesday Lunch (12:00 PM – 1:00 PM)

## EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their presentation. For information on Exhibit Forum location and details, see page 46.

## PHOTOS

Photos taken during the 2026 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.

Don't see a time that works for you? You can take photos throughout the conference at the NEAFCS banner or at one of the many photo locations throughout Dollywood.

## 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.

## ROCKY-TOP RELAXATION ROOM

Need a moment to recharge between conference sessions? Stop by the Rocky Top Relaxation Room located in the Rotunda to relax and unwind with DIY herbal teas, essential oils, puzzles, and calming activities.

## WELLNESS ACTIVITIES

Join us on Tuesday, Wednesday, and Thursday morning for Wellness Activities to get your day started. Check the daily schedule for start times and location. Registration for Wellness Activities is available at the Hospitality Desk. Please note that some activities have limited availability and are offered on a first-come, first-served basis, so we encourage you to register early!

### **Tuesday, September 29**

- Walk/Jog, Line Dancing & Tai Chi

### **Wednesday, September 30**

- Walk/Jog and Drums Alive

### **Thursday, October 1**

- Walk/Jog, Chair Yoga, Stay Strong Stay Healthy

## SILENT AUCTION & CASH POT FUNDRAISER

*Sponsored by the Sponsorship and Support Subcommittee*

### **CASH POT FUNDRAISER**

The Fundraiser will run throughout the conference, with the ticket reveal taking place at the close of the Exhibit Hall on Wednesday, September 30 at 5:30 PM. You do not have to be present to win.

### **SILENT AUCTION**

**Wednesday:** 12:00 PM – 5:30 PM

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

### **DONATED ITEMS**

If you have a donated item for the Silent Auction, you may drop it off at the Silent Auction Desk during the hours listed below. Located in the Henley Meeting Room on the 3rd floor.

**Sunday:** 4:00 PM – 6:00 PM

**Monday:** 12:00 PM – 3:00 PM

**Tuesday:** 10:30 AM – 11:30 AM

**Wednesday:** 7:00 AM – 10:00 AM

### **WINNERS BID ITEM ANNOUNCEMENT AND PICKUP**

Thursday, October 1 at the Silent Auction Room located in the Henley Meeting Room on the 3rd floor.

- Winners Announced: 9:30 AM – 10:30 AM
- Item Pickup: 9:45 AM – 12:00 PM

## SERVICE PROJECT

Support the 2026 NEAFCS Annual Session Service Project, Dolly Parton's Imagination Library in Tennessee. Funds raised through the NEAFCS Conference will provide financial support to Imagination Library local program partners with the greatest need, helping ensure all eligible children in their counties receive one book mailed to their home each month, at no cost to the family.



### **When donating follow these steps:**

- Click yes to “Would you like to designate your gift to a County Imagination Library program?”
- Use the drop-down menu to scroll to the bottom to select Statewide.

## LOST AND FOUND

Missing an item? Please check with the Registration Desk.

# 2026 SCHEDULE

## SUNDAY, SEPTEMBER 27, 2026

|                   |                                                |
|-------------------|------------------------------------------------|
| 9:00 AM – 3:00 PM | National Pre-Board Meeting                     |
| 4:00 PM – 6:00 PM | Registration Desk Open/Silent Auction Drop-off |

## MONDAY, SEPTEMBER 28, 2026

|                    |                                                                    |
|--------------------|--------------------------------------------------------------------|
| 7:00 AM – 5:00 PM  | Registration Desk Open/Service Project Drop-off                    |
| 8:00 AM – 11:00 AM | Pre-Conference Workshops ( <i>separate registration required</i> ) |
| 11:00 AM – 3:30 PM | Hospitality Desk Open                                              |
| 12:00 PM – 3:00 PM | Silent Auction Drop-off                                            |
| 12:00 PM – 6:00 PM | Setup for Showcase of Excellence Poster Presenters                 |
| 1:00 PM – 5:00 PM  | In-Depth Sessions ( <i>separate registration required</i> )        |
| 5:15 PM – 6:15 PM  | First Time Attendee Gathering                                      |

## TUESDAY, SEPTEMBER 29, 2026

*Meals provided: Breakfast, Dinner*

**School Pride Day!** Wear your school shirt or colors. Comfortable clothing appropriate.

|                   |                                                                |
|-------------------|----------------------------------------------------------------|
| 6:30 AM – 7:30 AM | Wellness Activities ( <i>Walk/Jog, Line Dancing, Tai Chi</i> ) |
| 7:00 AM – 1:15 PM | Registration Desk Open                                         |
| 7:00 AM – 4:00 PM | Showcase of Excellence Poster Displays Open for Viewing        |

|                     |                                                                    |
|---------------------|--------------------------------------------------------------------|
| 8:00 AM – 9:30 AM   | Regional Business Meetings & Awards Breakfast                      |
| 9:45 AM – 11:30 AM  | Concurrent Sessions                                                |
| 9:45 AM – 11:30 AM  | Life Member Meeting                                                |
| 10:30 AM – 11:30 AM | Silent Auction Drop-off                                            |
| 11:30 AM – 1:00 PM  | Rocky Top Relaxation Room Open                                     |
| 11:30 AM – 1:00 PM  | Hospitality Desk Open                                              |
| 11:30 AM – 1:00 PM  | Lunch on own                                                       |
| 1:00 PM – 2:45 PM   | Opening General Session                                            |
| 1:30 PM – 5:00 PM   | Exhibitor Setup                                                    |
| 2:45 PM – 3:00 PM   | Bus Loading for Dollywood ( <i>travel time 3:00 PM – 4:00 PM</i> ) |
| 4:00 PM – 8:00 PM   | Welcome Event & Dinner at Dollywood                                |
| 8:00 PM – 8:15 PM   | Bus Loading for Knoxville ( <i>travel time 8:15 PM – 9:15 PM</i> ) |

## WEDNESDAY, SEPTEMBER 30, 2026

*Meals provided: Lunch*

|                    |                                                         |
|--------------------|---------------------------------------------------------|
| 6:30 AM – 7:30 AM  | Wellness Activities ( <i>Walk/Jog, Drums Alive</i> )    |
| 7:00 AM – 10:00 AM | Silent Auction Drop-off                                 |
| 7:30 AM – 11:00 AM | Exhibitor Setup                                         |
| 7:00 AM – 5:00 PM  | Registration Desk Open                                  |
| 7:00 AM – 5:30 PM  | Showcase of Excellence Poster Displays Open for Viewing |

|                     |                                                                                                 |
|---------------------|-------------------------------------------------------------------------------------------------|
| 8:00 AM – 2:00 PM   | Marketplace                                                                                     |
| 8:00 AM – 4:00 PM   | Program Leaders Meeting – Day 1<br><i>(separate registration required)</i>                      |
| 8:30 AM – 12:00 PM  | Concurrent Sessions                                                                             |
| 9:30 AM – 10:30 AM  | NEAFCS National Board and Program Leaders Discussion                                            |
| 11:00 AM – 11:30 AM | Exhibit Hall Orientation<br><i>(Exhibitors only)</i>                                            |
| 12:00 PM – 3:00 PM  | Hospitality Desk Open                                                                           |
| 12:00 PM – 5:30 PM  | Exhibit Hall Open <i>(boxed lunch provided)</i><br><br>Silent Auction <i>(last bid 5:30 PM)</i> |
| 12:30 PM – 2:00 PM  | Exhibit Forums                                                                                  |
| 1:00 PM – 4:00 PM   | Rocky Top Relaxation Room Open                                                                  |
| 1:15 PM – 2:45 PM   | Leadership Event<br><i>(invitation only)</i>                                                    |
| 3:15 PM – 4:15 PM   | Showcase of Excellence Poster Staffed Time<br><i>(optional)</i>                                 |
| 3:15 PM – 5:00 PM   | Annual Business Meeting                                                                         |
| 5:00 PM – 6:30 PM   | State Photos                                                                                    |
| 5:30 PM             | States Night Out                                                                                |
| 5:30 PM – 7:00 PM   | Showcase of Excellence Poster Teardown                                                          |

## THURSDAY, OCTOBER 1, 2026

*Meals provided: Breakfast, Dessert*

|                     |                                                                             |
|---------------------|-----------------------------------------------------------------------------|
| 6:30 AM – 7:30 AM   | Wellness Activities <i>(Walk/Jog, Chair Yoga, Stay Strong Stay Healthy)</i> |
| 7:00 AM – 8:00 AM   | Showcase of Excellence Poster Display Teardown                              |
| 7:00 AM– 12:00 PM   | Registration Desk Open                                                      |
| 8:00 AM – 9:30 AM   | Closing Session & Breakfast                                                 |
| 9:30 AM - 10:30 AM  | Silent Auction Winners Announced                                            |
| 9:45 AM – 11:30 AM  | Concurrent Sessions                                                         |
| 9:45 AM – 12:30 PM  | Program Leaders Meeting – Day 2 <i>(separate registration required)</i>     |
| 10:00 AM – 11:30 AM | National Post-Board Meeting                                                 |
| 10:30 AM – 12:00 PM | Silent Auction Pick-up                                                      |
| 11:30 AM – 1:00 PM  | Lunch on own                                                                |
| 11:30 AM – 1:00 PM  | Rocky Top Relaxation Room Open                                              |
| 12:00 PM – 2:00 PM  | Hospitality Desk Open                                                       |
| 12:00 PM – 2:00 PM  | Past-President's Lunch                                                      |
| 1:00 PM – 2:45 PM   | Concurrent Sessions                                                         |
| 3:00 PM – 4:00 PM   | Affiliate Officer Meetings                                                  |
| 4:00 PM – 6:00 PM   | Dinner on own                                                               |
| 6:00 PM – 6:45 PM   | President's Appreciation Event                                              |
| 6:45 PM – 8:30 PM   | Closing National Awards Ceremony <i>(dessert, coffee)</i>                   |

# TUESDAY, SEPTEMBER 29, 2026

## CONCURRENT SESSIONS AT A GLANCE

|                                                        | 9:45 AM - 10:30 AM                                                                                   | 10:45 AM - 11:30 AM                                                                                                                 |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>4-H and Youth Development</b>                       | Investing in Youth Financial Capability: Bringing The Stock Market Game™ to 4-H                      | Comparing Agricultural Knowledge Gains: Field Trip Outcomes for Public and Private School Students                                  |
| <b>Economic &amp; Workforce Development</b>            | From Assets to Well-being: Building Community Vitality Through Extension Programming                 | Tree-mendous Teachers! A Nature-Based Early Childhood Professional Development Program                                              |
| <b>Education, Leadership, and Community Engagement</b> | Proven Best Practices for Engaging and Retaining Participants in Virtual Extension Programs          | How Professional Educators Share Digital Resources with Caregivers In-Person: Translational Practices in a Digital Age              |
|                                                        | Recovery Matters. You Matter.                                                                        | Spanish HED                                                                                                                         |
|                                                        | First Time Homebuyer Program "Spanish-Language Education Series"                                     |                                                                                                                                     |
| <b>Financial Health and Capability</b>                 | Money Week: Building Smart Money Habits - One Young Learner at a Time                                |                                                                                                                                     |
| <b>Food and Nutrition</b>                              |                                                                                                      | Developing a New Canning Recipe Can't be That Hard...                                                                               |
| <b>Health and Well-being</b>                           | Winter Wellness                                                                                      | Wellness in Action: A TenLesson Curriculum for Extension Educators                                                                  |
| <b>Lifespan Development and Family Relationships</b>   | Caring for Our Kin: Building National Partnerships to Strengthen Kinship Caregiver Support           | Art for Better Living                                                                                                               |
| <b>Trending Topics</b>                                 | What's New with Student Loans                                                                        | Meal Planning with Confidence: Adapting One Toolkit for Multiple Programs to Save Time, Money, Reduce Stress and Reduce Food Waste. |
|                                                        | Addressing Opioid Misuse in Rural Communities through Partnerships Between Extension and Social Work |                                                                                                                                     |

# WEDNESDAY, SEPTEMBER 30, 2026

## CONCURRENT SESSIONS AT A GLANCE

|                                                        | 8:30 AM -9:15 AM                                                                                                  | 9:30 AM - 10:15 AM                                                                             | 10:30 AM - 11:15 AM                                                                                                    | 11:30 AM - 12:00 PM                                                                                                                                   |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>4-H and Youth Development</b>                       |                                                                                                                   | Stretch. Breathe. Imagine.: A Resource of Themed Yoga Routines for Youth                       |                                                                                                                        |                                                                                                                                                       |
| <b>Committee</b>                                       |                                                                                                                   | Awards, What NOT to Do                                                                         | Access Is Not Enough: Building Trust, Engagement, and Opportunity Through Extension                                    |                                                                                                                                                       |
| <b>Education, Leadership, and Community Engagement</b> | Building Stronger Programs Together: A Cross-Disciplinary Model for Integrating Health and Horticulture Education | Addressing substance use in rural communities through a community engaged mapping framework    | Influencing Change through Storytelling: A Workshop for Extension Professionals                                        | Making Older Adults' Wellness a National Priority: Understanding Educational Needs Across Eight Dimensions of Wellness                                |
|                                                        | The People's University – Relationships Matter                                                                    |                                                                                                | Effective Program Design for Curriculum Development                                                                    |                                                                                                                                                       |
| <b>Environmental Health and Sustainability</b>         |                                                                                                                   | Extension's Collaborative Response to Calamitous Weather Events: Project Recovery Iowa         |                                                                                                                        |                                                                                                                                                       |
| <b>Financial Health and Capability</b>                 | Listening to Learn: What Secondary Educators Need to Effectively Teach Personal Finance                           | Beyond the Budget: Leveraging Multimedia Tools for Holistic Financial Well-Being               | Designing Learning That Sticks: Gamification in Family Financial Education Programming                                 | Reality Money Check: An Experiential, Research-Based Approach to Youth Financial Decision-Making                                                      |
|                                                        |                                                                                                                   |                                                                                                | Financial Fridays                                                                                                      |                                                                                                                                                       |
| <b>Food and Nutrition</b>                              | Teaching Healthy Eating and Grocery Budgeting through Grocery Store Tours                                         | Exploring the Germ Cave!                                                                       | Addressing College Food Insecurity by Incorporating Fresh Produce Distributions with Budget-Friendly Microwave Recipes | Field to Fork                                                                                                                                         |
| <b>Health and Well-being</b>                           | From Awe to Action: Implementing and Evaluating Dark Sky Experiences for Rural Mental Health                      | Strengthening Vaccine Conversations During Measles Outbreaks Through Motivational Interviewing | Strong Bodies Program Shows Benefits for Aging Adults                                                                  | StrongPeople Strong Bodies Fosters Social Connections and Supports Sustained Engagement in Strength-building Activities Among Middle and Older Adults |
|                                                        | The Mental Wellness Conversation Curriculum                                                                       |                                                                                                |                                                                                                                        | Stitch By Stitch: Supporting Mental Wellbeing Through Hand Stitchery                                                                                  |

*continued*

## WEDNESDAY, SEPTEMBER 30, 2026, CONTINUED

|                                                      |                                                                                           |                                                                                                               |                                                                                     |                                                                                                       |
|------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Lifespan Development and Family Relationships</b> |                                                                                           | From Pandemic Response to Sustainable Practice: Creating Effective Online Learning for Parents and Caregivers | Development and Evaluation of a Nutrition Education Program for Emerging Adults     | Behind the Scenes of Empowering Parenthood: How to Plan and Execute a Meaningful Maternal Health Expo |
|                                                      |                                                                                           |                                                                                                               |                                                                                     | Age-Friendly Ocean County: The Implementation of a Multisector Plan for Aging                         |
| <b>Skill-Based</b>                                   | Leveraging Learning Management Systems (LMS) to Build Online Extension Courses            | Breaking Through Tough Conversations: Communication Skills for All                                            | Dining with Diabetes Curriculum Updates                                             |                                                                                                       |
| <b>Technology</b>                                    | Penn State Extension - Food & Health Social Media Education Initiative                    |                                                                                                               |                                                                                     |                                                                                                       |
| <b>Trending Topics</b>                               | Beyond More Effort: How Structural Redesign Transformed High Demand Extension Programming |                                                                                                               | Beyond the Menu: Committee-led Community Dinners Bring Local Resources to the Table |                                                                                                       |

## THURSDAY, OCTOBER 1, 2026 CONCURRENT SESSIONS AT A GLANCE

|                                                        | 9:45 AM - 10:30 AM                                                                                                 | 10:45 AM - 11:30 AM                                                  | 1:00 PM - 1:45 PM                                                                                                       | 2:00 PM - 2:45 PM                                                                         |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>4-H and Youth Development</b>                       | Growing Healthy Connections: Relationship Education for Youth                                                      | Youth Leading Change: An Experiential 4-H Model to Reduce Food Waste | Many Hands Working Towards a Change: Youth Health and Wellness Ambassadors, A Peer-Led Approach to Community Well-Being | Youth Exploring, Empowering and Experiencing 4-H Financial Health and Capability          |
|                                                        |                                                                                                                    |                                                                      | Skyward: Recalibrating Life Under the Stars                                                                             |                                                                                           |
| <b>Committee</b>                                       |                                                                                                                    |                                                                      |                                                                                                                         | Bring Innovation to Your Extension Effort Story In The Changing World                     |
| <b>Economic and Workforce Development</b>              | Planning for Life After High School: Helping Families Navigate What's Next                                         |                                                                      | Empowering Entrepreneurs                                                                                                |                                                                                           |
| <b>Education, Leadership, and Community Engagement</b> | A Recipe for Stronger Families: Delivering Literacy, Nutrition, and Parenting Education through Family Programming |                                                                      | Growing on Purpose: Three Laws Every Extension Professional Can Use to Lead and Thrive                                  | Examination of the Utility of Implementing Dr. Yum's Food Adventure through FCS Extension |

*continued*

# THURSDAY, OCTOBER 1, 2026, CONTINUED

|                                                      |                                                                                                                                                  |                                                                                                                                                        |                                                                                                                                           |                                                                                                                                                                 |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Financial Health and Capability</b>               | Using Book Clubs to Build Financial Capability and Foster Extension Collaboration                                                                | Organize this! Explore, Adapt, and Implement for Local Impact                                                                                          | More Than a Refund: Transforming Tax Appointments Into Financial Education Moments                                                        | Home Price Halt: How CLTs Let Families Keep More in Their Pockets                                                                                               |
| <b>Food and Nutrition</b>                            | On the Move: How a Mobile Kitchen Cart is Taking FCS Into the Community                                                                          | Translating Evidence into Action: Empowering Families to Reduce Food Allergy Risk Through Early Introduction                                           | Cultivating Capacity and Improving Food Security Through Hands-on Gardening Education                                                     | Engaging Consumers in Local and Nontraditional Food Retail to Improve Food Access and Healthy Eating Behaviors                                                  |
|                                                      |                                                                                                                                                  | Cottage Foods 101 Pilot: Program Outcomes from Hillsborough and Wakulla, Florida                                                                       |                                                                                                                                           |                                                                                                                                                                 |
| <b>Health and Well-being</b>                         | Promoting Dignity and Access: Tackling Stigma in Food Security and School Meals                                                                  | Unlocking Community Capacity for Diabetes Self-Management                                                                                              | Cultivating Wellness in Farm Communities Through Collaboration: Action Steps from a Statewide Forum                                       | Strengthening Health and Communities through Immunization Supplemental Messaging and Resources for EFNEP Professionals: Preliminary Results of a Regional Pilot |
|                                                      | Stronger Together: The Power of Rural Collaboration for Suicide Prevention and 988 Awareness                                                     |                                                                                                                                                        |                                                                                                                                           | From Training to Impact: A Two-Year Evaluation of Mental Health First Aid for Extension Workforce Competency                                                    |
| <b>Lifespan Development and Family Relationships</b> |                                                                                                                                                  | Respect: What, Why, and How                                                                                                                            |                                                                                                                                           | Let's Go Outside! Can You Find?                                                                                                                                 |
| <b>Skill-Based</b>                                   |                                                                                                                                                  | Paper or Digital: Comparison of Data Collection Methods of In Person Co-Parenting Education                                                            | Using Creative Activities and Health Education Information to Build Community Protective Factors: Overview of the Crafting Change Program |                                                                                                                                                                 |
| <b>Technology</b>                                    | Seizing the Moment: How Cooperative Extension Can Capture the News Cycle                                                                         | Leveraging Artificial Intelligence (AI) to Advance Nutrition Education: Developing and Deploying Evidence-Based AI Chatbots for Health Behavior Change | Expanding Reach: The Power of Multi-State Online Teaching                                                                                 | From Research to Relevance: Using Canva and CapCut to Create Engaging Educational Content                                                                       |
| <b>Trending Topics</b>                               | From Burnout to Belonging: Research-Informed Strategies to Strengthen Professional Fulfillment, Psychological Capital, and Faculty Self-Efficacy |                                                                                                                                                        |                                                                                                                                           |                                                                                                                                                                 |

# SILENT AUCTION



KNOXVILLE, TN ★ Sept. 28 - Oct. 1, 2026

## SUPPORT | CELEBRATE | EMPOWER

*What?*

**Silent Auction | One Day Only!**



*When?*

**Wednesday | September 30 | 12pm to 5:30pm**

*Why?*

**Did You Know Our NEAFCS Members outstanding achievements are recognized through the funds raised from the Silent Auction and Cash Pot Fundraiser?**

*How?*



- Join the fun & support the recognition of our colleagues!
- Bid generously and often!
- Contribute amazing have-to-have items!
- Contribute to Cash Pot Fundraiser!
- Feel great by supporting the Awards and Recognition Committee in their funding raising efforts.
- Your participation directly supports the recognition of excellence within NEAFCS. You make it all possible



# WILDLIFE

## IN NE TENNESSEE



**BLACK BEAR**



**TIMBER RATTLESNAKE**



**COPPERHEAD**



**BOBCAT**



**WILD HOGS**



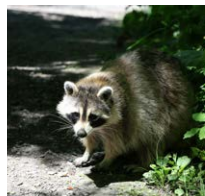
**COYOTE**



**OPOSSUM**



**BALD EAGLE**



**RACCOON**



**BATS**

Tennessee is home to a diverse Ecosystem of wildlife and insects. Even though it maybe rare to have an encounter with certain wildlife being prepared will keep you and local wildlife safe. The Knoxville area does have a high population of ticks that carry Lyme disease and Rocky Mountain Spotted Fever, if you plan to spend time outdoors please protector yourself.



## OUTDOOR SAFETY TIPS

# Bear Encounters

**Bears prefer to avoid people whenever possible**, but both black bears and grizzly bears are powerful wild animals and may defend themselves when surprised or feeling threatened. Deliberate attacks on people are very rare. **Always base how you respond in any bear encounter on the bear's behavior, not the species.**



*A standing bear is not being aggressive. The bear is trying to get a better look and smell so it can figure out if you are a threat and identify an escape route.*

**DEFENSIVE BEAR BEHAVIOR** — Bears often behave defensively when surprised, feeling cornered or protecting their food or cubs. Their blustery behavior is meant to warn you to stay away. It seems scary, but it's a sign of stress, not an impending attack.

**Surprising a bear at close range** is both the most common cause of incidents that result in injuries **and the most avoidable.**

**CURIOUS BEAR BEHAVIOR** — Young bears testing their boundaries or looking for food sometimes boldly approach people on trails or in camp, and may even swat at you.

**PREDATORY BEAR BEHAVIOR** — True predatory behavior is both very rare and very different from the behavior of a nervous defensive bear. The bear won't bluster, vocalize, charge or try to intimidate you. It will be calm and purposeful, methodically approaching or silently circling or following you with ears erect.



## BearWise® Safety Tips

**Carry bear spray** and know how to use it.



**Hike with others** (3 or more in grizzly country).

**Stay alert and stay together.**

**Make noise frequently.** Clap hands, talk loudly, use a whistle. Be extra alert when conditions make it hard to hear or limit visibility.



**Stay on designated trails.**

Bears know people use trails and generally avoid them during the day. Going off trail increases your chances of an encounter.

**Never run from a bear.**

**Never climb a tree.**

**Never approach bears.**

**Never feed bears.**



*continued >*

## Keep a Bear Sighting from Turning Into an Encounter

**If you see a bear that is not aware of you, do not approach.**  
**Enjoy this special moment, then move away quietly; do not run.**



Black Bear

American black bears live throughout North America, from Alaska and Canada to Mexico.



Learn More: [BearWise.org](http://BearWise.org)

Grizzly bears live in Montana, Wyoming, Idaho, Washington, Alaska and Canada.



Grizzly Bear

# 2026 ANNUAL SESSION AGENDA

## SUNDAY, SEPTEMBER 27, 2026

*All meetings and events will be held at the Knoxville Convention Center, unless otherwise specified in the schedule below.*

**9:00 AM – 3:00 PM**

**National Pre-Board Meeting**

**ROOM: 301 E**

**4:00 PM – 6:00 PM**

**Silent Auction Drop-off**

**ROOM: HENLEY MEETING ROOM**

**4:00 PM – 6:00 PM**

**Registration Desk Open**

**ROOM: CLINCH CONCOURSE, 3RD FLOOR**

## For Attendees - Knoxville, TN



### Visitor Information

Take a timeout and experience Knoxville!



### Attendee Savings

Download the Visit Knoxville App to save!



### Downtown Dining

Over 90 restaurants in walking distance.



### Downtown Bus

Fare-Free options for downtown Knoxville.



# MONDAY, SEPTEMBER 28, 2026

*All meetings and events will be held at the Knoxville Convention Center, unless otherwise specified in the schedule below.*

## MONDAY SCHEDULE AT A GLANCE

|                    |                                                                    |
|--------------------|--------------------------------------------------------------------|
| 7:00 AM – 5:00 PM  | Registration Desk Open/Service Project Drop-off                    |
| 8:00 AM – 11:00 AM | Pre-Conference Workshops ( <i>separate registration required</i> ) |
| 11:00 AM – 3:30 PM | Hospitality Desk Open                                              |
| 12:00 PM – 3:00 PM | Silent Auction Drop-off                                            |
| 12:00 PM – 6:00 PM | Setup for Showcase of Excellence Poster Presenters                 |
| 1:00 PM – 5:00 PM  | In-Depth Sessions ( <i>separate registration required</i> )        |
| 5:15 PM – 6:15 PM  | First Time Attendee Gathering                                      |

**7:00 AM – 5:00 PM**  
**Registration Desk Open**  
 ROOM: CLINCH CONCOURSE,  
 3RD FLOOR



**7:00 AM – 7:45 AM**  
**Continental Breakfast**  
 for pre-conference workshop  
 participants only.  
 ROOM: WEST CONCOURSE



**Get Involved –  
 Join an NEAFCS  
 Committee!**

### LOOKING FOR WAYS TO CONNECT, CONTRIBUTE, AND GROW YOUR LEADERSHIP SKILLS?

NEAFCS Committees are the heart of our association—driving ideas, shaping programs, and supporting members.

Stop by the Exhibit Hall on Wednesday to learn more about each committee, explore their upcoming action plans, and discover where your skills and passion fit best!

# PRE-CONFERENCE WORKSHOPS

MONDAY, SEPTEMBER 28, 2026

8:00 AM – 11:00 AM



## Building Better Meals

ROOM: 300 C, 3RD FLOOR

***Presenter: Valerie Bass, Extension Director of the Tennessee Beef Industry Council***

**T**his 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



## MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED

**Don't Leave it to Chance**

**ROOM: 300 B, 3RD FLOOR**

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

**D**on'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



***Byrd***



***Tillman***

## MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



### Restore and Rise: Rebuilding Life After Addiction

ROOM: 300 A, 3RD FLOOR

#### Presenters:

**Dr. Katie Conrad, Extension Specialist II and Web-Based Specialist for the University of Tennessee**

**Clint Cummings, Extension Specialist and Project Director of Skill Up Tennessee**

**Jeremy Kourvelas, MPH, CPM, Program Coordinator, University of Tennessee Substance Misuse, Addiction Resource for Tennessee (SMART) Initiative**

**Dr. Kristin Riggsbee, Extension Specialist and Assistant Professor for the University of 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 will gain insight into current substance use and overdose trends, policy responses, and the recovery ecosystem, along with the effects of addiction on the brain, body, and mental health. Participants will also receive practical guidance on nutrition, accessing food resources, workforce readiness, and building recovery capital. By combining education with skill-building and examples of Extension programming with recovery audiences, participants will leave with tools to help individuals rebuild healthy routines, strengthen connections and independence, and sustain long-term recovery. The workshop will be presented by three University of Tennessee Extension Specialists and a substance use policy and recovery expert from the UT SMART Initiative.

#### Learning Objectives:

- Be able to educate and support individuals in recovery by addressing key areas essential to long-term stability and success.
- Gain insight into current substance use and overdose trends and the effects of addiction on the brain, body, and mental health, along with practical guidance on nutrition, accessing food resources, workforce readiness, and building recovery capital.
- Leave with tools and examples of Extension programming to help individuals in recovery rebuild healthy routines, strengthen connections and independence, and sustain long-term recovery.



**Conrad**



**Cummings**



**Kourvelas**



**Riggsbee**

**11:00 AM – 3:30 PM**

**Hospitality Desk Open**

*ROOM: CLINCH INFO DESK,  
3RD FLOOR*



**1:00 PM – 5:00 PM**

**In-Depth Sessions**

*See in-depth session grid on the next page for additional information.*

**12:00 PM – 3:00 PM**

**Silent Auction Drop-off**

*ROOM: HENLEY MEETING  
ROOM, 3RD FLOOR*



**5:15 PM – 6:15 PM**

**First Time Attendee Gathering**

*ROOM: BALLROOM A, 3RD  
FLOOR*

This meeting is open to first time Annual Session attendees only. Dinner will not be provided. An optional group dinner will follow the gathering.

**12:00 PM – 6:00 PM**

**Setup for Showcase of  
Excellence Poster Presenters**

*ROOM: HENLEY BALLROOM  
CONCOURSE, 3RD FLOOR*

## THANK YOU TO OUR 2025-2026 OUTGOING BOARD MEMBERS

**Elizabeth Renfro** – *Affiliate Tri-Liaison*

**Lacy Yeley** – *Affiliate Tri-Liaison*

**Shay Davis** – *Affiliate Tri-Liaison*

**Lisa Fishman** – *Eastern Region Director*

**Sheila Gains** – *Western Region Director*

**Susan Moore** – *Vice President Professional Development*

**Troy Anderson** – *Vice President Member Resources*

**Cindy Thompson** – *Secretary*

**Christine Zellers** – *President-Elect*

**Jennifer Bridge** – *Immediate Past President*

**Dianne Christensen** – *President*

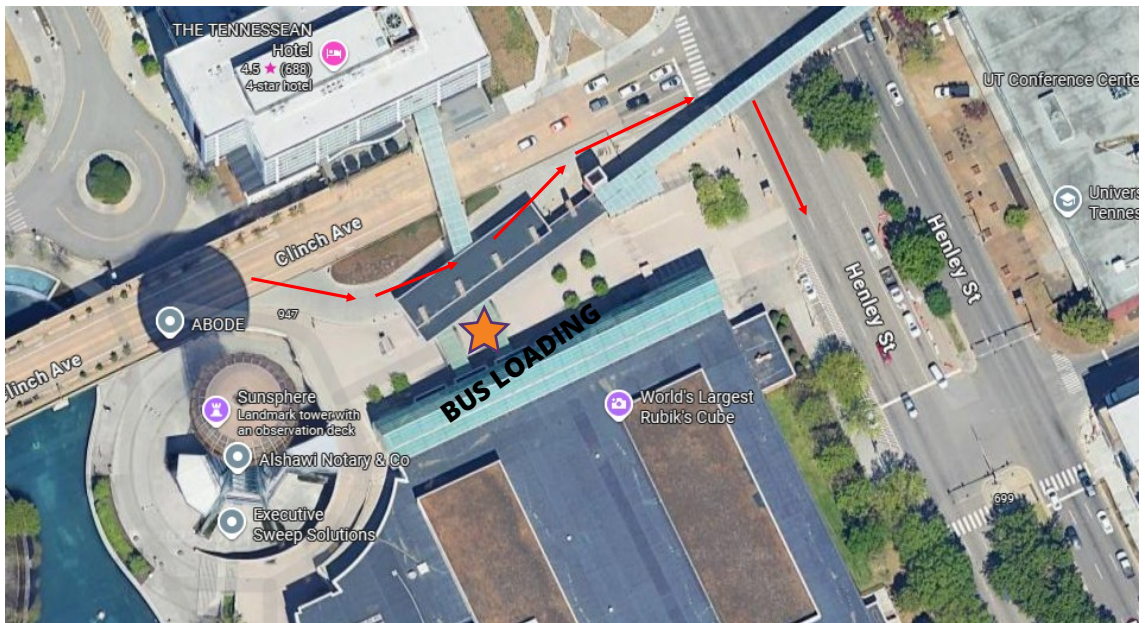
# IN-DEPTH SESSIONS

Monday 1:00 PM – 5:00 PM

See ticket for bus loading and departure time. Buses will load at the Knoxville Convention Center

| IN-DEPTH SESSION TITLE                            | PROGRAM AREA                                               | LOCATION | BUS #/ROOM#                                                                |
|---------------------------------------------------|------------------------------------------------------------|----------|----------------------------------------------------------------------------|
| <b>Museum of Appalachia</b>                       | Education, Leadership, and Access, Engagement and Outreach | Offsite  | 1                                                                          |
| <b>Ijams Nature Center &amp; Navitat</b>          | Health & Well-being                                        | Offsite  | 2                                                                          |
| <b>Ancient Lore Experience</b>                    | Trending Topics                                            | Offsite  | 3                                                                          |
| <b>Cruze Farms Dairy Experience</b>               | Nutrition & Foods                                          | Offsite  | 4                                                                          |
| <b>UT Creamery Lab Tour &amp; UT Gardens Walk</b> | Nutrition & Foods                                          | Offsite  | 5                                                                          |
| <b>Downtown Knoxville History Tour</b>            | Economic and Workforce Development                         | Offsite  | Walking. Meet outside clinch concourse doors (Clinch Ave. side of Center). |
| <b>Money Habitudes Train-the-Practitioner</b>     | Consumer Economics                                         | Onsite   | Room 301 A, 3rd Floor                                                      |

## BUS LOADING MAP



# TENNESSEE ANNUAL SESSION COMMITTEE MEMBERS

## PRE-CONFERENCE SESSIONS

Co-Chair: Stacy Clark  
Co-Chair: Sondra Thorne  
Dr. Priscilla Ayine  
Anna Belk  
Dr. Karen Franck  
Emma Mars  
Michelle Matthews  
Alexis Trice

## MARKETING

Sarah Arnold  
Crystal Blankenship  
Dr. Lynn Brookins  
Meagan Brown  
Carla Bush  
Donna Calhoun  
Joel Clark  
Shay Davis  
Katie Dees  
Dr. Matthew Devereaux  
Rachel Erwin  
Beatrice Harris  
Amanda Huggins  
Heather Kyle  
Patricia Paden  
Deanna Poole  
Elizabeth Renfro  
Casey Roberts  
Lacy Yeley

## HOSPITALITY AND LOGISTICS

Chair: Misty Layne-Watkins  
Sarah Arnold  
Jenny Biggs  
Kathy Brown  
Ebony' Colclough  
Marci Hethmon  
Patricia Paden  
Brittany Satinover  
Melinda Spooner  
Melissa Standley  
Raquel Victor  
Janette Walker

## LEADERSHIP EVENT

Chair: Kane Reeves  
Chancey Chapman  
Jamya Douglas  
Brenda Hannah

## MARKETPLACE

Co-Chair: Jacklyn Blair  
Co-Chair: Rebecca Layman  
Crystal Blankenship  
Carol Brandon  
Sarah King  
Christen Newby-Hood  
Megan Shelton  
Lucy Timbs  
Lauren Wells

## FUNDRAISING

Co-Chair: Shelly Barnes  
Co-Chair: Carla Bush  
Dr. Lynn Brookins  
Dr. Beatrice Harris  
Heather Kyle  
Mary Orloff  
Michelle Parrott  
Joy Powell

## IN DEPTH SESSIONS

Co-Chair: Susan Connor  
Co-Chair: Lydia Hoskins  
Kaysie Adkins  
Sarah Balance  
Catherine Colson  
Mary Draper  
Allyson Harmon  
Amanda Huggins  
Tessa Humphreys  
Mary Beth Lima  
Lisa McMahan  
Patricia Paden  
Lauren Patterson  
June Puett  
Kristen Riggsbee  
Jenny Smith  
Mary Tyler  
Amanda Woody  
Lauren Woods

## DECORATIONS

Chair: Mary Beth Henley  
Christopher T. Sneed  
Donna Calhoun  
Lendsey Russell  
Paula May  
Rachel Erwin  
Katie Dees  
Rebecca Seratt  
Piper Smith  
Amy Lipe  
Aliyah Young

## WELLNESS/REST AND RELAXATION ROOM

Chair: Kinsey Hixson  
Aimee Alberd  
Jennifer Banks  
Haley Barnes  
April Berntson  
Mallory Christian  
Catherine Coalson  
Laura Clark  
Olivia Deason  
Alexis Dixon  
Kailee Flowers  
Kinsey Hixson  
Michelle Matthews  
Lisa McMahan  
Rebekah Melton  
Anna Nelson  
Terri Orr  
June Puett  
Abby Ramsey  
Storie Ray

## OPENING AND CLOSING SESSION

Chair: Lauren Woods  
Rita Jackson  
Mary Beth Lima

## OPENING AND CLOSING SPEAKERS

Co-Chair: Sarah Kite  
Co-Chair: Sarah Poole  
Co-Chair: Tennille Short  
Anna Nelson  
Patricia Paden  
Priscilla Short

## WELCOME EVENT

Co-Chair: Meagan Brown  
Co-Chair: Michele Atkins  
Jenny Biggs  
Crystal Blankenship  
Mary Donahue  
Connie Greiner  
Adeline Johnson  
Kristen Jones  
Michaela Pedigo  
Deanna Poole  
Mary Tyler

## AUDIO VISUAL

Joel Clark

# TUESDAY, SEPTEMBER 29, 2026

*All meetings and events will be held at the Knoxville Convention Center, unless otherwise specified in the schedule below.*

**SCHOOL PRIDE DAY! Wear your school shirt or colors.**

## TUESDAY SCHEDULE AT A GLANCE

|                     |                                                                    |
|---------------------|--------------------------------------------------------------------|
| 6:30 AM – 7:30 AM   | Wellness Activities ( <i>Walk/Jog, Line Dancing, Tai Chi</i> )     |
| 7:00 AM – 1:15 PM   | Registration Desk Open                                             |
| 7:00 AM – 4:00 PM   | Showcase of Excellence Poster Displays Open for Viewing            |
| 8:00 AM – 9:30 AM   | Regional Business Meetings & Awards Breakfast                      |
| 9:45 AM – 11:30 AM  | Concurrent Sessions                                                |
| 9:45 AM – 11:30 AM  | Life Member Meeting                                                |
| 10:30 AM – 11:30 AM | Silent Auction Drop-off                                            |
| 11:30 AM – 1:00 PM  | Rocky Top Relaxation Room Open                                     |
| 11:30 AM – 1:00 PM  | Hospitality Desk Open                                              |
| 11:30 AM – 1:00 PM  | Lunch on own                                                       |
| 12:00 PM – 1:00 PM  | Focus Group                                                        |
| 1:00 PM – 2:45 PM   | Opening General Session                                            |
| 1:30 PM – 5:00 PM   | Exhibitor Set-up                                                   |
| 2:45 PM – 3:00 PM   | Bus Loading for Dollywood ( <i>travel time 3:00 PM – 4:00 PM</i> ) |
| 4:00 PM – 8:00 PM   | Welcome Event & Dinner at Dollywood                                |
| 8:00 PM – 8:15 PM   | Bus Loading for Knoxville ( <i>travel time 8:15 PM – 9:15 PM</i> ) |

*Registration for Wellness Activities is available at the Hospitality Desk. Please note that some activities have limited availability and are offered on a first-come, first-served basis, so we encourage you to register early!*



### 6:30 AM – 7:30 AM

#### **Walk/Jog**

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**

##### **ROOM: ROTUNDA, 3RD FLOOR**

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!



### 7:00 AM – 7:30 AM

#### **Tai Chi**

##### **ROOM: ROTUNDA, 3RD FLOOR**

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 Desk Open***ROOM: CLINCH CONCOURSE,  
3RD FLOOR***7:00 AM – 4:00 PM****Showcase of Excellence Poster  
Displays Open for Viewing***ROOM: HENLEY BALLROOM  
CONCOURSE, 3RD FLOOR***8:00 AM – 9:30 AM****Regional Business Meetings  
and Awards Breakfast***CENTRAL REGION – BALLROOMS  
BC, 3RD FLOOR**EASTERN REGION – 300 AB, 3RD  
FLOOR**SOUTHERN REGION –  
BALLROOMS EFG, 3RD FLOOR**WESTERN REGION – 300 CD, 3RD  
FLOOR***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****ROOM: 301D, 3RD FLOOR**

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****ROOM: 200 E, 2ND FLOOR**

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****ROOM: 200 A, 3RD FLOOR**

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****ROOM: 301 B, 3RD FLOOR**

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 Memorial Award Regional Winners Co-Presentation**

*Track: Education, Leadership, and  
Community Engagement*

**ROOM: 301 C, 3RD FLOOR**

### **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.

### **Recovery Matters. You Matter.**

*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**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 200 C, 2ND FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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**

**ROOM: 301 A, 2ND FLOOR**

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**

**ROOM: 301 E, 3RD FLOOR**

**10:30 AM – 11:30 AM**

**Silent Auction Drop-off**

**ROOM: HENLEY MEETING ROOM,  
3RD FLOOR**

**10:45 AM - 11:30 AM**

**CONCURRENT SESSIONS**



**Art for Better Living**

**Innovation in Programming Award**

*Track: Lifespan Development and*

*Family Relationships*

*Presenter(s): Melissa Cook*

**STATE: WY**

**ROOM: 301 C, 3RD FLOOR**

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**

**ROOM: 200 C, 2ND FLOOR**

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...**

**NEAFCS Endowment Grant Recipient**

*Track: Food and Nutrition*

*Presenter(s): Shauna Henley*

**STATE: MD**

**ROOM: 301 B, 3RD FLOOR**

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

**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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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.

**11:30 AM – 1:00 PM**

## **Rocky-Top Relaxation Room Open**

**ROOM: ROTUNDA, 3RD FLOOR**

**11:30 AM – 1:00 PM**

## **Hospitality Desk Open**

**ROOM: CLINCH INFO DESK, 3RD FLOOR**

**11:30 AM – 1:00 PM**

## **Lunch on own**

**12:00 PM – 1:00 PM**

## **Institute for Advancing Health Through Agriculture -Texas A&M AgriLife Focus Group**

**ROOM: 200 A**

**1:00 PM – 2:45 PM**

## **Opening General Session with Keynote, Christine Williamson**

**ROOM: BALLROOMS EFG, 3RD FLOOR**

See page 35 for more information about our Keynote.

**1:30 PM – 5:00 PM**

## **Exhibitor Setup**

**2:45 PM – 3:00 PM**

## **Bus Loading to Dollywood**

Buses depart from Clinch Ave. (see page 27 for the map). Tickets and meal vouchers will be distributed on the bus. Driving separately? Be sure to meet one of the NEAFCS Staff at the park entrance to collect your ticket and voucher.

**4:00 PM – 8:00 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.

**8:00 PM – 8:15 PM**

## **Bus Loading to Knoxville**

Buses pickup from bus parking lot and will leave as soon as they are full. The last bus will depart promptly at 8:15 PM.



# OPENING GENERAL SESSION AGENDA

Tuesday 1:00 PM – 2:45 PM

*School shirt and comfortable attire appropriate.*

TUESDAY

## Opening Slideshow

Virtual Parade of States by Regional Directors

## Welcome

**Elizabeth Renfro, Lacy Yeley, Shay Davis**

NEAFCS Tri-Liaisons

## Flag Ceremony and Pledge of Allegiance

Eastern Region 4-H All Star Council

## Greetings

**Dianne Christensen**, NEAFCS President

**Dr. Keith Carver**, Senior Vice Chancellor/Senior Vice President, University of Tennessee  
Institute of Agriculture

**Dr. Tom Broyles**, Interim Associate Dean of Extension for Tennessee State University College  
of Agriculture

**Susan Moore**, NEAFCS VP for Professional Development

## Keynote Presentation: Welcome to the Volunteer State!

**Christine Electra Williamson**

## AAFCS/FCS Alliance Presentation

**Samantha Kennedy**, Director-at-Large

## USDA/NIFA Presentation

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

## JCEP Presentation

**Jennifer Bridge**, NEAFCS Immediate Past President

## Candidate Introductions

**Jennifer Bridge**, NEAFCS Immediate Past President and Nominating Committee Chair

## NEAFCS Recognition

2025-2026 NEAFCS Affiliate Leaders, Past National Presidents, and National Executive Board

**Chris Kniep**, NEAFCS Historian

**Christi Demitz**, NEAFCS Leadership Experience Chair; 2026 Class

**Cindy Thompson**, Secretary, Ambassador Committee Liaison  
Journal of NEAFCS Contributors

## 2026 Sponsor & Donor Recognition

## Service Project: Imagination Library in Tennessee

## Announcements & Closing

# OPENING GENERAL SESSION KEYNOTE

Tuesday, September 29 | 1:00 PM – 2:45 PM

ROOM: BALLROOM EFG – KNOXVILLE CONVENTION CENTER

## Welcome to the Volunteer State!

**Christine Williamson**

**V**olunteerism 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.

*Attendees will leave with a renewed perspective on their role as changemakers and practical insight into amplifying their impact through everyday acts of service.*



TUESDAY

# WEDNESDAY, SEPTEMBER 30, 2026

All meetings and events will be held at the Knoxville Convention Center, unless otherwise specified in the schedule below.

## WEDNESDAY SCHEDULE AT A GLANCE

|                     |                                                                           |
|---------------------|---------------------------------------------------------------------------|
| 6:30 AM – 7:30 AM   | Wellness Activities ( <i>Walk/Jog, Drums Alive</i> )                      |
| 7:00 AM – 10:00 AM  | Silent Auction Drop-off                                                   |
| 7:30 AM – 11:00 AM  | Exhibitor Setup                                                           |
| 7:00 AM – 5:00 PM   | Registration Desk Open                                                    |
| 7:00 AM – 5:30 PM   | Showcase of Excellence Poster Displays Open for Viewing                   |
| 8:00 AM – 2:00 PM   | Marketplace                                                               |
| 8:00 AM – 4:00 PM   | Program Leaders Meeting – Day 1 ( <i>separate registration required</i> ) |
| 8:30 AM – 12:00 PM  | Concurrent Sessions                                                       |
| 9:30 AM – 10:30 AM  | NEAFCS National Board and Program Leaders Discussion                      |
| 11:00 AM – 11:30 AM | Exhibit Hall Orientation ( <i>Exhibitors only</i> )                       |
| 12:00 PM – 3:00 PM  | Hospitality Desk Open                                                     |
| 12:00 PM – 5:30 PM  | Exhibit Hall Open ( <i>boxed lunch provided</i> )                         |
|                     | Silent Auction ( <i>last bid 5:30 PM</i> )                                |
| 12:30 PM – 2:00 PM  | Exhibit Forums                                                            |
| 1:00 PM – 4:00 PM   | Rocky Top Relaxation Room Open                                            |
| 1:15 PM – 2:45 PM   | Leadership Event ( <i>invitation only</i> )                               |
| 2:00 PM – 3:00 PM   | Focus Group                                                               |
| 3:15 PM – 4:15 PM   | Showcase of Excellence Poster Staffed Time ( <i>optional</i> )            |
| 3:15 PM – 5:00 PM   | Annual Business Meeting                                                   |
| 5:00 PM – 6:30 PM   | State Photos                                                              |
| 5:30 PM             | States Night Out                                                          |
| 5:30 PM – 7:00 PM   | Showcase of Excellence Poster Teardown                                    |

*Registration for Wellness Activities is available at the Hospitality Desk. Please note that some activities have limited availability and are offered on a first-come, first-served basis, so we encourage you to register early!*



### 6:30 AM – 7:30 AM

#### Wellness Activity - Walk/Jog

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**

**Wellness Activity - Drums  
Alive**

**ROOM: ROTUNDA, 3RD FLOOR**

Join us for 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 – 7:30 AM**

**Wellness Activity - Drums  
Alive**

**ROOM: ROTUNDA, 3RD FLOOR**

*See description above.*

**7:00 AM – 10:00 AM**

**Silent Auction Drop-off**

**ROOM: HENLEY MEETING ROOM,  
3RD FLOOR**

**7:30 AM – 11:00 AM**

**Exhibitor Setup/Silent Auction  
Setup**

**ROOM: BALLROOMS A-D, 3RD  
FLOOR**

**7:00 AM – 5:00 PM**

**Registration Desk Open**

**ROOM: CLINCH CONCOURSE,  
3RD FLOOR**

**7:00 AM – 5:30 PM**

**Showcase of Excellence Poster  
Displays Open for Viewing**

**ROOM: HENLEY CONCOURSE,  
3RD FLOOR**

**8:00 AM – 2:00 PM**

**Marketplace**

**ROOM: CUMBERLAND  
CONCOURSE, 3RD FLOOR**

**8:00 AM – 4:00 PM**

**National Program Leaders  
Meeting Day 1**

*(separate registration required)*

**ROOM: 300 AB, 3RD FLOOR**

**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**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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.

## 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**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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.



## The People's University - Relationships Matter

*Track: Education, Leadership, and*

*Community Engagement*

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

**STATE: MULTI-STATE**

**ROOM: 301 C, 3RD FLOOR**

AI, Google or Extension – why choose 160-year-old Extension Education? Learn how trusting relationships among educators, participants and partners has been essential to Extension Education in the past and key to its relevance in the future.

## Teaching Healthy Eating and Grocery Budgeting through Grocery Store Tours

*Track: Food and Nutrition*

*Presenter(s): Shari Bresin*

**STATE: FL**

**ROOM: 200 C, 2ND FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**  
**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**

**ROOM: 200 C, 2ND FLOOR**

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**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**ROOM: 301 C, 3RD FLOOR**

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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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.

**9:30 AM – 10:30 AM**

## **NEAFCS Board and Program Leader Discussion**

**ROOM: 300 AB, 3RD FLOOR**

**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-STATE**

**ROOM: 301 C, 3RD FLOOR**

Strengthen your Extension practice through strategies that address barriers to participation, enhance community responsiveness, and support development of inclusive, evidence-based programs that improve outcomes

## **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**

**ROOM: 200 C, 2ND FLOOR**

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.

**WEDNESDAY**

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

*Track: Trending Topics*

*Presenter(s): Kimberly Moore*

**STATE: DE**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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**

**ROOM: 301 E, 3RD FLOOR**

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**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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.

**11:00 AM – 11:30 AM**

### **Exhibitor Orientation**

This is open to exhibitors only.

**11:30 AM - 12:00 PM  
CONCURRENT SESSIONS**

### **Age-Friendly Ocean County: The Implementation of a Multisector Plan for Aging**

*Track: Lifespan Development and Family  
Relationships*

*Presenter(s): Kathleen Cullinen*

**STATE: NJ**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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.

## Field to Fork

*Track: Food and Nutrition*

*Presenter(s): Julie Garden-Robinson*

**STATE: ND**

**ROOM: 200 B, 2ND FLOOR**

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.

## 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**

**ROOM: 301 A, 3RD FLOOR**

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.

## 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**

**ROOM: 301 B, 3RD FLOOR**

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

## Stitch By Stitch: Supporting Mental Wellbeing Through Hand Stitchery

*Track: Health and Well-being*

*Presenter(s): Patricia Mathis*

**STATE: UT**

**ROOM: 200 E, 2ND FLOOR**

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.

## Strong People 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**

**ROOM: 200 C, 2ND FLOOR**

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

**12:00 PM – 3:00 PM**

**Hospitality Desk Open**

*ROOM: CLINCH INFO DESK, 3RD FLOOR*

**12:00 PM – 5:30 PM**

**Exhibit Hall Open/  
Silent Auction Open**

Last bid 5:30 PM



**12:00 PM – 1:00 PM**

**Lunch in Exhibit Hall**

**12:30 PM – 2:00 PM**

**Exhibit Forums**

See page 46 for details and times.

**1:00 PM – 4:00 PM**

**Rocky-Top Relaxation Room  
Open**

*ROOM: ROTUNDA, 3RD FLOOR*



**1:15 PM – 2:45 PM**

**Leadership Event**

*ROOM: 301 DE, 3RD FLOOR  
(invitation only)*

**2:00 PM – 3:00 PM**

**Institute for Advancing Health  
Through Agriculture -Texas  
A&M AgriLife Focus Group**

*ROOM: 300 C*

**3:00 PM – 3:15 PM**

**Delegate Check-In for Annual  
Business Meeting**

*ROOM: BALLROOMS EFG, 3RD FLOOR*

**3:15 PM – 4:15 PM**

**Showcase of Excellence Staffed  
Time (optional)**

*ROOM: HENLEY CONCOURSE, 3RD FLOOR*

**3:15 PM – 5:00 PM**

**Annual Business Meeting**

*ROOM: BALLROOMS EFG, 3RD FLOOR*

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

**5:00 PM – 6:30 PM**

**State Photos**

*3RD FLOOR - SEE MESSAGE BOARD  
FOR DETAILS*

**5:30 PM or after**

**States Night Out**

**5:30 PM – 7:00 PM**

**Exhibitor and Showcase of  
Excellence Teardown**

# 2026 EXHIBIT FORUMS

Wednesday, September 30 | 12:30 PM - 2:00 PM



**12:30 PM – 1:15 PM**

## **News in Preserving with the Ball® Brand of Fresh Preserving Products**

*Company: Newell Brands*

*Presenter(s): Stephen Galucki*

**ROOM: 301 A, 3RD FLOOR**

The Product Development Team from Newell Brands, the makers of Ball(r) Mason Jars, will share a deep dive on new products and the latest recipe book updates.

**1:30 PM – 2:00 PM**

## **The Next Great Extension Mission: Metabolic Health**

*Company: Society of Metabolic Health Practitioners*

*Presenter: Peter Ballerstedt, PhD*

**ROOM: 301 A, 3RD FLOOR**

Could metabolic health become Extension's next major public health mission? Explore emerging evidence, educational opportunities, and partnerships that can help communities address today's chronic disease epidemic.

WEDNESDAY

**LEADERSHIP**  
Builds leaders for the future.

**GROWTH**  
Provides innovative professional growth and development opportunities.

**RESOURCE**  
Serves as a nation-wide resource for education, information, networking and partnerships.

**RECOGNIZE**  
Recognizes and promotes excellence and scholarship in Extension Family and Consumer Sciences programming.

**PROMOTE**  
Promotes Extension Family and Consumer Sciences and the mission and goals of the Land Grant University Extension System.

**NEAFCS**  
[www.neafcs.org](http://www.neafcs.org)

**THE NEAFCS CREED**

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

# THURSDAY, OCTOBER 1, 2026

*All meetings and events will be held at the Knoxville Convention Center, unless otherwise specified in the schedule below.*

## THURSDAY SCHEDULE AT A GLANCE

|                     |                                                                               |
|---------------------|-------------------------------------------------------------------------------|
| 6:30 AM – 7:30 AM   | Wellness Activities ( <i>Walk/Jog, Chair Yoga, Stay Strong Stay Healthy</i> ) |
| 7:00 AM – 8:00 AM   | Showcase of Excellence Poster Display Teardown                                |
| 7:00 AM – 12:00 PM  | Registration Desk Open                                                        |
| 8:00 AM – 9:30 AM   | Closing Session & Breakfast                                                   |
| 9:30 AM – 10:30 AM  | Silent Auction Winners Announced                                              |
| 9:45 AM – 11:30 AM  | Concurrent Sessions                                                           |
| 9:45 AM – 12:30 PM  | Program Leaders Meeting – Day 2 ( <i>separate registration required</i> )     |
| 10:00 AM – 11:30 AM | National Post-Board Meeting                                                   |
| 10:30 AM – 12:00 PM | Silent Auction Pick-up                                                        |
| 11:30 AM – 1:00 PM  | Lunch on own                                                                  |
| 11:30 AM – 1:00 PM  | Rocky Top Relaxation Room Open                                                |
| 12:00 PM – 2:00 PM  | Hospitality Desk Open                                                         |
| 12:00 PM – 2:00 PM  | Past-President's Lunch                                                        |
| 1:00 PM – 2:45 PM   | Concurrent Sessions                                                           |
| 3:00 PM – 4:00 PM   | Affiliate Officer Meetings<br>Dinner on own                                   |
| 6:00 PM – 6:45 PM   | President's Appreciation Event                                                |
| 6:45 PM – 8:30 PM   | Closing National Awards Ceremony ( <i>dessert, coffee</i> )                   |

*Registration for Wellness Activities is available at the Hospitality Desk. Please note that some activities have limited availability and are offered on a first-come, first-served basis, so we encourage you to register early!*



### 6:30 AM – 7:30 AM

#### **Wellness Activity - Walk/Jog**

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



### 6:30 AM – 7:00 AM

#### **Wellness Activity - Chair Yoga**

**ROOM: ROTUNDA, 3RD FLOOR**

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.

THURSDAY



**7:00 AM – 7:30 AM**

**Wellness Activity - Stay Strong  
Stay Active**

**ROOM: ROTUNDA, 3RD FLOOR**

Stay Strong, Stay Healthy is an evidenced-based progressive strength training program for older adults. This program provides safe, structured and effective exercises to improve strength, balance and flexibility.



**7:00 AM – 12:00 PM**

**Registration Desk Open**

**ROOM: CLINCH CONCOURSE,  
3RD FLOOR**

**8:00 AM – 9:30 AM**

**Closing Session &  
Breakfast**

**ROOM: GRAND BALLROOM,  
3RD FLOOR**

*See agenda next page.*

**9:30 AM – 10:30 AM**

**Silent Auction Winners  
Announced**

**7:00 AM - 8:00 AM**

**Showcase of Excellence Poster  
Display Teardown**

Must be down by 8:00 AM



The Southern Region of the USDA funded Farm and Ranch Stress Assistance Network grant represents 13 states and 2 US territories. Our goal is to expand our collective capacity to serve farmers, ranchers, and other agriculture-related workers experiencing stress in our communities.

**Contact Us**

✉ [frsan\\_south@ncsu.edu](mailto:frsan_south@ncsu.edu)

☎ 919-675-1511

**Visit our website**

🌐 [frsansouth.org](http://frsansouth.org)

**NC STATE**

**Visit us at Table 10 in the Exhibit Hall**



# CLOSING GENERAL SESSION & BREAKFAST

Thursday 8:00 AM – 9:30 AM

**ROOM: GRAND BALLROOM, 3RD FLOOR**

## Welcome

Dianne Christensen, NEAFCS President

## State of NEAFCS Presentation

Dianne Christensen

## Showcase of Excellence Poster Awards

Ken Stewart, Ambassador Committee Chair

## Keynote Presentation: Consumed: The Science Behind What Families Choose

Undrae Johnson - Founding Pastor of Family Life Fellowship Church in Brownsville, Tennessee

## Friend of NEAFCS Award Presentation

Dianne Christensen

## Announcements & Closing

Dianne Christensen

## Consumed: The Science Behind What Families Choose

### ***Presenter: Undrae Johnson***

**T**his 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



THURSDAY

**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**

**ROOM: 200 C, 2ND FLOOR**

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**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**NEAFCS Endowment Grant Recipient**

*Track: Food and Nutrition*

*Presenter(s): Niki Maness*

**STATE: NC**

**ROOM: 301 C, 3RD FLOOR**

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**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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

**9:45 AM – 12:30 PM**

## **National Program Leaders Meeting**

**ROOM: 300 AB, 3RD FLOOR**

*(separate registration required)*

**10:00 AM – 11:30 AM**

## **National Post-Board Meeting**

**ROOM: 300 D, 3RD FLOOR**

## **10:45 AM – 11:30 AM CONCURRENT SESSIONS**



## **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**

**ROOM: 301 D, 3RD FLOOR**

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**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 200 C, 2ND FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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, Lydia Hoskins, Soghra Jarvandi, Megan Shelton*

**STATE: TN**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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.

**10:30 AM – 12:00 PM**

### **Silent Auction Pick-up**

**ROOM: HENLEY MEETING ROOM, 3RD FLOOR**

**11:30 AM – 1:00 PM**

### **Lunch on own**

**11:30 AM – 1:00 PM**

### **Rocky-Top Relaxation Room Open**

**ROOM: ROTUNDA, 3RD FLOOR**

**12:00 PM – 2:00 PM**

### **Hospitality Desk Open**

**ROOM: CLINCH INFO DESK, 3RD FLOOR**

**12:00 PM – 2:00 PM**

### **Past-President's Lunch**

**LOCATION: THE DEN, MARRIOTT KNOWVILLE DOWNTOWN**

Meet at the NEAFCS Registration Desk in the Convention Center at 11:30 AM for a picture.

**1:00 PM – 1:45 PM**

## **CONCURRENT SESSIONS**



### **Cultivating Capacity and Improving Food Security Through Hands-on Gardening**

#### **Education**

#### **Access, Engagement, and Outreach Award**

*Track: Food and Nutrition*

*Presenter(s): Veronica Jones*

**STATE: NJ**

**ROOM: 200 B, 2ND FLOOR**

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**

### **Access, Engagement, and Outreach Award**

*Track: Health and Well-being*

*Presenter(s): Chi Catalone*

**STATE: PA**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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: MULTI-STATE**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**ROOM: 200 C, 2ND FLOOR**

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**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 301 C, 3RD FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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 SESSIONS**



## **Bring Innovation to Your Extension Effort Story In The Changing World**

*Track: Committee*

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

**STATE: MULTI-STATE**

**ROOM: 301 B, 3RD FLOOR**

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**

**ROOM: 200 A, 2ND FLOOR**

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**

**ROOM: 301 C, 3RD FLOOR**

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**

**ROOM: 200 E, 2ND FLOOR**

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**

**ROOM: 301 D, 3RD FLOOR**

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**

**ROOM: 200 B, 2ND FLOOR**

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**

**ROOM: 301 A, 3RD FLOOR**

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**

**ROOM: 200 D, 2ND FLOOR**

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**

**ROOM: 200 C, 2ND FLOOR**

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.

**AFFILIATE PRESIDENTS/  
PRESIDENTS-ELECT – 200 A**

**AFFILIATE VP FOR AWARDS – 200 B**

**AFFILIATE VP FOR MEMBER  
RESOURCES – 200 C**

**TREASURERS – 200 D**

**PUBLIC AFFAIRS – 200 E**

**PROFESSIONAL DEVELOPMENT –  
301 A**

**4:00 PM – 6:00 PM**

### **Dinner on own**

**6:00 PM – 6:45 PM**

### **President's Appreciation Event Honoring Dianne Christensen**

**ROOM: CUMBERLAND CONCOURSE,  
3RD FLOOR**

*(Business dress to semi-formal)*

NEAFCS invites you to join us for an appreciation event honoring President Dianne Christensen

**6:45 PM – 8:30 PM**

### **Closing National Awards Ceremony**

**ROOM: GRAND BALLROOM, 3RD  
FLOOR**

*See National Awards Ceremony agenda on the next page.*

# NATIONAL AWARDS CEREMONY AGENDA

Thursday, October 1

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

## APPRECIATION EVENT HONORING PRESIDENT DIANNE CHRISTENSEN

**6:00 PM – 6:45 PM | Cumberland Concourse, 3rd Floor**

*Business dress to semi-formal*

## CLOSING AWARDS CEREMONY

**6:45 PM – 8:30 PM | GRAND BALLROOM, 3rd FLOOR**

### Opening Remarks

**Dianne Christensen**, NEAFCS President

### NEAFCS Hall of Fame Presentation

**Dianne Christensen**

### Awards Program

**Carla Farrand**, Vice President Awards & Recognition

### NEAFCS Awards Presentation

**Christy Stearns**, Awards Ceremony Committee Chair

### 2027 Annual Session Call to Action

**Samantha Kennedy, Halie Corbitt, Teron Speer** – 2027 Tri-Liaisons

### Recognition/Appreciation of 2025-2026 Outgoing Board Members

**Elizabeth Renfro** – Affiliate Tri-Liaison

**Lacy Yeley** – Affiliate Tri-Liaison

**Shay Davis** – Affiliate Tri-Liaison

**Lisa Fishman** – Eastern Region Director

**Sheila Gains** – Western Region Director

**Susan Moore** – Vice President Professional Development

**Troy Anderson** – Vice President Member Resources

**Cindy Thompson** – Secretary

**Christine Zellers** – President-Elect

**Jennifer Bridge** – Immediate Past President

**Dianne Christensen** – President

### Gavel Presentation

**Dianne Christensen**, 2025-2026 NEAFCS President Outgoing Remarks

**Christine Zellers**, 2026-2027 NEAFCS President Incoming Address

# ANNUAL SESSION SERVICE PROJECT

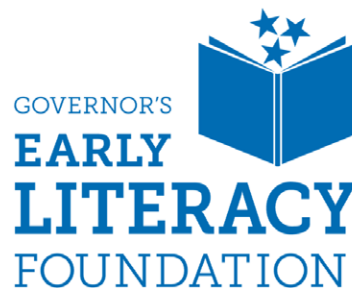
## Imagination Library in Tennessee

Governor's Early Literacy Foundation partners with **Dolly Parton's Imagination Library** and local program partners across Tennessee to mail one, age-appropriate book each month to children from birth until age five at no cost to families. Imagination Library books arrive in the child's name and are meant to inspire a love of reading.

### SCAN TO DONATE

- Donors can click yes to “Would you like to designate your gift to a County Imagination Library program?”
- Use the drop-down menu to scroll to the bottom to select Statewide.

Funds raised through the NEAFCS Annual Session will provide financial support to Imagination Library local program partners with the greatest need, helping ensure all eligible children in their counties receive one book mailed to their home each month, at no cost to the family.



# SHOWCASE OF EXCELLENCE

Showcase of Excellence Posters will be displayed Tuesday and Wednesday.  
The optional staffed time is Wednesday from 3:15 PM - 4:15 PM.

**ROOM: HENLEY CONCOURSE, 3RD FLOOR**

## **#1 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.

## **#2 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.

## **#3 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, Pamela Hughes, Lisa Hamilton, Halie Corbitt*

**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.

## **#4 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.

## **#5 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.



## **#6 Elevate Couples Georgia: A Scalable Extension Model for Strengthening Couple Relationships**

**Human Development & Family Relationship Award**

*Track: Lifespan Development and Family Relationships*

*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.

## **#7 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.

## **#8 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.

## **#9 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.

## SHOWCASE OF EXCELLENCE, CONTINUED



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

#### **Extension Housing Outreach Award**

*Track: Financial Health and Capability*

*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.



### **#11 Extending Health: A Multi-Platform Marketing Strategy for Rural Communities**

#### **Marketing Package Award**

*Track: Trending Topics*

*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.



### **#12 Green Cleaning Across State Lines**

#### **Excellence in Multi-State Collaboration Award**

*Track: Environmental Health and Sustainability*

*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.



### **#13 In My Homesteading Era**

#### **Excellence in Teamwork Award**

*Track: Trending Topics*

*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

## #14 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.



## #15 Making a Difference: A Journey of Purpose, Partnership, and Impact

***Extension Educator of the Year Award***

*Track: Health and Wellbeing*

*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.



## #16 My Wellbeing- Addressing the Health and Wellness of Individuals with Intellectual and Developmental Disabilities

***Family Health & Wellness Award***

*Track: Health and Well-being*

*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.

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

*Track: Food and Nutrition*

*Presenter(s): Palak Gupta, Amberly Lambertsen, Cindy Jenkins, Emma Parkhurst, Mary Anna Henke, Cris Meier, Kelsey Braithwaite, Madison McArthur*

**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.

## SHOWCASE OF EXCELLENCE, CONTINUED



### **#18 NourishSmart: Environmental Education for Food Waste Reduction**

#### **Environmental Education Award**

*Track: Environmental Health and Sustainability*

*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.

### **#19 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.



### **#20 Passport to Early Childhood Education: Teacher and Staff**

#### **Orientation**

#### **Early Childhood Child Care Training Award**

*Track: Lifespan Development and Family Relationships*

*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.

### **#21 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.



## **#22 Read and Ride**

### **School Wellness Award**

*Track: Health and Wellbeing*

*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.

## **#23 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.

## **#24 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.

## **#25 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.

## **#26 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.

## **#27 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.

## SHOWCASE OF EXCELLENCE, CONTINUED

### #28 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.



### #29 Tracking Sustained Health Outcomes Through Collaborative SNAP-Ed Series SNAP-Ed

**EFNEP Educational Program Award**

*Track: Food and Nutrition*

*Presenter(s): Joanne Ureste*

**STATE: TX**

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



### #30 Voices of Rural Missouri Mothers Exploring The Experiences Of Breastfeeding Mothers In Rural Communities

**Endowment Grant Recipient**

*Track: Health and Well-being*

*Presenter(s): Sara Bridgewater*

**STATE: MO**

Explore rural Missouri mothers’ breastfeeding experiences through a socio-ecological lens, examining self-efficacy, barriers, and supports while discussing implications for Extension programming and maternal health initiatives.



**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!

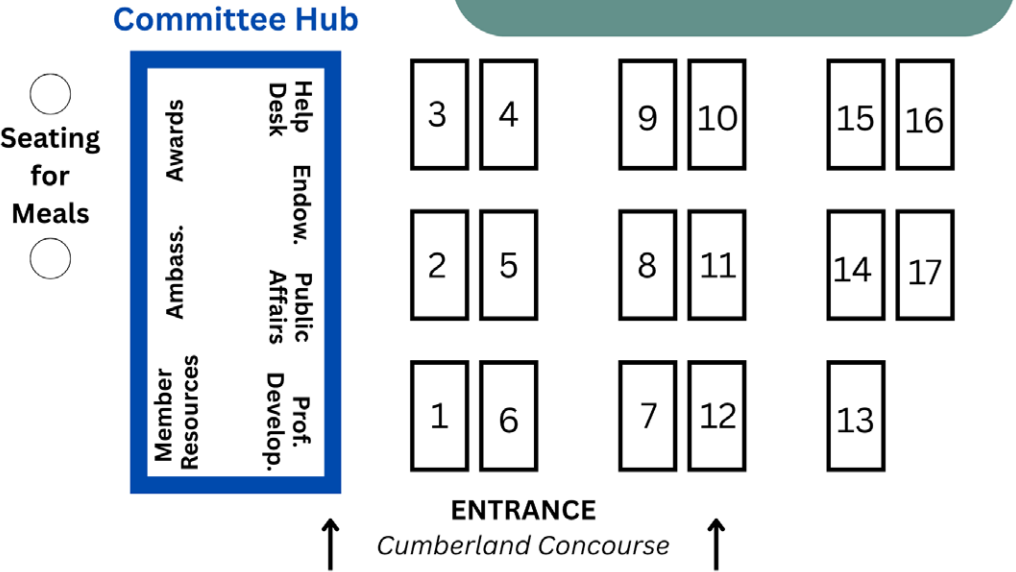
[efbain@ailife.com](mailto:efbain@ailife.com)

# EXHIBIT HALL FLOOR PLAN

## Exhibit Hall

Knoxville Convention Center, Ballroom E-G, 3<sup>rd</sup> Floor

○ Seating for Meals ○



**COMPANY ..... TABLETOP**

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EXHIBITORS

# ANNUAL SESSION EXHIBITORS

## **2027 Annual Session, Ft. Lauderdale, FL** **Tabletop #5**

Florida invites you to their booth to discover Coastal Connections and get a sneak peek at the exciting plans for the 2027 NEAFCS Annual Session in Fort Lauderdale!

## **American Association of Family & Consumer Sciences (AAFCS)** **Tabletop #2**

1410 King St. 2nd Floor  
Alexandria, VA 22314  
Phone: (571) 534-4074  
Email: [staff@AAFCS.org](mailto:staff@AAFCS.org)  
Website: [www.aafcs.org](http://www.aafcs.org)

AAFCS is a 501c3 nonprofit organization located in Alexandria, VA which supports Family and Consumer Sciences Professionals through education, research, community engagement, advocacy, credentialing and more.

## **Canopy, A Public Benefit Company** **Tabletop #6**

120 North Juliette Ave  
Manhattan, KS 66502  
Phone: (785) 706-9292  
Email: [info@canopyteam.org](mailto:info@canopyteam.org)  
Website : <https://canopyteam.org/>

PEARS is a user-friendly, customizable software platform built to track the full spectrum of community engagement from partnership development and planning through implementation and evaluation. Built on the "Plan it, Do it, Prove it" framework, PEARS helps you gather the evidence needed to tell your impact story.

## **Farm and Ranch Stress Assistance Network (FRSAN) South** **Tabletop #10**

4101 Beryl Rd Room 215J  
Raleigh, NC 27606  
Phone: (919) 381-7243  
Email: [FRSAN\\_south@ncsu.edu](mailto:FRSAN_south@ncsu.edu)  
Website: [www.frsansouth.org](http://www.frsansouth.org)

Providing information to assist Extension Professionals as they work with rural populations and farmers. The FRSAN South network provides resources such as a 24/7 Concern Line and clearinghouses of resources to help farmers as they deal with mental health issues.

## **Money Habitudes, LLC** **Tabletop: #15**

1850 Lee Rd Suite 122D  
Winter Park, FL 32789  
Phone: (941) 444-9189  
Email: [info@moneyhabitudes.com](mailto:info@moneyhabitudes.com)  
Website: [www.moneyhabitudes.com](http://www.moneyhabitudes.com)

Money Habitudes® offers engaging behavioral finance tools that help participants explore how their attitudes and behaviors influence financial decisions. Through assessments, activities, and facilitation resources, educators create meaningful, nonjudgemental conversations that build financial awareness, confidence and lasting behavior change.

## **National Presto Industries, Inc.**

### **Tabletop: #13**

3925 North Hastings Way  
Eau Claire, WI 54703  
Phone: (715) 839-2121  
Email: [bmilkert@gopresto.com](mailto:bmilkert@gopresto.com)  
Website: [www.gopresto.com](http://www.gopresto.com)

National Presto Industries dates back to 1905 when the company began manufacturing industrial size pressure canners known as “canner retorts” Today Presto remains a recognized industry leader in home food preserving

## **National Restaurant Association**

### **Tabletop #11**

233 S. Wacker Dr. Suite 3600  
Chicago, Illinois 60606  
Phone: (312) 261-5350  
Email: [eweiss@restaurant.org](mailto:eweiss@restaurant.org)  
Website: [www.restaurant.org](http://www.restaurant.org)

The National Restaurant Association supports the food service industry through advocacy, research, education, and operational resources. Its products and services include ServSafe® food safety certification.

## **NCTI/Real Colors**

### **Tabletop: #8**

20815 N. 25th Place, Suite A103  
Phoenix, AZ 85050  
Phone: (602) 452-5511  
Email: [info@realcolors.org](mailto:info@realcolors.org)  
Website: [www.restcolors.org](http://www.restcolors.org)

Real Colors is a dynamic workshop experience using a personality type test. The goal is to provide participants with skills to understand human behavior, uncover motivations specific to each temperament and improve communication with others.



## **Newell Brands (Ball Home Canning)**

### **Tabletop: #7**

5 Concourse Parkway NE 8th Floor  
Atlanta, GA 30328  
Phone: (404) 807-9046  
Email: [ashley.pierce@newellco.com](mailto:ashley.pierce@newellco.com)  
Website: [www.healthycanning.com](http://www.healthycanning.com)

As a trusted mason jar brand for 140 years, Ball home canning products inspire all to make, create and share

## **Society of Metabolic Health Practitioners**

### **Tabletop: #1**

13833 Hawksnest Bay Drive  
Corpus Christi, TX 48418  
Phone: (619) 246-4553  
Email: [support@thesmhp.org](mailto:support@thesmhp.org)  
Website: [www.thesmhp.org](http://www.thesmhp.org)

The Society of Metabolic Health Practitioners (SMHP) is a nonprofit professional organization providing education, conferences, evidence based resources, and a peer-reviewed journal to advance metabolic health. Explore opportunities for collaboration and Extension programming.

## **Southern Peanut Growers**

### **Tabletop: #3**

1025 Sugar Pike Way  
Canton, GA 30115  
Phone: (770) 309-7018  
Email: [southernpeanutgrowers@gmail.com](mailto:southernpeanutgrowers@gmail.com)  
Website: [www.peanutbutterlovers.com](http://www.peanutbutterlovers.com)

Peanut farmers believe in the power of peanuts to make the world a better place! From sustainable farming practices to delivering good nutrition and protein for a healthier lifestyle, we have the curriculum, allergy prevention and management materials, and recipes you need.

### **Texas A&M Institute for Advancing Health Through Agriculture** **Tabletop: #4**

17360 Coit Rd  
Dallas, TX 75252  
Phone: (972) 231-5362  
Email: [nutritionhub@ag.tamu.edu](mailto:nutritionhub@ag.tamu.edu)  
Website: [www.nutritionhub.tamu.edu/](http://www.nutritionhub.tamu.edu/)

The USDA Nutrition HUB at Texas A&M is designed to improve food and nutrition security, reduce diet-related chronic diseases, and improve population health throughout Texas and the United States, through developing and enhancing transdisciplinary collaboration and partnerships.

### **The Dibble Institute** **Tabletop: #12**

PO Box 7881  
Berkeley, CA 94707  
Phone: (800) 695-7975  
Email: [relationships@dibbleinstitute.org](mailto:relationships@skills@dibbleinstitute.org)  
Website: [www.dibbleinstitute.org](http://www.dibbleinstitute.org)

The Dibble Institute offers relationship and emotional well-being curricula for youth and young adults, trusted by Extension professionals nationwide. Visit our booth, the "Growing Healthy Connections" workshop, or our Extension Toolkit (<http://tinyurl.com/4dxwfd4s>) to learn more!

### **UF/IFAS Books & Cooks** **Tabletop #9**

1702 S. Hwy 17  
Bartow, FL 33830  
Phone: (786) 239-4722  
Email: [jesa13c@ufl.edu](mailto:jesa13c@ufl.edu)

UF/IFAS Books & Cooks is a series-based literacy and nutrition program rooted in four pillars: children's literacy, food as medicine, diabetes prevention, and family connection. Through fun, hands-on activities, families work to support the enjoyment of reading and build healthy habits, including cooking and physical activity.

### **University of Tennessee Martin** **Table Top # 16**

538 University Street 340 Gooch Hall  
Martin, TN 38238  
Phone: (731) 881-7116  
Email: [mwood85@utm.edu](mailto:mwood85@utm.edu)

UT Martin offers a fully online Master of Science in Family & Consumer Sciences degree to full-time students and working FCS professionals across the country. The program of study includes courses in child development, family studies, gerontology, and more

### **USDA National Institute of Food and Agriculture** **Tabletop: #14**

805 Pennsylvania Ave  
Kansas City, MO 64105  
Phone: (330) 810-6111  
Email: [Martha.Sartor@usda.gov](mailto:Martha.Sartor@usda.gov)  
Website: [www.nifa.usda.gov](http://www.nifa.usda.gov)

Through scientific research and its application; strategic partnerships with federal, state, and local agencies; extension education; and preparing the next generation of Family and Consumer Sciences professionals, USDA NIFA's Division of Family and Consumer Sciences (DFCS) advances family well-being and community vitality across the nation.

### **State Sales Table** **TEAFCS (Tennessee Extension)** **Tabletop: #17**

465 Main Street, PO Box 396  
Savannah, TN 38372  
Phone: (731) 925-3441  
Email: [sganus@utk.edu](mailto:sganus@utk.edu)

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# ENDOWMENT DONORS

## 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 Steinfelt

Arizona Affiliate – NEAFCS – in honor of Sharon Hoelscher Day

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

Barbara Eichner-Maidment, Western Australia

Carol C. Schlitt, IL - in memory of Robert Dothage

Christine Kniep, WI – in honor of Wisconsin Affiliate

Colorado Affiliate – NEAFCS

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

Eleanor Matthews, AL - in honor of Sharon Hoelscher Day

Frances Watts Torbeck, OR

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

Iowa Affiliate – NEAFCS - in honor of Sandra McLain, in memory of Dr. Barbara Woods on behalf of Iowa Affiliate and Iowa State University Extension and Outreach

Jan Harwood, MI

Jean Clarkson-Frisbie, KS

Jennifer Bridge, KY

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

Judy Hetterman, KY

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

Kentucky Affiliate – NEAFCS – in honor of Kentucky Affiliate members

Luann Boyer, CO – in memory of Brian Schlitt

Mabel I. Ito, HI

Margaret Warren, LA

Marsha A. Goetting, MT

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# SESSION / WORKSHOP NOTES

## Session 1 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 2 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 3 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 4 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SESSION / WORKSHOP NOTES, CONTINUED

## Session 5 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 6 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 7 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 8 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SESSION / WORKSHOP NOTES, CONTINUED

## Session 9 Notes:

Session/Workshop Title: \_\_\_\_\_

What did I learn? \_\_\_\_\_

\_\_\_\_\_

What will I apply to my work? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CONNECTIONS MADE

### Connection 1:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

### Connection 2:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

### Connection 3:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

# SESSION / WORKSHOP NOTES, CONTINUED

## Connection 4:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

## Connection 5:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

## Connection 6:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

## Connection 7:

Who did I meet that is new to me? (name and contact info): \_\_\_\_\_

\_\_\_\_\_

What did I learn about them? \_\_\_\_\_

\_\_\_\_\_

Did I make plans to connect with them after the conference? \_\_\_\_\_

\_\_\_\_\_

# NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# NOTES

[illegible]

## NOTES

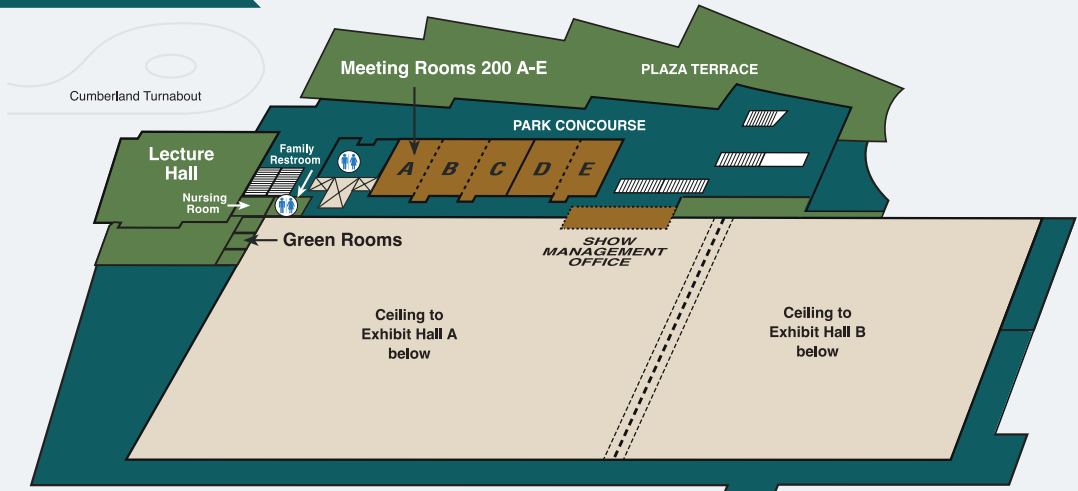
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# ATTENDEE MAPS

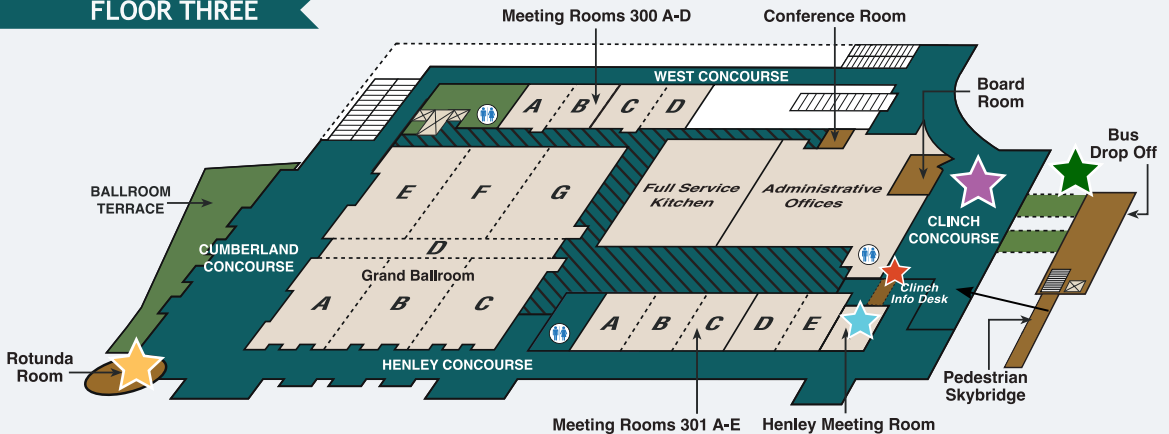
## KNOXVILLE CONVENTION CENTER

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### FLOOR TWO



### FLOOR THREE



★ Rocky Top Relaxation Room & Wellness

★ Hospitality Desk

★ Bus Loading

★ Silent Auction Room

★ NEAFCS Registration

# Save The Date!



**2027 Annual Session**

## Coastal Connections

**Sept. 13-16, 2027**

**Ft. Lauderdale, FL**

