

## Eastern Region Update

*Lisa McCoy (MD), Eastern Regional Director*



The Eastern region has been busy in the past few months as most states are incorporating a hybrid approach with virtual as well as some in-person classes.

- Penn State Extension has continued to offer and expand their Mental Health first aid classes to include special audiences including Fire & EMS employees, veterans and their families as well as offering programs for adults working with youth.
- WVU Extension has had success with teaching their Dining with Diabetes classes virtually and plan to continue through 2022.
- Rutgers University Extension is participating in food waste audits in their local community schools.
- Cornell University Extension invites members to **Join the Eastern Region Food Preservation Educators Group**. Kathleen Savoie, NEAFCS Maine Affiliate member, initiated an Eastern Region Food Preservation Educators group which has been meeting virtually since the summer. Cooperative Extension educators from nearly all the Eastern Region states have been discussing common issues pertaining to home food preservation. In September they met with Tracey Brigman, the interim director of the National Center for Home Food Preservation, to exchange thoughts, concerns, and ideas. A sub-committee is working on Master Food Preserver training. Anyone interested in joining the group can contact Kathy Savoie at [ksavoie@maine.edu](mailto:ksavoie@maine.edu).
- University of Maryland Extension is excited to return to in-person teaching of their Fresh Conversations for Older Adults Nutrition education series in the fall. These classes are offered in senior centers across the state.
- University of Maryland and University of Delaware Extensions are collaborating on an EXCITE COVID-19 Vaccination Education and Engagement grant. We will be interviewing stakeholders and agricultural workers to identify barriers to receiving the COVID 19 vaccine in this population. From this information, we plan to develop strategies to break down some of these barriers and promote vaccine education for these individuals.