

2017 NEAFCS Annual Session

Omaha, Nebraska

AGENDA

(Updated 07/14/2017. This document is a working document and may be subject to change.)

SATURDAY, OCTOBER 14, 2017

8:30AM-5:00PM

National Board Meeting

SUNDAY, OCTOBER 15, 2017

8:30AM-12:00PM

National Board Meeting

3:00PM-4:00PM

Registration Subcommittee Meeting

4:30PM-7:30PM

Registration Open/Silent Auction Drop Off
Hiltom Omaha, 2nd Floor

MONDAY, OCTOBER 16, 2017

7:00AM-5:00PM

Registration Open/Silent Auction Drop Off/Stuffed Animal Drop Off
Hiltom Omaha, 2nd Floor

8:00AM-11:30AM

Pre-Conference Workshop (continental breakfast provided at 7:30 AM)

Bake to Build STEAM in Communities, School Enrichment and Out-of-School Programs

Sharon Davis

Baking ingredients and techniques, from field to table, provides extension FACS professionals multiple ways to incorporate and promote extension consumer, foods and nutrition programs and STEAM (science, technology, engineering, art and math) to their public, from early childhood to adult.

In this workshop, a panel of professionals from Home Baking Association's (HBA) test kitchens, staff and partners will provide both on-line and demonstrated resources. Topics will include current consumer baking questions re: ingredients, food safety, sugar, gluten and gut-health, Smart Snack baking recipes for school and out-of-school, whole-grain rich, "clean label" concerns and the art of dough sculpting for home, culinary and bake sales.

3 Educational Objectives:

- Provide a baker's dozen (13) research-based home baking consumer benefits, ingredient trends, techniques and relationships to STEM + Art for community, out-of-school and school extension enrichment program use.
- Provide and demonstrate 5-10 current home baking techniques and methods related to consumer demands for whole-grain rich, Smart Snack in-school and out-of-school baked products, "clean-label" products and creativity Pre-K to Adult.
- Interact with extension FCS professionals to gain insight in their current need for food/culinary/baking resources and the issues facing them in communities and state FCS

leadership. Participants receive 4 hours of continuing education and take-away ready to use digitized resources.

8:00AM-11:30AM

Pre-Conference Workshop (continental breakfast provided at 7:30 AM)

Tips & Tricks for Using a Mobile Device for Smart Extension Programming, Promotion, and Marketing

Alice Henneman MS, RDN

This 3-hour hands-on session will cover effective methods for using your mobile device in Extension programming, promotion, and marketing. Topics include (but are not limited to): (1) taking and editing fantastic photos, (2) making movies, (3) live presentations, (4) social media and (5) collecting feedback/evaluation data at a workshop. Whether you consider yourself a beginner, intermediate, or advanced, there will be something for all levels.

Additional Speakers: Kalya Colgrove MS, RDN, Lisa Franzen-Castle PhD RD, Amy Peterson MS, RDN, Cami Wells MS, RD

3 Educational Objectives:

- Participants will become aware of new and/or improved ways to use mobile devices in Extension programming, promotion, and marketing.
- Participants will identify strategies for creating engaging and attractive images and photos.
- Participants will be able to implement techniques learned during this workshop.

8:00AM-11:30AM

Pre-Conference Workshop (continental breakfast provided at 7:30 AM)

Changing Lives from Birth Onwards and Ready, Set, Grow! Incorporating Developmentally Appropriate Practice with Children 0-8

This combined presentation will include the following:

Changing Lives from Birth Onwards

Dr. Samuel Meisels

New research concerning the impact of multiple risk factors on young children's development, including how parents interact with their children and the effects of poverty, makes it more important than ever to develop and evaluate new models of intervention. This presentation will address how the Buffett Institute's birth – Grade 3 approach is launching children on a positive trajectory in life.

3 Educational Objectives:

- Understand the impact of poverty on development.
- Become familiar with the "school as hub" approach developed by the Buffett Institute.
- Learn about results from the Buffett Institute/Gallup statewide poll of Nebraskans' attitudes towards early care and education.

Ready, Set, Grow! Incorporating Developmentally Appropriate Practice with Children 0-8

Dr. Michelle Rupiper

Developmentally appropriate practice means meeting children where they are and helping each child meet challenging yet achievable goals. This session will explore the core considerations of developmentally appropriate practice. Participants will take away from this session strategies you can implement to support children's growth and development.

2 Educational Objectives:

- Define developmentally appropriate practices for children 0 through 8 years.
- Identify strategies to support children's growth and development.

11:30AM-12:30PM

Exhibits/Arrangements Logistics Sub-Committee Meeting

1:30PM-3:30PM

General Session

Planting the Seeds for Innovative Program Development in Extension

Dr. Marjorie Kostelnik

Senior Assistant to the University of Nebraska President

The world is changing under our feet – not steady and sure, but at a break-neck pace. Such change brings new opportunities for Extension to pursue innovative programming in the community – it also brings great challenges.

How can FCS Extension professionals be innovative, take appropriate risks, and engage with local, state and national audiences to enhance the lives of individuals, families and communities in new and different ways? How can we create programs that are more likely to stick? How do we get programs ‘out of the box’ and into people’s lives where they can really make a difference? That’s what this session is all about.

Learning Objectives: This presentation will focus on the following objectives for the participants:

- Finding your voice
- Serving as a change agent
- Developing innovations that stick
- Leadership and Followership – two great tools for improving the lives of individuals, families, and communities
- What you can do now!

5:30PM

Shuttles Begin Leaving Century Link Convention Center

6:30PM-9:30PM

Welcome Event

Henry Doorley Zoo and Aquarium

Last bus leaves zoo at 9:30 PM.

TUESDAY, OCTOBER 17, 2017

6:30AM-7:30AM

Wellness Activity

7:00AM-4:00PM

Registration Open/Stuffed Animal Drop-Off

7:00AM-9:00AM

First Timer Orientation Breakfast

CONCURRENT SESSIONS

8:00 AM - 8:45 AM

Concurrent Session 1 - Real Food

Track: Nutrition

Presenter(s): Vicki Hayman, Laura Balis

The *Real Food* session will describe the pilot project design, implementation, and evaluation of a 5-class series that taught participants how to substitute whole “real” foods for processed, unhealthy foods.

Concurrent Session 2 - Extension's Role in Chronic Disease Prevention and Management Education In the Next 100 Years: A View from Agents/ Educators, Faculty/Specialists, and Administrators

Track: Health

Presenter(s): Dan Remley, David Buys, Valerie Duffy, Tamara Warren, Bernestine McGee, Suzanne Prevedel, Julie Garden-Robinson, Linda Cronk, Cindy Nelson, Marla Reicks, Marcel Horowitz,

The Chronic Disease Prevention and Management (CDPM) Action Team reports results of a survey of Extension administrators, faculty, and agents/educators on Extension's role in CDPM in the next century.

Concurrent Session 3 - Pyramid Model Parenting Training

Track: Parenting

Presenter(s): Leanne Manning, Carrie Gottschalk, Kayla Hinrichs, Lisa Poppe, Jaclynn Foged, Jackie Cervantes-Guzman, Ruth Vonderohe, Dipti Dev, LaDonna Werth, Tonia Durden

The Pyramid Model Parenting Training provides one example of how Extension is working with families to promote healthy social and emotional development of young children.

Concurrent Session 4 - Giving Yourself a Pay Increase: Utilizing a Financial Literacy Program to Reach Unique and Underserved Audiences

Track: Financial Management

Presenter(s): Ashley Dixon

Have you ever wondered where all your money goes? This presentation will highlight tools and skills employed to make a financial literacy program applicable to a broad spectrum of audiences.

Concurrent Session 5 - Mary W. Wells Memorial Diversity Award - Cooking with Dis-ABILITIES

Track: Award

Presenter(s): Johanna Hicks, Michelle Valentin

"Cooking with Dis-ABILITIES" provides an insight into the challenges that individuals with impairments face while reinforcing that those same individuals can overcome adversity when given the opportunity.

Concurrent Session 6 - Program Excellence Through Research Award - Preschool Wellness Policy Development

Track: Award

Presenter(s): Mary Blackburn, Maryann Lagura, MPA

This research assessed policy and practices at 20 preschool sites; food behaviors of 122 teachers; implemented policies at 12; and will eventually develop and evaluate policies at all 20 sites.

CONCURRENT SESSIONS

9:00 AM - 9:45 AM

Concurrent Session 1 - Smarter Lunchrooms

Track: Health

Presenter(s): Beth Stefura, Melanie Hart

Smarter Lunchroom Interventions are creating a buzz in local schools. Learn no cost/low cost principles to help guide students to choose healthier lunches.

Concurrent Session 2 - Does Altering Dosage and Frequency of SNAP-Ed Lessons Affect Behavior Change?

Track: Community

Presenter(s): *Anne-Carter Carrington, Sarah Misyak*

A pilot study that examined dosage vs. frequency of SNAP nutrition education showed positive effectiveness for eight lessons in four sessions for attendance, graduation and behavior change.

Concurrent Session 3 - Strengthening Co-Parenting Education: A Multi-State Approach

Track: *Life Span Development: Aging, Child, and Human Development*

Presenter(s): *Gail Brand, Barbara Beaulieu, Ron Cox, Evan Choi, Holly Hatton-Bower*

A divorce parenting education program is adapted to meet the needs of multiple states. The program is offered online and on-site. Online version includes interactive applied learning activities.

Concurrent Session 4 - The Northwest Youth Financial Education Program

Track: Financial Management

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

In 2013, two Extension Educators received \$430,000 to develop and offer a library of 10 educational youth financial education programs. The programs have won awards and reached over 5,000 youth!

Concurrent Session 5 – Food Safety Award - Safe Food Sampling at Farmers Markets and Community Events

Track: Award

Presenter(s): *Suzanne Driessen, Kathy Brandt*

Safe Food Sampling at Farmers' Markets and Community Events, an educational package with train-the-trainer curriculum, online publications and videos. From kale to kohlrabi, vendors learn to offer food samples safely.

Concurrent Session 6 –Social Networking Award - Successful Strategies for Using Facebook as the Hub of Our Social Media Presence

Track: Award

Presenter(s): *Lisa Franzen-Castle, Alice Henneman, Cami Wells, Kayla Colgrove*

Implementing methods and techniques to grow our social media presence on Facebook significantly increased page likes, post engagement, and referrals to our Food website.

CONCURRENT SESSIONS

10:00 AM - 10:45 AM

Concurrent Session 1 - Rethink Your Drink at School

Track: Nutrition

Presenter(s): *Lauren Prinzo*

Rethink Your Drink at School encourages students in grades Pre-K through eighth to drink more water and fewer sugar sweetened beverages. Learn how to host this program in your state.

Concurrent Session 2 - On the Road to Healthy Living Mobile Cooking School

Track: Health

Presenter(s): *Amy Ressler*

On the Road to Healthy Living Mobile Cooking School Instructor's Guide and supporting website provides helpful information for educators to implement innovative classes wherever their audience lives, works, or plays.

Concurrent Session 3 - 55 Interactive Activities to Teach Personal Finance

Track: Financial Management

Presenter(s): *Barbara O'Neill*

This session describes eleven lesson plans that teach personal finance concepts to high school students. Each lesson contains five activities that can be adapted for adult and college student audiences.

Concurrent Session 4 - School Success for Latino Families

Track: Parenting Education

Presenter(s): *Kathleen Olson, Silvia Alvarez de Davila*

This session will describe design, implementation and evaluation of an educational package for Latino parents to strengthen relationships with school staff and build skills in navigating the U.S. school system.

Concurrent Session 5 - Working out of Silos and into Gardens

Track: Youth Development and 4-H

Presenter(s): *Maria Portelos-Romero, Stacy Haag Spriggs*

Gardening interest has substantially increased locally, creating the need for consistent programming. Learn how collaboration has proven crucial in identifying resources and best management practices.

Concurrent Session 6 – Raise Awareness of your FCS Programs in your Community

Track: Committee

Presenter(s): Glenda Hyde, Hope Wilson, Melissa Wyatt

Does your community know about your Extension programs? Learn how to plan a public relations campaign that fits your style. Leave the session with a Plan of Work for 2018.

Concurrent Session 7 - Dean Don Felker Financial Management Award – You're Hired!

Track: Award

Presenter(s): *Diane Uzzle, Elizabeth Bryan*

The Jurors Empowering Teens program provides a valuable first employment experience and focuses on the development of financial management and workforce preparedness skills to support enduring financial stability.

10:30AM-12:30PM

Life Member Meeting

CONCURRENT SESSIONS

11:00 AM - 11:45 AM

Concurrent Session 1 - Billboards and Nutrition Education - A Two-way Street: How Social Marketing in Alabama Works with Parents

Track: Nutrition

Presenter(s): *Katie Funderburk, Sondra Parmer, Barb Struempfer, Alicia Powers*

Social marketing reaches a large population with research-based Extension education. It is a viable component of a comprehensive, multi-level statewide obesity prevention initiative.

Concurrent Session 2 - Be Heart Smart to Reduce Heart Disease

Track: Health

Presenter(s): *Stephanie Woodcox*

The theory and process to develop Purdue Extension's *Be Heart Smart* program to prevent and/or reduce risk factors for heart disease will be discussed. Evaluation data will also be shared.

Concurrent Session 3 - Spend Smart. Eat Smart: Using a Mobile App and Consumer-Focused Website to Complement Human Sciences Programming

Track: Technology and Social Media

Presenter(s): *Jill Weber, Cindy Baumgartner, Jody Gatewood*

Spend Smart. Eat Smart. is a consumer-focused website and app featuring research-based content. Learn how to enhance educational programming with this tech-based tool designed for consumers with limited resources.

Concurrent Session 4 - Grandparents Raising Grandchildren

Track: Life Span Development: Aging, Child, and Human Development

Presenter(s): *Bonnie Dunn, MS, Brenda Wamsley, PhD*

“Healthy Grandfamilies” addresses the needs of an underserved population – grandparents raising grandchildren. These families struggle with low incomes, healthcare access, obesity and a lack of strong social support systems.

Concurrent Session 5 - Relationship Education: Encouraging Participation Through Experiential Date Nights

Track: Childcare/Child Development

Presenter(s): *Elizabeth Davis, Naomi Brower*

Experiential date nights encourage participation in relationship education by offering low-cost, hands on activities that enhance interpersonal skills. Participants will receive information and suggestions to design and implement similar programming.

Concurrent Session 6 - Writing a Winning Proposal

Track: Committee

Presenter(s): *Pat Brinkman, Jami Dellifield*

Wondering how to write a proposal that will be accepted for presentation? Come and learn the tricks to the trade on how to write a winning proposal that will impress reviewers.

Concurrent Session 7 - Community Partnership Award - Aging With Attitude Regional Expo

Track: Award

Presenter(s): *Barbara Stockerbrand, Joy Miller, M. Gayle Price*

This regional conference delivery approach is a community collaborative endeavor that promotes positive attitudes about aging and educates older Kansans on issues that support physical, mental, and financial health.

11:45AM-12:30PM

Lunch On Your Own

12:00PM-5:00PM

Exhibits Move In

12:00PM-5:30PM

In-depth Sessions; bus departure times listed on tickets

In-Depth Session 1 - Investing In Ages 0 - 5

Track: Child Development/Human Development

Educare is an innovative partnership between the public and private sectors to create a more efficient and effective early learning program for at-risk infants, preschoolers and families. Tour a school designed around a model that prepares vulnerable, young children for life-long education. The program, specially designed to increase student achievement and kindergarten readiness, sends a bold message about the value of investing in the first five years. Learn how Educare drives change among

policymakers, business leaders and early childhood providers when they see what quality early learning looks like. Take home ideas about an early childhood education model that's sweeping the country.

In-Depth Session 2 - Successful Youth at Risk Program

Track: Child Development/Human Development/4-H Youth Development

Every day, abused and neglected children and broken and struggling families seek help from Boys Town. Boys Town gives families and children a second chance at success through a continuum of care that provides tightly integrated research-proven services. The national headquarters, located in Omaha, is the home of 400 boys and girls who receive care and guidance for a wide range of behavioral, emotional and academic issues. In this community of hope, boys and girls change their lives and prepare to go out into the world as confident people of good character. While touring Boys Town, you will learn proven parenting skills used with at-risk youth.

In-Depth Session 3 - Protect Your Pocketbook and Identity

Track: Financial Management & Technology

How does a bank like First National Bank of Omaha, or any bank, protect its' customers in an increasingly technological and changing world? Come learn about current and future technology being used for protection of bank accounts, credit and debit cards. Participants will be able to experience a behind-the-scenes look of First National's Technology center and listen to a banking expert talk about trending fraud schemes, how to protect yourself against fraud, and the safety of mobile banking, chip cards, etc. In addition, learn how to educate youth and adults about safe financial practices through the NEFE High School Financial Planning Program. Using real life situations built on debt, financial pitfalls and life changing events, the program can be used with diverse clientele who need financial guidance.

In-Depth Session 4 - Entrepreneurship Nebraska Style

Track: Community Development/Entrepreneurship

Enjoy a memorable, fun-filled afternoon visiting two vibrant rural businesses to see how entertainment and education intersect for a better understanding of conservation, agri-tourism and entrepreneurship. Begin the sensory experience in Vala's Pumpkin Patch Pie Barn as daughter Kelsey, Cordon Bleu Culinary School graduate, serves you freshly baked pie. As you savor the aroma and flavor of harvest, the Vala's farm will share the thirty-two-year history of the 400-acre farm which began with a family dream to a business that has grown to 700 annual employees. Explore the rolling hill property (wear comfortable shoes & dress for the weather), enjoy the fall festival, quaint shops in farm buildings and discover 24 other food venues. Mid-afternoon, take a short ride to a beautiful lodge setting to enjoy the views and experience of 426 Cellar Winery. As you relax and taste five different award winning wines (and keep your souvenir glass), the vintners will share stages of development of the vineyard and winery that houses state-of-the-art equipment. In addition to learning entrepreneurship strategies, you will better understand the annual process of caring for crop, beginning the fermentation process, bottling wine and merchandizing efforts.

In-Depth Session 5 - Urban Ag in the Community

Track: Nutrition Food Safety/Technology

Start your afternoon at Nebraska Extension's state of the art teaching kitchen and studio in Omaha. Gain insight from educators on how they partner with community groups to deliver food and nutrition education. Then, visit one of the top 10 culinary arts institutes in the United States where students are trained to work with locally grown and organic products. Learn how culinary students develop a passion to cook and serve others using a range of basic skills to artistic mastery for employment and enrichment. This session will include taste testing. Leave with new ideas to enhance your food and nutrition programming.

In-Depth Session 6 - Food Innovation & Entrepreneurship Nebraska Style

Track: Nutrition/Entrepreneurship/Food Safety

Experience UNL's Food Innovation Center which aids entrepreneurs from across the country in the development and marketing of food-related products. See the wet/dry lab research spaces, food grade/non-food grade pilot plant space and a state of the art distance education classroom and office. A presentation about meat properties that influence eating quality will help you understand the driving forces behind muscle profiling research which ultimately led to the flat iron steak. Simple in-class exercises that can be used to teach concepts of meat selection and cookery will be demonstrated. Web sites and supporting materials will also be provided to help participants take these lessons back to the classroom.

In-Depth Session 7 - 'Farm to Table' for Business

Track: Nutrition/Food Safety/Entrepreneurship

Chef Clayton Chapman at The Grey Plume is passionate about showcasing locally grown produce in his upscale Omaha restaurant and doing it in an environmentally sustainable way. Explore all the Grey Plume has to offer in its restaurant, retail operation and through its cooking classes and hear from this award-winning entrepreneur in the first Green Restaurant Association Four-Star 'Sustainabuild' restaurant in the Country. A visit to "No More Empty Pots" will showcase the work of a non-profit whose vision is to support communities in becoming self-sufficient and food secure through collaboration and adhering to the core values of education, stewardship and sustainability. See the food hub that has a shared-use commercial kitchen rentable by the hour, a production kitchen with job readiness training, a business incubator, a cafe, a kids' kitchen for nutrition education programs, and a rooftop garden. Taste and beverage included.

In-Depth Session 8 - What Are Makerspaces?

Track: Entrepreneurship/Community Development

Makerspaces are places where people gather to create, share, network and make things. These are unique collaborative spaces that encourage inventing, tinkering and exploring. In the process adults discover their entrepreneurial spirit and youth build vital career skills around critical thinking, planning, communication, and problem solving. Visit Nebraska's Premier Makerspace –Innovation Studio. Learn from the experts why the makerspace concept is sweeping America and how these add value to communities with entrepreneurially thinking people. While traveling to and from Innovation Campus learn how to test your own ideas using a proven technique developed by one of Nebraska's young and successful entrepreneurs. Discover your entrepreneurial strengths by using Gallup's EP10 on your bus ride home.

In-Depth Session 9 - Creative Ways to Work with Millennials

Track: Human Development/Parenting/Community Development

Capturing the attention of the tech-savvy, work-hard, play-hard Millennials and keeping it long enough to entice them to your FCS program can be an enigma even for the best Boomer and GenX educators. Archrival, located in Lincoln's Historic Haymarket District, is a "creative agency with an expertise in youth culture." Come and learn what experts at Archrival know about Millennials and GenZ consumers. Experience the creative culture of their workplace and afterwards enjoy a bit of real homemade ice cream from Ivanna Cones.

In-Depth Session 10 - What We Know and Don't Know About Climate Change

Track: Housing/Financial Management/Health/Community Development/Human Development

Climate change is a significant threat to the health of the American people and the environment. The 2014 U.S. National Climate Assessment found that rising temperatures, the resulting increases in the frequency or intensity of some extreme weather events, rising sea levels, more acidic and warmer

oceans, and melting snow and ice are already disrupting people's lives and damaging the U.S. economy. A panel will discuss the impacts these changes have on many areas of FCS within homes, communities and globally. Learn ways to reduce the impacts within families, communities and the environment through education and disaster preparedness.

In-Depth Session 11 - Quilts: Past, Present, and Future

Track: 4-H/Youth Development/Textiles/ Community Development

There is nothing warmer than being wrapped in the coziness of a quilt. Envision that toasty feeling as you enjoy learning about the artistry, study, care, and preservation of quilts at the International Quilt Study Center and Museum. IQSCM houses the largest publicly held quilt collection in the world with exhibits from 45 countries, dating from the 18th century to the present. While traveling to the Lied Concept building in Lincoln you won't be bored with Nebraska Extension Emeriti sharing heartwarming experiences related to Quilts of Valor while honoring U.S. military and veterans. You will also learn about the American Barn Quilt movement and the growing Nebraska Barn Quilt effort through 4-H and volunteer efforts. Once in Lincoln, you will participate in docent led tours of four custom-crafted quilt galleries. IQSCM professionals will guide you in a special "behind the scenes" look at state-of-the-art research and storage space, and dynamic educational displays related to quilt design, care, storage and preservation. Boring, sleepy ride back to Omaha? No – enjoy tastes of UNL Dairy store while Extension Emeriti enlighten you about the internationally renowned 4-H Quilt Quest project. Energized millennial Extension faculty will share their enthusiasm about the new Nebraska 4-H STEAM clothing curriculum and how 4-H youth are involved in the Omaha Fashion Week.

2:00PM-4:00PM

2018 Annual Session Planning Meeting

3:00PM-5:00PM

2019 Annual Session Planning Meeting

4:00PM-5:00PM

Exhibitor Orientation

5:30PM

Dinner on own

6:00PM-9:30PM

Leadership Event (*Invitation Only*), bus departs at 5:45 PM and 6:15 PM

WEDNESDAY, SEPTEMBER 14, 2016

6:30AM-7:30AM

Wellness Activity

7:00AM-4:00PM

Registration Open

7:30AM-10:00AM

Regional Breakfast/Awards
Plated Breakfast Provided

8:00AM-5:00PM

FCS Program Leaders Meeting

FCS Program Leaders will attend the Regional Breakfasts, and be provided a Boxed Lunch

10:15AM-12:15PM

General Session

One Step at a Time

Julie Burney, M.A.

With the constantly shifting landscape in today's world it is more important than ever for Family and Consumer Science educators to navigate with solid footing. This can be done by understanding ourselves through emotional intelligence and accepting our diversity across all generations. Through this presentation learn how to empower yourself and others to face any challenge with wit and wisdom, taking steps to a brighter tomorrow by maintaining a positive attitude and building strong relationships. Come and discover your own delightfulness.

5 Educational Learning Objectives:

- Recognize the importance of emotions to mental wellbeing and success.
- Embrace differences to create strong collaborations.
- Examine how to communicate in challenging situations.
- Learn how to become a change catalyst.
- Discover the importance of appropriate good humor to building relationships.

12:15PM

Past Presidents Luncheon (invitation only)

12:15PM-5:00PM

Ribbon Cutting/Exhibit Hall Open/Silent Auction Open

12:15PM-1:30PM

Lunch in Exhibit Hall

12:30PM-1:30PM

FCS Program Leaders/Board Members Lunch

SHOWCASE OF EXCELLENCE (staffed 1:00PM-5:00PM)

1:00PM-5:00PM

Exhibit Hall

Showcase of Excellence 1 - Early Childhood Childcare Training Award: Literacy in the Early Childhood Classroom Training

Track: Award

Presenter(s): *Teresa Byington, YaeBin Kim*

The Literacy in the Early Childhood Classroom Training is designed to strengthen child care teacher's language and literacy teaching practices and to improve preschool children's language and literacy outcomes.

Showcase of Excellence 2 - Marketing Package Award: Rethink Your Drink

Track: Award

Presenter(s): *Loren Wells, Kristin McCartney, Emily Murphy, Elaine Bowen, Dana Wright, Lauren Prinzo,*

Rethink Your Drink is a media and educational campaign to reduce West Virginians' consumption of sugar sweetened beverages and increase water as a beverage choice through greater awareness, knowledge, and decision-making skills.

Showcase of Excellence 3 - Extension Housing Outreach Award: Starting Over After Foreclosure

Track: Award

Presenter(s): *Erica Tobe, Brenda Long, Teresa Clark Jones, Jean Lakin, Wanda Roberts, Sarah Carter*
The Starting Over After Foreclosure toolkit is a series of online educational bulletins designed to assist families, when necessary, rebuild financially and emotionally after foreclosure.

Showcase of Excellence 4 - Family Health & Wellness Award: Freezer Pleasers: Making the Most of Family Mealtime

Track: Award

Presenter(s): *Lorrie Coop, Brittany Martin*

In an effort to encourage family mealtime, promote better nutrition, and teach the basics of preparing and freezing homemade meals, Freezer Pleasers: Making the Most of Family Mealtime was developed.

Showcase of Excellence 5 – Human Development and Family Relations Award: Parenting & Family Relationships Program

Track: Award

Presenter(s): *Kayla Wells-Moses*

Positive Indian Parenting (PIP) is designed to provide practical, culturally-specific training to Native American parents. This poster describes impacts of PIP programming on the Colville Indian Reservation in Washington State.

Showcase of Excellence 6 – School Wellness Award: Family Fun Nights

Track: Award

Presenter(s): *Shannon Cromwell, Matt Palmer, Cheryl Bartholomew, Roxie DeBiasi, Karyl Zanocco, Susan Black, Chelsey Black, Laura Lister, Berny Lister, Kaden Hanks*

Family Fun Nights are a collaborative effort between USU Extension, school district administrators, and community agencies, which allow families to complete wellness activities that increase physical, social, and emotional development.

Showcase of Excellence 7 – Environmental Education Award: Rural Georgia Healthy Housing Advisory Board

Track: Award

Presenter(s): *Keishon Thomas, Pamela Turner, Mitzi Parker*

Since 2013, the Georgia Advisory Board has promoted healthier and safer housing conditions in Georgia, particularly for the low-income, children, elderly, minorities and other vulnerable populations. A variety of outreach activities have been implemented. Children face an increased risk of exposure to environmental contaminants, the Georgia Advisory Board prioritizes educating parents and child care providers about reducing exposure to environmental contaminants and hazards in child care centers.

Showcase of Excellence 8 – Educator of the Year Award: NEAFCS Extension Educator of the year

Track: Award

Presenter: Janet H. Johnson

Janet's issue based county, regional and state programs include Dumont Hill Park's built environment, Plate it up- Kentucky Proud nutrition education, and downtown infrastructure supporting family financial security.

Showcase of Excellence 9 – Overcoming Barriers to Reach Culturally Diverse Audiences

Track: Committee

Presenter(s): *Lorrie Coop, Edda Cotto-Rivera, Traci Armstrong, Karim Martinez*

Participants will learn strategies to become a culturally competent educator and ways to connect with diverse audiences to make programming more meaningful, relevant and effective.

Showcase of Excellence 10 - “Makeover Your Leftovers” Program Helps Reduce Food Waste

Track: Nutrition

Presenter(s): *Alice Hanneman,*

An evaluation a month after a “Makeover Your Leftovers” program indicated 84% of participants made changes based on what they had learned or had something they were already doing reaffirmed.

Showcase of Excellence 11- Evaluation of a Social Media Best Practices Program for Extension Professionals

Track: Technology & Social Media

Presenter(s): *Dipti Dev, Aileen Garcia, Colin McGinnis, Tyler Thomas, Holly-Hatton Bowers, Lynn DeVries Lisa Poppe, Jaclynn Foged, Leanne Manning, Katie Krause, LaDonna Werth, Sarah Paulos Leslie Crandall, Ruth Vonderohe, Gail Brand, Linda Reddish*

This poster presents the benefits of using a social media best practices program to improve social media impressions created by Extension Professionals and increase engagement of social media users.

Showcase of Excellence 12 - Everyone Plays a P.A.R.T. – Norovirus Control in Child Care Facilities “Barf Bucket” Child Care Provider Training

Track: Administration/Leadership/Community Development

Presenter(s): *Shannon Carter, Lisa Barlage*

Positive teams are productive teams. Positivity stimulates the part of the brain responsible for good decision making and processing information. Learn ideas to improve the positivity and productivity around you.

Showcase of Excellence 13 - 4-H Food Smart Families: Providing Youth and Families with Nutrition Education, Cooking Skills, and Food Budgeting Skills

Track: Youth Development

Presenter(s): *Kayla Colgrove, Nicole Veseth, Nicole Busboom, Carrie Schneider-Miller, Kylie Smith, Kathy Kneifl, Becky Versch, Tayler Wickham, Jessica Meuleners, Cally Blake*

This session will describe the methods for implementing a 10-hour nutrition education program, strategies to utilize “Teens as Teachers”, mechanics for providing grocery bags, and techniques for engaging families.

Showcase of Excellence 14 - Little Kids Cook!

Track: Nutrition

Presenter(s): *Leanne Manning, Dipti Dev, Aileen Garcia, Kayla Hinrichs*

Learn how the *Little Kids Cook* lesson will empower families and caregivers to help young children develop healthy habits by engaging them in cooking and food-related play activities.

Showcase of Excellence 15 -Food Safety Training Helps Unemployed Individuals

Track: Food Safety

Presenter(s): *Cindee Sweda*

The FACS agent collaborates with a local organization that provides individualized job coaching and local food managers - owners to prepare unemployed clients for work in the food service industry.

Showcase of Excellence 16 - Practical Economics and Finance: The Arts of Elementary Money Management

Track: Financial Management

Presenter(s): *Michael Elonge*

Extension is using *EconEdLink* resources to teach practical economics and personal finance to elementary schools with no economics or finance teachers. Outcomes indicates program effectiveness in teaching money management skills.

Showcase of Excellence 17 - FIT (Forever Improving Through) Wellness Series

Track: Health

Presenter(s): *Gabriela Murza*

The FIT Wellness Series addresses the everyday challenges of making healthy decisions for a positive quality of life by helping participants make manageable and realistic choices for long-term success.

**Showcase of Excellence 18 - Forming and Fostering Collaborations with City and County Departments:
The Details Spilled**

Track: Administration/Leadership/Community Development

Presenter(s): *Megan Brothers, Ashley Dixon*

CES has the unique opportunity to collaborate with local agencies to provide research-based programming and support. This presentation will illustrate the logistics and impact of these partnerships.

1:30PM-4:00PM

Exhibit Forums

3:00PM-4:30PM

Affiliate Officers Meeting

3:30PM-4:30PM

Dining with Diabetes Meeting

Come join the National Extension Dining with Diabetes Working Group to learn from states teaching the National Dining with Diabetes updated curriculum and obtain resources to teach this essential program.

5:00PM

Silent Auction Closes/Final Bids Due

5:30PM

States' Night Out

8:30PM-9:30PM

FCS Program Leaders Reception (by invitation, only) President's Suite

THURSDAY, OCTOBER 19, 2017

6:30AM-7:30AM

Wellness Activity

7:00AM-4:00PM

Registration Open

8:00AM-5:00PM

FCS Program Leaders Meeting

8:00AM-12:00PM

Exhibit Hall Opens

8:00AM-9:00AM

Continental Breakfast in Exhibit Hall

8:00AM-11:00AM

Exhibit Forums

SHOWCASE OF EXCELLENCE (Staffed 8:00AM-12:00PM)

8:00AM-12:00PM

Exhibit Hall

Showcase of Excellence 1 - Assessing the Needs, Beliefs and Perceptions of Diabetes Self-Management: Patient vs Health Care Provider

Track: Health

Presenter(s): *Lisa McCoy*

Results of focus groups and key informant interviews compare individuals' self-perceived barriers for diabetes self-management to health care provider's perceptions. Learn what types of resources are used for diabetes education.

Showcase of Excellence 2 - Successful Strategies for Using Facebook as the Hub of a Social Media Presence

Track: Technology and Social Media

Presenter(s): *Cami Wells, Kayla Colgrove, Alice Henneman, Lisa Franzen-Castle*

Implementing methods and techniques to grow our social media presence on Facebook significantly increased page likes, post engagement, and referrals to our Food website from Facebook.

Showcase of Excellence 3 - Extension Educates Medicare Beneficiaries and Saves \$\$\$

Track: Financial Management

Presenter(s): *Diane Burentt, Susie Latta, Erin Petersilie, Deb Wood*

Extension professionals will share their health insurance literacy program for Medicare beneficiaries that includes plan comparisons, an explanation of Medicare benefits, stress reduction and saving money for the participant.

Showcase of Excellence 4 - Malheur Youth (MY) Health Science Day: Inspiring Future Health Professionals

Track: Youth Development

Presenter(s): *Barbara Brody, Nickie Shira, Becca Colton, Angela Robb*

Health Science Day presented youth with a wide range of health science career related options to empower them to choose the education pathway related to a health science career.

Showcase of Excellence 5 - Bringing the Classroom to Your Living Room

Track: Technology

Presenter(s): *Lisa Poppe, Carol Schwartz, Cami Wells, LaDonna Werth*

This online series, "Fit and Healthy Kids" consisted of six one-hour Zoom state wide (SOCIAL EMOTIONAL, STEM, NUTRITION) classes to approximately 100 individuals in attendance per class.

Showcase of Excellence 6 - How an Online Calendar of National Food Days, Weeks and Months can Promote Healthy Eating Behaviors

Track: Administration/Leadership/Community Development

Presenter(s): *Anne-Carter Carrington, Sarah Misyak*

A pilot study that examined dosage vs. frequency of SNAP nutrition education showed positive effectiveness for eight lessons in four sessions for attendance, graduation and behavior change.

Showcase of Excellence 7 - Kid Packs: Reducing Hunger Among Low-Income Youth During Weekend Hours

Track: Nutrition

Presenter(s): *Shannon Cromwell*

Kid Packs provide nutritious meals for elementary-aged youth who experience food insecurity and hunger within their households, and aid in the alleviation of inadequate food intake during weekend hours.

Showcase of Excellence 8 - Creating Messaging for Health Insurance Literacy Using Mobile Delivery

Track: Financial Management

Presenter(s): *Mary Jo Katras, Elizabeth Kiss, Joan Koonce, Dena Wise, Virginia Brown, Ken Martin*

Individuals are often misinformed about their health insurance coverage. Health Insurance Literacy (HIL) is critical to the health of individuals and families at every stage of life.

Showcase of Excellence 9 –Overcoming Barriers to Reach Culturally Diverse Audiences

Track: Committee

Presenter(s): *Lorrie Coop, Edda Cotto-Rivera, Traci Armstrong, Karim Martinez*

Participants will learn strategies to become a culturally competent educator and ways to connect with diverse audiences to make programming more meaningful, relevant and effective.

8:30AM-2:00PM

Nebraska Marketplace

9:00AM-11:00AM

Annual Business Meetings

11:00AM-12:30PM

Silent Auction Pick-up – Registration Desk

11:00PM-1:00PM

Lunch on Your Own

12:00PM-3:00PM

Exhibitor Breakdown/Move Out

1:00PM-3:15PM

Committee Meetings, Plans of Work

CONCURRENT SESSIONS

1:30PM - 2:15PM

Concurrent Session 1 – On the Move to Better Health Junior Promotes Behavior Change

Track: Nutrition

Presenter(s): *Julie Garden-Robinson*

Second-grade children (n=2,936 from 25 counties) showed improved fruit and vegetable intake and increased exercise after participating in the classroom-based “On the Move to Better Health Junior” curriculum.

Concurrent Session 2 - Teaching Youth to have Healthy Minds and Bodies

Track: Health

Presenter(s): *Lori Wiggins, Abbey Tharpe, Heather Futch*

This session will give you creative activities and research based curriculum to implement with youth about health and wellness that can be used in a school, club or camp setting.

Concurrent Session 3 - Filling the Gap Between Policy and Need: Development of a Caregiving Education Program for FCS Educators

Track: Life Span Development: Aging, Child, and Human Development

Presenter(s): *Kristopher Struckmeyer, Brandon Raczkoski, Whitney Bailey, Sarah Gordon, Emily Roberts, Nicole Clancy*

This session focuses on the development of a train-the-trainer curriculum program for FCS educators in Oklahoma to address the new mandate in the CARE Act: the Caregiving Education Program.

Concurrent Session 4 - Building Early Emotional Skills: Building a Parenting Curriculum Online and Face-to-Face

Track: Parenting Education

Presenter(s): *Kylie Rymanowicz, Holly Brophy-Herb, Kendra Moses, Carrie Shrier*

Come and hear about lessons learned from building an online parenting program and how to translate a face to face curriculum into an online format.

Concurrent Session 5 - Training of Trainers for Look Who’s Hatching: Early childhood oviparous animal project

Track: Child Care/Child Development

Presenter(s): *Katie Krause, Jaci Foged*

Participants will learn about the Look Who’s Hatching project and receive necessary information and resources to implement the program in their own communities with children ages 2 – 6.

Concurrent Session 6 – Mastering the Art of an NEAFCS Awards Submission

Track: Committee

Presenter(s): *Dianne Gertsen*

Learn how your peers have mastered the art of creating award winning submission on the National level. Join us for an insightful workshop with great networking opportunities.

Concurrent Session 7 – Mary W. Wells Memorial Diversity Award - Teen Food Challenge

Track: Award

Presenter(s): *Judith Knudsen*

The Community Food Challenge increases awareness of food security issues by simulating challenges faced by low-income teens trying to obtain adequate nutritious, affordable foods and the stigma they face. Simulation is designed for teens, youth-serving professionals and community leaders. One hundred and ten individuals were involved in pilot.

CONCURRENT SESSIONS

2:30PM - 3:15PM

Concurrent Session 1 - A New Way of Doing Extension Business: Education, Social Marketing and Environmental Strategies Increase Access of Healthy Foods and Physical Activity in Alabama

Track: Nutrition

Presenter(s): *Barb Struempler, PhD, Sondra Parmer, PhD., Katie Funderburk, MS, RD., Alicia Powers, PhD, Jamie Griffin, MS, RD. , Cecilia Tran, Krysta Kellegrew, RD. Brittney Kimber*

To enhance Extension education, SNAP-Ed is implementing creative social marketing messages and policy, system and environmental strategies to facilitate positive changes to food and physical activity environments serving low-income individuals.

Concurrent Session 2 - Leveraging Extension Resources and Using the Community Coalition Action Theory (CCAT) to Build and Strengthen Community Health

Track: Health

Presenter(s): *Jennifer Conner, Lauren Morris, Tyler Brown, Debbie DeRossitte, Mary Ann Kizer, Valerie Turner, Leigh Ann Bullington, Addie Wilson, Lisa Washburn*

Evidence-based methods have been used to build or strengthen coalitions that undertake physical activity and nutrition policy, systems, and environmental efforts. Local resources are leveraged to foster sustainable community change.

Concurrent Session 3 - Heads In, Hearts In: A Delivery Approach to Family Enrichment Programming

Track: 4-H Youth Development

Presenter(s): *Kendra Moyses, Jodi Schulz*

Family enrichment programming involves youth and their family learning together. The programs are low-pressure, easily accessible opportunities for families to engage in educational activities based on a chosen topic area.

Concurrent Session 4 - Full STEAM Ahead

Track: Child Care/Child Development

Presenter(s): *Sarah Roberts*

What is STEAM and what does it mean for the future of education? Get excited as you explore the world of science through the eyes of a child.

Concurrent Session 5 - Gray for a Day

Track: Life Span Development: Aging, Child, and Human Development

Presenter(s): *Ethel Schneweis, Erin Yelland, Nancy Honig*

This Extension program utilizes an empathic model to highlight sensory challenges older adults might face and how we can better support and work with aging members of our communities.

Concurrent Session 6 - Mary W. Wells Memorial Diversity Award - UMaine Cooperative Extension's Master Food Preserver Program: A Decade of Success!

Track: Award

Presenter(s): Kathleen Savoie

For a decade, UMaine Cooperative Extension's Master Food Preserver Program has trained and retained volunteers to help extend our reach to provide home food preservation education in the community.

CONCURRENT SESSIONS

3:30PM - 4:15PM

Concurrent Session 1 - STOCK HEALTHY, SHOP HEALTHY

Track: Nutrition

Presenter(s): *Mary Sebade, Kara Lubischer*

Increasing the quantity and quality of healthy foods available at small food retailers is a promising strategy for improving overall community health in urban and rural communities. Learn about implementation.

Concurrent Session 2 - Safe Produce for Food Pantries

Track: Food Safety

Presenter(s): *Jeannie Nichols, Joyce McGarry, Lisa Treiber*

Proper food safety steps when handling fresh produce is vital to the health of those receiving produce at food pantries. PowerPoint presentations and deliverables were developed to address this issue.

Concurrent Session 3 - Communicating with Farmers Under Stress

Track: Health

Presenter(s): *Suzanne Pish*

This workshop is specially designed for people who work with farmers/farm families who want to know more about managing farm-related stress and learn ways to approach and communicate with them.

Concurrent Session 4 - Growing Up WILD: Reaching Child Care Providers through Collaboration with Naturalists

Track: Child Care/Child Development

Presenter(s): *Kim Brantner, Cindy Thompson, Joy Rouse, Kristen Bieret*

Children's limited exposure to nature is a critical issue that early care providers can address. Learn what naturalists and extension specialists are doing to engage professionals in fun, collaborative ways.

Concurrent Session 5 - Night of the Living Debt iOS iPad Award Winning Game

Track: Financial Management

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

Since the GREAT SPLURGE, Zombies have overrun the land. These zombies determine your lifestyle, expenses, and your financial success. Some thrive, others cannot survive the Night of the Living Debt!

Concurrent Session 6 - Clean and Healthy Families & Communities Award - Germ Busters! A Handwashing Program

Track: Award

Presenter(s): *Melissa Goodman*

Germ Busters reaches youth through edutainment to engage students to embrace hand-washing as part of their daily routine. Clean hands keep schools and communities healthy one habit at a time.

CONCURRENT SESSIONS

4:30PM - 5:15PM

Concurrent Session 1 - Gluten Free Eating

Track: Nutrition

Presenter(s): *Shannon Carter*

This session will equip Extension educators with enough knowledge to answer basic questions on the gluten free diet and tools to implement this 3-part series in their communities.

Concurrent Session 2 - The Nature of Teaching: Health & Wellness

Track: Health

Presenter(s): *Janice Dougan, Molly Hunt, Lindsey Pedigo, Rod Williams, Stephanie Woodcox, Katie Zuber, Tami Mosier, Kelsie Muller, Debora Arseneau, Jay Christiansen, Molly Hoag*

Learn about an expanding body of scientific evidence associated with nature-deficit disorder. Gain knowledge and resources on how creating a healthier nature-focused environment can improve children's well-being.

Concurrent Session 3 - Meeting Preschool Teachers Where They Are! Creating Digital Play Landscapes in Rural Communities

Track: Child Care/Child Development

Presenter(s): *LaDonna Werth, Dr. Holly Hatton-Bowers, Dr. Dipti Dev, Dr. Guy Trainin, Dr. Julia Torquanti, Lee Sherry, Sarah (Paulos) Roberts, Katie Krause, Jaci Foged, Gail Brand, Leslie Crandall, Lynn DeVries, Jan Esterach, Emily Nash*

This presentation will discuss the innovative ways to incorporate Digital Landscapes into early childhood programs serving young children in rural communities and share promising findings.

Concurrent Session 4 - Enhancing Extension's Readiness to Implement a "PSE" Approach to Positive Youth Development for Health

Track: Youth Development and 4-H

Presenter(s): *Carol Smathers, Elaine Johannes, Lisa Washburn, Karen Johnston*

Assessments of Extension professionals' readiness to adopt multi-level positive youth development for health strategies indicate willingness to implement, but unfamiliarity with, "PSE" change approaches. Implications for FCS will be presented.

Concurrent Session 5 - Clean and Healthy Families & Communities Award - Healthy Homes for Child Care

Track: Award

Presenter(s): *Susan Cosgrove, David Buys, Lanette Crocker, Patty Swearingen*

Healthy Homes for Childcare workshops equip childcare providers to foster healthier and safer environments. This session features partnership development insights, workshop preparation and delivery methods, and workshop outcomes.

6:00PM - 7:00PM

President's Reception

7:00PM-11:00PM

Awards Ceremony/Banquet

FRIDAY, OCTOBER 20, 2017

8:00AM-5:00PM

Board Meeting