

NATIONAL EXTENSION ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

# 2018 Annual Session Program



**NEAFCS**

**Sept. 24-27,  
2018**

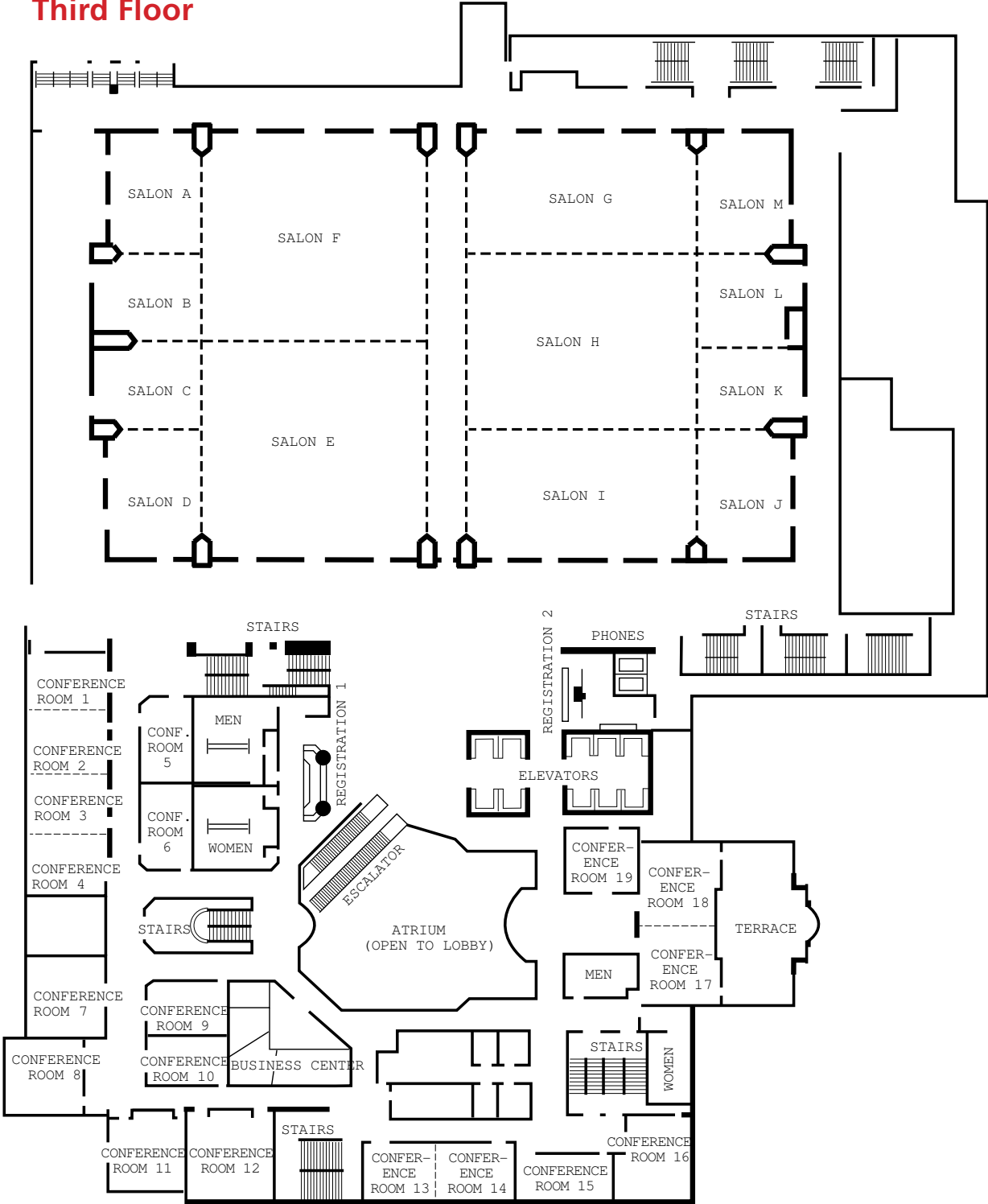
**San Antonio**

**Building Capacity Through  
People, Programs and  
Partnerships**

**September 24-27, 2018 | San Antonio Marriott Rivercenter**

# San Antonio Marriott Rivercenter

## Third Floor



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See listing of NEAFCS Awards Sponsors on page 20.

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## THANK YOU TO OUR ANNUAL SESSION COMMITTEE

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**Karen DeZarn**, Vice President Professional  
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**Lora Lee Frazier Howard**, President

**Dianne Gertson**, Southern Region Director

**Theresa Mayhew**, Immediate Past  
President

**Karen Munden**, President-Elect

**Marcia Parcell**, Program Development  
Subcommittee Co-Chair

**Linda Wells**, Affiliate Co-Liaison



National Extension  
Association of Family  
& Consumer Sciences

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

## SOCIAL MEDIA



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**[www.facebook.com/groups/NEAFCS](http://www.facebook.com/groups/NEAFCS)**

# NEAFCS BOARD OF DIRECTORS

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## National Extension Association of Family & Consumer Sciences

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*Greetings Colleagues and Friends,*



**Lora Lee Frazier  
Howard**

President

**W**elcome to beautiful San Antonio, Texas and the 84th NEAFCS Annual Session. The Texas Affiliate members, NEAFCS National Board and the professional development committees have worked long and hard to provide you a memorable Annual Session filled with professional development opportunities centered on the 2018 theme, "Building Capacity through People, Programs and Partnerships"

Building competency and capacity, while providing renewed vigor and purpose, the 2018 Annual Session will provide nationally-known speakers to address the conference theme and objectives. We will also take some time to start the celebration of "NEAFCS Turns 85". What a wonderful time to be part of a great Association. The objectives for this conference are:

- ... Increase the ability of PEOPLE to obtain, understand and act upon research-based information.
- ... Showcase excellence in innovative PROGRAMS to meet the needs of individuals, families and communities.
- ... Provide opportunities to strengthen PARTNERSHIPS that lead to an integrated response to emerging national and global issues.

The 2018 NEAFCS Annual Session is the perfect opportunity for Family and Consumer Sciences Extension educators from around the country to share excellent educational programs, honor award winners and to gain new ideas and tools to incorporate into their programming. The program tracks within the concurrent sessions are designed to allow you to choose sessions in your specialty area. We have added one additional track, Potpourri; plus offering Ignite and World Café Sessions. Be sure to take advantage of the conference app, Exhibit Forums, and the Texas Marketplace. Our conference will culminate with recognizing our peers for their excellent programming at our Awards and Recognition Banquet.

NEAFCS is your professional association and it is only as strong as the participation of the members. I encourage you to become involved by joining a subcommittee, and consider seeking a higher leadership responsibility. NEAFCS needs your help to shape the future of our association.



**Karen DeZarn**

Vice President  
Professional  
Development

We extend our appreciation to the Texas planning committee chaired by Lorrie Coop and Linda Wells, our Affiliate co-liaisons, national committee members, Texas administration, staff, family and friends for all the time and work they have put forth in preparation for this Annual Session. For answers to your questions while in San Antonio, please visit the hospitality desk located near registration or ask any Texas affiliate member.

We know you will take advantage of your time at Annual Session and plan to return home energized and excited by the outstanding keynote speakers, concurrent sessions, Showcase of Excellence and exhibits that will enhance your programming efforts.



**STATE OF TEXAS  
OFFICE OF THE GOVERNOR**

**Greetings:**

As Governor of Texas, it is my pleasure to welcome everyone to the 2018 National Extension Association of Family & Consumer Sciences Annual Session hosted by the Texas A&M Agrilife Extension and Texas Extension Association of Family & Consumer Sciences in the great state of Texas.

Texas reflects a unique blend of cultures, each of which has contributed significantly to making Texas what it is today. Through the years, the National Extension Association has enriched our nation by educating and recognizing Extension professionals who improve the quality of life for individuals, families and communities, while proudly showcasing the Lone Star State with colleagues from across the country and beyond.

I commend your continued efforts to research and to develop new innovative ways to offer solutions to state and national issues.

As you gather to honor those who impact their communities, I encourage all Texans to embrace our state's culture, including our food, music, art, entertainment, and history.

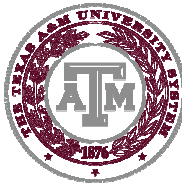
To those from out of town, I invite you to explore San Antonio. This large, diverse, historical city is filled with a variety of attractions, including state heroic icons such as the Alamo, world-class shopping, fine dining and the famous river walk. No matter your interests, San Antonio has something to offer for everyone.

First Lady Cecilia Abbott joins me in wishing you an enjoyable convention.

Sincerely,

Greg Abbott  
Governor





Office of the Chancellor  
**THE TEXAS A&M UNIVERSITY SYSTEM**

July 6, 2018

Howdy Friends,


On behalf of The Texas A&M University System, please let me welcome you to San Antonio for the National Extension Association of Family & Consumer Sciences Annual Session.

Those of us within the Texas A&M System – including faculty, administrators and extension agents – appreciate you and the work you do for America’s families. After all, you are the educators who provide the vital services in financial management, nutrition and other areas to improve people’s lives.

I am sure that the annual session will allow you to share strategies, stories and solutions with friends from all over the country. I hope you enjoy all of the camaraderie and growth opportunities in the historic and inspirational Alamo City.

Thanks again for your service.

All the Best,

  
John Sharp  
Chancellor





# PRAIRIE VIEW A&M UNIVERSITY

A Member of the Texas A&M University System



August 10, 2018

Howdy and welcome to San Antonio.

To all the attendees of the National Extension Association of Family and Consumer Sciences, get ready to learn why things are bigger in Texas. San Antonio will proudly showcase why it's the oldest Spanish colonized city in the State through its unique culture and rich diversity. Staying true to the uniqueness of culture and richness of diversity, as the Dean and Director of Land-Grant Programs we bring you greetings on behalf of Prairie View A&M University, the second oldest public institution of higher education in Texas, originated in the Texas Constitution of 1876. The 1983 amendment dedicated the University as an "institution of the first class" under the governing board of the Texas A&M University System.

The College of Agriculture and Human Sciences has had its roots firmly established at Prairie View A&M University since 1879 when the University's academic curriculum was expanded to include agriculture and home economics.

The College of Agriculture and Human Sciences is unique in that it operates in the true land-grant tradition of teaching, research and service through its academic, extension and research components. The College offers a diverse curriculum to students through its Department of Agriculture, Nutrition and Human Ecology and prepares them to respond effectively to complex social issues relating to the food, agricultural, human and natural resource sciences.

On behalf of the students, faculty and staff in the College of Agriculture and Human Sciences at Prairie View A&M University, we emulate your annual NEAFCS session theme "Building Capacity through People, Programs and Partnerships".

Making it better - making it matter,

Gerard E. D'Souza, Ph.D.  
Dean & Director of Land-Grant Programs  
College of Agriculture & Human Sciences  
Prairie View A&M University

September 24, 2018

Dear National NEAFCS Attendees,

It is often said that everything is bigger in Texas. Well, that certainly holds true for Extension. Texas A&M AgriLife Extension has 250 offices across the state, serving more than 28 million residents. Our smallest county in Texas would rank 40<sup>th</sup> in population if it were a state.

The only thing bigger than our land mass is our diversity. From rural to urban, from high plains to gulf coast, from five generations of farmers to recent immigrants, Texas is impossible to describe in easy terms (we even stretch across two time zones). But what AgriLife Extension shares from the panhandle to the coast, from the Red River to the Rio Grande, is a commitment to Helping Texans Better Their Lives.

We're proud of the transition we've recently made from the title Family and Consumer Science to Family and Community Health agent, as we feel the name best reflects the focus of much of our work.

From healthy eating and disease prevention to passenger safety and child care training, our FCH programs are designed to improve the overall health and wellness of individuals, families, and our communities. Our health and wellness efforts are reaching more Texans than ever through nutrition education, promoting healthful foods and eating behaviors, and providing opportunities to engage in physical activity. Some of these efforts include Healthy Texas, Walk Across Texas, the Master Wellness Volunteer program, Dinner Tonight, Step Up and Scale Down and the youth-oriented Learn, Grow, Eat & Go program.

We're thrilled to host the 2018 NEAFCS annual conference in San Antonio and welcome you to our great state!



Sincerely,

A handwritten signature in black ink, reading "C. Parr Rosson". The signature is fluid and cursive, with a long horizontal flourish at the end.

Parr Rosson, PhD

Interim Director

Texas A&M AgriLife Extension Service  
600 John Kimbrough Blvd., Ste 509 | 7101 TAMU | College Station, Texas 77843-7101  
Tel. 979-862-3932 | [AgriLifeExtension.tamu.edu](http://AgriLifeExtension.tamu.edu)

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

# PRESIDENT'S CHARITY

## DEAR NEAFCS FRIENDS AND COLLEAGUES,

I am pleased to announce that I have chosen the San Antonio Food Bank as my President's Charity. The San Antonio Food Bank helps by growing food for the Farmers Market, food assistance and distribution, benefits assistance, job assistance, mobile food truck and programs for the elderly and children.

As a family and consumer science professional, I know you are as concerned as I am for families to have adequate food.

The San Antonio Food Bank takes pride in fighting hunger, feeding hope in our 16 county service area. They believe that no child should go to bed hungry; adults should not have to choose between a hot meal and utilities, nor a senior sacrifice medical care for the sake of a meal.

Founded in 1980, The San Antonio Food Bank has quickly grown to serve 58,000 individuals a week in one of the largest service areas in Texas. Their focus is for clients to have food for today but to also have the resources to be self-sufficient in the future.

Fighting hunger is their number one priority but they also serve to educate and provide assistance in many other ways. They achieve this through our variety of programs and resources available to families, individuals, seniors, children, and military members in need.

I hope that you will join me in giving so a child, family or elderly adult will not go hungry. Donations can be dropped off at the registration desk. Additionally, baskets will be available to collect donations during both the Opening General Session on Monday and the Tuesday Regional Award Luncheons. Cash and checks made out to San Antonio Food Bank will be gladly accepted. Thanks in advance for supporting this worthy cause.



# GENERAL INFORMATION

## ICON KEY



Wellness  
Activity



Meal  
Provided



Ticket  
Required



Sponsor

## REGISTRATION

Annual Session Registration is located on the 3rd Floor.

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 5:00 PM

Tuesday: 7:00 AM – 4:00 PM

Wednesday: 7:00 AM – 4:00 PM

Thursday: 7:00 AM – 2:00 PM

## MESSAGE BOARD

A message board will be available near the Annual Session Registration Desk. You may leave messages about State's Night Out, photography appointments, ticket exchange, and other messaging needs.

## HOSPITALITY

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

### *Hospitality Hours:*

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 1:30 PM  
4:30 PM – 5:30 PM

Tuesday: 7:00 AM – 8:15 AM  
1:15 PM – 3:00 PM

Wednesday: 7:00 AM – 8:00 AM  
11:45 AM – 4:30 PM

Thursday: 7:30 AM – 9:15 AM  
12:00 PM – 1:00 PM

## EXHIBIT HALL

Visit the Exhibit Hall, NEAFCS's networking hub, located in Salon ABF, to meet exhibiting companies and learn about the latest products and services.

The following activities are located in the Exhibit Hall:

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

### *Exhibit Hall Hours:*

Wednesday: 12:00 PM – 3:30 PM  
4:30 PM – 6:00 PM

Thursday: 8:00 AM – 10:00 AM

## EXHIBIT SELLING POLICY

The focus of the exhibits continues to be education and public relations. Exhibitors may sell products from their booth, or they may take orders and collect payment for purchases to be shipped. If the products are display samples they may be picked up at the close of the Exhibits. Outside sales are prohibited and will be enforced.

## EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their 30-minute presentation. Exhibit Forums will be located in Salon C.

Wednesday: 1:00 PM - 3:45 PM

Thursday: 8:00 AM - 10:00 AM

## TEXAS MARKETPLACE

Entrepreneurs from across Texas will be selling their hand crafted wares. Items range from olive oil, recycled etched glass, beef jerky, salsa, marshmallows and smores, spices and more. The Marketplace will be located in the Salon Foyer.

### ***Marketplace Hours:***

Thursday: 8:00 AM – 2:00 PM

## **PHOTOS**

Photos taken during the 2018 Annual Session will be available to download online within 30 days. To schedule a group picture, please sign up on the Message Board located next to the Annual Session Registration Desk.

## **CONTINUING EDUCATION/ PROFESSIONAL DEVELOPMENT UNITS**

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

## **WELLNESS ACTIVITIES**

Tuesday: 6:30 AM – 7:15 AM = Line Dancing

Wednesday: 6:30 AM – 7:15 AM = Line Dancing  
8:45 PM – 9:30 PM = Tai Chi

Thursday: 6:30 AM – 7:15 AM = Line Dancing

## **SILENT AUCTION**

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

### ***Donated Items***

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

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 5:00 PM

Tuesday: 7:00 AM – 4:00 PM

## **SILENT AUCTION HOURS**

Wednesday: 12:00 PM – 3:30 PM  
4:30 PM – 6:00 PM

Final bids are due before the Silent Auction closes at 6:00 PM on Wednesday.

### ***Winning Bid Item Pickup***

Thursday: 11:00 AM – 2:00 PM

Items may be picked up at the Registration Desk. See the Message Board or check the Annual Session App for winners.

## **SERVICE PROJECT**

San Antonio is a town that celebrates children. To show our support of Bexar County children who are not as fortunate, we are inviting participants to join us in a service project. We are asking members to please bring a new backpack or duffle bag that will be donated to children in transitional living situations, such as foster care. Child Advocates San Antonio (CASA) will work with various agencies to distribute the bags to children in need.

## **RECYCLING**

In coordination with NEAFC's efforts to go green, conference attendees are encouraged to recycle paper/cardboard, aluminum cans, plastic bottles, etc. Recycling containers labeled for specific items are available throughout the hotel and meeting space.

## **APP**

Search "2018 NEAFCS Annual Session" in the App Store to download it for FREE.

Participate in gamification for your chance to win a FREE Annual Session registration. See page 58 for more information.

# 2018 SCHEDULE

All events will take place at the Marriott Rivercenter on the 3rd floor, unless otherwise noted.

## SUNDAY, SEPTEMBER 23, 2018

- |                   |   |
|-------------------|---|
| 4:00 PM – 6:00 PM | Registration/Silent Auction<br>Drop Off/Service Project<br>Drop Off |
| 4:00 PM – 6:00 PM | Hospitality Table Open  |

## MONDAY, SEPTEMBER 24, 2018

- |                    |   |
|--------------------|---|
| 7:00 AM – 5:00 PM  | Registration/Silent Auction<br>Drop Off/Service Project<br>Drop Off |
| 7:00 AM – 1:30 PM  | Hospitality Table Open  |
| 8:30 AM – 11:30 AM | Pre-Conference Workshops  |
| 11:30 AM – 1:30 PM | Lunch on own  |
| 1:30 PM – 4:30 PM  | Opening General Session<br>with Keynote Dr. Douglas<br>Steele       |
| 4:30 PM – 5:30 PM  | Hospitality Table Open  |
| 6:00 PM – 9:00 PM  | Welcome “Howdy” Event<br>& Dinner at La Villita                     |

## TUESDAY, SEPTEMBER 25, 2018

- |                   |   |
|-------------------|---|
| 6:30 AM – 7:15 AM | Wellness Activity   |
| 7:00 AM – 4:00 PM | Registration/Silent Auction<br>Drop Off/Service Project<br>Drop Off |
| 7:00 AM – 8:00 AM | First Timer Orientation and<br>Breakfast                            |
| 7:00 AM – 8:15 AM | Hospitality Table Open  |

- |                    |   |
|--------------------|---|
| 8:15 AM – 11:00 AM | Concurrent Sessions   |
| 9:00 AM – 11:00 AM | Life Member Meeting   |
| 11:15 AM – 1:15 PM | Regional Awards Luncheon                                    |
| 1:00 PM – 5:00 PM  | Exhibitor Set-up/Silent<br>Auction Set-up                   |
| 1:15 PM – 3:00 PM  | Hospitality Table Open                                      |
| 1:30 PM – 5:30 PM  | In-Depth Sessions   |
| 6:30 PM – 9:30 PM  | Leadership Event at the<br>Alamo ( <i>Invitation Only</i> ) |

## WEDNESDAY, SEPTEMBER 26, 2018

- |                     |  |
|---------------------|--|
| 6:30 AM – 7:15 AM   | Wellness Activity  |
| 7:00 AM – 8:00 AM   | Hospitality Table Open   |
| 7:00 AM – 4:00 PM   | Registration/Silent Auction<br>Drop Off/Service Project<br>Drop Off  |
| 7:00 AM – 11:00 AM  | Exhibitor Set-up/Silent<br>Auction Set-up  |
| 8:00 AM – 11:45 AM  | Concurrent Sessions  |
| 8:00 AM – 4:00 PM   | FCS Program Leaders<br>Meeting Day 1<br>( <i>Special registration<br/>required. Includes<br/>breakfast &amp; lunch</i> ) |
| 11:00 AM – 11:30 AM | Exhibitor Orientation  |
| 11:45 AM – 4:30 PM  | Hospitality Table Open   |
| 12:00 PM            | Exhibit Hall Ribbon Cutting  |

12:00 PM – 3:30 PM	Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays <i>(Boxed lunch provided)</i>
2:15 PM – 4:15 PM	Annual Business Meeting
2:15 PM – 4:15 PM	Ignite Sessions & World Cafés
1:00 PM – 3:45 PM	Exhibit Forums
4:30 PM – 6:00 PM	Anniversary Kick-Off Reception in the Exhibit Hall (Silent Auction Open and Showcase of Excellence Displays)
6:30 PM	State's Night Out <i>(Off-site)</i>
8:30 PM – 9:30 PM	NPL Program Leaders Reception <i>(Invitation Only)</i>
8:45 PM – 9:30 PM	Wellness Activity – Evening Relaxation

## THURSDAY, SEPTEMBER 27, 2018

6:30 AM – 7:15 AM	Wellness Activity
7:00 AM– 2:00 PM	Registration/Service Project Drop Off
7:00 AM – 8:00 AM	2019 Annual Session Planning Committee Meeting
7:30 AM – 9:15 AM	Hospitality Table Open
8:00 AM – 9:00 AM	Committee Meetings

8:00 AM – 10:00 AM	Exhibit Hall Open / Showcase of Excellence Displays <i>(Continental Breakfast Provided)</i>
8:00 AM – 2:00 PM	Marketplace
8:00 AM – 10:00 AM	Exhibit Forums
9:00 AM – 3:00 PM	FCS Program Leaders Meeting Day 2 <i>(Special registration required. Includes breakfast &amp; lunch)</i>
9:15 AM – 12:00 PM	Concurrent Sessions
10:00 AM – 12:00 PM	Exhibitors Move-Out
11:00 AM – 2:00 PM	Silent Auction Winners Announced/Pick-Up
11:30 AM – 1:45 PM	Past National President Luncheon & Meeting <i>(Off-site)</i>
12:00 PM – 1:00 PM	Hospitality Table Open
12:00 PM – 2:00 PM	Lunch on own
12:45 PM – 1:45 PM	2020 Annual Session Planning Committee Meeting
2:00 PM – 3:30 PM	Closing General Session with Kristen Schell
3:45 PM – 4:45 PM	Dining with Diabetes
3:45 PM – 5:15 PM	Affiliate Officer Meetings
6:00 PM – 7:00 PM	President's Reception
7:00 PM – 9:30 PM	Awards Banquet

# TUESDAY, SEPTEMBER 25, 2018

## CONCURRENT SESSIONS AT A GLANCE

TRACK	8:15 AM - 9:00 AM	9:15 AM - 10:00 AM	10:15 AM - 11:00 AM
<b>Administration/ Leadership/Community Development</b>			The Homemade Entrepreneur: A Program for Growing Small Food Businesses
<b>Committee</b>			Increasing Access to Extension Programs for Diverse Audiences
<b>Financial Management</b>	Understanding and Estimating Health Insurance Costs – A Smart Use Health Insurance Program	Adapting Financial Education to Limited Resources Populations	Teaching Consumers How to Effectively Use Online Coupon Codes and Mobile Coupons to Save Money
<b>Food Safety</b>		Food Safety Award	
<b>Health</b>	High Speed Hand Washing Saves Time, Water and Health in North Central Kansas  Combating the Diabetes Belt Distinction with the National Diabetes Prevention Program	Walking School Initiative Program	“Prevent T2”, the CDC National Diabetes Prevention Program  Building Rural Community Partnerships to Increase Adults Healthy Brain Habits
<b>Nutrition</b>	Eat More Greens in 2017 Campaign	Strategies for Addressing Nutrition Misinformation	VEGucate Yourself: The Who, What, When, Where, & Why of Vegetarian Diets
<b>Parenting Education</b>	Trends and Innovation in Family Engagement - According to Parents		
<b>Potpourri</b>		Downsizing and Organizing Your Home	
<b>Technology and Social Media</b>	Reaching the Next Generation of Extension Audiences	No Pen, No Paper -- No Problem!	eParenting: Using Technology to Provide Parenting Education
<b>Youth Development and 4-H</b>		Promoting Positive Youth Development Through Relationship Education	

# WEDNESDAY, SEPTEMBER 26, 2018

## CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
<b>Administration/ Leadership/ Community Development</b>	Community Partnerships Making a Difference with At-Risk Families			
<b>Child Care/Child Development</b>	Preparing the Child Care Environment for Natural Disasters and Other Emergencies	Fostering Engineering Play Behaviors in Young Children		Caregiver wellness and resiliency
<b>Committee</b>	"Nailed it!" Awards Training Concurrent Session	Presenting a professional Webinar for NEAFCS Members	Promoting FCS Programs at the State and National Level  Writing a Winning Proposal	JNEAFCS...All You Need to Know About the Journal of NEAFCS
<b>Financial Management</b>	Responsible Spending Behaviors: From Research to Practice	Writing Your Retirement Paycheck: Workshops for Those Nearing Retirement	Extension Agents and University Students Successfully Grow Virtual Volunteer Income Tax Assistance	
<b>Food Safety</b>			Analysis of Certified Food Protection Manager Examination Results after a New Training Approach	
<b>Health</b>	GEM Program: Get Experience in Mindfulness	Action Pack Families: Bringing Healthy Choices Home	Community Health Education Campaigns  Master Wellness Volunteer Program a Success in Tulsa County	Dinner Tonight! Healthy Cooking School  South Asian Health Awareness About Stroke (SAHAS)
<b>Life Span Development: Aging, Child, and Human Development</b>			Prepare to Care	The Art of Goodbye: An Interdisciplinary Approach to End-of- Life Education
<b>Nutrition</b>	Assessing Nutrition Literacy Skills to Guide Program Development			
<b>Potpourri</b>	Lessons Learned from Organizing a Multi- County Marriage Celebration	Exploring Local Cuisine From The Roots Up: A Food Systems Extension Program	Utilizing Mindfulness to be an Effective and Balanced Extension Agent	Creating Effective Outcome Evaluations
<b>Technology and Social Media</b>		Digital Storytelling with ScratchJr  Dinner Tonight! Video Demonstrations		Creating Behavior Change through Interactive, On-line Education
<b>Youth Development and 4-H</b>		Building a Quilt Square Trail: Promoting 4-H and Community Service		

# THURSDAY, SEPTEMBER 27, 2018

## CONCURRENT SESSIONS AT A GLANCE

TRACK	9:15 AM - 10:00 AM	10:15 AM - 11:00 AM	11:15 AM - 12:00 PM
<b>Administration/ Leadership/Community Development</b>	Mobile Grocery Store for Rural Communities	Researching Emerging Issues of Competency Needs for Extension Faculty	
<b>Child Care/Child Development</b>	Baby STEM: Learning through Play	Celebrating Cultures: Activities and Resources for the Multicultural Classroom	Building a Maker Space for Young Children
<b>Financial Management</b>	Professional Development Programs for New Jersey Financial Educators		Financial Education in Child Care - Professionals, Preschoolers and Pennies
<b>Food Safety</b>			Counting on Consumers: Boosting Farmer Sales through Point of Purchase (POP) Home Food Preservation Education
<b>Health</b>	Leading the Charge: Achieving Greater Educational Impacts with Multi-level Comprehensive Community Interventions	Mindful Wellness  My Hair My Health PDX!	The Colon Cancer Free Zone: Making an Impact on Colon Cancer Rates in the Workplace
<b>Life Span Development: Aging, Child, and Human Development</b>	Aging Smart Online: Collaboration with Distance Learning	The BEST Project: Utilizing Evidence-based Materials to Teach Pre-parents About Birth Options	Keys to Embracing Aging
<b>Nutrition</b>	Fixing Funky Foods: A Program to Explore Less Frequently Purchased Foods	Building a Healthier School Sports Environment with Nutrition Education and Expanded Concession Options	Encouraging Healthy Food Choices at Local Food Pantries
<b>Parenting Education</b>	Steps to Improve Statewide Parenting Education Evaluations: Process and Lessons Learned		
<b>Sustainable Living: Textiles, Clothing, Housing and Environment</b>		Acquire, Sustain and Aspire: Revising the RentWise Curriculum	
<b>Technology and Social Media</b>		Connecting People and Nutrition Education with Social Media	
<b>Youth Development and 4-H</b>			POP Club Gets Youth Excited About Farmers' Market

# HISTORY ON NEAFCS' LAST VISIT TO SAN ANTONIO IN 1939

*This article was provided by NEAFCS Historian, Carol Schlitt*

The 1939 Home Demonstration Agents National Association (HDANA) held a pre-convention meeting in Corpus Christi, Texas, June 17, 1939 at the Nueces Hotel. It was reported that about 125 agents were in attendance. Later that same week the annual business meeting and breakfast was held in San Antonio, Texas at the Gunter Hotel in conjunction with the American Home Economics Association.

Most of the reports that came in from the AHEA convention were that not many home demonstration agents were present and most of those present did not attend the HDANA annual business meeting breakfast that was held June 22<sup>nd</sup> in San Antonio. Miss Florence Carvin of Independence, Missouri, the president, was leaving for a trip abroad and it was necessary to elect a new president. Miss Clara Brian, Bloomington, IL, was elected president but did not know about it until she received all the material from Miss Carvin, saying she had been elected president. Not having been to the convention and not having met the officers, it took some time for Miss Brian to adjust to being president. But she must have adjusted well as she served as president from 1939-1942.

## National Officers

President	Miss Clara Brian, Bloomington, IL
1 <sup>st</sup> Vice President	Miss Helen Prout, Grand Junction, CO
2 <sup>nd</sup> Vice President	Miss Alpha Hartley, Weston, WV
Secretary	Miss Helen Brown, Warren, OH
Treasurer	Miss Edith E. Gwynn, Cody, WY

## District Counselors

Eastern Region	Miss Adelaide Barts, Long Island, NY
Central Region	Miss Millicent Thatcher, Crown Point, IN
Southern Region	Miss Harriet Plowder, Talledga, AL
Western Region	Miss Murcy Nelson, Coalville, UT



The Nueces Hotel – Corpus Christi, TX



The Gunter Hotel – San Antonio, TX

# NEAFCS CELEBRATES 85 YEARS!

**N**EAFCS will be celebrating 85 years in 2019! What a wonderful time to be involved with an association that has been providing leadership opportunities to family and consumer science professionals and helping families for 85 years. What better place to celebrate than Hershey, Pennsylvania!

Join us as we kick off our celebration in San Antonio with a reception in the Exhibit Hall on Wednesday starting at 4:30 PM. Also, make sure to purchase your Anniversary Pin as supplies are limited! Pins may be purchased onsite at the Merchandise Booth. Below you will find a list of 85 Things To Do. Be thinking of how your State can celebrate as NEAFCS turns 85! Our goal is to make this coming year one of participatory fun and pride that takes a look back at our organization's beginnings as well as what our future holds.



## 85 WAYS TO CELEBRATE THE 85<sup>TH</sup> ANNIVERSARY OF NEAFCS

✓ Check off each one suggested below as you complete it. How many can you complete by October 2019?

1	Plan to attend the 85th Anniversary Reception at Annual Session in Hershey, PA September 30 – October 3, 2019.
2	Donate \$85 to the NEAFCS Endowment Fund.
3	Have lunch with a new colleague to share the benefits of NEAFCS and invite them to join NEAFCS.
4	Volunteer to introduce a Concurrent Session at the 2019 Annual Session.
5	Invite a new FCS educator to join your state affiliate and pay his/her dues for the first year.
6	Reduce your daily diet by 85 calories and be a size smaller by San Antonio!
7	Encourage a new retiree to become a Life Member.
8	Visit your local university library and find out what history Extension FCS publications have been saved over the years.
9	Find old photos of Extension events and people and include in your state newsletter as an 85th anniversary feature.
10	Buy yourself something you have wanted for a long time as a reward for all the good work you're doing!
11	Celebrate your state affiliate's successes and highlights from the past 85 years.
12	Make a collection of all your newsletters and put them in a library collection.
13	Count all of your scarves... do you have 85?
14	Conduct a photo contest for pictures of your affiliate in action during the 85th anniversary year. Display entries in a visible location throughout the year. Give prizes!

15	Swim 85 laps on your next visit to the pool.
16	Arrange for an affiliate Blood Drive with the local goal to collect 85 or more pints of blood for a local blood center.
17	Talk to someone about Extension FCS that knows nothing about it.
18	Write an article for the local newspaper about NEAFCS and what FCS has done for families in your area over the last 85 years.
19	Make special 85th anniversary bookmarks and distribute statewide.
20	Find out about typical fashions of the 1930s; find a few photos and share them with colleagues for a few laughs!
21	Walk 28.34 minutes three times a week.
22	Invite FCS retirees to a state meeting to talk about early experiences in extension – i.e. hats, white gloves, etc.
23	Look in your files for old copies of the Reporter and/or other Extension/4-H journals and send them to the National Office to put them in a library collection.
24	Put together a collection of other publications you have written and make sure they are put into a library collection.
25	Take 85 minutes to get a Swedish massage.
26	Save 85 cents a day and contribute \$310.25.
27	Have a relaxing lunch with some FCS colleagues you haven't seen in a while.
28	Apply for an award and encourage others to apply also.
29	Visit a lapsed member and invite them to rejoin NEAFCS.

30	Spend 85 minutes cleaning up your office.
31	Take a photo of each affiliate member. Make a collage with the photos and post on your webpage.
32	Write an article about the 85th anniversary.
33	Plant a tree to commemorate the 85th anniversary.
34	Have your affiliate historian start or update your "history".
35	Plan a membership event using the 85th anniversary as your theme.
36	Exercise at least 28.34 minutes three times a week.
37	Invite anyone who had/has a relative who was a NEAFCS member to a meeting to share thoughts.
38	Start a collection. Keep adding to your collection until you have 85 items.
39	Prepare a photo display that highlights activities of your affiliate today and in years past for use at in-service opportunities and association sponsored events.
40	Present a "longevity award" to a member with the longest membership in NEAFCS.
41	Take an 85 minute bike ride.
42	Make an 85th anniversary banner and hang it outside your office or an overpass in town.
43	Include the LivingWell campaign in 85 classes or articles.
44	Volunteer 85 hours of your time this year doing something you've never done before!
45	Learn about the first FCS or Home Economics educator in your county.
46	Hold an affiliate overnighter just for the fun. How did the women do it in 1934?
47	Place luminaries to light the path to any or all of your affiliate's events. Place the name of a retired member on each bag to celebrate their contributions.
48	Take a .85 mile walk through a local park or other area to exercise your body, mind, and soul.
49	Encourage members to research the Internet, Universities or Museums to find out about the history of Home Demonstration, Home Economics and Family and Consumer Sciences.
50	Call retirees and ask them for their favorite story about Extension.
51	Save \$8.50 a month and contribute \$102 to the NEAFCS Endowment Fund.
52	Take a Life Member to lunch.
53	Plan a celebration commemorating the 85th Anniversary of NEAFCS by making the anniversary the theme of your awards banquet.
54	Take a ride in a 1933 automobile just for fun.
55	If your affiliate publishes a newsletter, have special articles about the history of your affiliate.
56	Interview and publish oral histories of NEAFCS pioneers.

57	Take part in a community or university event through which your affiliate can promote the 85th anniversary of NEAFCS.
58	Organize a community service project to commemorate 85 years of service. Enlist companies and organizations in the community to participate. Be creative!
59	Collect 85 nonperishable food items for a local food pantry.
60	Release 85 balloons to commemorate the 85th anniversary.
61	Conduct a Member of the Month/Quarter/Year challenge.
62	Spend 85 minutes at a museum or cultural center you've never visited before.
63	Apply to be on a national committee.
64	Make a time capsule. Have each member contribute an item that represents him/her. Set a date for when to open the capsule. How about 2104?
65	If you haven't looked at the stack(s) of stuff in your office for more than 85 days . . . lose it!
66	Explain Cooperative Extension to 85 new people.
67	Write a note to a retired educator that you haven't seen in a while and let them know you're thinking of them.
68	Work with your affiliate to promote recognition of NEAFCS' 85th Anniversary in correspondence, newsletters or other media.
69	Have an 85th Anniversary party in your state at a statewide meeting of all Extension professionals.
70	Write an article about NEAFCS and Extension for the newsletter of your state affiliate of AAFCS.
71	Write a note to a colleague that is doing a good job and tell them so!
72	Spend 85 minutes a month organizing your photo albums.
73	Send historical photos to the NEAFCS historian (electronically or printed).
74	Reminisce with colleagues about the first NEAFCS Annual Session you attended.
75	Share a Facebook post about NEAFCS celebrating our 85th Anniversary.
76	Tweet about the NEAFCS 85th Anniversary.
77	Share with new members memories from the first Annual Session you attended.
78	Donate \$85 to your church, temple or favorite charity.
79	Share with members about how you became involved in NEAFCS.
80	List 85 reasons why you love NEAFCS.
81	Call your family and tell them how much you love them.
82	Go dance in the rain!
83	Take 85 minutes of time for yourself every week.
84	Complete 85 random acts of kindness.
85	Celebrate that you are an Extension Educator!

# 2018 ANNUAL SESSION AGENDA

**SUNDAY, SEPTEMBER 23, 2018**

**8:00 AM – 5:00 PM**

**National Pre-Board Meeting**

*Room: Conference 12*

**3:00 PM – 4:00 PM**

**Registration Subcommittee Meeting**

*Room: Conference 16*

**4:00 PM – 6:00 PM**

**Registration/Silent Auction**

**Drop Off/Service Project**

**Drop Off**

*3rd Floor*

**4:00 PM – 6:00 PM**

**Hospitality Table Open**

*3rd Floor*

## THANK YOU TO OUR 2018 ANNUAL SESSION AWARDS SPONSORS

**Clean and Healthy Families and Communities Award**



**Extension Housing Outreach Award**



**Dean Don Felker Financial Management Award**



**Past President's New Professional Award**

*NEAFCS Past Presidents*

# MONDAY, SEPTEMBER 24, 2018

## MONDAY SCHEDULE AT A GLANCE

7:00 AM – 5:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off - 3rd Floor
7:00 AM – 1:30 PM	Hospitality Table Open — 3rd Floor
8:00 AM – 8:30 AM	Pre-Conference Continental Breakfast
8:30 AM – 11:30 AM	Pre-Conference Workshops
11:30 AM – 1:30 PM	Lunch on own
1:30 PM – 4:30 PM	Opening General Session with Keynote Dr. Douglas Steele
4:30 PM – 5:30 PM	Hospitality Table Open — 3rd Floor
6:00 PM – 9:00 PM	Welcome “Howdy” Event & Dinner at La Villita

**7:00 AM – 5:00 PM**

**Registration Open / Silent  
Auction Drop Off / Service  
Project Drop Off**

**3rd Floor**



**8:00 AM**

**Continental breakfast**

for pre-conference workshop participants only. Breakfast located in corresponding workshop meeting room.

## PRE-CONFERENCE WORKSHOPS

**Monday, September 24 | 8:30 AM – 11:30 AM**



### **Forget Your Number**

**Presenters: Andrew Crocker, MS,**

**Sarah Kirby, PhD, Debra Sellers, PhD, Naomi  
Meinertz**

**Room: Salon M**

When we talk about heart disease, diabetes and other chronic conditions, we stress the importance



of ‘knowing your number’. All too often, aging is also characterized as a chronic condition. We suggest an alternative approach: ‘forgetting your number’ and focusing on functionality, coping and resilience.

### *Learning Objectives:*

- Examine their own beliefs about aging
- Explore a model for understanding the aging process which includes both loss and opportunity
- Examine environmental obstacles related to aging and explore strategies for overcoming them
- Describe access, environment, genetics and lifestyle as domains for wellness
- Identify resources to support aging in communities

*continued*

## MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



### Health for ALL: Addressing Diversity in Cooperative Extension

**Presenter:** *Ninfa Pena-Purcell, PhD*

**Room:** *Salon J*

Health for All is an interactive, skill-building workshop that includes diversity awareness activities and experiencing the World Café, a proven method to promote community conversation and action. Be prepared to be energized, encouraged, and enlightened as you explore diversity from the lens of social identity and health equity.

#### *Learning Objectives:*

- Describe health equity and its relevance to Cooperative Extension
- Discuss trends in U.S. demographics
- Demonstrate practical skills to increase cultural competency



### Disasters Happen: How the Extension Disaster Education Network (EDEN) Can Help FCS Programs Make An Impact With Emergency Preparedness Programming From Preparation To Recovery

**Presenters:** *Rick Griffiths, M.ED, Monty Dozier, PhD, Noel M. Estwick, PhD; Abby Hostetler, Beverly Samuel, Elizabeth Kiss, PhD, Joyce McGarry, M.S.*

**Room:** *Conference 17-18*

Last year alone, there were 137 declared federal disasters, with over 4.7 million Americans filing for disaster aid from FEMA. This does not take

into account the hundreds of smaller disasters that do not receive a federal declaration and relied on local and regional community support and resources for recovery. This pre-conference session will highlight the Texas AgriLife Extension System's response in the wake of Hurricane Harvey as well as focus on how Extension FCS Educators and Specialists can make an impact in local emergency preparedness and management programming.

#### *Learning Objectives:*

- Participants will increase their awareness of emergency preparedness as a family and consumer science program area
- Participants will learn what roles Extension can fill in emergency preparedness and recovery programming
- Participants will learn of available emergency preparedness programming resources



**11:30 AM – 1:30 PM**

**Lunch on own**

**11:30 AM – 12:30 PM**

**Arrangements Logistics  
Subcommittee Meeting**

**Room: Conf Room 6**

**1:30 PM – 4:30 PM**

**Opening General Session with  
Keynote, Douglas L. Steele**

**Room: Salon G-I**

*See page 24 for more information  
about our Keynote. See App for  
Agenda – listed under Schedule  
and then event details.*



**6:00 PM – 9:00 PM**

**Welcome “Howdy” Event and  
Dinner**



**La Villita**

Join us at our own San Antonio Fiesta located at La Villita. Great food, music, shopping and lots of fun await you! Dress causal; wear comfortable shoes and plan to party! Attendees will walk to La Villita unless you require accommodations for transportation, meet in hotel lobby.

Everyone is invited to donate a new backpack or duffle bag that will be donated to children in transitional living situations, such as foster care. For more information, see page 11.



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**extension**  
HUMAN SCIENCES

Healthy **People** • Strong **Families** • Elevated **Communities**



National Extension Association  
of Family & Consumer Sciences

# GENERAL SESSION KEYNOTE

Monday, September 24 | 1:30 PM – 4:30 PM

## The Journey of Change

*by Douglas L. Steele*

*Director of International Extension Programs for the Norman Borlaug Institute for International Agriculture*

It is often quoted that the only person who likes change is a wet baby (Mark Twain); but it is important to note that change is a part of our everyday life, that those who embrace change will win and that we should perceive ourselves as an agent of change, not a victim. Effective change agents are people that not only initiate, but also manage change within organizations. Social scientist and communications professor Dr. Everett Rogers outlined in his book ***Diffusion of Innovations*** the value of Extension educators in reaching out to the innovators, early adopters, and finally the general population to introduce new and innovative practices across the country, the role as change agents in the context of the greater society. This keynote presentation will focus on the role of the Family and Consumer Science educator in addressing the successful journey in an ever-increasing climate of change.

### *Learning Objectives:*

- Understand the history of change within the family and consumer science discipline
- Value change as an important component of an individual or organization moving forward
- Embrace opportunities to be a positive force for change



*“the only person who likes change is a wet baby.”*

*—Mark Twain*

# TUESDAY, SEPTEMBER 25, 2018

## TUESDAY SCHEDULE AT A GLANCE

6:30 AM – 7:15 AM	Wellness Activity
7:00 AM – 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off — 3rd Floor
7:00 AM – 8:00 AM	First Timer Orientation and Breakfast
7:00 AM – 8:15 AM	Hospitality Table Open — 3rd Floor
8:15 AM – 11:00 AM	Concurrent Sessions
9:00 AM – 11:00 AM	Life Member Meeting
11:15 AM – 1:15 PM	Regional Awards Luncheon
1:00 PM – 5:00 PM	Exhibitor Set-up/Silent Auction Set-up
1:15 PM – 3:00 PM	Hospitality Table Open — 3rd Floor
1:30 PM – 5:30 PM	In-Depth Sessions
6:30 PM – 9:30 PM	Leadership Event at the Alamo ( <i>Invitation Only</i> )



**6:30 AM – 7:15 AM**

**Wellness Activity - Line Dancing**

**Room: Conference 1-2**

Get a jump start on your daily 'Steps' with this fun morning wake-up! Low-impact activity for all fitness levels. Comfortable clothing suggested; boots optional!

**7:00 AM – 4:00 PM**

**Registration/Silent Auction Drop Off/Service Project Drop Off**

**3rd Floor**



**7:00 AM – 8:00 AM**

**First Timer Orientation and Breakfast**

**Room: Salon G**



## CONCURRENT SESSIONS

**8:15 AM - 9:00 AM**

### CONCURRENT SESSION 1

**High Speed Hand Washing Saves Time, Water and Health in North Central Kansas**

**Track: AWARD / Health**

**Room: Salon D**

**Presenter(s): Donna Krug, Linda Beech, Jamie Rathbun, Erin Petersilie**

**Clean and Healthy Families & Communities Award**

**State: Kansas**

The high speed handwashing program by this Kansas team helps groups do better handwashing in less time while saving more water- and better handwashing ultimately leads to better health.

## CONCURRENT SESSION 2

### **Eat More Greens in 2017 Campaign**

*Track: AWARD/Nutrition*

*Room: Salon J*

*Presenter(s): Elisa Shackelton*

*Social Media Education Award*

*State: Colorado*

The Eat More Greens in 2017 campaign used a variety of social media platforms to increase consumer familiarity, consumption, and safe handling of leafy greens.

## CONCURRENT SESSION 3

### **Trends and Innovation in Family Engagement - According to Parents**

*Track: Parenting Education*

*Room: Salon K*

*Presenter(s): Debbie Curley, MPH, Katherine E. Speirs, PhD, Ashley Dixon, MS*

*State: Arizona*

Ever offer a parenting class and three people show up? Learn what parents say they want and how to incorporate their suggestions into your programming.

## CONCURRENT SESSION 4

### **Understanding and Estimating Health Insurance Costs – A Smart Use Health Insurance Program**

*Track: Financial Management*

*Room: Salon L*

*Presenter(s): Maria Pippidis, Jesse Ketterman, Lisa McCoy, Virginia Brown, Bonnie Braun, Lynn Little, Priscilla Graves*

*State: Delaware*

Consumers are confused about health insurance costs. This session helps consumers understand health care costs, know where to go for information, and share tools to help estimate health care costs.

## CONCURRENT SESSION 5

### **Combating the Diabetes Belt Distinction with the National Diabetes Prevention Program**

*Track: Health*

*Room: Salon M*

*Presenter(s): Marie Arick*

*State: Florida*

The National Diabetes Prevention Program "Prevent T2" uses educational and behavioral intervention strategies to help clients reduce their risk of developing type 2 diabetes by at least 58%.

**9:00 AM – 11:00 AM**

## **LIFE MEMBER MEETING**

***Room: Conference 17-18***

***Guest Speaker, Nancy L. Granovsky, CFP, CFCS - Texas***

Before retiring in September 2017, Nancy Granovsky was a Professor and Extension Family Economics Specialist for Texas A&M AgriLife Extension Service for 39 years. She now devotes her time as a part-time, "retired but rehired" Extension employee and as a volunteer with Dr. Judith Warren as they collect and organize Extension Home Economics/Family and Consumer Sciences archival materials that will be donated to the Cushing Library at Texas A&M University.



## CONCURRENT SESSION 6

### Reaching the Next Generation of Extension Audiences

*Track: Technology and Social Media*

*Room: Conference Room 3/4*

*Presenter(s): Amanda Christensen, Naomi Brower*

*State: Utah*

This workshop will share about the creation, peer-review process, and impact of peer-reviewed, educational videos in an effort to support Extension professionals' efforts to stay relevant in the digital age.

## CONCURRENT SESSIONS

9:15 AM - 10:00 AM

## CONCURRENT SESSION 1

### Downsizing and Organizing Your Home

*Track: AWARD/Potpourri*

*Room: Salon J*

*Presenter(s): Morgan Rousseau, Anna McCoy*

*Clean and Healthy Families & Communities Award*

*State: Kentucky*

Downsizing your home and transitioning into a smaller living space has become a recent trend for older adults and young families. As people age, large homes require upkeep, continued maintenance, and expensive utility bills. Seniors may face accessibility and self-care challenges stemming from multi-level living. By downsizing, minimizing, and organizing a smaller home can provide significant savings on property taxes, utilities, and insurance equating to less stress and manageability.

## CONCURRENT SESSION 2

### Walking School Initiative Program

*Track: Health*

*Room: Salon K*

*Presenter(s): Angelica Sifuentes, Luisa Colin, Erica Reyes*

*State: Texas*

Workshop will assist attendees in implementing a Walking School Initiative that increases physical activity among youth to improve their health and wellness through their physical education class.

## CONCURRENT SESSION 3

### Promoting Positive Youth Development Through Relationship Education

*Track: Youth Development and 4-H*

*Room: Salon L*

*Presenter(s): Rebecca Stackhouse, Ted Futris, Kristi Farner, Stephanie Benton, Terri Black, Ann Center, Susan Culpepper, Kandi Edwards, Machel Gill, Joshua Grant, Randie Gray, Kasey Hall, Wanda McLocklin, Jackie Nunn, Kris Peavy, Cindy Sheram, Kristen Sumpter, Kayla Wall, Randy West*

*State: Georgia*

Relationship education provides youth with vital skills to develop healthy interpersonal relationships. The impact and lessons learned from programs offered through in-school and after school settings will be shared.

## CONCURRENT SESSION 4

### Strategies for Addressing Nutrition Misinformation

*Track: Nutrition*

*Room: Salon M*

*Presenter(s): Amy Elizer*

*State: Tennessee*

Because consumers' health can be damaged due to nutrition misinformation, educators must address it. Research on its spread, plus strategies to address it and a lesson will be shared.

## CONCURRENT SESSION 5

**No Pen, No Paper -- No Problem!***Track: Technology and Social Media**Room: Conference Room 3/4**Presenter(s): Rebecca Sheffield, Stephanie Diehl, Kevin Cabbage**State: Virginia*

To better access, facilitate and evaluate Cooperative Extension programming – various technologies are employed to more quickly gather, collate, process and evaluate information using off-line applications.

## CONCURRENT SESSION 6

**Adapting Financial Education to Limited Resources Populations***Track: Financial Management**Room: Conference Room 13/14**Presenter(s): Alisha Barton, Lorissa Dunfee, Amanda Bohlen, Bridget Britton, Misty Harmon**State: Ohio*

Extension professionals are required to customize financial education to serve participants. Learn how to adapt programs for limited resource populations such as veterans, lower-income audiences, and individuals in recovery.

## CONCURRENT SESSION 7

**Food Safety Award***Track: AWARD / Food Safety**Room: Salon D**Presenter(s): Joan Gray-Soria, Billie Peden, Kay Herron Rogers, Amalia Mata, Whitley Sprague, Miquela Smith, Amy Wagner, Wendy Hazzard, Carolyn Prill-Bennett, Chelsey Tillman, Lizabeth Gresham, Jennifer Nickell**Food Safety Award**State: Texas*

With food safety as a primary concern for families both inside and outside the home, agents from across the Texas Panhandle joined forces to help 10,267 adults and youth handle food safely through multiple approaches.

## CONCURRENT SESSIONS

10:15 AM - 11:00 AM

## CONCURRENT SESSION 1

**"Prevent T2", the CDC National Diabetes Prevention Program***Track: Health**Room: Salon J**Presenter(s): Bridget Morrisroe-Aman, Jaqueline Amende, Rebecca Hutchings, Gretchen Manker, Sindy Martinez**State: Idaho*

The National Diabetes Prevention Program is a partnership of public and private organizations working to prevent type 2 diabetes. Learn about the program and PreventT2 an evidence-based, healthy-lifestyle change program.

## CONCURRENT SESSION 2

**eParenting: Using Technology to Provide Parenting Education***Track: Technology and Social Media**Room: Salon K**Presenter(s): Anne Clarkson, Brook Berg, Pattie Carroll, Mary Huser, Renee Koenig, Lori Zierl**State: Wisconsin*

Most parents seek parenting information online. Using different digital delivery formats, our three eParenting@ programs teach positive technology use at critical family transitions. Learn best practices in digital outreach.

## CONCURRENT SESSION 3

**The Homemade Entrepreneur: A Program for Growing Small Food Businesses***Track: Administration/Leadership/Community Development**Room: Salon L**Presenter(s): Natasha Parks, Samara Deary, Meg McAlpine, Annie Sheldon, Brad Burbaugh**State: Florida*

The Homemade Entrepreneur program educates citizens on the Cottage Food Law and provides

skills to start a successful home-based food business to increase economic activity in their communities.

## CONCURRENT SESSION 4

### Teaching Consumers How to Effectively Use Online Coupon Codes and Mobile Coupons to Save Money

*Track: Financial Management*

*Room: Salon M*

*Presenter(s): Teresa Hunsaker, Darlene Christensen*

*State: Utah*

Couponing is at an all-time high, with digital coupon savings growing fast. This research based program teaches consumers to more effectively use electronic and digital options to save money.

## CONCURRENT SESSION 5

### VEGucate Yourself: The Who, What, When, Where, & Why of Vegetarian Diets

*Track: Nutrition*

*Room: Conference Room 3/4*

*Presenter(s): Kimberly Moore, Kathleen Splane, Cheryl Bush*

*State: Delaware*

VEGucate answers who and when one may eat a vegetarian/vegan diet, what these diets are, where to get nutrients from, and why one may follow these diets.

## CONCURRENT SESSION 6

### Increasing Access to Extension Programs for Diverse Audiences

*Track: COMMITTEE / Diversity*

*Room: Conference Room 13/14*

*Presenter(s): Karim Martinez, Lorrie Coop, Ines Beltrán, Diana Romano, Traci Armstrong*

Members of the diversity sub-committee will share strategies and recommendations for increasing the accessibility of Extension programs for minority and other undeserved audiences. They will present research and resources and will also share personal experiences reaching diverse audiences in their communities.

## CONCURRENT SESSION 7

### Building Rural Community Partnerships to Increase Adults Healthy Brain Habits

*Track: AWARD / Health*

*Room: Salon D*

*Presenter(s): Chelsey Byers Gerstenecker*

*State: Illinois*

#### Community Partnership Award

University of Illinois Extension, the Alzheimer's Association and the Central Illinois Area Health Education Center teamed up to deliver multiple four-part Brain Health Series reaching rural audiences in Central Illinois.



**11:15 AM – 1:15 AM**

### Regional Awards Luncheon

*Room Locations:*

*Central Region – Salon E*

*Eastern Region – Conf. Room 1&2*

*Southern Region – Salon H&I*

*Western Region – Salon G*

*(See App for Agenda – listed under Schedule and then event details.)*



**1:30 PM – 5:30 PM**

### In-Depth Sessions

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



**6:30 PM – 9:30 PM**

### Leadership Event

*Alamo*

*(Invitation Only)*

*Meet in the hotel lobby at 6:15 PM for walking instructions.*



## IN-DEPTH SESSIONS

Buses will depart promptly at 1:30 PM. If you are loading on a bus that says FRONT LOADING AREA, you will meet outside the main hotel entrance (Bowie St.). If you are loading on a bus that says BACK LOADING AREA, you will meet outside the Marriott Rivercenter Commerce Street exit between Starbucks and The Bar. If you are on the San Antonio Missions, Market and More Tour, you will meet in the hotel Lobby.

IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	DEPARTURE TIME	BUS #
<b>Culinary Institute of Arts San Antonio</b>	Nutrition & Food Preparation	Off-Site	1:30 PM	1 – FRONT
<b>Leadership Extension</b>	Leadership	Off-Site	1:30 PM	2 - FRONT
<b>Federal Reserve Bank and Market Square</b>	Financial Literacy	Off-Site	1:30 PM	4 - FRONT
<b>Sandy Oaks</b>	Nutrition/Economic Development	Off-Site	1:30 PM	1 - BACK
<b>San Antonio Food Bank</b>	SNAP-Ed /Volunteerism	Off-Site	1:30 PM	2 - BACK
<b>Haven for Hope</b>	Sustainable Living	Off-Site	1:30 PM	3 - BACK
<b>AVANCE</b>	Parenting/Child Development	Off-Site	1:30 PM	3 - BACK
<b>HEB Headquarters</b>	Nutrition / Food Safety	Off-Site	1:30 PM	4 - BACK
<b>San Antonio Missions, Market and More</b>	Life Member and Community Development	Off-Site	1:30 PM	Meet in Hotel Lobby

IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	START TIME	MEETING ROOM
<b>Duds to Dazzle Workshop/ Refashion Workshop</b>	4-H Clothing & Youth Development	On-Site	1:30 PM	Salon J
<b>Creative Spark: Applying Innovation-Boosting Tools to Everyday Problem Solving</b>	Administration/ Leadership/ Community Development	On-Site	1:30 PM	Salon M
<b>Implementing Child Care Conferences and Trainings</b>	Child Care/Child Development	On-Site	1:30 PM	Conference Room 11
<b>Learn, Grow, Eat &amp; Go!</b>	SNAP-Ed/4-H Youth Development	On-Site	1:30 PM	Conference Room 12
<b>Healthy South Texas - Interdisciplinary Education &amp; Health Outreach Campaign</b>	Health	On-Site	1:30 PM	Conference Room 13/14

# WEDNESDAY, SEPTEMBER 26, 2018

## WEDNESDAY SCHEDULE AT A GLANCE

6:30 AM – 7:15 AM	Wellness Activity
7:00 AM – 8:00 AM	Hospitality Table Open — 3rd Floor
7:00 AM– 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off — 3rd Floor
7:00 AM – 11:00 AM	Exhibitor Set-up/Silent Auction Set-up
8:00 AM – 11:45 AM	Concurrent Sessions
8:00 AM – 4:00 PM	FCS Program Leaders Meeting Day 1 <i>(Special registration required. Includes breakfast &amp; lunch)</i>
11:00 AM – 11:30 AM	Exhibitor Orientation
11:45 AM – 4:30 PM	Hospitality Table Open — 3rd Floor
12:00 PM	Exhibit Hall Ribbon Cutting
12:00 PM – 3:30 PM	Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays <i>(Boxed lunch provided)</i>
1:00 PM – 3:45 PM	Exhibit Forums
2:15 PM – 4:15 PM	Annual Business Meeting
2:15 PM – 4:15 PM	Ignite Sessions & World Cafés
4:30 PM – 6:00 PM	Anniversary Kick-Off Reception in the Exhibit Hall (Silent Auction Open and Showcase of Excellence Displays)
6:30 PM	State's Night Out <i>(Off-site)</i>
8:30 PM – 9:30 PM	NPL Program Leaders Reception <i>(Invitation Only)</i>
8:45 PM – 9:30 PM	Wellness Activity – Evening Relaxation



**6:30 AM – 7:15 AM**

**Wellness Activity - Line Dancing**

**Room: Conference 1-2**

*(See page 25 for details)*

**7:00 AM – 4:00 PM**

**Registration/  
Silent Auction Drop Off/  
Service Project Drop Off**

**3rd Floor**

**8:00 AM – 4:00 PM**

**FCS Program Leaders Meeting  
Day 1**

**Room: Conference 17-18**

*(Special registration required.  
Includes breakfast & lunch)*

## CONCURRENT SESSIONS

8:00 AM - 8:45 AM

### CONCURRENT SESSION 1

#### Assessing Nutrition Literacy Skills to Guide Program Development

**Track:** Nutrition

**Room:** Salon G

**Presenter(s):** Lisa McCoy, Beverly Jackey, Virginia Brown

**State:** Maryland

Learn how a statewide online Health Nutrition Literacy survey, focusing on the nutrition facts label was created. Understand how the results are guiding program development for positive health outcomes.

### CONCURRENT SESSION 2

#### Preparing the Child Care Environment for Natural Disasters and Other Emergencies

**Track:** Child Care/Child Development

**Room:** Conference Room 1-4

**Presenter(s):** Pamela Turner, Diane Bales

**State:** Georgia

Participants will learn how to use a variety of research-based tools to educate child care providers about children's responses to emergencies and how teachers and parents can support them.

### CONCURRENT SESSION 3

#### GEM Program: Get Experience in Mindfulness

**Track:** Health

**Room:** Salon I

**Presenter(s):** Sarah Bercaw, Breanna Banks

**State:** Delaware

The Get Experience in Mindfulness (GEM) program is a mindfulness-based stress management series. This program is interactive and teaches stress coping and relaxation techniques as an introduction to mindfulness.

### CONCURRENT SESSION 4

#### Lessons Learned from Organizing a Multi-County Marriage Celebration

**Track:** Potpourri

**Room:** Salon K/L

**Presenter(s):** Naomi Brower, Pamela Payne

**State:** Utah

This presentation will share strategies and lessons learned from organizing a successful collaborative multi-county marriage enrichment event, as well as an overview of the evaluative findings.

### CONCURRENT SESSION 5

#### Community Partnerships Making a Difference with At-Risk Families

**Track:** Administration/Leadership/

Community Development

**Room:** Salon M

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

**State:** Ohio

This session explores a unique successful community partnership between schools, court system and extension designed to address needs of at-risk youth and their families, pro-actively addressing critical family stability issues.

### CONCURRENT SESSION 6

#### "Nailed it!" Awards Training Concurrent Session

**Track:** COMMITTEE/AWARDS

**Room:** Conference Room 13/14

**Presenter(s):** Roxie Price and Awards Training Subcommittee Members

Move your national awards application to the next level by learning tips and tricks to dodge pitfalls during the creation process. Network with others who may be interested in multi-state collaborations, which can strengthen an application. Learn the idea of working backwards to make the process easier.

## CONCURRENT SESSION 7

### **Responsible Spending Behaviors: From Research to Practice**

**Track:** AWARD / Financial Management

**Room:** Salon D

**Presenter(s):** Bryce Jorgensen

*Program Excellence Through Research Award*

**State:** New Mexico

Responsible spending behaviors differ based on socialization, financial attitudes, and education. New financial management programs focus on changing spending behaviors based on this behavioral economics research. Evaluation/impact data available.

## CONCURRENT SESSIONS

9:00 AM - 9:45 AM

## CONCURRENT SESSION 1

### **Action Pack Families: Bringing Healthy Choices Home**

**Track:** Health

**Room:** Salon G

**Presenter(s):** Andrea Scarrow, Marsha Davis, Courtney Still

**State:** Georgia

Action Pack Families: Bringing Healthy Choices Home addresses childhood obesity in a multi-sector approach using children as change agents to improve health at home, at school and in their community.

## CONCURRENT SESSION 2

### **Writing Your Retirement Paycheck: Workshops for Those Nearing Retirement**

**Track:** Financial Management

**Room:** Salon I

**Presenter(s):** Barb Wollan, Joyce Lash

**State:** Iowa

Will retirement funds last? Explore a two-part workshop that equips consumers for key decisions around retirement income by addressing Social Security, inflation, taxes, withdrawal strategies and more.

## CONCURRENT SESSION 3

### **Exploring Local Cuisine From the Roots Up: A Food Systems Extension Program**

**Track:** Potpourri

**Room:** Salon K/L

**Presenter(s):** Mia Wilchcombe, Megan Mann, Brooke Moffis, Juanita Popenoe, Lloyd Singleton

**State:** Florida

An interdisciplinary approach that focuses on the entire food system. The purpose is to increase awareness and appreciation of agriculture through education and promotion of local agriculture.

## CONCURRENT SESSION 4

### **Digital Storytelling with ScratchJr**

**Track:** Technology and Social Media

**Room:** Salon M

**Presenter(s):** Leanne Manning, Ashu Guru, Sarah Roberts, Julie Crandall, Lee Sherry, Holly Hatton-Bowers

**State:** Nebraska

Learn through a hands-on demonstration how our online program teaches providers and extension staff to use ScratchJr with children ages 5-7 to develop digital stories and facilitate children's critical thinking.

## CONCURRENT SESSION 5

### **Fostering Engineering Play Behaviors in Young Children**

**Track:** Child Care/Child Development

**Room:** Conference Room 1-4

**Presenter(s):** Barbara Beaulieu

**State:** Indiana

Researchers and Extension Educators evaluated the effectiveness of a preschool teacher training program that increased teachers' understanding of and support for children's constructive play as a form of early engineering.

## CONCURRENT SESSION 6

### **Building a Quilt Square Trail: Promoting 4-H and Community Service**

*Track: Youth Development and 4-H*

*Room: Conference Room 13/14*

*Presenter(s): Christine Kendle*

*State: Ohio*

Quilt square trails throughout rural America tell an important story while providing opportunities for partnerships and youth engagement in 4-H promotion, community service, and local government.

## CONCURRENT SESSION 7

### **Dinner Tonight! Video Demonstrations**

*Track: AWARD / Technology & Social Media*

*Room: Salon D*

*Presenter(s): Chelsea Stevens, Michelle Allen, Julie Gardner, Joel Redus, Hannah Krebs, Kelli Brown, Elaine Montemayor-Gonzalez, Courtney DeBoard, Rusty Hohlt, Odessa Appel, Susan Ballabina, Danielle Hammond-Kreuger*

*Social Media Education - Online Video Award*

*State: Texas*

The Dinner Tonight! program encourages family mealtime by providing quick, nutritious and cost-effective recipes to consumers through weekly video webcasts and other web-based methods such as blogs, Pinterest and Facebook.



## CONCURRENT SESSION 8

### **Presenting a Professional Webinar for NEAFCS Members**

*Track: COMMITTEE / Webinars*

*Room: Salon J*

*Presenter(s): Leslie Shallcross*

*State: Alaska*

Sharing your work in a professional webinar can benefit you as well as other NEAFCS members. As a presenter, you gain national exposure, building your potential professional advancement and growth and opening the doors to collaborations. Other NEAFCS members gain from learning about your experiences and program models. Find out what it takes to submit a proposal and what a well written proposal looks like.

## CONCURRENT SESSIONS

**10:00 AM - 10:45 AM**

## CONCURRENT SESSION 1

### **Community Health Education Campaigns**

*Track: Health*

*Room: Salon G*

*Presenter(s): Elaine Fries, Rusty Hohlt*

*State: Texas*

Workshop will assist attendees in identifying land grant university resources to develop a comprehensive health outreach program and look at the success of highly visible public health campaigns.

## CONCURRENT SESSION 2

### **Prepare to Care**

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

*Room: Salon I*

*Presenter(s): Lora Lee Frazier Howard, Leslie Workman, Kenna Knight, Amy Kostelic*

*State: Kentucky*

Caregiving is an important role but one that few are trained to hold. This session highlights AARP's "Prepare to Care" program which helps individuals and families make caregiving more manageable.

### CONCURRENT SESSION 3

#### **Utilizing Mindfulness to be an Effective and Balanced Extension Agent**

**Track:** *Potpourri*

**Room:** *Salon K/L*

**Presenter(s):** *Heather Janney*

**State:** *Florida*

In this session, we will focus on bettering agents' wellness, work productivity and work-life balance. Research shows that individuals who have better physical and mental health have improved job productivity.

### CONCURRENT SESSION 4

#### **Analysis of Certified Food Protection Manager Examination Results After a New Training Approach**

**Track:** *Food Safety*

**Room:** *Salon M*

**Presenter(s):** *Natalie Seymour*

**State:** *North Carolina*

Overview of new extension-based food protection manager certification training program focused on principles of adult learning and behavior change theory and resulting impact on mastery of food safety topics.

### CONCURRENT SESSION 5

#### **Extension Agents and University Students Successfully Grow Virtual Volunteer Income Tax Assistance**

**Track:** *Financial Management*

**Room:** *Conference Room 1-4*

**Presenter(s):** *Andrea Scarrow, Joan Koonce, Rachel Hubbard, Roxie Price, Mitzi Parker, Kathryn Holland, Suzanne Williams, Ann Centner, Lance Palmer*

**State:** *Georgia*

Extension agents collaborated with University students and the IRS to implement Virtual Volunteer Income Tax Assistance. In one year, agent participation doubled and the program now reaches across the state.

### CONCURRENT SESSION 6

#### **Promoting FCS Programs at the State and National Level**

**Track:** *COMMITTEE /Public Affairs*

**Room:** *Conference Room 13/14*

**Presenter(s):** *Julie Garden-Robinson and Public Affairs Committee*

Does your community know about your Extension programs? Are you using/promoting the national public affairs activities (Dining In, Living Well Month)? Learn how to come up with a plan to promote your FCS programs. Help refresh the national NEAFCS projects with new ideas or success stories from your state.

### CONCURRENT SESSION 7

#### **Master Wellness Volunteer Program a Success in Tulsa County**

**Track:** *AWARD / Health*

**Room:** *Salon D*

**Presenter(s):** *Michelle Bonicelli, Kelly Baehler, Gerri Holmes, Deanna Lawson, Sharolyn Sorrels*

*Master Family and Consumer Sciences Volunteer Award*

**State:** *Oklahoma*

The Master Wellness Volunteer training program is an engaging series of five classes that provides volunteers with 40 hours of training in health and wellness education. In return, the volunteers agree to give back 40 hours of service to the community as an OSU Extension Master Wellness Volunteer.

### CONCURRENT SESSION 8

#### **Writing a Winning Proposal**

**Track:** *COMMITTEE/ Professional Development*

**Room:** *Salon J*

**Presenter(s):** *Jami Dellifield, Marcia Parcell, Candace Heer*

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 SESSIONS

11:00 AM - 11:45 PM

### CONCURRENT SESSION 1

#### Caregiver Wellness and Resiliency

*Track: Child Care/Child Development*

*Room: Salon G*

*Presenter(s): Christine Anthony*

*State: Pennsylvania*

Providing high-quality care for children in out-of-home care can be stressful. This session will address strategies that can be used to maximize self-care and resiliency for early care professionals.

### CONCURRENT SESSION 2

#### Creating Behavior Change through Interactive, On-line Education

*Track: Technology and Social Media*

*Room: Salon I*

*Presenter(s): Julie England, Wendy Lynch, Wendy Dahl, Lisa Leslie*

*State: Florida*

Statewide teams work cooperatively to expand reach to non-traditional audiences through interactive nutrition and financial webinars to elicit behavior change.

### CONCURRENT SESSION 3

#### The Art of Goodbye: An Interdisciplinary Approach to End-of-Life Education

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

*Room: Salon K/L*

*Presenter(s): Lynda Spence*

*State: Florida*

This program helps individuals and families reduce barriers related to end-of-life concerns. Participants will learn how to explore, discuss, and plan using an intentional, self-determined, and coordinated approach.

### CONCURRENT SESSION 4

#### Dinner Tonight! Healthy Cooking School

*Track: Health*

*Room: Salon M*

*Presenter(s): Norma Munoz, Elaine Montemayor-Gonzalez, Rusty Hohlt*

*State: Texas*

The Dinner Tonight! program encourages home food preparation by providing quick, nutritious recipes through healthy cooking schools, virtual videos, e-newsletters, website features, and social media.

### CONCURRENT SESSION 5

#### Creating Effective Outcome Evaluations

*Track: Potpourri*

*Room: Conference Room 1-4*

*Presenter(s): Karim Martinez, Bryce Jorgensen*

*State: New Mexico*

As extension educators, we are required to conduct evaluations. In this session, you will receive easy to use templates and learn best practices on writing and conducting effective evaluations.

### CONCURRENT SESSION 6

#### JNEAFCS...All You Need to Know About the Journal of NEAFCS

*Track: COMMITTEE / Journal*

*Room: Conference Room 13/14*

*Presenter(s): Dana Wright, Sarah Ransom*

*State: West Virginia*

If you have ever wondered what the requirements are for submitting an article, what the reviewers are looking for, what we consider when selecting articles for the Journal – this is the place to be! We will discuss requirements, tips for submission and answer questions you may have regarding submitting to JNEAFCS. If you would like to learn more about participating in the production of the Journal, we will share some brief information and share how to get involved.

## CONCURRENT SESSION 7

### South Asian Health Awareness About Stroke (SAHAS)

**Track:** AWARD /Health

**Room:** Salon D

**Presenter(s):** Shailja Mathur, Sunanda Gaur, Varsha Singh, Bishakha Ghoshal, Christina Varghese, Aayush Visaria, Tina Dharamdasani, Vanessa Rios,

*Mary W. Wells Diversity Award*

**State:** New Jersey

SAHAS is a community outreach program from the South Asian Total Health Initiative (SATHI). This program is the first of its kind in Middlesex County and a collaboration between the Rutgers Medical School and Rutgers Cooperative Extension. The program is co-taught by a Registered Dietitian and a Stroke Nurse. Participants are taught about healthy behaviors to prevent stroke and educated on recognizing the signs of Stroke in a timely fashion.

**11:00 AM – 11:30 AM**

#### Exhibitor Orientation

**Room:** Exhibit Hall (Salon ABF)

**12:00 PM – 3:30 PM**

#### Exhibit Hall Ribbon Cutting/ Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays

**Room:** Exhibit Hall (Salon ABF)

To view listing of Showcase of Excellence Displays, see pages 37-43 and look for (\*\*) next to the Ignite/World Cafe listings. These sessions also received a poster display. Poster sessions not participating in Ignite/World Cafe's can be found on page 43.

**12:00 PM – 1:00 PM**

#### Lunch in Exhibit Hall

**Room:** Exhibit Hall (Salon ABF)

*Additional seating for lunch in Salon E*



**1:00 PM – 3:45 PM**

#### Exhibit Forums

**Room:** Salon C

*(See page 53 for more information.)*

**2:15 PM – 4:15 PM**

#### Annual Business Meeting

**Room:** Salon I

*(See App for Agenda – listed under Schedule and then event details.)*

**2:15 PM – 4:15 PM**

#### Ignite Sessions & World Cafés

Sessions marked with (\*\*) represents those that also include a Showcase of Excellence.

The first hour will include Ignite Sessions, followed by an hour of World Café.

## IGNITE/WORLD CAFÉ ROOM 1

### Salon K

**IGNITE 2:15 PM**

#### Basic Core: Building Blocks for Safe and Healthy Children (\*\*)

**Track:** Child Care/Child Development

**Presenter(s):** Terri Black, Diane Bales, Edda Cotto-Rivera, Janet Hollingsworth, Susan Howington, Lisa Jordan, Susan Moore, Laura Smith

Ensuring that children are safe, preventing the spread of infectious diseases, preventing abuse and neglect in child care are the most basic components of a high-quality child care program.

**IGNITE 2:25 PM**

#### Boosting Cooking Skills for Kids

**Track:** 4-H and Youth Development

**Presenter(s):** Grace Wittman, Becky Hutchings, Gretchen Manker

Studies demonstrate that people spending less time preparing meals at home. Four Idaho FCS and 4-H Extension Educators have taken on the task of teaching youth basic cooking skills.

**IGNITE 2:35 PM****Building Early Emotional Skills: A Group Curriculum for Parent and Early Childhood Providers (\*\*)***Track: Parenting Education**Presenter(s): Kylie Rymanowicz, Kendra Moyses, Carrie Shrier, Holly Brophy-Herb*

Building Early Emotional Skills (BEES) is a research-based parenting/caregiver curriculum designed to help adults build awareness and skills to support healthy social emotional development in young children.

**IGNITE 2:45 PM****GoJoCo - Promoting Child Nutrition Programs and Healthy Living***Track: Nutrition**Presenter(s): Sarah Ransom*

GoJoCo is a grant-funded initiative to promote child nutritional programs throughout the county. This project works to address education, awareness of available resources and building partnerships for lasting impact.

**IGNITE/WORLD CAFÉ ROOM 2****Salon D****IGNITE 2:15 PM****Cooking Local Foods Made Simple: Agent Training to Increase Capacity for Foods and Nutrition Programming***Track: Nutrition**Presenter(s): Katrina Levine, Lorelei Jones, Emily Foley, Susan Chase, Suzanne van Rijn, Zandra Alford, Jayne McBurney, Jennifer Grable, Hayley Napier, Olivia Jones, Dara Bloom, Lindsey Haynes-Maslow, Gretchen Hofing, Carolyn Dunn*

Cooking Local Foods Made Simple is an intensive, three-part, 60-hour hands-on training specifically for FCS agents to improve confidence and develop food preparation skills for nutrition and local foods programs.

**IGNITE 2:25 PM****Cooperative Extension as a Model for Sustainable Dissemination of the Diabetes Prevention Program***Track: Health**Presenter(s): Vanessa da Silva, Traci Armstrong-Florian, Hope Wilson, Melissa Wyatt, Joyce Alves, Cathy Martinez*

The Diabetes Prevention Program is a CDC initiative to reduce the risk of diabetes. Cooperative Extension is an excellent fit for the DPP due to its reach in underserved areas.

**IGNITE 2:35 PM****Culinary Farm Tour: An Interdisciplinary Approach to Growing, Cooking, and Eating Local (\*\*)***Track: Potpourri**Presenter(s): Samantha Kennedy, Christa Kirby, Michelle Atkinson, Martha Glenn, Crystal Snodgrass*

Chefs cook the food farmers produce. Bringing these groups together through farm tours helps strengthen this connection and educates chefs about the freshness, abundance, and safety of their locally-grown produce.

**IGNITE 2:45 PM****Developing and Piloting a Participant Food Preservation Tool (\*\*)***Track: Food Safety**Presenter(s): Shauna Henley, Chenzi Wang*

An evaluation tool was developed and piloted to capture participants' intent and self-efficacy to use evidence-based canning practices. Results show participants improved behavior intent and knowledge towards evidence-based canning practices.

**IGNITE 2:55 PM****Dining With Diabetes (\*\*)***Track: Nutrition**Presenter(s): Kimberly Moore, Kathleen Splane, Cheryl Bush*

Dining with Diabetes is a five part series that teaches participants about the basics of diabetes, how to manage diabetes through diet, and the importance of exercise and medication.

**IGNITE 3:05 PM****Effectiveness of a Healthy Menu Options Program (\*\*)***Track: Nutrition**Presenter(s): Sherri Cirignano, Sarah Perramant*

A study was undertaken to determine if promotion of a Healthy Menu Options program would increase both the purchase of approved items and awareness of healthy options by restaurant patrons.

## IGNITE/WORLD CAFÉ ROOM 3

### Salon G

**IGNITE 2:15 PM****Building Capacity through Mental Health Education***Track: Health**Presenter(s): Zurishaddai Garcia*

Fostering mental health in youth is a critical need. Extension has the capability to foster mental health through existing programs and through prevention education – Youth Mental Health First Aid.

**IGNITE 2:25 PM****Digital Detoxing for Health (\*\*)***Track: Health**Presenter(s): Jenny Lobb*

While technology has many positive uses, the overuse of technology can negatively impact health. Learn how and why to teach, practice and promote the art of digital detoxing for health.

**IGNITE 2:35 PM****Methodology, Implementations, and Assessment of Mindfulness-based Programs with Adult Drug Court Participants***Track: Health**Presenter(s): Dhruti Patel, Amy Rhodes*

The session illustrates the need, methodology, programmatic adaptations, implementation, and assessment of the mindfulness and stress management program for adults participating in the county circuit court's drug court program.

**IGNITE 2:45 PM****Now There's an App for That! Canning Timer and Checklist App. (\*\*)***Track: Technology and Social Media**Presenter(s): Jeanne Brandt, Dio Morales, Stephen Ward*

Based on USDA recommendations, the Canning Timer and Checklist App acknowledges consumer reliance on electronic sources of information. It combines steps for successful home food preservation with built-in timers.

**IGNITE 2:55 PM****Steps Toward Attaining Extension Latino Cultural Competency: A Diversity & Inclusion Issue Corps Project***Track: Potpourri**Presenter(s): Zurishaddai Garcia, Celina Wille*

The U.S. Latino community is growing and Extension should be engaging and inclusive. This presentation will share one state's efforts to empower Extension professionals with Latino cultural competency.

**IGNITE 3:05 PM****The Stress Less with Mindfulness Program: An Evaluation of Program Benefits and Barriers to Implementation***Track: Life Span Development: Aging, Child and Human Development and related topics**Presenter(s): Cheryl Kaczor, Rebecca Smith, Andrea Hoover, Ami Cook, Sue Flanagan, Terrill Peck, David Roberts*

An evaluation of the Stress Less with Mindfulness (SLM) program which is an initiative designed to help participants address stress in their daily lives using mindfulness principles.

**IGNITE 3:15 PM****Increasing Cancer Screening and Changing Cancer Prevention Behaviors for Women in Georgia (\*\*)***Track: Nutrition**Presenter(s): Alison Berg, Ines Beltran, Keishon Thomas, Rhea Bentley, Leigh Ann Aaron, Terri Black, Edda Cotto-Rivera, Susan Culpepper, Jackie Dallas, MaryBeth Hornbeck, Susan Howington, Jackie Ogden, Kristen Sumpter, Cindee Sweda, Barbara Worley, Olga Lucia Jimenez*

The Cooking for a Lifetime of Cancer Prevention Cooking School program educates Georgia women about recommended breast, cervical and colorectal cancer screenings, and nutrition and physical activity for cancer prevention.

**IGNITE/WORLD CAFÉ ROOM 4****Conference Room 1-4****IGNITE 2:15 PM****A Dozen Evaluation Methods and Metrics for Social Media Outreach***Track: Technology and Social Media**Presenter(s): Barbara O'Neill*

This session will describe a dozen methods and metrics that Extension educators can use to document the impact of their educational outreach using various social media platforms such as Twitter.

**IGNITE 2:25 PM****Community Volunteers as Health Motivators***Track: Life Span Development: Aging, Child and Human Development and related topics**Presenter(s): David Roberts, Zona Hutson, Gwen Crum, Cheryl Kaczor, Becky Smith, Elaine Bowen, Lauren Prinzo*

Health Motivator volunteers promote healthy lifestyles within their local groups through monthly peer-led activities. Motivators and group members use research-informed health information and interactive physical activities to reinforce key messages.

**IGNITE 2:35 PM****Determining Factors that Contribute to Employee's Perceptions of Low Income Individuals (\*\*)***Track: Administration/Leadership/Community Development**Presenter(s): Gina Taylor, Lauren Prinzo, Lauren Weatherford, Gina Wood*

The WVU Extension Service conducted research in 2017 to determine what factors influence staff perception of low income populations. The results can be utilized to guide employee training processes.

**IGNITE 2:45 PM****I'll Have a Congregate Meal with Nutrition Education On the Side Please! (\*\*)***Track: Life Span Development: Aging, Child and Human Development and related topics**Presenter(s): Michelle Brill*

Older adults who attend the county congregate meals program are provided with nutrition education. Do they "ingest" it or do they "leave it on their plates"?

**IGNITE 2:55 PM****Interdisciplinary Farmers Market Project Helps SNAP Clients Discover Benefits of Fresh Produce While Increasing Vendor Sales and Traffic (\*\*)**

*Track: Administration/Leadership/Community Development*

*Presenter(s): Anne-Carter Carrington, Meredith Ledlie-Johnson*

Redeeming SNAP benefits at farmers markets improves diets and vendor sales. During a three-year interdisciplinary project, sixteen markets redeemed \$56,355 in benefits that helped families, farmers, and the economy.

**IGNITE 3:05 PM****Summer Lovin Health Challenge Promotes Behavior Change in Rural Adults**

*Track: Health*

*Presenter(s): Lindsey Stevenson*

A health challenge implemented in response to health disparities in a low-ranking, rural county has helped adults make sustainable behavior changes and lose weight through accountability, support and education.

**IGNITE/WORLD CAFÉ ROOM 5  
Salon M****IGNITE 2:15 PM****Building Strong Adolescents**

*Track: Parenting Education*

*Presenter(s): Suzanne Pish, Terry Clark-Jones, Holly Tired*

Building Strong Adolescents (BSA) is a curriculum based on the forty-assets from the Search Institute. BSA intends to help parents approach parenting in ways that will facilitate asset development.

**IGNITE 2:25 PM****Discover 4-H Clubs: The Essential Resource for FCS Youth Programs**

*Track: 4-H and Youth Development*

*Presenter(s): Stacey MacArthur, Naomi Brower, Elizabeth Davis, Cindy Nelson, Gaelynn Petersen, Amanda Christensen, Callie Ward*

Discover 4-H curriculum increases confidence in delivering FCS information to youth. Join FCS faculty and volunteers across the globe to take advantage of this free, online teaching tool.

**IGNITE 2:35 PM****Implementing the National Framework for Health and Wellness in Youth Development (\*\*)**

*Track: 4-H and Youth Development*

*Presenter(s): Daniel McDonald*

Positive youth development for health is a major component of the Cooperative Extension National Framework for Health and Wellness. This poster shows how FCHS programs can address youth health issues.

**IGNITE 2:45 PM****Teen Chef Academy (\*\*)**

*Track: 4-H and Youth Development*

*Presenter(s): Jean Ince, Carla Due, Terrie James, Janet Cantrell, Eva Langley, Celeste Scarborough*

Agents from six counties taught a four day cooking school for youth ages 13-15. Teens gained basic meal preparation skills, teamwork and developed a love for cooking!

**IGNITE 2:55 PM****Your Thoughts Matter: Navigating Mental Health**

*Track: 4-H and Youth Development*

*Presenter(s): Jami Dellifield, Amanda Raines*

Let's start engaging teenagers in dialogue about mental health! A new 4-H project book is now available that encourages hands-on learning and can help you to start the conversation.

## IGNITE/WORLD CAFÉ ROOM 6

### Salon L

#### IGNITE 2:15 PM

##### **The Mississippi Healthy Homes Initiative: A Marketing Success Story (\*\*)**

*Track: AWARD/Health*

*Presenter(s): David Buys, Susan Cosgrove, Leah Barbour, Kevin Hudson, Ellen Graves, Beth Barron, Art Shirley, Susan Collins-Smith, Keri Lewis Linda Breazeale, Nathan Gregory, Bonnie Coblentz*

The Mississippi State University Extension's Healthy Homes Initiative marketing campaign successfully raised awareness of the program which aims to educate Mississippians on relationships between indoor environments and individuals' health outcomes.

#### IGNITE 2:25 PM

##### **Lead Exposure from Harvested Game Meat (\*\*)**

*Track: AWARD/Nutrition*

*Presenter(s): Leif Albertson*

Families that consume harvested game meat are at risk for lead exposure from lead-core hunting ammunition. Education about risks and alternative ammunition can change behaviors and reduce these risks.

#### IGNITE 2:35 PM

##### **Healthy Homes Inside and Outside (\*\*)**

*Track: AWARD/ Sustainable Living: Textiles, Clothing, Housing, Environment and related topics*

*Presenter(s): Alivia Faris*

The Healthy Homes Inside and Outside series provides participants with information on how to make improvements to their home and daily life that save money and are environmentally conscious.

#### IGNITE 2:45 PM

##### **Kitchen Creations: A Cooking School for People with Diabetes and Their Families (\*\*)**

*Track: AWARD/Health*

*Presenter(s): Karim Martinez*

Kitchen Creations is a cooking school for people with diabetes and their families. This hand-on program increases knowledge of healthy food choices and meal planning for people with diabetes.

#### IGNITE 2:55 PM

##### **Learn, Grow, Eat, Go! - East Texas (\*\*)**

*Track: AWARD/Health*

*Presenter(s): Mandy Patrick*

The Family and Community Health Agents in District 5 enjoy working as a team to improve the health and wellness of Texans, especially our youth, with impactful and meaningful programming.

## IGNITE/WORLD CAFÉ ROOM 7

### Salon J

#### IGNITE 2:15 PM

##### **Homeflow: Creating and Maintaining Healthy Families and Homes (\*\*)**

*Track: AWARD/ Sustainable Living: Textiles, Clothing, Housing, Environment and related topics*

*Presenter(s): Melanie Thomas, Stephanie Toelle, Jennifer Hagen, Shanika Preston, Johanna Ramirez, Martha Maddox, Nelly Nelson, Heidi Copeland, Sarah Ellis, Dr. Randall Cantrell, Dr. Victor Harris*

Homeflow is a series of research-based modules designed to simplify the home living situation, which includes interactions between the dwelling, its occupants, and the property.

**IGNITE 2:25 PM****Week of the Young Child Conference (\*\*)***Track: AWARD/Child Care/Child Development**Presenter(s): Karen Jungman, Colleen Foleen, Sheryl Austin*

Week of the Young Child Conference, 5-year collaboration with Agrilife, Prairie View, Region 12 ESC, Workforce Solutions & McLennan Community College, provides training to childcare providers in 8 counties.

**IGNITE 2:35 PM****Learn, Grow, Eat & Go! (\*\*)***Track: AWARD/Health**Presenter(s): Holly Black*

A team of Texas A&M AgriLife Extension Service Agents collaborated to implement the Learn, Grow, Eat, Go program with the goal to improve physical activity and eating behaviors of children.

**IGNITE 2:45 PM****Extension Get Fit (\*\*)***Track: AWARD/Health**Presenter(s): Jessica Vincent, Lisa Washburn, Addie Wilson, Shea Wilson, Debbie Baker, Heather Reed, Iris Phifer*

Extension Get Fit uses trained volunteers to lead exercise groups twice a week integrating four foundations of complete exercise program strength training, balance exercises, building aerobic capacity, and improving flexibility.

**IGNITE 2:55 PM****Strengthening Co-parenting Education through A Multi-State Approach (\*\*)***Track: AWARD/Parenting Education**Presenter(s): Linda Reddish, Barbara A. Beaulieu, Michael Bergland-Riese, Evan Choi, Katey Masri, Kim Wellsandt*

A parenting program is written and adapted to strengthen divorce education through a multi-state approach. The program, Co-parenting for Successful Kids works with parents to keep children out of conflict.

**SHOWCASE OF EXCELLENCE DISPLAYS****(not participating in Ignite/World Café)****NEAFCS Extension Educator of the Year***Track: AWARD/Administration/Leadership/Community Development**Presenter(s): Lorrie Coop**State: Texas*

Kids spend a lot of time getting places. Making sure they get where they are going safely, either while riding in a vehicle, bicycling to a friend's house or walking along the road to school, has been a long-standing concern in Knox County. Key collaborations, various educational methods and valuable grant funding have helped Lorrie Coop to make Texas children safer while traveling our roadways. Her dedication and commitment to Extension and Family and Consumer Sciences

programs have shaped her career as an educator and helped impact the lives of others while effecting lasting changes in her community.

**Parenting Goes Digital***Track: Parenting Education**Presenter(s): Lori Zierl**State: Wisconsin*

Wisconsin's eParenting initiative, a suite of programs offered via digital technology, was developed to reach parents at key transitional times - first 5 years, middle school years, and during divorce/separation.

**4:30 PM – 6:00 PM**  
**Anniversary Kick-Off**  
**Reception/Silent Auction**  
**Open/Showcase of Excellence**  
**Displays**

**Room: Exhibit Hall (Salon ABF)**

**6:30 PM**  
**State's Night Out**

**8:30 PM – 9:30 PM**  
**NPL Program Leaders**  
**Reception (Invitation Only)**

**Room: President's Suite**



**8:45 PM – 9:30 PM**  
**Wellness Activity – Evening**  
**Relaxation Tai-Chi**

**Room: Conference Room 1-2**

Come wind-down and relax after a busy day with this simple yet effective session. Tai Chi is a low-impact activity that helps improve posture, balance, flexibility, range of motion and strength. This session is suitable for all ages and fitness levels.



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# THURSDAY, SEPTEMBER 27, 2018

## THURSDAY SCHEDULE AT A GLANCE

6:30 AM – 7:15 AM	Wellness Activity
7:00 AM– 2:00 PM	Registration/Service Project Drop Off — 3rd Floor
7:00 AM – 8:00 AM	2019 Annual Session Planning Committee Meeting
7:30 AM– 9:15 AM	Hospitality Table Open — 3rd Floor
8:00 AM – 9:00 AM	Committee Meetings
8:00 AM – 10:00 AM	Exhibit Hall Open / Showcase of Excellence Displays ( <i>Continental Breakfast Provided</i> )
8:00 AM – 10:00 AM	Exhibit Forums
8:00 AM – 2:00 PM	Marketplace
9:00 AM – 3:00 PM	FCS Program Leaders Meeting Day 2 ( <i>Special registration required. Includes breakfast &amp; lunch</i> )
9:15 AM – 12:00 PM	Concurrent Sessions
10:00 AM – 12:00 PM	Exhibitors Move-Out
11:00 AM – 2:00 PM	Silent Auction Winners Announced/Pick-Up
11:30 AM – 1:45 PM	Past National President Luncheon & Meeting ( <i>Off-site</i> )
12:00 PM – 1:00 PM	Hospitality Table Open — 3rd Floor
12:00 PM – 2:00 PM	Lunch on own
12:45 PM – 1:45 PM	2020 Annual Session Planning Committee Meeting
2:00 PM – 3:30 PM	Closing General Session with Kristen Schell
3:45 PM – 4:45 PM	Dining with Diabetes
3:45 PM – 5:15 PM	Affiliate Officer Meetings
6:00 PM – 7:00 PM	President's Reception
7:00 PM – 9:30 PM	Awards Banquet



**6:30 AM – 7:15 AM**  
**Wellness Activity - Line**  
**Dancing**

**Room: Conference Room 8**  
(See page 25 for details)

**7:00 AM – 2:00 PM**  
**Registration/Service Project**  
**Drop Off**

**3rd Floor**

**7:00 AM – 8:00 AM**  
**2019 Annual Session Planning Committee Meeting**

**Room:** Conference 7

**8:00 AM – 9:00 AM**  
**Committee Meetings, Plans of Work**

*Finance Investment*

*Endowment*

*Arrangements*

*Member Resource*

*Public Affairs*

*Awards*

*Professional Development*

*Conf. Rm. 7*

*Conf. Rm. 10*

*Conf. Rm. 1*

*Conf. Rm. 2*

*Conf. Rm. 3*

*Conf. Rm. 4*

**8:00 AM – 10:00 AM**  
**Exhibit Hall Open / Showcase of Excellence Displays**

**Room:** Exhibit Hall (Salon ABF)

*(See page 37 for more information on Showcase of Excellence Displays)*

**8:00 AM – 9:00 AM**  
**Continental Breakfast in Exhibit Hall**

**Room:** Exhibit Hall (Salon ABF)

*(Additional seating for lunch in Salon E)*

**8:00 AM – 10:00 AM**  
**Exhibit Forums**

**Room:** Salon C

*(See Page 53 for more information.)*

**8:00 AM – 2:00 PM**  
**Texas Marketplace**

**Room:** 3rd Floor Foyer

**9:00 AM – 3:00 PM**  
**FCS Program Leaders Meeting Day 2**

**Room:** Conference 17-18

*(Special registration required. Includes breakfast & lunch)*

## CONCURRENT SESSIONS

**9:15 AM - 10:00 AM**

### CONCURRENT SESSION 1

**Leading the Charge: Achieving Greater Educational Impacts with Multi-level Comprehensive Community Interventions**

**Track:** Health

**Room:** Salon I

**Presenter(s):** Katie Funderburk, Sondra Parmer, Alicia Powers, Ruth Brock, Barb Struempler

**State:** Alabama

Extension education impacts communities more when coupled with multi-level comprehensive interventions. Supplemental Nutrition Assistance Program – Education leads this charge, improving food and physical activity environments that serve low-income individuals.

### CONCURRENT SESSION 2

**Baby STEM: Learning Through Play**

**Track:** Child Care/Child Development

**Room:** Salon K

**Presenter(s):** Lisa Poppe, LaDonna Werth

**State:** Nebraska

Science, technology and math are not just for big kids. Infants and toddlers can learn through Baby STEM activities by using their senses through play.

### CONCURRENT SESSION 3

**Aging Smart Online: Collaboration with Distance Learning**

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

**Room:** Salon L

**Presenter(s):** Kathryn Goins, Jenny Lobb

**State:** Ohio

Aging Smart an educational program geared toward older adults. The standard curriculum package has been adapted by the Office of Geriatrics and added to their Distance Education class offerings.

## CONCURRENT SESSION 4

### **Steps to Improve Statewide Parenting Education Evaluations: Process and Lessons Learned**

*Track: Parenting Education*

*Room: Salon M*

*Presenter(s): Laura Hubbs-Tait, Cara Bosler, Jens Jespersen, Brenda Miller, Cindy Conner, Brenda Gandy-Jones, Tommie James, Amanda Morris*

*State: Oklahoma*

Based on one state's improvements in evaluation, attendees will learn about instrument selection, upgrading evaluations from posttest-with-retrospective-pretest to true pretest-posttest designs, and creative and legitimate ways to implement control groups.

## CONCURRENT SESSION 5

### **Fixing Funky Foods: A Program to Explore Less Frequently Purchased Foods**

*Track: Nutrition*

*Room: Conference Room 13/14*

*Presenter(s): Robin Eubank-Callis*

*State: Kansas*

Connect unfamiliar foods stocked in grocery stores, rural areas included, to increased fruit and vegetable consumption. After presentation, 88% of participants felt more motivated to follow healthy eating recommendations.

## CONCURRENT SESSION 6

### **Professional Development Programs for New Jersey Financial Educators**

*Track: AWARD / Financial Management*

*Room: Salon G*

*Presenter(s): Barbara O'Neill*

*State: New Jersey*

*Dean Don Felker Financial Management Award*

Selected as the designated financial education provider for New Jersey, Rutgers Cooperative Extension receives funding via state law to provide professional development webinars and conferences and lesson plans for teachers.

## CONCURRENT SESSION 7

### **Mobile Grocery Store for Rural Communities**

*Track: Administration/Leadership/Community Development*

*Room: Salon J*

*Presenter(s): Rebecca Reid*

*State: Kansas*

How would your community respond if a business and funder wanted to implement a mobile grocery store for your rural community? We have lessons to share.

## CONCURRENT SESSIONS

**10:15 AM - 11:00 AM**

## CONCURRENT SESSION 1

### **Building a Healthier School Sports Environment with Nutrition Education and Expanded Concession Options**

*Track: Nutrition*

*Room: Salon J*

*Presenter(s): Amy Mullins, Laurie Osgood*

*State: Florida*

This comprehensive program supports a healthier school environment through sport-specific nutrition education for high school athletes, and healthier concession stand options for families at school sporting events.

## CONCURRENT SESSION 2

### **Mindful Wellness**

*Track: Health*

*Room: Salon K*

*Presenter(s): Shannon Carter, Patrice Powers-Barker, Marie Economos, Kathryn Goins, Melinda Hill, Patricia Holmes, Christine Kendle*

*State: Ohio*

This session will introduce Extension educators to the Mindful Wellness curriculum designed to strengthen the mind-body connection and promote holistic health and wellness across the lifespan.

## CONCURRENT SESSION 3

### Connecting People and Nutrition Education with Social Media

*Track: Technology and Social Media*

*Room: Salon L*

*Presenter(s): Sondra Parmer, Katie Funderburk, Alicia Powers, Brittney Kimber, Barb Struempler*

*State: Alabama*

This session will describe how to design and implement a successful social media campaign as a way to promote healthy diet and physical activity behaviors.

## CONCURRENT SESSION 4

### The BEST Project: Utilizing Evidence-based Materials to Teach Pre-parents About Birth Options

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

*Room: Salon M*

*Presenter(s): Gina Ord, Elizabeth Soliday*

*State: Washington*

The Birth Education Starts Today Project aims at educating consumers on evidence-based birth options. Extension professionals will learn about educational tools developed to assist with programming in this emerging area.

## CONCURRENT SESSION 5

### Acquire, Sustain and Aspire: Revising the RentWise Curriculum

*Track: Sustainable Living: Textiles, Clothing, Housing, Environment and related topics*

*Room: Conference Room 13/14*

*Presenter(s): Lori Hendrickson, Rebecca Hagen Jokela*

*State: Minnesota*

The revised RentWise curriculum is designed to teach renters skills to acquire, sustain and aspire to their housing goals. This session will discuss the CBPR project, updated materials and evaluation.

## CONCURRENT SESSION 6

### My Hair My Health PDX!

*Track: AWARD / Health*

*Room: Salon I*

*Presenter(s): Joyce Senior, Adejoke Babatunde, Joyce Dougherty, Lashanda Friedrich*

*State: Oregon*

*Mary W. Wells Diversity Award – Regional*

My Hair My Health PDX! is a culturally-tailored initiative using hair health and practices as a platform to promote physical activity and healthy eating among African American women in Oregon. \*This session is combined with concurrent session 7.

## CONCURRENT SESSION 7

### Celebrating Cultures: Activities and Resources for the Multicultural Classroom

*Track: AWARD / Child Care / Child Development*

*Room: Conference Room 1/2*

*Presenter(s): Ashley Foster*

*State: Arkansas*

*Mary W. Wells Diversity Award - Regional*

Celebrating Cultures: Activities and Resources for the Multicultural Classroom is a fun, hands-on curriculum based on the need to value all aspects of children and families related to their culture. \*This session is combined with concurrent session 6.

## CONCURRENT SESSION 8

### Researching Emerging Issues of Competency Needs for Extension Faculty

*Track: Administration/Leadership/Community Development*

*Room: Salon G*

*Presenter(s): Callie Ward*

*State: Utah*

Many USU Extension personnel are nearing retirement age. A study was conducted to identify professional development needs of Extension professionals and evaluate competencies essential to be successful in Extension.

## CONCURRENT SESSIONS

11:15 AM - 12:00 PM

### CONCURRENT SESSION 1

#### **Keys to Embracing Aging**

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

*Room: Salon J*

*Presenter(s): Erin Yelland, Amy Kostelic*

*State: Kansas*

Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging. Attendees will learn about the principles of the program and how to implement it in their community.

### CONCURRENT SESSION 2

#### **Building a Maker Space for Young Children**

*Track: Child Care/Child Development*

*Room: Salon K*

*Presenter(s): Lisa Poppe, LaDonna Werth*

*State: Nebraska*

The Maker-Based Learning experiences integrate the STEM content areas of science, technology, engineering, and math with a child's imagination.

### CONCURRENT SESSION 3

#### **Encouraging Healthy Food Choices at Local Food Pantries**

*Track: Nutrition*

*Room: Salon L*

*Presenter(s): Cathy Merrill, Melanie Jewkes, Casey Coombs, Heidi LeBlanc*

*State: Utah*

To encourage healthy food choices among limited food options available at food pantries, a replicable nutrition nudge program was developed that highlights healthy food choices for patrons.

### CONCURRENT SESSION 4

#### **Counting on Consumers: Boosting Farmer Sales through Point of Purchase (POP) Home Food Preservation Education**

*Track: Food Safety*

*Room: Salon M*

*Presenter(s): Kathleen Savoie*

*State: Maine*

Learn how to influence point of purchase consumer behaviors through "nudge" marketing to preserve fresh produce to use in the "off-season" to increase consumer sales and ultimately profitability of farms.

### CONCURRENT SESSION 5

#### **The Colon Cancer Free Zone: Making an Impact on Colon Cancer Rates in the Workplace.**

*Track: Health*

*Room: Conference Room 13/14*

*Presenter(s): Carlin Rafie*

*State: Virginia*

Colorectal cancer is preventable and treatable through healthy lifestyles and screening. The Colorectal Cancer Free Zone program increases screening rates and healthy dietary and physical activity behaviors.

### CONCURRENT SESSION 6

#### **POP Club Gets Youth Excited About Farmers' Market**

*Track: AWARD / Youth Development and 4-H*

*Room: Conference Room 1/2*

*Presenter(s): Dayna Fentress, Natalie Taul, Brenda Thomas, Deena London, Jade Sadler, Toni Williams, Marla Stillwell, Matt Adams, Amy Aldenderfer, Stephanie Meredith, Holly Powell, Kristen Parrett, Chuck Crutcher, Mark Thomas*

*State: Kentucky*

*Innovative Programming Award*

POP Club was a Farmers' Market program that gave youth market money for completing activities and trying new foods. POP Club was hosted by Cooperative Extension and five community partners.

## CONCURRENT SESSION 7

**Financial Education in Child Care - Professionals, Preschoolers and Pennies***Track: Financial Management**Room: Conference Room 3/4**Presenter(s): Sandra McKinnon, Phyllis Zalenski, Barb Wollan, Joyce Lash, Dr. Constance Beecher, Lesia Oesterreich, Donna Donald, Kristin Taylor**State: Iowa*

Child care professionals can be an under-served financial education audience. Presenters will share training designed to increase providers' financial well-being and ways to incorporate money concepts into the preschool environment.

**11:00 PM – 2:00 PM****Silent Auction Winners Announced/Pick-Up***Registration Desk, 3rd Floor***11:30 AM – 1:45 PM****Past National President Luncheon***(Invitation Only) Meet in hotel lobby at 11:15 AM.***12:00 AM – 2:00 PM****Lunch on own****12:45 PM – 1:45 PM****2020 Annual Session Planning Committee Meeting***Room: Conference Room 7***2:00 PM – 3:30 PM****Closing General Session with Kristen Schell***Room: Salon G-I*

*(See more information on the next page. See App for Agenda – listed under Schedule and then event details.*

**3:45 PM – 4:45 PM****Dining with Diabetes***Room: Conference Room 13/14***3:45 PM – 5:15 PM****Affiliate Officer Meetings**

<i>Presidents</i>	<i>Salon J</i>
<i>Treasurers</i>	<i>Conf. Rm. 12</i>
<i>Awards VP</i>	<i>Conf. Rm. 7</i>
<i>Member Resources VP</i>	<i>Conf. Rm. 8</i>
<i>Professional Development VP</i>	<i>Conf. Rm. 10</i>
<i>Public Affairs VP</i>	<i>Conf. Rm. 11</i>

**6:00 PM – 7:00 PM****President's Reception***Room: Grand Ballroom Prefunction Area***7:00 PM – 9:30 PM****Awards Banquet***Room: Salon G-I*

*(See reception and banquet agenda on page 52)*

**FRIDAY, SEPTEMBER 28, 2018****8:00 AM – 3:00 PM****National Post-Board Meeting***Room: Salon J*

# CLOSING GENERAL SESSION KEYNOTE

Thursday, September 27 | 2:00 PM – 3:30 PM

## The Turquoise Table

**Kristen Schell**

*Multiple award winning teacher, humorist and author*

**A**cross America, neighbors are getting to know one another at turquoise picnic tables in the most simple place of all - their front yards. The Turquoise Table has become a symbol of hospitality and connection with friends and neighbors.

Come hear how Kristin Schell used an ordinary picnic table to use her front yard to transform her neighborhood.

*Learning Objectives:*

- Why connection with those around us is so important in today's culture
- The things that easily get in our way of showing hospitality to others
- Practical tips for hospitality and connecting with your neighbor



*"There are no strangers here, only friends you have not met."*

*—William Butler Yeats*

THURSDAY

# THURSDAY, SEPTEMBER 27

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

## **RECEPTION HONORING PRESIDENT LORA LEE FRAZIER HOWARD**

6:00 PM – 7:00 PM

Marriott Rivercenter Grand Ballroom Prefunction Area | Business Dress to Semi-Formal

## **BANQUET**

7:00 PM – 9:30 PM | Salon G-I

## **OPENING REMARKS**

Lora Lee Frazier Howard, President

## **INVOCATION**

Leigh Ann Bullington

## **DINNER AWARDS PROGRAM**

Presiding: Susan Routh, Vice President Awards & Recognition

## **JCEP CREATIVE EXCELLENCE AWARD & SPECIAL PRESENTATION**

Trudy Rice and Casey Mull, JCEP Marketing Team

## **JOURNAL OF EXTENSION NEAFCS REPRESENTATIVE RECOGNITION**

Lora Lee Frazier Howard

## **NEAFCS AWARDS PRESENTATIONS**

Terrie James, Chair of Award Ceremony Committee

## **RECOGNITION/APPRECIATION OF 2017-2018 OUTGOING BOARD MEMBERS**

Linda Wells – Affiliate Co-Liaison

Lorrie Coop – Affiliate Co-Liaison

Diane Whitten – Eastern Region Director

Julie Cascio – Western Regional Director

Karen DeZarn – Vice President Professional Development

Edda Cotto-Rivera – Vice President Member Resources

Jovita Lewis – Secretary

Karen Munden – President-Elect

Theresa Mayhew – Immediate Past President

Lora Lee Frazier Howard – President

## **OFFICER INSTALLATION/COMMITMENT**

Theresa Mayhew

Immediate Past President & Nominating Committee Chair

# EXHIBIT FORUMS

(Salon C)

## WEDNESDAY, SEPTEMBER 26

1:00 PM – 1:30 PM

### **2018 New Product Review, Consumer Insights & Recipe Validation**

**Company:** *Newell Brands*

**Presenter(s)** *Jessica Piper, Matt Cheever*

Experts from Newell Brands, the makers of the Ball brand Fresh Preserving Products will present on Canning Consumer Insights & the process of Recipe Validation. Jessica Piper will also cover what's new in canning for 2018 as well as frequently asked questions.

1:45 PM – 2:15 PM

### **Learn About Free Consumer Education Resources from the Federal Trade Commission**

**Company:** *Federal Trade Commission*

**Presenter(s)** *Aaron Haberman*

The FTC's free print and online resources in English and Spanish address credit, debt, managing money, scams, identity theft and more. The easy-to-use Consumer.gov material includes lesson plans for educators.

2:30 PM – 3:00 PM

### **Building Youth Financial Capability**

**Company:** *Consumer Financial Protection Bureau*

**Presenter(s)** *Leslie Jones*

Are you a high school teacher looking for financial literacy activities? Get an introduction to new CFPB resources that include class warmups and activities for groups and individuals that teach financial capability skills. Search for resources by grade or age level, subject taught or length of time you have available.

3:15 PM – 3:45 PM

### **Hands on Banking®: A flexible and engaging financial education program**

**Presenter(s)** *Laura Cabanilla*

Hands on Banking® is a free, non-commercial program available in English and Spanish that

helps people in all stages of life become smarter about money and achieve their financial goals. In addition to learning how to leverage this program, participants will be provided curricula, tools, resources, and related evaluations for review and discussion. All participants will receive access to materials for future use.

## THURSDAY, SEPTEMBER 27

8:00 AM – 8:30 AM

### **HSE: Healthy People, Strong Families, Elevated Communities**

**Company:** *Alabama Cooperative Extension System – Human Sciences*

**Presenter(s)** *Jennifer Wells-Marshall*

This Exhibit Forum will showcase successes and challenges faced while designing, implementing, and evaluating Human Sciences Extension (HSE) programs. The format will be five minute ignite presentation that focuses on a Human Science Issues, Responses and Results.

8:45 AM – 9:15 AM

### **Combatting Childhood Obesity Using an Evidence-based, FUN, Community-wide Approach**

**Company:** *The OrganWise Guys, Inc*

**Presenter(s)** *Dr. Michelle Lombardo*

This approach utilized the OrganWise Guys curriculum, which consists of materials that use organ characters (i.e., Hardy Heart and Madame Muscle) to teach children about nutrition and healthy behaviors.

9:30 AM – 10:00 AM

### **Eat Local with Foods Grown in Your Backyard and Community**

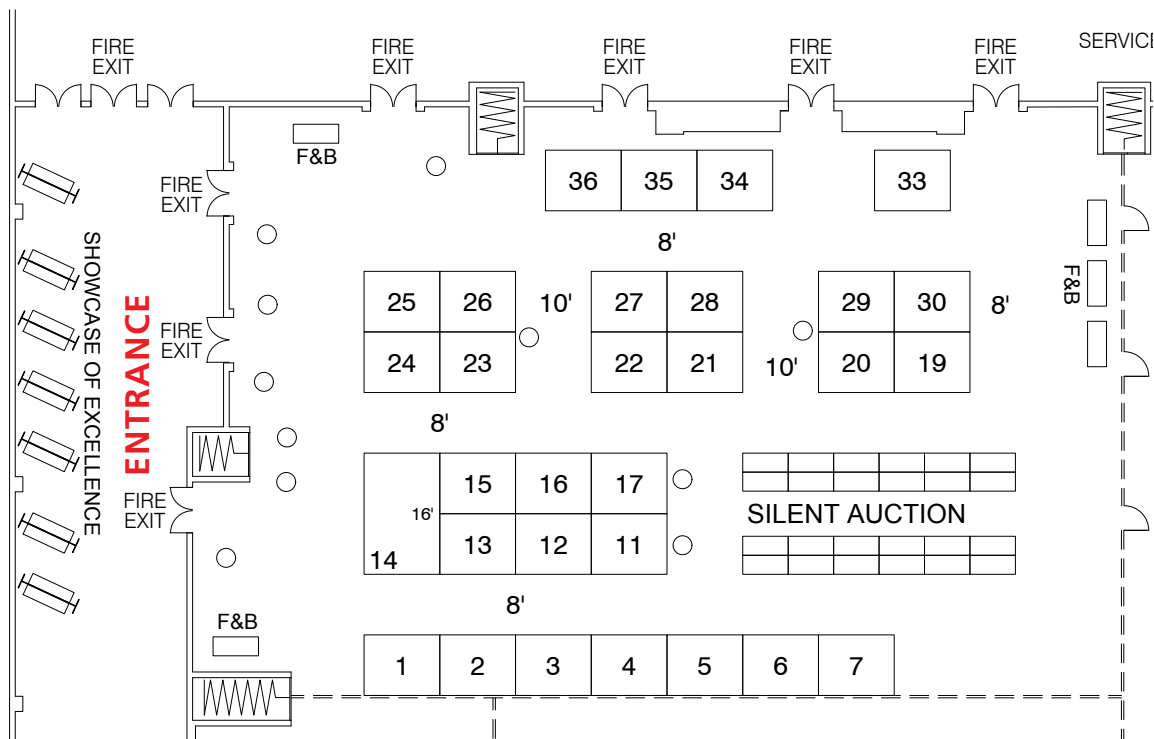
**Company:** *Learning ZoneXpress*

**Presenter(s)** *Mary Beth Anderson*

Join this interactive session to learn how to encourage your clients to eat more local-grown fruits and vegetables, fresh from their own gardens or the farmers market.

# EXHIBIT HALL FLOOR PLAN

(Salon ABF)



2019 Annual Session – Hershey, Pennsylvania . . . . . Booth 4&5  
 Active Parenting Publishers . . . . . Booth 27  
 AgWorkers Insurance Company . . . . . Booth 7  
 Alabama Cooperative Extension System . . . . . Booth 3  
 American Association of Family & Consumer Sciences (AAFCS) . . . . . Booth 15  
 American Cleaning Institute . . . . . Booth 23  
 American Income Life Special Risk Division . . . . . Booth 11  
 CATCH (Coordinated Approach to Child Health) . . . . . Booth 20  
 Consumer Financial Protection Bureau (CFPB) . . . . . Booth 26  
 Extension Journal, Inc. . . . . Booth 2  
 Federal Trade Commission . . . . . Booth 29  
 Hands on Banking/Wells Fargo . . . . . Booth 34  
 Joint Council of Extension Professionals (JCEP) . . . . . Booth 36  
 Kansas State University, Office of Educational Innovation & Evaluation . . . . . Booth 16

Learning ZoneXpress . . . . . Booth 25  
 Military Families Learning Network . . . . . Booth 28  
 NASCO . . . . . Booth 17  
 National Presto Industries . . . . . Booth 21  
 NEAFCS Candidate Booth . . . . . Booth 13  
 NEAFCS Marketing & Endowment . . . . . Booth 14  
 Newell Brands . . . . . Booth 1  
 Northarvest Bean Growers Association . . . . . Booth 22  
 The OrganWise Guys Inc. . . . . Booth 6  
 The Sugar Association . . . . . Booth 24  
 University of Kentucky Homeless Youth Engagement & Support . . . . . Booth 33  
 State Sales Tables: Michigan . . . . . Booth 30  
 State Sales Tables: Oklahoma . . . . . Booth 35  
 State Sales Tables: Texas . . . . . Booth 19  
 State Sales Tables: Illinois . . . . . Booth 12

# 2018 ANNUAL SESSION EXHIBITORS

## 2019 Annual Session – Hershey, Pennsylvania

### Booth 4 & 5

Stop by our promotional sales tables to take home some Hershey magic before you head to Pennsylvania next year! We'll have a wide-ranging variety of mini-raffle groupings sure to satisfy your sweet tooth and love of all things Hershey and chocolate -- both new and vintage! We'll also have information to help you maximize your stay in Hershey as well as Lancaster, Gettysburg or Philadelphia – all short drives for that perfect pre- or post-conference getaway!

## Active Parenting Publishers

### Booth 27

Award-winning, video-based education programs that cover topics including parenting, character education, and school success.

## AgWorkers Insurance Company

### Booth 7

Insurance company that provides services to agriculture related professionals.

## Alabama Cooperative Extension System – Human Sciences

### Booth 3

The Alabama Cooperative Extension System advances research and outreach that supports healthy people, strong families and elevated communities. The HSE-FCS exhibit will showcase program impacts, high quality programs, and award winning curricula.



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

### Booth 15

AAFCS is a broad-based membership organization that helps connect FCS professionals across multiple practice settings and content areas to share knowledge, research and experience.

## American Cleaning Institute

### Booth 23

Thank you NEAFCS for helping ACI help others achieve better living and cleaning since 1969. Together, we have helped millions of families use and store cleaning products safely in their homes. Stop by and learn more about our new blog and new educational materials.

## American Income Life Special Risk Division

### Booth 11

The AIL Special Risk Division provides blanket group accident insurance policies for all Cooperative Extension groups and programs nationwide. We have specialized in working with Extension for over 60 years and pride ourselves on personal and professional service.

## CATCH (Coordinated Approach to Child Health)

### Booth 20

CATCH (Coordinated Approach to Child Health) boosts nutrition education and physical activity with USDA approved curricula and training options for elementary & middle school age and CATCH early childhood for preschool.

## Consumer Financial Protection Bureau (CFPB)

### Booth 26

Consumer Financial Protection Bureau offers resources and materials.

## Extension Journal, Inc.

### Booth 2

Journal of Extension is a research-based and peer-reviewed resource for Extension Professionals to use for outreach and engagement. Extension Journal, Inc. also is the host for the Extension Job Bank listing of Extension positions throughout the United States.

## Federal Trade Commission

### Booth 29

The Federal Trade Commission offers free print and online material for consumers and educators. The articles, worksheets, brochures and videos found at Consumer.Gov, IdentityTheft.gov and FTC.gov/PassItOn help people manage money, deal with credit and debt, avoid scams, and report and recover from identity theft.

## Hands on Banking/ Wells Fargo

### Booth 34

Hands on Banking, a public service offered by Wells Fargo, is a free financial education program that covers important money management concepts that help you improve each stage of your financial life.



## Joint Council of Extension Professionals (JCEP)

### Booth 36

Organization whose members are 7 associations of Extension Professionals.

## Kansas State University, Office of Educational Innovation & Evaluation

### Booth 16

OEIE provides comprehensive and collaborative project development, strategic planning, and evaluation services. From proposal development to final reports, our team works to enhance program capacity and impact. We built and support the web-based Program Evaluation and Reporting System (PEARS), which can greatly streamline data management and reporting efforts.

## Learning ZoneXpress

### Booth 25

Learning ZoneXpress creates fresh, engaging resources to promote nutrition, wellness, and physical activity. Our posters, handouts, banners and games help clients make positive, health-related behavior changes. Stop by to see why extension customers turn to Learning ZoneXpress and to pick up free samples of what works. For more information, visit [www.learningzonexpress.com](http://www.learningzonexpress.com).

## Military Families Learning Network

### Booth 28

The Military Families Learning Network (MFLN) engages military family service providers and Cooperative Extension Educators in the exchange of experiences and research to enhance professional impact and encourage professional growth.

## NASCO

### Booth 17

The NASCO Family and Consumer Sciences catalog offers a complete line of hands-on-educational materials, including Ready-Or-Not-Tot ® and Love to Care parenting simulators, and curriculum; nutrition educational material featuring the Life/form ® replicas as well as the only MyPlate with Dairy attached; family and consumer sciences games, books, software, and videos; classroom equipment and furniture; housewares and improved culinary equipment line, and sewing equipment.

## National Presto Industries

### Booth 21

For over 110 years Presto has been a leader in food preservation, first as a manufacturer of industrial size pressure canners, known as "canner retorts" for commercial canneries and then smaller size canners for household use. Today, Presto remains a recognized brand of pressure canners, dehydrators as well as electrical housewares.

## NEAFCS Candidate Booth

### Booth 13

Stop by this booth to find out about the candidates who are running for national board positions.

## NEAFCS Marketing & Endowment

### Booth 14

Stop by and stock up on some marketing merchandise that shows your NEAFCS colors! Add to your own collection of NEAFCS items or pick up some thank you or appreciation gifts for colleagues, guest speakers, key committee chairs, and state affiliate members. The booth also will host someone from the Endowment Committee to collect donations to the NEAFCS Endowment Fund.

## Newell Brands

### Booth 1

Newell Brands Inc., the makers of the 130+ year old Ball® home canning brand, continues to raise the bar on its iconic mason jar with product innovations and recipe development/validation.

## Northarvest Bean Growers Association

### Booth 22

Northarvest Bean Growers Assn supports all markets by providing resources and recipes that help nutrition professionals make dry beans a simply delicious, naturally nutritious part of daily meals. Please visit [www.beaninstitute.com](http://www.beaninstitute.com) for more information, including quantity recipes with meal component analysis.

## The OrganWise Guys Inc.

### Booth 6

The OrganWise Guys (OWG) is an evidence-based, obesity prevention program that uses the school or child-care center as the hub of healthy activity to positively impact the community at large. OWG seamlessly integrates core curricula objectives and healthy living education while it connects with kids to incite lifelong behavior change.

## The Sugar Association

### Booth 24

The Sugar Association provides informative publications on sugars role in a healthy diet and lifestyle.



## University of Kentucky Homeless Youth Engagement & Support

### Booth 33

This exhibit will offer information about educational life skills programming for homeless and unstably housed youth and young adults through the multi-state USDA Vulnerable Populations - Homeless Youth Subcommittee. The exhibit will spotlight programming in Kentucky and provide resources for networking and programming ideas for working with highly vulnerable youth.

## State Sales Tables

**Michigan: Booth 30**

**Oklahoma: Booth 35**

**Texas: Booth 19**

**Illinois: Booth 12**

## A SPECIAL THANK YOU

A special thank you to the Wood Utilization Center at The Robinson Center, University of Kentucky for the beautiful cherry gavel and base for NEAFCS.



# 2018 NEAFCS ANNUAL SESSION APP GAMIFICATION

**G et involved.** Get excited! Let's see who will be our big winner of a FREE Annual Session Registration. The attendee with the most points at the end of concurrent sessions on Thursday (noon) will be the winner. The winner will be announced at the Closing General Session. Keep track of your points on the 2018 NEAFCS Annual Session App by clicking on **People Module** and at the top of the page, select **Leaderboard**. Each post, comment or photo should include **#NEAFCS2018**.

## SCORING:

Posting a photo – **5 pts**

Posting a comment on Activity Stream – **3 pts**

Making a comment – **2 pts**

Voting on a poll – **2 pts**

Liking a post/photo – **1 pt**

When your content receives a comment – **3 pts**

When your content is liked – **2 pts**

## GAME:

### *Pre-Meeting Activities*

- Post what session/activity you are looking forward to the most
- Share a photo of your travels
- Post your favorite traveling song
- Post tips to prepare for Annual Session in San Antonio
- Presenters – post a learning objective of your session

## ONSITE ACTIVITIES:

- Post a picture of you dropping off a backpack for the Service Project
- Post a group photo spelling out NEAFCS
- Post a photo with an attendee from another Region
- Post of photo in a cowboy hat
- Post a photo of your State's Night Out
- Post a photo on the River Taxi
- Post a photo line-dancing (Wellness Activity)
- Share one thing you learned each day at Annual Session
- Post your favorite moment at Annual Session
- Post a photo using the items from the Texas photo booth and/or the First Timer photo booth
- Post a photo visiting the 2018 NEAFCS Sponsors: The Sugar Association, Newell Brands, Wells Fargo, ACES

## ADDITIONAL GAME:

NEAFCS Staff (Danielle Jessup, Elizabeth Lane, and Will Ferguson) will make daily posts. The person with the best caption wins a prize.

- Monday's best caption winner will be announced on the App on Tuesday, Tuesday's best caption winner will be announced on the App on Wednesday, and Wednesday's best caption winner will be announced on the App on Thursday.
- Prizes will be available for pick-up at the Annual Session Registration Desk.



**PHOTO CONSENT** By participating in Gamification, you are giving consent to and authorize the copyright, reproduction, and publication either online or in print by the National Extension Association of Family & Consumer Sciences, with respect to photographs posted on the App during the course of the Annual Session. If you do not consent, please contact the NEAFCS National Office at 850-205-5638.

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

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# *Save the Date!*



## **NEAFCS** *Annual Session* **2019**

### *September 30 - October 3*

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