



NEAFCS ANNUAL SESSION 2020

September 14-16



Virtual Program

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Table of Contents

Sponsor and Donor Thank you.....	1	2020 Schedule.....	12
Board of Directors.....	4	Monday, September 14.....	13
Welcome Letters.....	5	Tuesday, September 15.....	19
President's Charity.....	9	Wednesday, September 16.....	32
Service Project Invitation.....	10	Exhibitors.....	42
General Information.....	11	Endowment Donors.....	44

Thank you to our Annual Session Planning Committee

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Karen Munden, Immediate Past President

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Kathy Riggs, Affiliate Tri-Liaison



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Our dear friends and colleagues -

“We are thrilled to welcome you to the 2020 Annual Session here in Utah at the beautiful Snowbird Resort!” Oh how we’ve planned and greatly anticipated shouting out this warm and heart-felt greeting to you in person! We are missing you and hope you know we and your national board tried every feasible means to get you to Utah but it simply could not be done safely. Add in travel restrictions and budget reductions this year and we know it was the right move.

However, all was not nor is not lost. We’d like to share a quote that states, “To achieve all that is possible, we must attempt the impossible—To be all that we can be, we must dream of being more.” Without the creativity, positivity and esprit de corps among our working committees, the conference that was to be and the virtual conference that is our new reality would have been so much less. Instead, it is now so much more than we imagined possible and we hope you enjoy all that is being offered.

May you feel connected to others throughout the conference and find that while we can’t actually reach out and physically touch each other, we can still extend smiles, positive comments in online “Chats”, say “Thank you” often and commit to be engaged as if we really were together.

Thanks for all the support and friendship we have received!

Your 2020 Tri-liaisons-

Kathy Riggs, Utah State University Extension

Teresa Hunsaker, Utah State University Extension

Sheila Gains, Colorado State University Extension

Welcome to the 86th NEAFCS Annual Session!

The annual session tri-liasons and planning committees, national committee members, Utah administration and staff, NEAFCS Executive board, and Partners management company worked diligently to make sure all members would have the opportunity to experience Utah and enjoy an unforgettable conference. In April, September was half a year away and we were all sure that our conference would not be disturbed by the current events. Just a month later it became clear we would not meet in person. The events that quickly followed that decision were nothing but amazing in my eyes. Not one soul sat around in gloom thinking about what might have been. Each person created a new direction of thought and moved forward with excitement of what Annual Session may look like. Thank you to everyone who contributed time, effort, and positive energy to make this year's session possible.

Without further ado, it is an honor to welcome you to the first ever NEAFCS Virtual Annual Session! You are now part of NEAFCS history. Our 86th NEAFCS Annual Session theme "Experience Life Elevated" was perfect for Utah and is now perfect for our virtual experience. Over the last 6 months, as FCS Extension professionals, you have elevated your knowledge of online training, programming, and collaborations to new levels. Now it is time for you to sit back and relax, pat yourselves on the back, learn the latest FCS research based information, and gain program ideas to elevate the well-being of your community members.

During the session, be on the lookout for speed networking and round table discussion rooms by topic area. Discover a new mentoring opportunity and interact live in the Expo Hall with exhibitors. Speaking with poster presenters during the Showcase of Excellence is possible by entering through the EXPO tab. Don't forget to attend the awards presentation and help us honor our members' hard work. We hope you will take advantage of every detail this virtual session has to offer. If you miss a session or cannot decide which one to attend, don't worry, all sessions are recorded and made available for 30 days. Visit the NEAFCS webpage, before Annual Session, for tips on navigating through our Virtual Annual Session Platform. See you at the Main Stage!

The opportunity to serve as your President this last year has been an experience I am very grateful for and one I will never forget. I learned that no matter how much you plan, the world will turn, and the wind will blow, and carry all your best-laid plans away. In our case, it has been a chance to look at ways to continue our FCS Extension mission with new resources. What do most of us indicate as the leading skill of a FCS professional? Flexibility. We have expanded our participant reach, increased our collaborative efforts, and realized that we can learn new tricks.

In the 2011 NEAFCS Journal, President Amy Peterson wrote, "we all need to learn more about capturing audiences as they speed down the highway of technology." NEAFCS members, and FCS professionals, sped down that highway quicker in 6 months than we have in almost 10 years. Way to go TEAM!

You accomplished all this while learning the term "teleworking", being isolated from family and friends, buying groceries online, trying to keep pets and children quiet during online sessions, searching for toiletries and cleaning supplies and reading the daily emails of uncertainty. Some of you have even experienced the loss of loved ones with no family gathering, funeral, or closure. It is time to stop and take a moment to ponder how strong and resilient you have been. As soon as possible, give yourself a break to breathe and smile being proud that you have come this far. You have been in the thoughts and prayers of the NEAFCS Executive Board as we do see ourselves as FCS and Extension family. Working together is what it takes to make NEAFCS successful for all of us. Sincerely, thank you for everything you do.

Roxie Price
NEAFCS President

Welcome to the 2020 Annual Session!

Experience Life Elevated through concurrent sessions, an exciting keynote address, and enticing pre-conference opportunities. While this year's Annual Session is completely virtual, we hope that you will be involved as if you were in Utah.

The Western Region spent nearly two years working together to provide you with the opportunity to achieve these objectives:

- Explore opportunities to inspire a sense of purpose
- Engage with new and experienced colleagues
- Elevate personal and professional commitment
- Embrace prospects to find clarity of purpose
- Energize and set a customized course to success

All of this is possible through the use of online tools in the 2020 Annual Session platform which includes opportunities to learn about program impacts, gather new ideas, and explore tools to help you expand in your career. You will even be able to network with your colleagues and friends through special meeting spaces.

More than 85 concurrent sessions in a dozen topic areas are ready for you. Look for presentations by our committees, life members, the Showcase of Excellence posters, and especially our amazing Award Winners! Don't forget, you will have 30 days to watch presentations on this meeting platform!

Connect to the platform and Experience Life Elevated in 2020!

Jayne McBurney
Vice President, Professional Development



Greetings NEAFCS professionals from Utah State University.

As President of USU and former USU Vice President for Extension, I welcome you to the great state of Utah, although I do regret that you will only be visiting virtually!

The current USU VP for Extension Kenneth White and I recognize and support the work you do for families and communities across the nation. You are an incredibly valuable resources in difficult times such as we are experiencing now with the COVID-19 pandemic. I hope you are able to renew and replenish yourself during the conference because you are so important to the communities you serve.

I applaud the work that the Utah FCS delegation and the conference Tri-liaisons Teresa Hunsaker, Kathleen Riggs, and Sheila Gains have done to make this national conference possible. Their work arranging pre-conference presenters, concurrent sessions, fundraising and seeking keynote speakers is appreciated. Those involved in the planning and executing of this conference during COVID-19 exemplify the best of Extension and FCS professionals.

Most sincerely,

Noelle Cockett
President



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President's Charities

Dear NEAFCS Friends and Colleagues,

2020 has been a different and difficult year, which is why I have chosen three charities to support during our Virtual Annual Session. Each of these charities are special to Utah and would have been a part of our Annual Session in some fashion. I invite each of you to take the time to learn more about the different organizations and consider making a donation.



Roxie Price, NEAFCS President



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"We may not be able to make a toy for every child in the world that needs one—but we're going to try!" The Happy Factory is a 501(c)3 non-profit organization. All the materials they use are donated and all of the toys are made by volunteers. Every toy is donated to a child in need. The toys are made of scraps of hardwood donated by a local cabinet maker. Unfortunately, there are a few expenses for wheels and axles, saw blades, building maintenance costs and other miscellaneous items. The Happy Factory workers are toy makers, not fundraisers. It costs approximately fifty cents per toy for wheels and axles. They gratefully accept donations of materials, time, and money.

Visit happyfactory.org for more information and to donate.



In both the good and hard times, Utah Farmers have been passionate about feeding people. Utah farmers and families have been particularly impacted by this pandemic. Many important supply chain elements have closed down, leaving farmers unable to sell their Utah-grown products. All of this has been happening as a record breaking number of Utahns have been furloughed or seen their pay cut due to the impacts of coronavirus. Therefore, more families than ever are in need of food resources.

Farmers Feeding Utah, launched by the Utah Farm Bureau (a 501(c)(5) organization), connects Utahns in need with safe and locally-grown food. 100% of donations received will go to purchasing, processing and distributing locally sourced food to families in need.

Visit farmersfeedingutah.org for more information and to donate.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Latter-day Saint Charities is the humanitarian arm of The Church of Jesus Christ of Latter-day Saints. Our purpose is to relieve suffering, foster self-reliance and provide opportunities for service. Unique in its support structure, Latter-day Saint Charities has access to the resources of The Church of Jesus Christ of Latter-day Saints, which include funding and local volunteer support. More than one million workdays of labor are contributed each year by volunteers in support of welfare initiatives. We sponsor relief and development projects in 195 countries and territories and give assistance without regard to race, religious affiliation, or nationality.

Visit latterdaysaintcharities.org for more information and to donate.

Service Project Invitation

Calling all members!

One arm of Latter Day Saint Charities is the: Humanitarian Services Quilt Project

Here in Utah, quilting is part of our pioneer heritage. We are so sorry that you are not here to see the beautiful display of quilts we were planning for you. We were even going to have quilts set up around Snowbird Lodge for you to 'tie and talk' (as Roxie called it).

So, as Tri-liaisons to this year's NEAFCS Annual Session we would like to extend an invitation to our State Affiliates and members to participate as a state in making quilt tops that can be donated to Latter Day Saint Charities. There is no time limit, or number of quilt limits being suggested. We will leave it up to you as to how you organize this within your state. It can be done individually, or as an affiliate.

Some ideas for this invitation might include:

1. Having one person in your membership take the lead—gathering fabric donations, designing the quilt top, making assignments and setting deadlines. OR,
2. Extending an invitation within your membership to each complete a quilt top, by having each participating member simply make a quilt block, then someone put it all together.
3. Have 'quilting bees' to work on your quilt(s)...virtually of course.

If you are interested and have questions about how you and your State Affiliate might work together on this quilt project please feel free to contact:

Teresa Hunsaker, USU Extension, Weber County

Teresa.hunsaker@usu.edu

801-399-8203

1181 North Fairgrounds Drive Ogden, Utah 84404

The completed quilts, or even just the quilt tops can be sent directly to Teresa Hunsaker, and then be taken to the Humanitarian Center, or, you can mail them directly to the Center, address on the NEAFCS website - <https://www.neafcs.org/2020-service-project>.

*****PLEASE: Once quilts are completed, take a picture and send to our National Association leadership team, or Teresa. We could have a virtual NEAFCS quilt tour.**

For more information please visit <https://www.neafcs.org/2020-service-project>.

General Information

Icon Key



Award Winner



Sponsor

Wellness Activities

Wellness Activities have been scheduled throughout the meeting to allow attendees a break to stretch, exercise, participate in yoga or tai chi, or to get experience in Mindfulness. See daily schedule for details.

Tuesday:	7:00 am - 7:30 am Stretching/Exercise	9:45 am - 10:00 am Mindfulness
	4:00 pm - 4:30 pm Yoga	
Wednesday:	7:00 am - 7:30 am Stretching/Exercise	8:45 am - 9:00 am Mindfulness
	3:30 pm - 4:00 pm Tai Chi	

Utah Small Business Marketplace

Perhaps you have heard of the ice cream bar Creamies, or Fat Boys Ice Cream Sandwiches, or the frozen bread dough by Rhodes Dough, or what about Norbest Turkey? Utah has so many amazing products and artisans. We are sorry you missed out on some of them this year, in person, at our NEAFCS Utah Small Business Marketplace list is available on the NEAFCS Annual Session website to help support the local vendors.

Attendee Challenges

Challenge: Attendees who work hard to visit each area of the event including the Expo Hall, Posters, Keynote, Breakout, Networking and Workshop Sessions will be given points. The more you chat and interact, the more points you will earn.

Trivia *sponsored by Fresh Baby*: Attendees will receive their trivia form via email. Visit the Expo Hall to connect with Exhibitors and Poster presenters. Find out their fun fact for your chance to win! Instructions provided on the trivia card.



Networking & Brain Breaks

Use this time to participate in the following networking opportunities:

Networking Tab - These breaks will randomly match attendees up for a 1:1 video chat, lasting for a duration of 2 minutes. Once the timer hits 0:00, attendees will be re-matched with a new partner. This pattern will repeat for the duration of the session, allowing attendees to interact with a number of new people.

1:1 Meetings - On the "People" page of your Virtual Event Hub, attendees can send an invitation to Connect with each other. If the request is accepted, the now Connected attendees can request & set up a 1:1 video meeting with each other.

Lobby Interactions - The Virtual Event Hub Lobby offers multiple ways for attendees to interact. The Feed option creates a social media experience, where attendees can post photos, videos or status updates. Other attendees can then in turn like or comment on these posts to build a sense of community. In addition to the Feed, there is also a general Attendee Chat available in the Lobby. This makes it easy for attendees to casually message or chat in a group environment.

Workshops – Networking Roundtable Discussions: Discussion topics will be preassigned and attendees can jump in or out based on their personalized schedule. Each "workshop" is limited to 16 participants to allow for a more personalized conversation. If the Workshop is full when you attempt to join, we recommend you try again at a later time as attendees can jump in and out as they wish.

Silent Auction

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

Continuing Education/Professional Development Units

CEU's and PDU's are available from the following: AAFCS; AFCPE; NCFR

2020 Overall Schedule

All times are MDT (Mountain Daylight Time) zone

Monday, September 14, 2020

7:30 am	Platform Open; Silent Auction, Exhibit Hall, Networking & Workshops Open
8:00 am – 10:00 am	Pre-Conference Workshops
10:15 am – 11:30 am	First Timer & New Member's Event
12:00 pm – 2:30 pm	Kick-Off & Opening General Session Speaker
2:30 pm – 4:30 pm	Exhibit Forums

Tuesday, September 15, 2020

7:00 am	Platform Open; Silent Auction, Exhibit Hall, Networking & Workshops Open
7:00 am – 7:30 am	Stretching/Exercise Wellness Activity
8:00 am – 9:00 am	Ignite Sessions
8:00 am – 9:00 am	Exhibit Forums
9:00 am – 9:45 am	Concurrent Sessions & Ignite Sessions
9:45 am – 10:00 am	Networking & Brain Break/Mindfulness Wellness Activity
10:00 am – 10:45 am	Concurrent Sessions & Ignite Sessions
10:00 am – 1:00 pm	Exhibit Hall Open (<i>dedicated Exhibitor time</i>)
11:00 am – 1:00 pm	Showcase of Excellence/Poster Sessions (<i>dedicated Poster Presenter time</i>)
11:00 am – 11:45 am	Concurrent Sessions
11:45 am – 12:00 pm	Networking & Brain Break
12:00 pm – 12:45 pm	Concurrent Sessions
1:00 pm – 2:15 pm	Regional Awards & Business Meetings
2:30 pm – 3:30 pm	Exhibit Forums
3:00 pm – 4:00 pm	Leadership Recognition Event (<i>Invitation Only</i>)
3:30 pm – 4:30 pm	Virtual Happy Hour <i>Sponsored by AIL Special Risk Division</i>
4:00 pm – 4:30 pm	Yoga Wellness Activity

Wednesday, September 16, 2020

7:00 am	Platform Open; Silent Auction, Exhibit Hall, Networking & Workshops Open
7:00 am – 7:30 am	Stretching/Exercise Wellness Activity
8:00 am – 8:45 am	Concurrent Sessions & Ignite Sessions
8:45 am – 9:00 am	Networking & Brain Break/Mindfulness Wellness Activity
9:00 am – 9:45 am	Concurrent Sessions
9:00 am – 10:30 am	Ignite Sessions
9:00 am – 11:00 am	Exhibit Hall Open (<i>dedicated Exhibitor time</i>)
10:00 am	Silent Auction Bidding Officially Closes
10:30 am – 12:00 pm	Annual Business Meeting
12:00 pm – 12:15 pm	Networking & Brain Break
12:15 pm – 1:00 pm	Concurrent Sessions & Ignite Sessions
1:00 pm – 1:15 pm	Networking & Brain Break
1:15 pm – 2:00 pm	Concurrent Sessions & Ignite Sessions
2:00 pm – 3:30 pm	Closing National Awards Presentation
3:30 pm – 4:00 pm	Tai Chi Wellness Activity

Monday, September 14, 2020 Agenda

All times are MDT (Mountain Daylight Time) zone

Monday, September 14, 2020

7:30 am	Platform Open; Silent Auction, Exhibit Hall, Networking and Workshops Open
8:00 am – 10:00 am	Pre-Conference Workshops
10:15 am – 11:30 am	First Timer & New Member's Event
12:00 pm – 2:30 pm	Kick-Off & Opening General Session Speaker
2:30 pm – 4:30 pm	Exhibit Forums

Pre-Conference Workshops (*separate registration required*)

8:00 AM - 10:00 AM MDT

National Partnership to Recruit, Prepare, and Support FCS Educators

Presenters: Dr. Jan Bowers, Project Administrator, National Partnership to Recruit, Prepare and Support FCS Educators and Lori Myers, CFCS, Sr. Director of Credentialing, Education & Research, American Association of Family & Consumer Sciences



It's innovative. It's collaborative. It's critically important. Learn about and be engaged in our national model to address the critical Extension educator shortage and to promote careers in FCS Education.

Workshop objectives:

Share USDA/NIFA grant funded: Initiatives to recruit, prepare and support FCS Extension Educators; Resources to recruit, prepare and support FCS Extension Educators; Partnerships to recruit, prepare and support FCS Extension Educators.

Survey Design & Methodology Training with Qualtrics

Presenter: Travis Hampton

Enterprise Sales - Academics, Research Services, Qualtrics



This session will help Extension across the nation create surveys and analyze data for program evaluation, needs assessments and research. Taught by Qualtrics, participants will be introduced to the Qualtrics vision and how it supports different research needs of academic institutions. The workshop includes an overview of the survey software platform and research services and will demonstrate existing Qualtrics platforms that each university has access to and other new features. In addition, participants can choose to attend a best practices session with a Qualtrics research expert team who have both academic and market research experience. Compare different survey methodologies and designs, learn common research traps and mistakes and how to avoid those in your Extension program evaluations.

Harvest Right Home Food Freeze Dryers

Presenter: Callie Ward

Extension Assistance Professor, Utah State University



This session will introduce you to Harvest Right Freeze Dryers to learn the process of freeze drying and how to operate a freeze dryer. Freeze drying became an at-home possibility when Harvest Right manufactured their first home freeze dryer in 2013. Freeze drying is a low temperature dehydration process that involves freezing the product, lowering pressure, then removing the ice by sublimation. This is in contrast to dehydration by most conventional methods that evaporate water using heat. Freeze dried food is preferred by many for the taste, versatility, easiness, shelf life and nutrition, as freeze dried foods could retain over 95% of its nutritional value, and when handled properly could be stored up to and potentially beyond 25 years. Discover how Extension faculty in Utah use the freeze dryer for food preservation education and food resource management.

Monday, September 14, 2020 Agenda

Monday Pre-Conference Workshops Continued *(separate registration required)*

Baking 2020: Consumer Trends and Best Practices

Workshop objectives:

Current research-based home baking practices, media-based learning and ingredient trends impacting consumer health, income and benefits; Demonstrated best practices with reliable consumer baking resources for foods and resource-conservative collaborative FCS education; Ready-to-use information for extension training, community youth and adult education, and school enrichment; Opportunities to Ask the Bakers consumer and food leader questions, food safety or issues in home baking equipment, ingredients, or practices.



Welcome and Who We Are. Charlene Patton, HBA Executive Director, FCS Foods and Nutrition in Business

How and Why Consumers are Baking at Home. David Lockwood, Mintel Research Group – Highlights from the 2019 HBA national consumer baking study and 2020 COVID home baking surge.

Bust Baking Ingredient Myths with STEAM. Ali Swietek The Sugar Association and Sharon Davis, HBA Program Director, FCS Education, highlight Baking STEAM resources for school and home classroom enrichment, 4-H, youth and foods leaders.

Value-Added Baking: Home Baking Across the Nation. Cindy Falk and Julene DeRouchey, FCS educators and co-directors of the National Festival of Breads, highlight top baking entries, value-added baking ingredients, dough shaping and home baking trends from the 2019 National Festival of Breads. Bonus: What's to come in 2021.

- Plus VIDEO DEMONSTRATION: Chai Ube Rosette Roll

Baking Temperatures for Quality, Food Safety and Repeatable Results. Chef Martin Earl, Thermoworks and Sharon Davis, FCS Education discuss essential baking temperatures for home and food service baking success.

- Plus VIDEO DEMONSTRATION: Quality Baking Temperatures with Chef Martin

Baking Resources for Extension Educators at HomeBaking.org Charlene Patton highlights the new HBA web site and baking resources for virtual and live learning.

Ask the Baker Q & A. Bring the questions your consumers are asking you about baking ingredients, equipment, technique and trends to ask this group of consumer sciences professionals, test kitchen and professional bakers. We'll do our best to assist!

First Timers and New Members Event

10:15 AM – 11:30 AM MDT

Join this fun session to meet 'n greet, learn more about what NEAFCS has to offer you, and opportunities for involvement.



Monday, September 14, 2020 Agenda

Kick-Off/Welcome and Opening General Session

12:00 PM - 2:30 PM MDT

The Opening General Session will include a welcome from NEAFCS leadership and the 2020 Annual Session Liaisons, award presentations, National Office Candidate speeches, keynote presentation and much more. See agenda on next page.

Happy Hacks for More Positivity and Productivity Amidst the COVID Craze

Dave Schramm, Ph.D., Associate Professor and Family Life Extension Specialist at Utah State University in the Department of Human Development and Family Studies

Our lives have been bombarded with negativity, stress, and countless threats to our emotional well-being, work, and closest relationships. Unfortunately, this negativity easily seeps into both our personal and professional lives. An outdated solution suggests if we focus more and work harder, we will be more successful, and then experience more happiness. New research in neuroscience and positive psychology shows that it works the other way around. The research-based happiness advantage shows that when we experience happiness and positivity first, it turns on all the learning centers in the brain and fuels positive outcomes in all aspects of our lives. Using humorous examples and stories, Dr. Dave provides simple science-backed “Happy Hacks” to boost both our positivity and productivity as well as our mood and attitude at home and at work.



Key Learning Objectives:

- Participants will have a better understanding of the three essential human needs and why it is important to meet these needs regularly for themselves and those they work with.
- Participants will learn about common barriers that distract them from their ability to focus on positivity and personal well-being.
- Participants will learn more about simple science-backed principles and practices and commit to implementing one or more of the “happy hacks” into their own lives to improve personal well-being – starting today!



Dr. Dave's websites and social media

Email: david.schramm@usu.edu

Website: www.drdavespeaks.com

Dr. Dave's videos, curricula, presentations, podcasts, and articles: <https://extension.usu.edu/drdave>

Facebook: <https://www.facebook.com/DrDaveUSU/>

Instagram: <https://www.instagram.com/drdaveschramm/>

Opening General Session Agenda

Monday, 12:00 PM - 2:30 PM MDT

Opening Slideshow

Virtual Parade of States by Regional Directors

Welcome

Sheila Gains, Teresa Hunsaker, Kathy Riggs
NEAFCS 2020 Annual Session Affiliate Tri-Liaisons

National Anthem

Caralee Wallentine
Mantua, Utah

Greetings

Roxie Price
NEAFCS President

Jayne McBurney
Vice President for Professional Development

Keynote Presentation: Happy Hacks for More Positivity and Productivity Amidst the COVID Craziiness

Dr. Dave Schramm
Associate Professor and Family Life Extension Specialist at Utah State University, Human Development & Family Studies Department

NEAFCS Awards Presentation

Roxie Price

Candidate Presentation

Karen Munden
NEAFCS Immediate Past President & Nominating Committee Chair

President's Charities & Service Project Invitation

Roxie Price

Annual Session Planning Committee Thank You Presentation

Sheila Gains, Teresa Hunsaker, Kathy Riggs

Closing

Roxie Price

Monday, September 14, 2020 Agenda

Exhibit Forums

2:30 PM - 4:30 PM MDT

2:30 PM – 3:00 PM

Federal Funding for Teen Relationship Education

Exhibitor: The Dibble Institute

Presenter(s): Aaron Larson

The Dibble Institute (a 501c3 nonprofit) publishes healthy relationship education materials that you can use in classrooms, or small group settings. These materials are evidence-based and proven effective. In our forum, we will show you how the University of Georgia and the University of Maryland have successfully used Dibble materials in state and federal grants. Now is the time to become recognized as THE resource in your area for teen relationship education. We will show you how to get ready for the next grant opportunity by using extension resources AS WELL AS starting now to stake your claim as the relationship authority in your region.

3:00 PM – 3:30 PM

Creating an Interactive FCS Program with Realityworks Innovative Classroom Resources

Exhibitor: Realityworks

Presenter(s): Denise DuBois

In this session, learn about Realityworks experiential learning tools for FCS students that provide real-life learning opportunities. They address life skills, parenting, child development, culinary education, human growth and development, human anatomy, sex education and more. Join us to see new 2020 FCS products as well as learn about resources Realityworks has available to you!

3:30 PM – 4:00 PM

Delivering Academically-linked Nutrition, Physical Activity and Healthy Living Content Using Online Technology

Exhibitor: The OrganWise Guys

Presenter(s): Michelle Lombardo

This presentation highlights an evidence-based nutrition, physical activity and healthy living program that is correlated to state-specific standards in math, science, language arts and health/PE and national STEM standards, with a focus on literacy improvement. Research on the content is published in top-tier journals and show statically significant improvements in children's BMI percentiles, waist circumference, blood pressure and standardized test scores. This program is included in the SNAP-Ed PSE Toolkit as a Research-Tested Program as well as an Online Resource – Nutrition and Food. Attendees will be given access to sample lessons from the curriculum.

3:30 PM – 4:00 PM

Impacting Families by Impacting Fathers - Resources & Tips from the National Responsible Fatherhood Clearinghouse

Exhibitor: National Responsible Fatherhood Clearinghouse

Presenter(s): James Worthy, Eugene Schneeberg

An In-depth discussion about the lessons learned from fatherhood work in community-based settings; learn about tips and resources to better engage and serve fathers; and find out more about the National Responsible Fatherhood Clearinghouse, including the fatherhood.gov website, social media platforms, and products written to advance the fatherhood field.

4:00 PM – 4:30 PM

Partnering Together to Support Alzheimer's Caregivers in Diverse Communities

Exhibitor: Alzheimer's Association

Presenter(s): Stephanie Rohlf's-Young, Sara Murphy, Lynn James

The session provides the latest findings from the 2020 Alzheimer's Association Facts & Figures Report including current prevalence and impact on American families, risk factors, impact on caregivers, and national cost of care. Panelists from the Alzheimer's Association and Penn State University Extension will discuss national and local Partnerships and collaboration opportunities. Participants learn how to increase their impact by leveraging the power of partnership and how to access tools and resources support families impacted by Alzheimer's and other dementias.

4:00 PM – 4:30 PM

Cooking is Hot, hot, hot! How to set up and build your hands on cooking experiences with Edible Education

Exhibitor: Edible Education

Presenter(s): Ann Butler, Chef Raisa

Please join Kitchen a la Cart inventor, Ann Butler and Chef Raisa as we walk you through the secret teaching sauce that Edible Education has been preparing since 2011. A former, 4H extension agent and FCS teacher, Ann Butler will provide kids safe knife skills, what goes into choosing our recipes, funding and grant opportunities, costs and supplies needed and a hands-on cooking demo from Chef Raisa. Over 60,000 students have been taught the Edible Education way and we can't wait to spread our mission of getting kids excited about real food with you! Enjoy our presentation from Richmond, Virginia on the nation's #1 portable, teaching kitchen - the Kitchen a la Cart.

Teachers change lives.

So does financial literacy.

Research shows that adult financial well-being is the result of young people developing financial capability over time. That's why the Consumer Financial Protection Bureau created a website for teachers of all subjects to help incorporate financial education into more classrooms.

Access free, stand-alone activities – designed specifically for middle school – to support students in developing the building blocks of financial capability.

Go to: www.cfpb.gov/youth-financial-education

The Consumer Financial Protection Bureau supports educators and community leaders by conducting research and developing resources to improve financial education.



Tuesday, September 15, 2020 Agenda

All times are MDT (Mountain Daylight Time) zone

Tuesday, September 15, 2020

7:00 am	Platform Open; Silent Auction, Exhibit Hall, Networking and Workshops Open
7:00 am – 7:30 am	Stretching/Exercise Wellness Activity
8:00 am – 9:00 am	Exhibit Forums & Ignite Sessions
9:00 am – 9:45 am	Concurrent Sessions & Ignite Sessions
9:45 am – 10:00 am	Networking & Brain Break/Mindfulness Wellness Activity
10:00 am – 10:45 am	Concurrent Sessions & Ignite Sessions
10:00 am – 1:00 pm	Exhibit Hall Open (<i>dedicated Exhibitor time</i>)
11:00 am – 1:00 pm	Showcase of Excellence/Poster Sessions (<i>dedicated Poster Presenter time</i>)
11:00 am – 11:45 am	Concurrent Sessions
11:45 am – 12:00 pm	Networking & Brain Break
12:00 pm – 12:45 pm	Concurrent Sessions
1:00 pm – 2:15 pm	Regional Awards & Business Meetings
2:30 pm – 3:30 pm	Exhibit Forums
3:00 pm – 4:00 pm	Leadership Recognition Event (<i>Invitation Only</i>)
3:30 pm – 4:30 pm	Virtual Happy Hour <i>Sponsored by AIL Special Risk Division</i>
4:00 pm – 4:30 pm	Yoga Wellness Activity

Wellness Activity: Stretching/Exercise

7:00 AM - 7:30 AM MDT

Instructor: Gabriel Murza

Exhibit Forums

8:00 AM - 9:00 AM MDT

8:00 AM – 8:30 AM

CFPB Resources You Can Use Tomorrow

Exhibitor: Consumer Financial Protection Bureau

Presenter(s): Leslie Jones, Erin Scheithe

Achieving financial well-being is about having control over your money and being able to make choices that allow you to enjoy life. In this session, review free financial education resources and find ideas to share with your colleagues. The CFPB offers a variety of downloadable and print resources for all ages on consumerfinance.gov that makes it easy to help others understand personal finance and provide them with materials they can use today and tomorrow.

8:30 AM – 9:00 AM

Cooking with the MyPlate: Super Simple Cookbook

Exhibitor: Visualz

Presenter(s): Mary Beth Anderson

Cooking at home means eating healthier, enjoying tastier food, and spending less money. Come away from this interactive presentation being able to prepare and share food preparation tips and recipes low in added sugar, sodium, and saturated fat found in the new MyPlate: Super Simple Cookbook.

Ignite Sessions

8:00 AM - 9:00 AM MDT



8:00 AM – 8:15 AM

Indoor Playground Changes the System of Rainy-Day Recess

Track: Health: Emotional, Mental, Physical and Substance Use
AWARD - School Wellness Award

Presenter(s): Cathy Agan, Markaye Russell, Denise Breard, Dvawn Maza, Brady Middleton, Pam Sapp, Kimberly Butcher
State: LA

Rainy days at schools usually mean inside recess with sedentary activities. That system has changed at Shady Grove Elementary thanks to an indoor playground!



8:15 AM – 8:30 AM

MFLN Resilience Webinar Series

Track: Child Care/Child Development/Parenting
AWARD - Human Development/Family Relationship Award
Presenter(s): Sara Croymans, Abby Amacher, Jessica Beckendorf, Robert Bertsch, Jen Chilek, Kalin Goble, Anita Harris Hering, Kathleen Hlavaty, Hannah Hyde, Jason Jowers, Vickie LaFollette, Ann Masten, Kacy Mixon, Coral Owen, Jenny Rea, Brigitte Scott, Michael Ungar, Kerry Walker, Froma Walsh
State: MN

The Military Families Learning Network Resilience webinar series engaged 381 military family service providers in three 90-minute webinars. A problem based learning approach enhanced learning while wrap arounds extended learning.

Tuesday, September 15, 2020 Agenda

Ignite Sessions continued



8:30 AM – 8:45 AM

UGA EFNEP Marketing Materials

Track: Administration/Leadership/Community and Economic Development

AWARD - Marketing Package Award

Presenter(s): Susan Moore, La Keshia Levi, Tiffany Williams, Rhea Bentley, Kimberly Howell, Ines Beltran, Carin Booth, Ida Jackson, Carla Moore, Cindee Sweda, Annette Montero, LaZavia Grier, Leslie Weaver, Diandria Barber, Zoe Soltanmammedova, Rebecca Thomas
State: GA

The UGA EFNEP team developed new and innovative recruitment materials that gave participants and agencies a greater understanding of our services resulting in increased awareness and visibility for EFNEP.

8:45 AM – 9:00 AM

Tai Chi for Health

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Cindy Nelson

State: UT

Tai Chi, gentle moving meditation, is an effective exercise for mind and body. Learn the psychological and physiological benefits of Tai Chi and participate in a short, easy lesson.

Concurrent Sessions

9:00 AM - 9:45 AM MDT



Idaho Master Food Safety Advisor Program

Track: Food Safety

AWARD - Master Family & Consumer Sciences Volunteer Program Award

Presenter(s): Surine Greenway, Amy Robertson, Bridget Morrisroe-Aman, Joey Peutz, Sendy Martinez, Nikki Telford
State: ID

This team of Family & Consumer Sciences Extension Educators trains community members to become food safety-based volunteers who educate and influence behavior change in individuals throughout Idaho.



Think Nutrition During Hurricane Season

Track: Food and Nutrition

AWARD - Extension Disaster Education Award

Presenter(s): Brenda Marty-Jimenez
State: FL

Brenda Marty-Jimenez educates individuals on disaster preparedness encouraging them to- "Think Nutrition" when preparing for a hurricane. Partners seek program continuation to keep clientele prepared, resilient & ready for recovery.

Results of a Needs Assessment for Online Adult SNAP-Ed Courses

Track: Food and Nutrition

Presenter(s): Melanie Jewkes, Casey Coombs, Heidi LeBlanc
State: UT

Increased internet usage to obtain information may be reducing turnout to face-to-face Extension workshops. A needs assessment determined what participants want when it comes to online nutrition/physical activity education.

Building Early Emotional Skills: A Curriculum for Parents and Early Childhood Professionals

Track: Child Care/Child Development/Parenting

Presenter(s): Kylie Rymanowicz, Kendra Moyses, Carrie Shrier
State: MI

Learn more about this social and emotional health focused curriculum for parents/caregivers and early childhood professionals. Session will discuss program design, implementation, impacts and how to become a trainer.

Beating the Winter Blues

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Jenny Lobb, Shannon Carter
State: OH

Learn the signs, symptoms and risk factors for SAD (Seasonal Affective Disorder), and evidence-based strategies to promote year-round wellness across the dimensions of health in your community.

Faith-Based Health Promotion Program Improves Health-Related Behaviors among Rural Residents

Track: Chronic Disease Prevention

Presenter(s): Lori Wiggins, Kimiko Griffin, Wendy Lynch, Mikaela David-John, LaToya O'Neal
State: FL

Extension educators, a university and rural faith communities collaborated to administer a program to improve health behaviors. Survey data indicates changes in health-related behaviors at the end of the program.

Enlace Latino and Other Tools to Reach Hispanic Audiences

Track: Committee

Presenter(s): Diana Romano, Ines Beltran, Traci Armstrong Florian

This session will talk about the creation and reach of Enlace Latino, an award-winning Spanish newsletter with topics that cover all areas of family and consumer sciences.

Tuesday, September 15, 2020 Agenda

Ignite Sessions

9:00 AM - 9:45 AM MDT

9:00 AM – 9:15 AM

Utilizing Grant Funds to Create Healthy Habits for Youth

Track: 4-H and Youth Development

Presenter(s): Nicole Jacobs, Katie Sharpton, Amanda Benton

State: NM

This session will cover different ways you can apply for and utilize grants to help youth in your community live a healthy life style through 4-H programming.

9:15 AM – 9:30 AM

Farmers in Training: Linking Extension and Farmers Markets for Youth Nutrition and Agricultural Education

Track: 4-H and Youth Development

Presenter(s): Gayle Whitworth, Angelika Keene, Andrea Lazzari, Elizabeth Shephard

State: FL

Linking Extension nutrition education programs with farmers markets and providing monetary assistance for the purchase of fresh produce provides benefits to both low-income, food insecure families and local growers.



9:30 AM – 9:45 AM

Promoting Positive Youth Development through Relationship Education

Track: 4-H and Youth Development

AWARD - Excellence in Teamwork Award

Presenter(s): Becca Stackhouse, Brad Averill, Cindee Sweda, Dana Lynh, Kayla Wall, Leigh Ann Aaron, Stephanie Benton, Suzanne Williams, Terri Carter, Kasey Hall, Ted Futris, Kristi Farner

State: GA

Development of healthy relationships is vital to youth development. FACS and 4-H Agents across Georgia delivered RS+ to developed increased knowledge, attitudes, and skills salient to developing healthy romantic relationships.

Networking & Brain Break

9:45 AM - 10:00 AM MDT

Wellness Activity: Mindfulness

9:45 AM - 10:00 AM MDT

Instructor: Tim Keady

Concurrent Sessions

10:00 AM - 10:45 AM MDT



Preserve Smart: A Mobile-friendly Home Food Preservation Tool

Track: Food and Nutrition

AWARD - Food Safety Award

Presenter(s): Elisa Shackelton, Marisa Bunning, Erin Durant, Laura Griffin, Mary Snow, Sheila Gains, Amber Webb, Ann Duncan, Michael Lucero, Abby Weber, Joy Akey, Mary Ellen Fleming, Anne Zander, Glenda Wentworth, Libby Christensen, Carla Farrand, Beth Adams, Amanda Johnston, Derek Stegelman, Gisele Jefferson

State: CO

The Preserve Smart app/website provides 24/7 mobile access to tested food preservation recipes and processes, searchable by produce type and with customizable elevation adjustments up to 10,000.

2020 NEAFCS National Dining with Diabetes Update

Track: Chronic Disease Prevention

Presenter(s): Margaret Jenkins, Dan Remley, Julie Buck, Pamela Daniels, Sara Sawyer, Gwen Crum, Shari Gallup, Kimi Moore, Jessica Clifford

Join the National Dining with Diabetes Working Group as the leadership team provides updates including 2020 program overview, new virtual and on-line initiatives, curriculum validation, evaluation standardization and professional development opportunities.

Incorporating Evidence-based Practices for Children and Youth with Autism Spectrum Disorders (ASD) in SNAP-Ed Nutrition Education Programs

Track: Trending Topics

Presenter(s): Annie Sheldon, Christine Snyder

State: FL

Youth with autism spectrum disorders (ASD) tend to be at greater risk of obesity and can benefit from SNAP-Ed nutrition education programs delivered with evidence-based practices to address learning needs.

Prescription Medication Abuse Program (RxMAP)

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Dennis DeCamp, Treva Williams, Jo Williams, Josi Brodt-Evans, Grace Peach-Storey, Rachael Fraley

State: OH

Youth often seek highly stimulating and rewarding activities, making them more vulnerable, particularly to substance abuse. Educating youth to correctly use and store prescription medication can reduce potential abuse.

Tuesday, September 15, 2020 Agenda

Including All of Us: Diversity, Equity, and Inclusion in Early Childhood

Track: Child Care/Child Development/Parenting

Presenter(s): Vivian Washington, Kylie Rymanowicz

State: MI

Including All of Us teaches early childhood professionals about diversity, equity and inclusion. This session will help participants learn methods for creating or implementing similar programs in early childhood settings.

Small Changes Have Big Impacts

Track: 4-H and Youth Development

Presenter(s): Jami Dellifield, Tori Kirian, Amanda Raines, Mark Light

State: OH

Providing opportunities for policy, system, and environmental changes can lead to increased healthy habits at meetings, camps, programming, and in daily life for 4-H members.

Sharing Meals Together: A Guide to Smarter Potlucks

Track: Food and Nutrition

Presenter(s): Martha Yount, Rosie Allen, Stephanie Derifield, Nellie Buchanan

State: KY

This project addresses smarter ways to organize potluck meals to promote and identify healthier food choices. Toolkit includes behavioral economics principles to make the healthy choice the easy choice.

Awards, Applications, and Anecdotal Evidence

Track: Committee

Presenter(s): Keishon Thomas, John Fuller, Diane Reinhold

Have you been contemplating writing an award? Then join us to see what we are cooking up for "Awards, Applications, and Anecdotal evidence" to learn the recipe for a great application.

Ignite Sessions

10:00 AM - 10:45 AM MDT

10:00 AM – 10:15 AM

Development and Implementation of a Statewide Early Childhood Parent and Provider Training System

Track: Child Care/Child Development/Parenting

Presenter(s): Caroline Shrier, Courtney Aldrich, Kevin Zoromski

State: MI

Learn about the process of creating a statewide system to develop, implement and evaluate consistent high-quality, research based trainings for parents and early childhood providers.

10:15 AM – 10:30 AM

Breastfeeding and Child Development: Where does Extension fit in?

Track: Child Care/Child Development/Parenting

Presenter(s): Christy Stuth, Ashley Dixon, Rhegan Derfus

State: AZ

The short and long-term benefits of breastfeeding are recognized worldwide. Breastfeeding-Friendly Community Organization (BFCO) Recognition Program aims to garner community support for lactating mothers to increase breastfeeding initiation and duration.



10:30 AM – 10:45 AM

A new approach to Childcare Training in Texas

Track: Child Care/Child Development/Parenting

AWARD - Early Childhood/Child Care Award

Presenter(s): Lorrie Coop, Jodi Nerren, Dawn Dockter, Lorie Stovall, Karen DeZarn, Karen Lyssy, Charla Bading, Kathy Smith

State: TX

This team implemented a new strategy to provide Texas childcare providers with quality education through web-based sessions led by a program specialist and facilitated by county Extension agents.

Exhibit Hall Open (Dedicated Exhibitor Time)

10:00 AM – 1:00 PM MDT

Join us in the virtual Exhibit Hall to meet with vendors and sponsors of the Annual Session.

Showcase of Excellence (Dedicated Poster Presenter Time)

11:00 AM - 1:00 PM MDT



A New Approach to Childcare Training in Texas (Ignite Session)

Track: Child Care/Child Development/Parenting

AWARD - Early Childhood/Child Care Award

Presenter(s): Lorrie Coop, Jodi Nerren, Dawn Dockter, Lorie Stovall, Karen DeZarn, Karen Lyssy, Charla Bading, Kathy Smith

State: TX

This team implemented a new strategy to provide Texas childcare providers with quality education through web-based sessions led by a program specialist and facilitated by county Extension agents.

Tuesday, September 15, 2020 Agenda

Showcase of Excellence continued

ATV Aware: A Pilot Project for All Terrain Vehicle Safety Education (Ignite Session)

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Susan Harris

State: NE

All-terrain vehicles (ATVs) are popular and useful in rural areas. This project provided ATV education to over 12,000 individuals in an innovative way.

Breastfeeding and Child Development: Where does Extension fit in? (Ignite Session)

Track: Child Care/Child Development/Parenting

Presenter(s): Christy Stuth, Christy Stuth, Ashley Dixon, Rhegan Derfus

State: AZ

The short and long-term benefits of breastfeeding are recognized worldwide. Breastfeeding-Friendly Community Organization (BFCO) Recognition Program aims to garner community support for lactating mothers to increase breastfeeding initiation and duration.

Can a Healthy School Celebrations Teacher Toolkit Change Classroom Food Options?

Track: Food & Nutrition

Presenter(s): Cheryl Kirk, Tina Dodge-Vera, Christine Mouzong, Lauren Tobey, Amanda Hatfield, Lauren Kraemer

State: OR

Healthy School Celebrations (HCS) teacher training increased teacher's confidence to offer hands-on food activities in the classroom. HSC aims to change the school food culture and supports school wellness policy.

Creating Healthy Communities through Community-based, Multi-level SNAP-Ed Initiatives

Track: Food & Nutrition

Presenter(s): Sondra Parmer, Katie Funderburk, Erin Reznicek, Sofia Sanchez, Barb Struempler

State: AL

Extension impacts the health of communities when providing multi-level, comprehensive interventions. SNAP-Ed demonstrates results by providing education and improving food and physical activity environments that serve limited-resource individuals and communities.

Development and Implementation of a Statewide Early Childhood Parent and Provider Training System (Ignite Session)

Track: Child Care/Child Development/Parenting

Presenter(s): Caroline Shrier, Courtney Aldrich, Kevin Zoromski

State: MI

Learn about the process of creating a statewide system to develop, implement and evaluate consistent high-quality, research based trainings for parents and early childhood providers.

Distance Training: A Diabetes Education Program (Ignite Session)

Track: Chronic Disease Prevention

Presenter(s): Carrie Krug, Brianna Routh, Holly Miner, Roubie (Kay) Younkin

State: MT

National Dining with Diabetes (DWD) Extension program was adopted to meet rising rates of type 2 diabetes using virtual training for agent facilitators with successful participant outcomes.

Effect of Cleaning Education on Microbiological Quality of Reusable Water Bottles

Track: Food Safety

Presenter(s): Julie Buck, Laura Sant, Bridget Morrisroe-Aman, Shelly Johnson

State: ID

Many schools encourage students to bring reusable water bottles from home to be used in the classroom. This session shares a water bottle microbial count study and a cleaning handout.

Engaging Families in a Diverse Family Resource Center: Building Capacity and Connections

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

Presenter(s): Patty Merk

State: AZ

Using the 5 Protective Factors Framework this Early Childhood Family Resource Center has built a community of support for diverse families with children birth to age 5 since 2010.

Tuesday, September 15, 2020 Agenda

Showcase of Excellence continued



Extension Educator of the Year

Track: Trending Topics

AWARD - Extension Educator of the Year

Presenter(s): Joey Peutz

State: ID

Over her career, Joey Peutz has provided leadership for multifaceted programs in food safety, nutrition/health, and technology that are stakeholder driven, research based, team supported and with significant external funding.



Extension Housing Outreach Award (Ignite Session)

Track: Financial Management

AWARD - Extension Housing Outreach Award

Presenter(s): Beth Stefura, Caezilia Loibl, Margaret Jenkins, Donna Green, Patrice Powers-Barker, Melissa Rupp, Heather Reister, Melanie Hart, Melinda Hill, Amanda Osborne, Lois McCampbell, Whitney Gherman

State: OH

Today's housing market is challenging for low-to-moderate income Americans without down-payment savings. How to fit a mortgage payment into their budget. Assist homebuyers in your state.

Extension Programs are Not a One Size Fits All When working with Cultural Diverse Audiences

Track: Administration/Leadership/Community and Economic Development

Presenter(s): Rachel Stewart, Diane Bales

State: GA

One must consider cultural differences and implement new strategies for assisting these emerging demographic and other cultural diverse audience with new concepts and education to have an impact on families.

Farmers in Training: Linking Extension and Farmers Markets for Youth Nutrition and Agricultural Education (Ignite Session)

Track: 4-H and Youth Development

Presenter(s): Gayle Whitworth, Gayle Whitworth, Angelika Keene, Andrea Lazzari, Elizabeth Shephard

State: FL

Linking Extension nutrition education programs with farmers markets and providing monetary assistance for the purchase of fresh produce provides benefits to both low-income, food insecure families and local growers.

FCS Mondays: Using Social Media to Share Weekly Wellness Tips

Track: Technology and Social Media

Presenter(s): Samantha Kennedy

State: FL

Learn how to use free software to design and schedule professional-looking weekly social media posts to promote FCS and provide timely, relevant educational tips to a wider potential audience.

Healthwise for Guys and Women: Reducing Risk for Disease with Lifestyle Behaviors (Ignite Session)

Track: Chronic Disease Prevention

Presenter(s): Julie Garden-Robinson, Cindy Klapperich

State: ND

"Healthwise for Guys and Women" programs reached 1,485 adults in rural areas. The programs significantly increased awareness of diet and lifestyle factors related to colon, prostate and skin cancer.

Identifying Key Factors Affecting Nutritional Risk Assessed by Dietary Screening Tool Among Adults 50 Years and Older: A Needs Assessment (Ignite Session)

Track: Food and Nutrition

Presenter(s): Mona Habibi, Shauna Henley, Jeanette Jeffrey, Chenzi Wang, Hee-Jung Song, Lisa McCoy, Karen Basinger, Jennifer Dixon Cravens, Patsy Ezell, Beverly Jackey, Erin Jewell, Dhruti Patel, Theresa Serio

State: MD

The nutritional risk of 475 adult's age ≥ 50 years was assessed. Results showed significant differences in nutritional risk related to education, perceived health status, healthy eating self-efficacy, and food security.



Indoor Playground Changes the System of Rainy-Day Recess (Ignite Session)

Track: Health: Emotional, Mental, Physical and Substance Use

AWARD - School Wellness Award

Presenter(s): Cathy Agan, Markaye Russell, Denise Breard, Dvawn Maza, Brady Middleton, Pam Sapp, Kimberly Butcher

State: LA

Rainy days at schools usually mean inside recess with sedentary activities. That system has changed at Shady Grove Elementary thanks to an indoor playground!

Tuesday, September 15, 2020 Agenda

Showcase of Excellence continued

Living a Life Elevated: The Benefit of Silence Across the Lifespan (Ignite Session)

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

Presenter(s): Laura Stanton

State: OH

In a world full of noise and ever present distractions, this session will examine the physical, mental, emotional, and spiritual benefits that silence can have across the lifespan.



Marjorie S. Fisher Nutrition Driven (Ignite Session)

Track: Food and Nutrition

AWARD - SNAP-Ed/EFNEP Educational Program Award

Presenter(s): Danielle DeVries-Navarro, Nicole Duffy-Owens

State: FL

Marjorie S. Fisher Nutrition Driven Gets Cooking Program improves nutrition-related behaviors of low-income immigrant population in Jupiter, Florida. It is a mobile food pantry providing nutrition education.

Mayor's Fitness Challenge: A County Wide and Collaborative Partnership Approach to Health and Wellness Programming

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Beth Shephard, Angelika Keene

State: FL

Mayor's Fitness Challenges traditionally promote health and wellness in specific cities. Utilizing partnerships provides opportunities for multiple cities and organizations to address this through sharing resources, funding, personnel, and expertise.



Mentoring Experience

Track: Trending Topics

AWARD - Greenwood Frysinger Award

Presenter(s): Sara Sprouse

State: IA

According to her mentor, Patty, Sara is a quick learner, thoughtful, and diligent in understanding and adopting skills and knowledge to become a dedicated Extension professional!



MFLN Resilience Webinar Series (Ignite Session)

Track: Child Care/Child Development/Parenting

AWARD - Human Development/Family Relationship Award

Presenter(s): Sara Croymans, Abby Amacher, Jessica Beckendorf, Robert Bertsch, Jen Chilek, Kalin Goble, Anita Harris Hering, Kathleen Hlavaty, Hannah Hyde, Jason Jowers, Vickie LaFollette, Ann Masten, Kacy Mixon, Coral Owen, Jenny Rea, Brigitte Scott, Michael Ungar, Kerry Walker, Froma Walsh

State: MN

The Military Families Learning Network Resilience webinar series engaged 381 military family service providers in three 90-minute webinars. A problem based learning approach enhanced learning while wrap arounds extended learning.

My Time to Eat Healthy and Move More

Track: Food & Nutrition

Presenter(s): Mary Caskey

State: MN

This session showcases My TIME to Eat Healthy and Move More train-the-trainer curriculum. Educators working with parents and preschool children will learn strategies to improve food choices and physical activity.



Nurturing Nature Explorers in Northeast Iowa Project

Track: Child Care/Child Development/Parenting

AWARD - Environmental Education Award

Presenter(s): Cynthia Thompson, Donna Donald, Lesia Oesterreich, Rhonda Seibert, Julie Munkel, Jenna Pollack

State: IA

Partners across Northeast Iowa worked together to support outdoor classrooms and training to enhance children and families' positive experiences with nature and the outdoor environment.



On the Move Stronger Bodies (Ignite Session)

Track: Food and Nutrition

AWARD - Family Health & Wellness Award

Presenter(s): Julie Garden-Robinson, Christina Rittenbach, Cindy Klapperich, Debra Lee, Dena Kemmet, Donna Anderson, Kari Helgoe, Marcia Hellandsaas, Ronda Grippentrog, Susan Milender, Vanessa Hoines

State: ND

On the Move to Stronger Bodies reached nearly 2,500 4th grade children and their families throughout North Dakota with materials that promoted changes in nutrition and physical activity behavior.

Save the Date

Past National President's Meeting

September 29, 2020

9 AM - 11:00 AM MDT

via zoom

Tuesday, September 15, 2020 Agenda

Showcase of Excellence continued

Online Learning Circles for Child Care Professionals

Track: Child Care/Child Development/Parenting

Presenter(s): Lisa Poppe, LaDonna Werth

State: NE

On-line Learning Circles engage clientele to gain knowledge in developmentally appropriate practices for children. Learn how to use technology to service all your clientele from the comfort of their home.



Partners in Impact: Creating a Multi-County Housing Education Team

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

AWARD - Extension Housing Outreach Award

Presenter(s): Lisa Hamilton, Judy Corbus, Johanna Gomez Gonzalez, Sarah Ellis

State: FL

Four FCS extension agents created a multi-county housing education team to document the collective impact of their rental, pre-purchase, and post-purchase education programs.

Paying for College and Technical School

Track: Financial Management

Presenter(s): Dorothy Nuckols, Jesse Ketterman, Michael Elonge

State: MD

18 year-olds are making secondary school financing decisions that can impact their financial futures for decades. This program teaches decision making strategies for paying for college and technical school.

Preventing Domestic Violence in Future Generations: Activities to Strengthen Families (Ignite Session)

Track: Trending Topics

Presenter(s): Jill Baker-Tingey

State: NV

Teaching communication, emotional literacy, problem-solving, and stress management skills to families can increase family cohesion, foster resilience, strengthen parent-child relationships, and prevent domestic violence in future generations.



Promoting Positive Youth Development through Relationship Education (Ignite Session)

Track: 4-H and Youth Development

AWARD - Excellence in Teamwork Award

Presenter(s): Becca Stackhouse, Brad Averill, Cindee Sweda, Dana Lynh, Kayla Wall, Leigh Ann Aaron, Stephanie Benton, Suzanne Williams, Terri Carter, Kasey Hall, Ted Futris, Kristi Farner

State: GA

Development of healthy relationships is vital to youth development. FACS and 4-H Agents across Georgia delivered RS+ to developed increased knowledge, attitudes, and skills salient to developing healthy romantic relationships.

Role of Community Engagement in Promoting Healthy Eating and Physical Activity Environment in a Preschool Setting (Ignite Session)

Track: Food and Nutrition

Presenter(s): Deepa Srivastava, Vikram Koundinya

State: CA

The purpose of this program was nutrition education and childhood obesity prevention in a preschool setting. Results indicated community engagement is an important component for sustainable preschool nutrition education program.

Statewide Topic Needs Assessment in Food, Nutrition, and Health Programming (Ignite Session)

Track: Trending Topics

Presenter(s): Brianna Routh, Michelle Grocke, Carrie Ashe

State: MT

Montana Extension conducted a statewide needs assessment to determine potential participant's topics of interest. A diverse sample (n=967) indicated the interest in stress management, food preparation, and physical activity topics.



Strengthening Cooperative Extension's Role in Diabetes Prevention (Ignite Session)

Track: Chronic Disease Prevention

AWARD - Excellence in Multi State Collaboration Award

Presenter(s): Vanessa da Silva, Carlin Rafie, Soghra Jarvandi, Zena Edwards, Nikki Johnson, Bridget Morrisroe-Aman, LaToya O'Neal Coleman, Alison Berg, Laura Anderson, Debie Head, Debra Jones, Heather Norman, Margaret Haggemiller, Leslie Shallcross, Lucinda Banegas-Carreon, Janice Hermann

State: AZ

The Cooperative Extension National Diabetes Prevention Program interest group is a collaboration of Extension professionals working to prevent or delay type 2 diabetes across the country.

Tuesday, September 15, 2020 Agenda

Showcase of Excellence continued

Tai Chi for Health (Ignite Session)

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Cindy Nelson

State: UT

Tai Chi, gentle moving meditation, is an effective exercise for mind and body. Learn the psychological and physiological benefits of Tai Chi and participate in a short, easy lesson.

Triumphs, Trials, and Tools: Delivering the National Diabetes Prevention Program (Ignite Session)

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Bridget Morrisroe-Aman, Jacqueline Amende, Gretchen Manker, Joey Peutz, Rebecca Hutchings, Sindy Martinez

State: ID

Extension is emerging as leader in delivering the National Diabetes Prevention Program. In this session find out if the program is right for your organization and how to get started.



UGA EFNEP Marketing Materials

Track: Administration/Leadership/Community and Economic Development

AWARD - Marketing Package Award

Presenter(s): Susan Moore, La Keshia Levi, Tiffany Williams, Rhea Bentley, Kimberly Howell, Ines Beltran, Carin Booth, Ida Jackson, Carla Moore, Cindee Sweda, Annette Montero, LaZavia Grier, Leslie Weaver, Diandria Barber, Zoe Soltanmammedova, Rebecca Thomas

State: GA

The UGA EFNEP team developed new and innovative recruitment materials that gave participants and agencies a greater understanding of our services resulting in increased awareness and visibility for EFNEP.

Understanding Health Insurance Benefits (Ignite Session)

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Lisa McCoy, Catherine Sorenson, Dorothy Nuckols, Jesse Ketterman, Maria Pippidis, Virginia Brown, Chenzi Wang

State: MD

Understanding health insurance benefits can help consumers to save money and stay healthy. This workshop highlights a program created to help consumers understand and use their health insurance benefits.

Using Needs Assessment Data to Improve Access for Rural Farmers and Farm Families (Ignite Session)

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Emilee Drerup, Pat Brinkman, Dee Jepsen, Sonia Duffy, Jill Kilanowski

State: OH

Rural farmers and farm families have limited access to health information and care. Learn how needs assessment survey data can help Extension professionals increase access and improve health.

Using Theory and Methods to Evaluate Financial Capability Programs (Ignite Session)

Track: Financial Management

Presenter(s): Robert Weber, Brenda Long

State: MI

Creating research-based evaluation instruments helps Extension professionals measure program effectiveness, enhance reporting beyond just inputs and outputs, and create opportunities to share impacts with stakeholders in innovative ways.

Utilizing Grant Funds to Create Healthy Habits for Youth (Ignite Session)

Track: 4-H and Youth Development

Presenter(s): Nicole Jacobs, Katie Sharpton, Amanda Benton

State: NM

This session will cover different ways you can apply for and utilize grants to help youth in your community live a healthy life style through 4-H programming.

Utilizing Local Food Policy Council to Improve Health Outcomes (Ignite Session)

Track: Chronic Disease Prevention

Presenter(s): Rosie Allen, Margaret Jenkins, Amy Hollar, Michaela Oldfield

State: KY

Learn how an Integrating Healthy Eating and Healthcare Summit can be used to influence health behaviors. Intervention background, demographics, challenges, evaluation, toolkits, and strategies moving forward will be shared.

Tuesday, September 15, 2020 Agenda

Concurrent Sessions

11:00 AM - 11:45 AM MDT



Mystery Dinner: The Uninvited Guest Teaches Participants About Food Safety

Track: Food Safety

AWARD -Innovation in Programming Award

Presenter(s): Diane Mason, Kathy Byrnes, Joan Bowling, Linda Brown-Price, Cathy Jansen, Sherri Broderick, Judy Hetterman, Kate Thompson, Ronda Rex, Kenna Knight, Rachael Price
State: KY

Solving a fictitious food safety mystery taught participants key information to help prevent foodborne illness and, they received information to share with others in their network of friends and family.

WIC Perks: Expanding Nutrition Incentives Beyond SNAP

Track: Administration/Leadership/Community and Economic Development

Presenter(s): Courtney Woelfl, Amanda Osborne
State: OH

Through cross-programmatic teamwork and innovation Extension can help better serve our families, farmers, and local economies by incentivizing WIC recipients to purchase produce at local farmers' markets.

Partnerships for Production: Engaging Extension Clientele Through a Value-Added Equipment Rental Program

Track: Food and Nutrition

Presenter(s): Lauren Kraemer
State: OR

A Value-Added Rental Program is supporting small business and increasing food security through Extension partnerships by supporting the development of new products and keeping locally grown produce in the region.

Game-based Learning in Extension: Testing a Board Game on Resiliency

Track: Trending Topics

Presenter(s): Kathryn Conrad, Ann Berry, Lisa Washburn
State: TN

Resiliency is an emerging topic, yet educating on it can be complex. We designed and tested an interactive board game on resiliency. Attendees will learn the design process and be offered an opportunity to test the game.

Early Learning Matters!

Track: Child Care/Child Development/Parenting

Presenter(s): Barbara Beaulieu

State: IN

Overview of a new comprehensive, research and evidence-informed early childhood curriculum for children birth through five years developed by a university. This curriculum is free to any early childhood program.

Healthy GA Wellness

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Susan Moore, Rachel Stewart, Georgeanne Cook, Becky Collins, Laura Smith, Terri Black, Jackie Ogden, Marnie Dekle, Carrie Vanderver, Lisa Jordan, Rachel Hubbard, Denise Everson, Alison Berg, Pamela Turner, Elizabeth Andress, Diane Bales, Joan Koonce, Michael Rupured
State: GA

A grab and go health and wellness curriculum with fifteen lessons designed to improve participants' physical, cognitive and emotional well-being in order to lead healthier, happier and less stressful lives.

Silver Diamine Fluoride: Next Level Prevention

Track: Chronic Disease Prevention

Presenter(s): Christy Stuth, Evelyn Whitmer
State: AZ

First Smiles SDF aims to educate communities across the state about the dental intervention, silver diamine fluoride (SDF). This program also provides no-cost dental education, screenings, and fluoride varnish.

Regional Food Preservation Evaluation Using Standardized Evaluation Tools: Phase 2 Process and Results

Track: Food Safety

Presenter(s): Susan Mills-Gray, Julie Garden-Robinson, Atina Rozhon, Londa Nwadike, Shannon Coleman, Barbara Ingham, Jean Nichols, Eileen Haraminac
State: MO

From 2017-2019, 4,487 participants in a 5-state region completed a standardized end-of-session food preservation evaluation. Almost all (99%) participants would recommend the Extension program in which they participated to others.

Tuesday, September 15, 2020 Agenda

Grocery Shopping Challenge: An Effective Intervention to Help Youth Make Healthy Choices

Track: 4-H and Youth Development

Presenter(s): Kathleen Splane, Kimi Moore, Kelly Lin, James Chang

State: DE

Learn to teach healthy shopping skills through a mock grocery store that was created to give youth an opportunity to practice shopping for healthy choices using MyPlate as a guide.

Your NEAFCS Proposal Checklist: 'Must Haves' for Submitting a Successful Conference Proposal

Track: Committee

Presenter(s): Candace Heer, Christine Kendle, Karla Lee Belzer

The NEAFCS proposal process has very specific submission guidelines. Review the interactive tool with us to ensure you have the best opportunity for a successful submission.

Networking & Brain Break

11:45 AM - 12:00 PM MDT

Concurrent Sessions

12:00 PM - 12:45 PM MDT

Eat Well Otero: Mobilizing Community Partnerships for Healthy Eating

Track: Food and Nutrition

AWARD -Community Partnership Award

Presenter(s): Kelly Knight, Maureen Schmittle, Holly Mata, Kim Darnold, Maria Conn, Clifford Kinnear, Lee Ann Loney, Christina Vaquera, Tammie Reynolds, Brien Murphy

State: NM

Eat Well Otero works with restaurants in Otero County, New Mexico, to revise menus so patrons can order meals with appropriate portion sizes and with increased vegetable and fruit content.

Play Streets Innovative Youth Development Program Award

Track: Health: Emotional, Mental, Physical and Substance Use

AWARD -Innovative Youth Development Programming Award

Presenter(s): Micah Holcombe

State: TX

Play Streets creates a safe play space to promote children's health and physical activity. Micah Holcombe and community partners provided this opportunity for families in rural Milam County from 2017-2019.

Methods for Protecting our Youth from Substance Use

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Jaclyn Franks, Allison Goshorn, Olivia Western, Virginia Aparicio, Karen Richey

State: IN

The Protecting Our Youth: Hidden in Plain Sight Program is an evidence-based, innovative, and impactful program that delivers life-saving information to parents of at risk youth.

Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents

Track: Administration/Leadership/Community and Economic Development

Presenter(s): Kirstin Jensen, Kathee Tift

State: ID

Extension engaged residents from rural communities to identify and assess local supports and barriers to healthful eating and active living (HEAL) through participatory photomapping, focus groups, and community readiness conversations.

Self-paced Small Steps to Health and Wealth in the Workplace

Track: Trending Topics

Presenter(s): Kimi Moore, Sarah Bercaw, Maria Pippidis

State: DE

A self-paced email/online Small Steps to Health and Wealth course provides education based on coaching principles. Employers now have an innovative, easy way to offer wellness support to their personnel.

Technology-Enhanced Learning to Meet the Need for Continuing Education of Extension Professionals

Track: Technology and Social Media

Presenter(s): Julie England, Wendy Dahl, Wendy Lynch, Kendra Zamojski, Julie Garden-Robinson, Carlin Rafie

State: FL

Professional development is the foundation of a quality extension program. Multi-state webinar team members provide insight on development, marketing and evaluation to take statewide professional development to the national level.

Nutrition for Healthy Aging

Track: Food and Nutrition

Presenter(s): Jackie Amende, Bridget Morrisroe-Aman, Leslee Blanch, Julie Buck

State: ID

The Nutrition for Healthy Aging program highlights four nutrition messages that address natural aging body processes. Participants will learn messages, aging research, program implementation, and program outcomes.

Tuesday, September 15, 2020 Agenda

Exploring Short Term Relationship Marriage Education Programs in two counties

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

Presenter(s): Pamela B. Payne, Melanie Jewkes, Naomi Brower

State: UT

Relationship Marriage Education (RME) varies and studies show the effectiveness of single-session events. This program explores RME event logistics, and changes in participant perceived relationship knowledge following single-session RME events.

Full STEAM Ahead

Track: Childcare/Child Development/Parenting

Presenter(s): Sarah Roberts

State: NE

What is STEAM and what does it mean for the future of early childhood education? Experience the excitement about learning through inquiry-based, hands-on activities and experiments.

Regional Awards and Business Meetings

1:00 PM - 2:15 PM MDT

Meetings are open to all members. Delegates must attend.

Exhibit Forums

2:30 PM - 3:30 PM MDT

2:30 PM – 3:00 PM

Making the Case for Integration of Healthy Relationship Education

Exhibitor: National Resource Center for Healthy Marriage & Families

Presenter(s): Robyn Cenizal

Integrating healthy marriage and relationship education into social services and other direct service provision can help service providers move to a more holistic mode of service delivery. Healthy relationship skills offer families the practical knowledge and tools they need to build safe, stable, and permanent home environments for children, thus developing safer communities.

3:00 PM – 3:30 PM

The Benefits of Participant Accident Insurance

Exhibitor: American Income Life Special Risk Division

Presenter(s): Erin Bain

Learn about accident insurance as a low cost and extremely effective way to protect your participants from having unpaid medical bills.

Leadership Recognition Event

3:00 PM - 4:00 PM MDT

(Invitation only)

Virtual Happy Hour ★

3:30 PM - 4:30 PM MDT

Sponsored by AIL Special Risk Division

Open to all virtual participants. Details in virtual platform.

Wellness Activity: Yoga

4:00 PM - 4:30 PM MDT

Instructor: Maren Voss

Thank you to our 2019-2020 outgoing Board Members!

Sheila Gains

Affiliate Tri-Liaison

Teresa Hunsaker

Affiliate Tri-Liaison

Kathy Riggs

Affiliate Tri-Liaison

Mary Ellen Fleming

Western Region Director

Sharon McDonald

Eastern Region Director

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**Visit our Virtual Booth at NEAFCS or join our
Virtual Happy Hour on 9/15 from 3:30–4:30pm MST**

Wednesday, September 16, 2020 Agenda

All times are MDT (Mountain Daylight Time) zone

Wednesday, September 16, 2020

7:00 am	Platform Open; Exhibit Hall, Networking and Workshops Open
7:00 am – 7:30 am	Stretching/Exercise Wellness Activity
7:30 am – 10:00 am	Silent Auction Open (<i>bidding officially closes at 10 AM</i>)
8:00 am – 8:45 am	Concurrent Sessions & Ignite Sessions
8:45 am – 9:00 am	Networking & Brain Break/Mindfulness Wellness Activity
9:00 am – 9:45 am	Concurrent Sessions
9:00 am – 10:30 am	Ignite Sessions
9:00 am – 11:00 am	Exhibit Hall Open (<i>dedicated Exhibitor time</i>)
10:30 am – 12:00 pm	Annual Business Meeting
12:00 pm – 12:15 pm	Networking & Brain Break
12:15 pm – 1:00 pm	Concurrent Sessions & Ignite Sessions
1:00 pm – 1:15 pm	Networking & Brain Break
1:15 pm – 2:00 pm	Concurrent Sessions & Ignite Sessions
2:00 pm – 3:30 pm	Closing National Awards Presentation
3:30 pm – 4:00 pm	Tai Chi Wellness Activity

Wellness Activity: Stretching/Exercise

7:00 AM - 7:30 AM MDT

Instructor: Emma Parkhurst

Concurrent Sessions

8:00 AM - 8:45 AM MDT



Walk Across Tennessee-Step It Up!

Track: Health: Emotional, Mental, Physical and Substance Use

AWARD - Mary W. Wells Memorial Diversity Award (Regional)

Presenter(s): Lamanda Weston

State: TN

Walk Across Tennessee- Step it Up is a six-week team based physical activity program. Its main objective is to get participants up and moving however possible!

Escape the Ordinary: Educating Through Escape Rooms

Track: Trending Topics

Presenter(s): Andrew Bingham, Lance Hansen, Luke Erickson

State: ID

Financial literacy programs struggle to consistently draw audiences. By building a replicable and portable finance-themed escape room, community partners' interest peaked, attendance increased, and multiple generations were taught financial concepts.

Smarter Lunchrooms Movement a Key Part of Extension Programming

Track: Food and Nutrition

Presenter(s): Dorothy Kenda

State: MS

The Smarter Lunchrooms Movement can improve child eating behavior by providing tools and strategies to school lunchrooms. This session provides an overview of the SNAP-Ed implementation of Smarter Lunchrooms Movement.

Farmers Need FCS Too!

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Maria Pippidis, Jesse Kettermann, Bonnie Braun

State: DE

Farmers are stressed about health, finance and relationships – all FCS topics. Educators can teach agriculture audiences how to prevent or reduce distress using a new risk and resilience guide.

Save the Date

Life Member Meeting

September 24, 2020

1 PM - 2:30 PM MDT

via zoom

Wednesday, September 16, 2020 Agenda

Food Safety for Extension Events, Fund Raising or Concessions

Track: Food Safety

Presenter(s): Laurie Osgood, Amy Mullins, Virgilia Zabala, Gabriela Murza, Dale Pracht, Kendra Zamojski, Amarat Simonne, Nancy Gal, Wendy Lynch, Jill Breslawski, Margaret Mcalpine, Maria Rometo, Jennifer Hagen, Julianne Dinkel, Ada Medina-Solorzano, Katherine Allen

State: FL

Statewide Food Safety for Extension Events, Fundraisers, or Concessions in-service training. Multimedia slide presentation and demonstration that focused on food safety best practices during volunteer events.

Research & Reality: Helping Parents Find, Value, and Utilize Trustworthy Information

Track: Child Care/Child Development/Parenting

Presenter(s): Mackenzie Johnson, Lori Hayungs, Mackenzie DeJong, Barb Dunn-Swanson

State: IA

The “perfect picture of research” doesn’t always align with challenges parents face day-to-day. Iowa’s parenting team uses Research & Reality to help parents find the balance!

Recovering Your Finances

Track: Financial Management

Presenter(s): Kelly May

State: KY

The incidence of substance use recovery relapse is increased by financial stress. Learn about the development of a new curriculum to help individuals succeed in recovery by building financial capability.

Outreach and Education Increases Physical Activity During the School Day

Track: Chronic Disease Prevention

Presenter(s): Katie Ahern, Barbara Brody, Mandy Hatfield, Angela Treadwell

State: OR

The Balanced Energy Physical Activity 2.0 Toolkit (BEPA) is an evidence-based resource aligned to national curriculum standards developed specifically to support obesity prevention efforts in under resourced, educational environments.

Best Practices for Community Engagement to Address PSE Interventions

Track: Administration/Leadership/Community and Economic Development

Presenter(s): Karen Franck, Amy Elizer, Tennille Short
State: TN

Best practices for rural community engagement will be shared from a successful initiative that resulted in over 100 changes in policies, systems and environments in five counties.

Jump In and Learn How to Become a Leader in NEAFCS!

Track: Committee

Presenter(s): Gina Lucas, Kyleigh Sullivan, Emily Troutman

Learn all about getting involved in the association on the local, state, and national level - from adding your personal skill-set to a national subcommittee to taking on a state affiliate leadership role, there’s a way for everyone (even new members!) to get involved. Let’s dive into putting leadership into action and future mentor/mentee opportunities!

Ignite Sessions

8:00 AM - 8:45 AM MDT

8:00 AM – 8:15 AM

Distance Training: A Diabetes Education Program

Track: Chronic Disease Prevention

Presenter(s): Carrie Krug, Brianna Routh, Holly Miner, Roubie (Kay) Younkin

State: MT

National Dining with Diabetes (DWD) Extension program was adopted to meet rising rates of type 2 diabetes using virtual training for agent facilitators with successful participant outcomes.

8:15 AM – 8:30 AM

Utilizing Local Food Policy Council to Improve Health Outcomes

Track: Chronic Disease Prevention

Presenter(s): Rosie Allen, Margaret Jenkins, Amy Hollar, Michaela Oldfield

State: KY

Learn how an Integrating Healthy Eating and Healthcare Summit can be used to influence health behaviors. Intervention background, demographics, challenges, evaluation, toolkits, and strategies moving forward will be shared.

Wednesday, September 16, 2020 Agenda

Ignite Sessions continued

8:30 AM – 8:45 AM

Healthwise for Guys and Women: Reducing Risk for Disease with Lifestyle Behaviors

Track: Chronic Disease Prevention

Presenter(s): Julie Garden-Robinson, Cindy Klapperich

State: ND

“Healthwise for Guys and Women” programs reached 1,485 adults in rural areas. The programs significantly increased awareness of diet and lifestyle factors related to colon, prostate and skin cancer.

Networking and Brain Break

8:45 AM - 9:00 AM MDT

Wellness Activity: Mindfulness

8:45 AM - 9:00 AM MDT

Instructor: Ashley Yauger

Concurrent Sessions

9:00 AM - 9:45 AM MDT



A Systematic Evaluation guides the development of UGA SNAP-Ed Social Marketing programs

Track: Administration/Leadership/Community and Economic Development

AWARD -Program Excellence Through Research Award

Presenter(s): Edda Cotto-Rivera, Jung Sun Lee, Joanna Akin, Vibha Bhargava, Danielle Anthony, Austin Childers, Marnie Dekle, Lisa Jodan, Jennine DeLane, Michelle McQueen, Laurel Sanville, Darci Bell, Allisen Penn

State: GA

The findings, experiences, and lessons learned from the UGA SNAP-Ed FNV Campaign will inform the development of a new statewide Social Marketing campaign tailored to low-income Georgians.

Cooking Under Pressure for Youth

Track: 4-H and Youth Development

Presenter(s): Lance Hansen, Surine Greenway, Amy Robertson, Becky Hutchings, Julie Buck, Sindy Martinez

State: ID

Youth are learning the benefits of cooking using an electric pressure cooker. Cooking with an electric pressure cooker can be fun, fast, healthy, and easy.

Healthcare in Your Senior Years

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

Presenter(s): Jesse Kettermann, Maria Pippidis, Lisa McCoy, Carrie Sorenson, Dorothy Nuckols, Virginia Brown, Crystal Terhune, Jesse Jurgenson, Ali Hurtado

State: MD

Understanding healthcare options in your senior years is difficult. This program reduces the confusion and helps consumers understand Medicare, supplemental care and long term care options.

Implementation of Novel Instructor Training Approach to Equip Food Safety Educators to Deliver Food Protection Manager Certification Courses

Track: Food Safety

Presenter(s): Natalie Seymour, Mary Yavelak, Ben Chapman, Sarah Cope

State: NC

This session discusses a novel, three-step training approach employed to increase technical understanding, comfortability and consistency of food safety educators when delivering a food safety certification program.

The PowerPay Money Mastery Online Course

Track: Financial Management

Presenter(s): Amanda Christensen, Alena Johnson, Luke Erickson

State: UT

The PowerPay Money Mastery Online Course is a convenient, video-based, course for the public that teaches real-life money smarts to help participants achieve financial goals and master their money.

Supporting Early Childhood Professionals Personal and Professional Wellbeing with Mindfulness

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Jaclynn Foged, Leanne Manning, Lisa Poppe, Lynn DeVries, LaDonna Werth, Katie Krause

State: NE

The wellbeing of early childhood professionals is increasingly recognized as being importantly connected to high quality education and care. Practicing mindfulness provides one way of promoting early childhood professional wellbeing.

Wednesday, September 16, 2020 Agenda

Raising Caring Kids - Fostering Social-Emotional Skills in Children

Track: Child Care/Child Development/Parenting

Presenter(s): Lori Zierl, Anne Clarkson, Brook Berg, Pattie Carroll, Maggie Kerr, Sue Allen

State: WI

Strong social-emotional foundations require caregivers who provide children with responsive, nurturing care and positive skill development. Parents and school staff gained social-emotional knowledge, confidence, and skills through Raising Caring Kids.

Make Your Voice Heard: Writing and Submitting to the Journal of NEAFCS

Track: Committee

Presenter(s): Ashley Dixon, Meagan Brothers, Rebecca Hardeman, Dana Wright

This presentation will highlight the process for submitting to the Journal of NEAFCS. This will include discussing basic expectations, submission tracks, the review process, and beyond. Overall, the editorial team wants to encourage all members to make their voices heard, and share their experiences for all of Extension's benefit.

Ignite Sessions

9:00 AM - 10:30 AM MDT

9:00 AM – 9:15 AM

Role of Community Engagement in Promoting Healthy Eating and Physical Activity Environment in a Preschool Setting

Track: Food and Nutrition

Presenter(s): Deepa Srivastava, Vikram Koundinya

State: CA

The purpose of this program was nutrition education and childhood obesity prevention in a preschool setting. Results indicated community engagement is an important component for sustainable preschool nutrition education program.

9:15 AM – 9:30 AM

Identifying Key Factors Affecting Nutritional Risk Assessed by Dietary Screening Tool Among Adults 50 Years and Older: A Needs Assessment

Track: Food and Nutrition

Presenter(s): Mona Habibi, Shauna Henley, Jeanette Jeffrey, Chenzi Wang, Hee-Jung Song, Lisa McCoy, Karen Basinger, Jennifer Dixon Cravens, Patsy Ezell, Beverly Jackey, Erin Jewell, Dhruvi Patel, Theresa Serio

State: MD

The nutritional risk of 475 adult's age ≥ 50 years was assessed. Results showed significant differences in nutritional risk related to education, perceived health status, healthy eating self-efficacy, and food security.

9:30 AM – 9:45 AM

Statewide Topic Needs Assessment in Food, Nutrition, and Health Programming

Track: Trending Topics

Presenter(s): Brianna Routh, Michelle Grocke, Carrie Ashe

State: MT

Montana Extension conducted a statewide needs assessment to determine potential participant's topics of interest. A diverse sample (n=967) indicated the interest in stress management, food preparation, and physical activity topics.

9:45 AM – 10:00 AM

Living a Life Elevated: The Benefit of Silence Across the Lifespan

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

Presenter(s): Laura Stanton

State: OH

In a world full of noise and ever present distractions, this session will examine the physical, mental, emotional, and spiritual benefits that silence can have across the lifespan.

10:00 AM – 10:15 AM

Preventing Domestic Violence in Future Generations: Activities to Strengthen Families

Track: Trending Topics

Presenter(s): Jill Baker-Tingey

State: NV

Teaching communication, emotional literacy, problem-solving, and stress management skills to families can increase family cohesion, foster resilience, strengthen parent-child relationships, and prevent domestic violence in future generations.

Wednesday, September 16, 2020 Agenda

Ignite Sessions continued

10:15 AM – 10:30 AM

Understanding Health Insurance Benefits

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Lisa McCoy, Catherine Sorenson, Dorothy Nuckols, Jesse Ketterman, Maria Pippidis, Virginia Brown, Chenzi Wang

State: MD

Understanding health insurance benefits can help consumers to save money and stay healthy. This workshop highlights a program created to help consumers understand and use their health insurance benefits.

Exhibit Hall Open (Dedicated Exhibitor Time)

9:00 AM - 11:00 AM MDT

Annual Business Meeting

10:30 AM - 12:00 PM MDT

This meeting is open to all members. Delegates must attend.

Networking and Brain Break

12:00 PM - 12:15 PM MDT

Concurrent Sessions

12:15 PM - 1:00 PM MDT



Rent Smart Curriculum

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

AWARD - Dean Don Felker Family Resource Management Award

Presenter(s): Amanda Kostman, Michelle Tidemann, Carol Bralich, Bev Baker, Sherry Daniels, Lori Baltrusis, Marybeth Wohlrabe, Judy Knutsen, Jenny Abel, Jackie Carattini, Heather Quackenboss, Peggy Olive, Joan Sprain, Jill Cholewa, Chris Kneip, Mandi Dornfeld, Lilliann Paine, Deb Neubauer, Gail Peavy, Chelsea Wunnicke, Sara Siegel Bangart

State: WI

The Rent Smart curriculum is designed to provide practical education to help potential renters acquire and keep housing by offering guidance to those who may encounter difficulty obtaining rental housing.

Unplugged Teen Leadership

Track: 4-H and Youth Development

Presenter(s): Callie Ward, Kevin Heaton, Andrea Schmutz, Paige Wray, Ben Scow

State: UT

An experience of a lifetime and an outdoor experiential learning opportunity, this innovative effort is designed to combat the effects of increased media use for teens in grades 7-12.

Four Questions Show Family and Consumer Sciences is Worth Millions

Track: Administration/Leadership/Community and Economic Development

Presenter(s): Kisha Faulk, Alexa Lamm

State: GA

Family and Consumer Sciences struggles with showing real-time impact when outcomes yield results overtime. Learn how four common measure evaluation questions showed immediate impact for a variety of FCS programs.

Improving Health Equity through Innovation and Extension

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Sandra Sulzer, Suzanne Prevedel, Tricia Glass, Claire Warnick, Timothy Light, Autumn Dunda, Elizabeth Smith

State: UT

Our university's Office of Health Equity and Community Engagement, through utilizing the Extension model and cross-sector partnerships, is bridging the gap between public health and the broader community.

Best Practices Using Online Delivery Methods for Nutrition Education Program in Rural Communities

Track: Technology and Social Media

Presenter(s): Beverly Jackey, Virginia Brown, Mona Habibi, Erin Jewell, Lisa McCoy, Dhruvi Patel

State: MD

Reaching rural populations remains a challenge for Extension. Results of testing four program delivery methods and best practices for adapting in-person nutrition programs to on-line/hybrid program platforms will be discussed.

Financial Education Leadership: Building Partnership to Increase Financial Education Impact

Track: Financial Management

Presenter(s): Michael Elonge

State: MD

This program demonstrates establishing partnerships, sponsorship, and leadership in community financial education. Participants would learn to build a community partnership to increase financial education outcomes and impact in the communities.

Wednesday, September 16, 2020 Agenda

Promoting Healthy Minds and Healthy Bodies Through Outdoor Learning Environments

Track: Child Care/Child Development/Parenting

Presenter(s): Katie Krause

State: NE

Learn how we have created a multi-disciplinary team to create naturalized outdoor learning environments that support healthy minds and healthy bodies in early childhood programs.

Zoom: The Future of Teaching Evidenced Based Programs

Track: Trending Topics

Presenter(s): Sherry Daniels, Nancy Schultz

State: WI

Having difficulty getting participants to sign up for evidence-based programs that are based on a traditional classroom setting? Learn another way to teach programs online that are interactive using Zoom.

Today's Mom

Track: Food & Nutrition

Presenter(s): Stephanie Helms, Jovita Lewis, Sondra Parmer

State: AL

Today's Mom combats infant mortality while teaching moms-to-be how to maintain healthy diets and weight during pregnancy. In 2019, 540 women completed Today's Mom with average birthweights being 6.15 ounces.

Ignite Sessions

12:15 PM - 1:00 PM MDT

12:15 PM – 12:30 PM

ATV Aware: A Pilot Project for All Terrain Vehicle Safety Education

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Susan Harris

State: NE

All-terrain vehicles (ATVs) are popular and useful in rural areas. This project provided ATV education to over 12,000 individuals in an innovative way.



12:15 PM – 12:30 PM

Extension Housing Outreach Award

Track: Financial Management

AWARD - Extension Housing Outreach Award

Presenter(s): Beth Stefura, Caezilia Loibl, Margaret Jenkins, Donna Green, Patrice Powers-Barker, Melissa Rupp, Heather Reister, Melanie Hart, Melinda Hill, Amanda Osborne, Lois McCampbell, Whitney Gherman

State: OH

Today's housing market is challenging for low-to-moderate income Americans without down-payment savings. How to fit a mortgage payment into their budget. Assist homebuyers in your state.

12:30 PM – 12:45 PM

Triumphs, Trials, and Tools: Delivering the National Diabetes Prevention Program

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Bridget Morrisroe-Aman, Jacqueline Amende, Gretchen Manker, Joey Peutz, Rebecca Hutchings, Sindy Martinez

State: ID

Extension is emerging as leader in delivering the National Diabetes Prevention Program. In this session find out if the program is right for your organization and how to get started.



12:30 PM – 12:45 PM

Partners in Impact: Creating a Multi-County Housing Education Team

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

AWARD - Extension Housing Outreach Award

Presenter(s): Lisa Hamilton, Judy Corbus, Johanna Gomez Gonzalez, Sarah Ellis

State: FL

Four FCS extension agents created a multi-county housing education team to document the collective impact of their rental, pre-purchase, and post-purchase education programs.

12:45 PM – 1:00 PM

Using Needs Assessment Data to Improve Access for Rural Farmers and Farm Families

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Emilee Drerup, Pat Brinkman, Dee Jepsen, Sonia Duffy, Jill Kilanowski

State: OH

Rural farmers and farm families have limited access to health information and care. Learn how needs assessment survey data can help Extension professionals increase access and improve health.

Wednesday, September 16, 2020 Agenda

Ignite Sessions continued



12:45 PM – 1:00 PM

On the Move Stronger Bodies

Track: Food and Nutrition

AWARD - Family Health & Wellness Award

Presenter(s): Julie Garden-Robinson, Christina Rittenbach, Cindy Klapperich, Debra Lee, Dena Kemmet, Donna Anderson, Kari Helgoe, Marcia Hellandsaas, Ronda Grippentrog, Susan Milender, Vanessa Hoiner

State: ND

On the Move to Stronger Bodies reached nearly 2,500 4th grade children and their families throughout North Dakota with materials that prompted changes in nutrition and physical activity behavior.

Networking and Brain Break

1:00 PM - 1:15 PM MDT

Concurrent Sessions

1:15 PM - 2:00 PM MDT



Utah Money Moms

Track: Financial Management

AWARD - Social Media Education Award

Presenter(s): Amanda Christensen, Elizabeth Vance, Kathy Riggs, Callie Ward, Melanie Jewkes, Tasha Killian, Elizabeth Davis, Emma Parkhurst, Mike Whitesides, Olivia Yeip

State: UT

The Utah Money Moms social media platforms and blog share real-life money smarts which has improved the financial well-being of followers and increased the reach of USU Extension.



Food, Land, and Freedom

Track: Administration/Leadership/Community and Economic Development

AWARD - Mary W. Wells Memorial Diversity Award (National)

Presenter(s): Whitney Gherman

State: OH

Whitney Gherman has worked to address the unequal food system by increasing farmland stewardship among African Americans, promoting fair access to healthy food, and providing multi-cultural leadership training.

Inspiring Kid's Confidence in the Kitchen

Track: Food & Nutrition

Presenter(s): Alisha Barton, Amanda Bennett

State: OH

For youth to make informed healthy decisions, basic skills and knowledge about food preparation are necessary. This session covers a program for youth to build confidence in the kitchen.

Making the Case for Case Narratives and Active Engagement for Measurable Adult Education Outcomes

Track: Trending Topics

Presenter(s): Dorothy Nuckols, Lisa McCoy, Catherine Sorenson, Maria Pippidis, Virginia Brown, Jesse Ketterman, Jesse Jurgenson

State: MD

Adult learners have the most successful outcomes when programming includes experiential learning and critical reflection. We share tested ideas for customizing narrative case studies, hands-on activities and adult learning resources.

Using Technology to Deliver Extension Programs to Limited-Resource Audience

Track: Technology and Social Media

Presenter(s): Katie Shoultz, Lola Adedokun

State: KY

This presentation examines how to use technology and social media, specifically FB Live, to inform and converse - bringing another dimension to Extension programmatic efforts.

Extension Needs Outreach Innovation Free from the Harms of Social Media

Track: Health: Emotional, Mental, Physical and Substance Use

Presenter(s): Jonathan Swinton, Andrea Schmutz, Christina Pay, Melanie Dabb, Eva Timothy

State: UT

Research demonstrates the harm that social media use has on health and wellbeing. Extension must lead the way with new methods of outreach free from the harms of social media.

Building Temporary Public Art Builds a Rural Community

Track: Administration/Leadership/Community and Economic Development

Presenter(s): Emily Marrison, Anne Cornell

State: OH

Extension and the arts can lead to creative community development. The community build of a temporary public art piece brought a community together in "The Meeting Room."

Wednesday, September 16, 2020 Agenda

Early Childhood Systems Partnerships: Success Stories from Multiple States

Track: Child Care/Child Development/Parenting

Presenter(s): Caroline Shrier, Jodi Nerren, Katherine Speirs, Hope Wilson, Courtney Aldrich, Audrey Rider, Patricia Merk
State: MI

Learn about the many varied and innovative ways that Extension agencies support early childhood systems in five states with limited staff and wide geographical reach.

The Power of Peers: Using Peer Support Strategies in Extension Health Programming

Track: Chronic Disease Prevention

Presenter(s): Alexandra Grenci
State: NJ

Peer-to-peer interaction has been shown to help people with chronic illnesses sustain better self-management behaviors. Come learn how to harness the power of peer support in your health promotion programs.

A Journey through Parkinson's Disease

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

Presenter(s): David Brown, Elizabeth Stegemöller
State: IA

A Journey through Parkinson's Disease is an extension program that enhances the awareness of the symptoms of Parkinson's Disease (PD), reviews the causes, how treatments work, and in-home therapeutic activities.

Ignite Sessions

1:15 PM - 2:00 PM MDT

1:15 PM – 1:30 PM

Using Theory and Methods to Evaluate Financial Capability Programs

Track: Financial Management

Presenter(s): Robert Weber, Brenda Long
State: MI

Creating research-based evaluation instruments helps Extension professionals measure program effectiveness, enhance reporting beyond just inputs and outputs, and create opportunities to share impacts with stakeholders in innovative ways.



1:30 PM – 1:45 PM

Marjorie S. Fisher Nutrition Driven

Track: Food and Nutrition

AWARD - SNAP-Ed/EFNEP Educational Program Award
Presenter(s): Danielle DeVries-Navarro, Nicole Duffy-Owens
State: FL

Marjorie S. Fisher Nutrition Driven Gets Cooking Program improves nutrition-related behaviors of low-income immigrant population in Jupiter, Florida. It is a mobile food pantry providing nutrition education.



1:45 PM – 2:00 PM

Strengthening Cooperative Extension's Role in Diabetes Prevention

Track: Chronic Disease Prevention

AWARD - Excellence in Multi State Collaboration Award
Presenter(s): Vanessa da Silva, Carlin Rafie, Soghra Jarvandi, Zena Edwards, Nikki Johnson, Bridget Morrisroe-Aman, LaToya O'Neal Coleman, Alison Berg, Laura Anderson, Debie Head, Debra Jones, Heather Norman, Margaret Haggemiller, Leslie Shallcross, Lucinda Banegas-Carreón, Janice Hermann
State: AZ

The Cooperative Extension National Diabetes Prevention Program interest group is a collaboration of Extension professionals working to prevent or delay type 2 diabetes across the country.

Closing National Awards Ceremony

2:00 PM - 3:30 PM MDT

Wellness Activity: Tai Chi

3:30 PM - 4:00 PM MDT

Instructor: Cindy Nelson

Join us!

Visit the NEAFCS Annual Session Website to view the Committee Plans of Work and Affiliate Officer Call Schedule
being held via zoom post meeting

Wednesday, September 16

2:00 PM - 3:30 PM MDT

*National Extension Association of Family & Consumer Sciences
invites you to the Closing National Awards Ceremony*

Opening Remarks

Roxie Price
President

State of NEAFCS Presentation

Roxie Price

Awards Program

Presiding: Julie Garden-Robinson, VP for Awards & Recognition

NEAFCS Awards Presentation

Samantha Kennedy, Awards Ceremony Subcommittee Chair & committee members

2021 Annual Session Call to Action

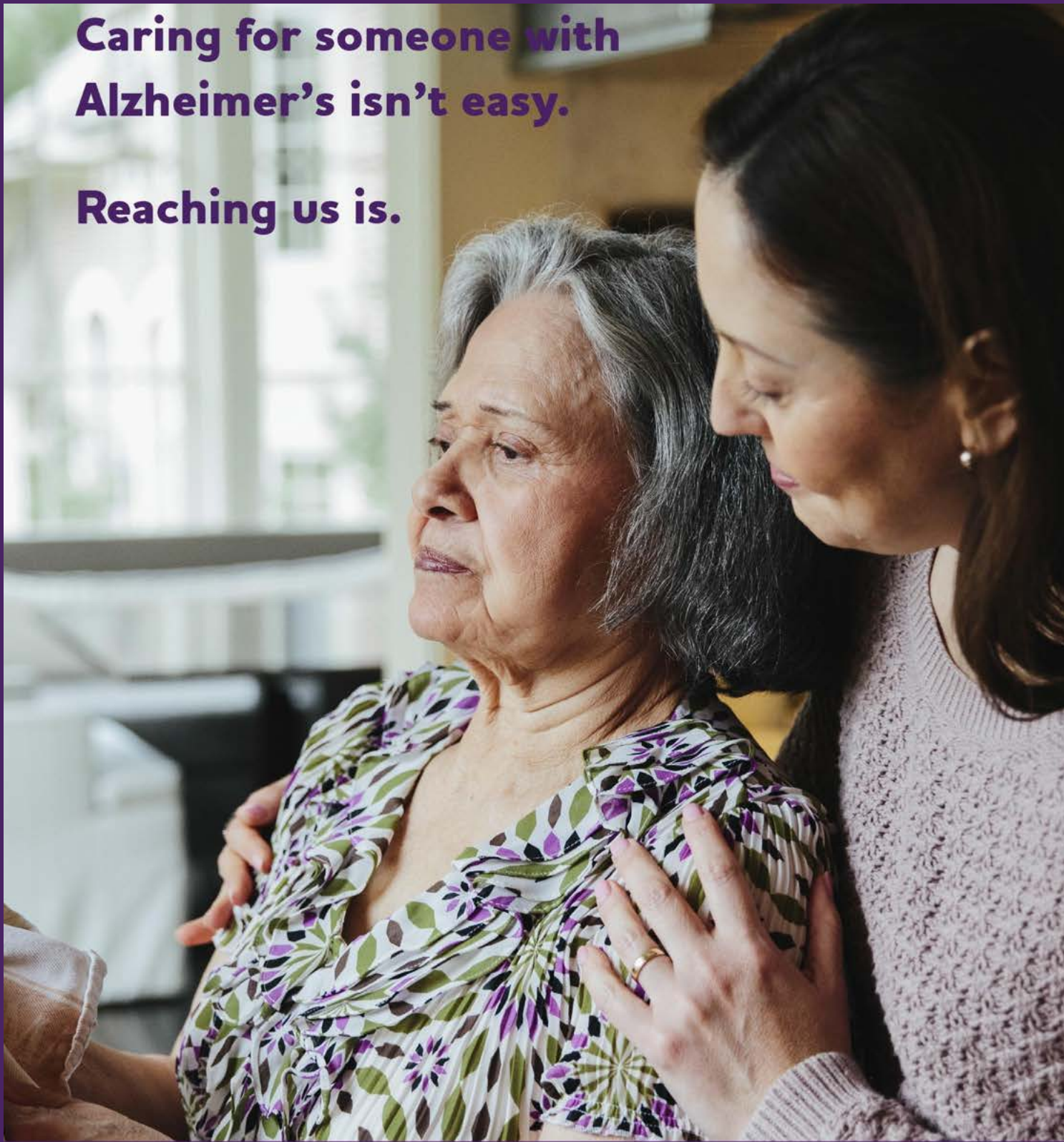
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Recognition/Appreciation of 2019-2020 Outgoing Board Members

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2020 Annual Session Virtual Exhibitors

2021 Annual Session – Grand Rapids, MI

We will be having a drawing for Michigan made items for anyone who visits our booth. No charge. We look forward to sharing information about our state!

Active Parenting Publishers

Engaging, evidence-based parenting education programs since 1983.

Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. More than 5 million Americans are living with Alzheimer's, and 16 million are providing unpaid care. The Association addresses this crisis by providing education and support to the millions who face dementia every day through our free 24/7 Helpline, our website and our online support groups and education programs in communities nationwide.

American Income Life Special Risk Division ★

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.

Consumer Financial Protection Bureau (CFPB)

Effective financial education tools and resources that help individuals and families manage financial challenges at major life stages.

Edible Education

Edible Education is on a mission to get kids excited about real food through hands-on cooking experiences. The Kitchen a la Cart is our signature product, the perfect, portable, teaching kitchen for your teams! Located in Richmond, Virginia, our small, but mighty company is excited to return for a second year to NEAFCS.

Fresh Baby ★

As a USDA National Strategic MyPlate Partner, Fresh Baby develops innovative nutrition education products that support the US Dietary Guidelines. Designed for participant success, our products are great teaching tools in classrooms and clinics, and provide positive reinforcement at home, resulting in healthy lifestyle choices.

National Presto Ind.

National Presto Industries dates back to 1905 when the company began manufacturing industrial sized pressure canner known as "canner retorts". Today Presto remains a recognized brand for pressure vessels and is a leader in the electric housewares industry.

National Resource Center for Healthy Marriage & Families

The National Resource Center for Healthy Marriage and Families (Resource Center) helps agencies develop the capacity to promote healthy relationship skills in a way that meets both their needs and those of the families they serve. As a service of the Office of Family Assistance, Administration for Children and Families, U.S. Department of Health and Human Services, we support the integration of healthy marriage and relationship education into targeted safety-net service delivery systems as part of a comprehensive strategy to strengthen families and promote family self-sufficiency.

National Responsible Fatherhood Clearinghouse

The National Responsible Fatherhood Clearinghouse is an Office of Family Assistance (OFA) funded national resource for fathers, practitioners, programs/Federal grantees, states, and the public at-large who are serving or interested in supporting strong fathers and families.

Realityworks Inc.

Realityworks, Inc. offers education products that use

engaging, experiential learning aids and interactive technology to bring Family and Consumer Sciences topics to life. Products include RealCare Baby®, the RealCare™ Fetal Development Kit, the RealCare™ Food Safety Kit, plus products for infant health and safety, soft skill development and more.

The Dibble Institute ★

It's no news that teens are obsessed with their relationships. However, a teen's love life is not neutral. The Dibble Institute publishes evidence based programs that guide teens to decide, not just slide through life and love.

The OrganWise Guys, Inc.

The OrganWise Guys (OWG) is an evidence-based, standards linked (in all 50 states + STEM, Head Start) nutrition and physical activity online curriculum that's

easy for teachers to use a FUN for kids to learn. The connection point is a cast of friendly characters – Hardy Heart, Sir Rebrum, Madame Muscle, etc.

The Sugar Association ★

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

Visualz

Visualz formerly known as 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.

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- 1 Pitcher
- 1 Can Opener
- 1 Ninja Blender

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