



NEAFCS Annual Session 2022
SEPTEMBER 12-15 • RALEIGH, NC



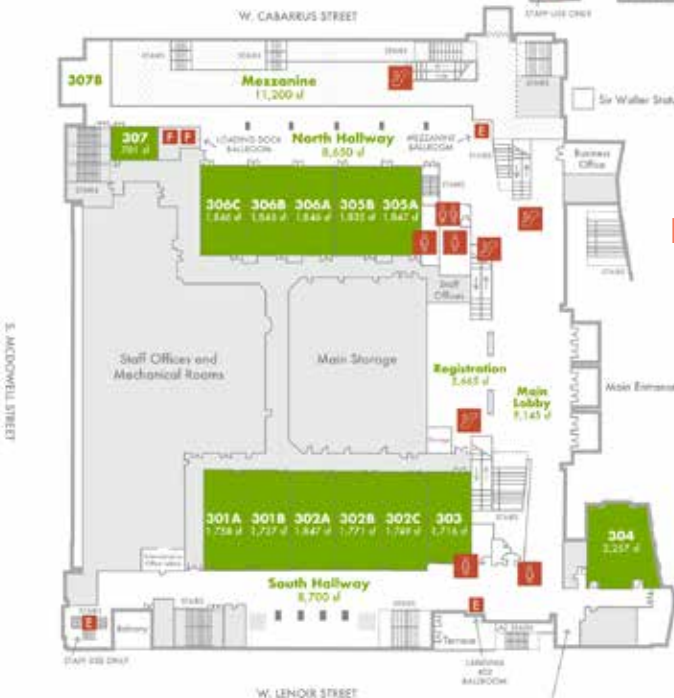
ANNUAL SESSION PROGRAM

LOCATION MAP RALEIGH CONVENTION CENTER

BALLROOM LEVEL



MAIN (300) LEVEL



Bus Loading Area

- | | | | | | |
|--|------------------|--|------------------|--|---------------|
| | Women | | Elevator | | Open to Below |
| | Men | | Freight Elevator | | Back of House |
| | Allgender/Family | | Escalator | | |

ANNUAL SESSION SPONSORS

THANK YOU TO OUR 2022 ANNUAL SESSION SPONSORS AND DONORS

Champion Sponsors



Advocate Sponsors:



Wellness Activities Sponsor



President's Reception Sponsored by: Oklahoma State University

THANK YOU TO OUR 2022 ANNUAL SESSION AWARDS SPONSORS

Extension Housing Outreach Award



Innovation in Programming Award



Dean Don Felker Financial Management Award



Past Presidents' New Professional Award Sponsored by: NEAFCS Past Presidents

NEAFCS NORTH CAROLINA AFFILIATE DONORS

NC ECA Association

NC FCS/ ECA Foundation

NC 4-H Association

NC Administrative Professionals Association

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THANK YOU TO OUR ANNUAL SESSION COMMITTEE

Susan Routh, President

Julie Garden-Robinson, President-Elect

Dianne Gertson, Immediate Past President

Pat Brinkman, Vice President
Professional Development

Keishon Thomas, Southern Region Director

Alyssa Anderson, Affiliate Tri-Liaison

Hayley Cowell, Affiliate Tri-Liaison

Sydney Knowles, Affiliate Tri-Liaison

Christine Kendle, Program Development Committee Co-Chair

Karla Belzer, Program Development Committee Co-Chair



**National Extension
Association of Family
& Consumer Sciences**

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www.neafcs.org

SOCIAL MEDIA



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Join our Facebook Group
www.facebook.com/groups/NEAFCS

PROUD PARTNERS OF



AAFCFS
AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

Joint Council of Extension Professionals
JCEP

NEAFCS BOARD OF DIRECTORS

Susan Routh, *President*
Oklahoma Cooperative Extension Service

Julie Garden-Robinson, *President-Elect*
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Kate Shumaker, *Secretary*
Ohio State University Extension, Holmes County

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Michelle Wright, *VP Member Resources*
Texas A&M AgriLife Extension Service

Samantha Kennedy, *VP Awards & Recognition*
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Jennifer Bridge, *VP Public Affairs*
University of Kentucky

Lisa McCoy, *Eastern Region Director*
University of Maryland

Rick Griffiths, *Western Region Director*
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Keishon Thomas, *Southern Region Director*
University of Georgia Cooperative Extension

Cindy Thompson, *Central Region Director*
Iowa State University Extension and Outreach

Dianne Gertson, *Immediate Past President*
Texas A&M AgriLife Extension Service



PRESIDENT'S WELCOME



“Let us all “Take Flight – Reach New Heights” as we enjoy this Annual Session!”

Welcome NEAFCS Members and Guests,

How wonderful it truly is to be IN PERSON! We are ready to “Take Flight – Reach New Heights” during this 88th Annual Session of the National Extension Association of Family and Consumer Sciences.

On behalf of the NEAFCS Executive Board, I extend congratulations to the Award winners and look forward to learning more about your successful programs. I welcome the Family and Consumer Sciences Program Leaders and NIFA partners and thank you for your continued support of NEAFCS. Thank you to the North Carolina affiliate who has been preparing for NEAFCS members to visit their state.

The North Carolina affiliate has been anticipating this Annual Session for approximately four years. They have rolled out the bright blue carpet for all of us to renew our networks and friendships while taking advantage of professional development opportunities during our time in Raleigh. Your Executive Board in partnership with Alyssa Anderson, Hayley Crowley, and Sydney Knowles, the North Carolina Liaisons to the Board, have been tirelessly preparing for this time. Please help me by expressing your gratitude to the North Carolina affiliate and administrators for their contributions and support to ensure the success of this Annual Session.

Let us all “Take Flight – Reach New Heights” as we enjoy this Annual Session!

Susan Routh
NEAFCS President

WELCOME

Welcome to our 2022 NEAFCS Annual Session. It is so good to be together in-person again! Our host this year is the Southern Region with North Carolina Cooperative Extension taking the lead to plan and work together for years to give you the opportunity to experience excellent programs, pre-conference workshops, in-depth sessions, keynote speakers, and honor our awardees. We thank the North Carolina State University Affiliate Tri-Liaisons Alyssa Anderson, Sydney Knowles, and Hayley Cowell for coordinating committees and communication to succeed in this becoming a reality. Many thanks to all the committee members who worked to put together an outstanding Annual Session in Raleigh.

“Take Flight, Reach New Heights” is our theme as we explore concurrent sessions, ignite sessions, Showcase of Excellence, in-depth sessions, networking, exhibit forums, and pre-conference workshops. We hope you will:

- Explore innovative opportunities to engage local communities.
- Discover skills that strengthen personal and professional development.
- Connect with other professionals to create lasting partnerships.
- Re-Energize and have fun.

The 2022 Annual Session provides many opportunities to learn about programming in other states, glean new ideas, add tools, and gain skills to help you expand your horizons. For answers to your questions while in Raleigh, please visit the hospitality desk located near registration or ask any North Carolina affiliate member. Let's re-energize and have fun together as we connect, explore, and discover new and innovative opportunities and skills.

Pat Brinkman

Vice President for Professional Development



“Learn about programming in other states, glean new ideas, add tools, and gain skills to help you expand your horizons.”



*State of North Carolina
Office of the Governor*

*Roy Cooper
Governor*

*20301 Mail Service Center
Raleigh, N.C. 27699-0301*

September 11, 2022

Dear Friends:

As Governor of North Carolina, I am pleased to welcome you to the National Extension Association of Family and Consumer Sciences' Annual Session. I know this a much-anticipated event for everyone.

The education programs you provide in your communities are vitally important. They have a positive effect on every aspect of our daily lives. The information you receive during these educational workshops will provide you with new programs and ideas to take back to your communities.

My best wishes for continued success in all that you do, and I hope you will enjoy your time in the Capital City.

With warm personal regards, I am

Very truly yours,

A handwritten signature in black ink that reads "Roy Cooper".

Roy Cooper

RAC/sm

*Location: The State Capitol Building, Raleigh, N.C. 27602
Phone: 919-814-2100*

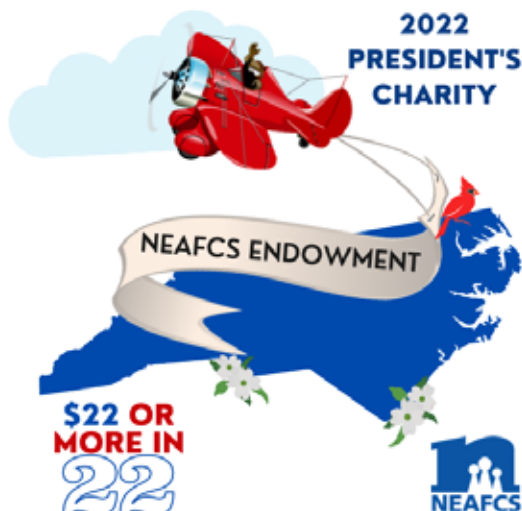
2022 PRESIDENT'S CHARITY

Dear NEAFCS Friends And Colleagues,

The President's Charity for 2022 is again the NEAFCS Endowment. I'm encouraging each member to donate \$22 or more in 2022 to the NEAFCS Endowment. Donations of any amount will be accepted. Let's work together to create a lasting imprint on NEAFCS, support targeted projects, champion our profession and support the profession we believe in. I truly appreciate each contribution to the 2022 NEAFCS President's Charity.

Thanks for your contribution!

— Susan Routh, NEAFCS President



Donations to the endowment are not spent. Instead, the endowment is an investment tool and the investment income is utilized for targeted projects. As we grow the endowment, more funding will be available for special projects.

Donations to the Endowment can be made online through the NEAFCS website, or can be mailed to the NEAFCS National Office directly. Checks should be made payable to NEAFCS Awards. Thank you in advance for your support!

What Did The NEAFCS Endowment Support in 2022?

In 2022, the Endowment Committee's Grants for Innovative Projects awarded 3 individuals, totaling \$8,420 in grants to support their innovative ideas that benefit NEAFCS and its members or promote the profession of Family and Consumer Sciences. Interested in these grants? Submit your proposal prior to May 15th to be considered for a grant in 2023.

More information can be found on the NEAFCS website.

www.neafcs.org



GENERAL INFORMATION

ICON KEY



**Wellness
Activity**



Sponsor



**Ticket
Required**



**Award
Winner**



**Meal
Provided**



**Endowment
Award**

REGISTRATION

Annual Session Registration is located on the Main Level of the Convention Center (Main Lobby off Salisbury Street).

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 5:00 PM

Tuesday: 7:00 AM – 4:00 PM

Wednesday: 7:00 AM – 4:00 PM

Thursday: 7:00 AM – 2:00 PM

MESSAGE BOARD

A message board will be available near the Annual Session Registration Desk. You can utilize this board to share information on State's Night Out, photography appointments, ticket exchange, and other messaging needs.

HOSPITALITY

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

HOSPITALITY HOURS:

Sunday: 4:00 PM – 6:00 PM

Monday: 10:00 AM – 3:00 PM

Tuesday: 8:00 AM – 2:00 PM

Wednesday: 8:00 AM – 2:00 PM

Thursday: 8:00 AM – 11:00 AM

EXHIBIT HALL

Visit the Exhibit Hall, NEAFCS's networking hub, located in Ballroom BC on the Ballroom Level of the Convention Center, to meet exhibiting companies and learn about the latest products and services.

The following activities are located in the Exhibit Hall:

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

EXHIBIT HALL HOURS:

Wednesday: 12:00 PM – 5:00 PM

Thursday: 8:00 AM – 10:00 AM

EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their 30-minute presentation. To view Exhibit Forum offerings, see pages 44 and 47.

Wednesday: 1:00 PM – 4:30 PM

Thursday: 8:00 AM – 10:00 AM

PHOTOS

Photos taken during the 2022 Annual Session will be available to download online within 30 days. To schedule a group picture, please sign up on the Message Board located next to the Annual Session Registration Desk.

WIRELESS INTERNET

Complimentary wireless Internet is accessible throughout the building with dedicated paid options available.

CONTINUING EDUCATION/ PROFESSIONAL DEVELOPMENT UNITS

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

For a listing of courses approved for AFCPE CEU, please visit the Registration Desk. Course codes will be announced during each approved session.

WELLNESS ACTIVITIES

Sponsored by:  **alzheimer's
association**

Tuesday:

6:30 AM – 7:30 AM = Plants & Well-being

Wednesday:

6:30 AM – 7:30 AM = Mindful Meditation & Beneficial Breathing

Thursday:

6:30 AM – 7:30 AM = Walking Club

SILENT AUCTION

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

DONATED ITEMS

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

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 5:00 PM

Tuesday: 7:00 AM – 4:00 PM

Silent Auction Hours

Wednesday: 12:00 PM – 5:00 PM

Final bids are due before the Silent Auction closes at 5:00 PM on Wednesday. Immediately following the closing of Silent Auction, winners will be emailed an invoice for their items.

Winning Bid Item Pickup

Thursday: 11:00 AM – 2:00 PM

SERVICE PROJECT

We are inviting Annual Session attendees to participate in this year's Service Project, Food Bank of Central & Eastern North Carolina. The Food Bank of Central & Eastern North Carolina is a nonprofit organization that has provided food for people at risk of hunger in 34 counties in central and eastern North Carolina for more than 35 years. For monetary donations, scan the QR code. If you are bringing items for donation, a collection basket will be placed near the Registration Desk through Thursday, September 15th.



RECYCLING

In coordination with NEAFC's efforts to go green, conference attendees are encouraged to recycle. Mixed recycling bins are located throughout the facility.

2022 SCHEDULE

All events will take place at the Convention Center, unless otherwise noted.

SUNDAY, SEPTEMBER 11, 2022

- | | |
|--------------------|--------------------------------------|
| 10:00 AM - 3:00 PM | National Pre-Board Meeting |
| 4:00 PM - 6:00 PM | Registration/Silent Auction Drop Off |
| 4:00 PM - 6:00 PM | Hospitality Desk Open |

MONDAY, SEPTEMBER 12, 2022

- | | |
|---------------------|--|
| 7:00 AM - 5:00 PM | Registration/Silent Auction Drop Off/Service Project Drop Off |
| 8:00 AM - 11:00 AM | Pre-Conference Workshops (<i>Separate registration required</i>) |
| 10:00 AM - 3:00 PM | Hospitality Desk Open |
| 11:15 AM - 12:45 PM | First Timer Orientation & Lunch |
| 12:45 PM - 2:15 PM | Affiliate Officer Meetings |
| 2:15 PM - 3:00 PM | Leadership Experience Networking Event (<i>Invitation only</i>) |
| 3:00 PM - 5:30 PM | Opening General Session with Keynote Jones Loflin |
| 5:30 PM - 8:00 PM | Welcome Event at Raleigh Convention Center |

TUESDAY, SEPTEMBER 13, 2022

- | | |
|--------------------|---|
| 6:30 AM - 7:30 AM | Wellness Activity |
| 7:00 AM - 4:00 PM | Registration/Silent Auction Drop Off/Service Project Drop Off |
| 8:00 AM - 2:00 PM | Hospitality Table Open |
| 8:00 AM - 10:45 AM | Concurrent Sessions |
| 8:45 AM - 10:45 AM | Life Member Meeting |
| 9:00 AM - 10:45 AM | Concurrent Sessions |
| 11:00 AM - 1:00 PM | Regional Business Meetings & Awards Luncheon |
| 1:00 PM - 5:00 PM | Exhibitor Set-up/Silent Auction Set-up |
| 1:30 PM - 5:30 PM | In-Depth Sessions (<i>Separate registration required</i>) |
| 6:00 PM - 8:00 PM | States Night Out (<i>Invitation only</i>) |

WEDNESDAY, SEPTEMBER 14, 2022

- | | |
|--------------------|---|
| 6:30 AM - 7:30 AM | Wellness Activity |
| 7:00 AM - 10:00 AM | Exhibitor Set-up/Silent Auction Set-up & Drop-off/Showcase of Excellence Set-up |

7:00 AM– 4:00 PM Registration Open/
Service Project Drop Off

8:00 AM – 2:00 PM Hospitality Desk Open

8:00 AM – 11:45 AM Concurrent Sessions

8:00 AM – 4:00 PM FCS Program Leaders
Meeting Day 1 (*Special
registration required.
Includes breakfast &
lunch*)

11:00 AM – 11:30 AM Exhibitor Orientation

12:00 PM – 5:00 PM Exhibit Hall Open/Silent
Auction Open/Showcase
of Excellence Displays
(*Boxed lunch provided*)

Posters manned from
1:00 PM – 2:00 PM

1:00 PM – 4:30 PM Exhibit Forums

2:00 PM – 4:00 PM Annual Business
Meeting

6:30 PM – 8:30 PM Leadership Event at
North Carolina Museum
of Natural Sciences
(*Invitation only*)

THURSDAY, SEPTEMBER 15, 2022

6:30 AM – 7:30 AM Wellness Activity

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

7:30 AM – 8:30 AM 2024 Annual Session
Planning Committee
Meeting

8:00 AM – 10:00 AM Exhibit Hall Open/
Showcase of Excellence
Displays (*Continental
breakfast provided*)

8:00 AM – 10:00 AM Exhibit Forums

8:00 AM – 11:00 AM Hospitality Desk Open

9:00 AM – 3:00 PM FCS Program Leaders
Meeting Day 2
(*Special registration
required. Includes
breakfast & lunch*)

9:00 AM – 10:00 AM 2023 Annual Session
Planning Committee
Meeting

10:15 AM – 12:00 PM Concurrent Sessions

11:00 PM – 2:00 PM Silent Auction Winners
Announced/Pick-Up

12:00 PM – 2:00 PM Past National President
Luncheon & Meeting
(*Off-site*)

12:15 PM – 1:45 PM NEAFCS National Post-
Board Meeting

2:15 PM – 4:15 PM Committee Meetings

5:00 PM – 6:00 PM President's Reception

6:00 PM – 8:00 PM Closing Awards Banquet

TUESDAY, SEPTEMBER 13, 2022

CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM -8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM
4-H and Youth Development		School Pantry Mystery Food Box Cook-Off: Educating Youth on Food Insecurity and Healthy Meal Preparation	
		IGNITE: Increasing Children and Youth Interest in Cooking through Virtual Classes	
Child Care/Child Development/ Parenting	Development and Implementation of a Parenting Education Program with Multiple Delivery Modes		Strategies learned from Expanding Childcare Programming during Covid-19 and Beyond
Committee	Tips for Submitting Award-Winning Applications	Learn NEAFCS Conference Proposal Submission Strategies	
Financial Management	Money Ninja Warrior: Managing Money Using Smartphone Apps.		Discovering Money Solutions
	Financial Management Award in Memory of Dean Don Felker: Building Financial Security for Self, Family, and Community: Filling the Need for Statewide Financial Literacy Education		
Food and Nutrition	Let's Capture the Flavor with Herbs and Spices!	IGNITE: Achieving Healthier Lifestyles Through Virtual Education	Engaging Youth As Consumers At Farmer's Market
		NEAFCS Endowment Grant - Smoking and Grilling Foods	
Food Safety/Food Security		IGNITE: Curbside Meal Kit Deliveries for Food-Insecure Families	
Health: Emotional, Mental, Physical and Substance Use	Healthwise for Women: Reaching Women with Lifestyle Strategies to Reduce Cancer Risk	Connecting Youth Vaping Initiatives With FCS: A Case Study	Pain Education And Community Empathy (PEACE) Program Implementation
Sustainable Living: Textiles, Clothing, Housing, Environment, Disaster Relief & Preparedness and related topics			Extension Disaster Education Award: Creating a Culture of Preparedness Publications Support Oregonians in Preparing for the Cascadia Subduction Zone Event and Other Disasters
Teaching/ Program Development/ Leadership/ Community and Economic Development	A Social Marketing Approach to Promote Healthy, Homecooked Family Meals	Community Research Training Fellows Training for Extension Agents: Outcomes and Opportunities for Professional Development	Using Case Studies to Elevate the Understanding by Service Providers About the Complex Culture of Farm and Farm Families
	Community Partnership Award: Water Conservation Programs & Partnerships		
Technology and Social Media	Social Media Education Award: Implementing a Multi-State Social Media Program: Walk-A-Weigh 30 for 30	TikTok for Beginners	
Trending Topics		Lessons Learned for Engaging Latino Families in Community-based Programs	Expanding Extension's Reach: U and I Together
		Mary W. Wells Memorial Diversity Award: Creation of the Indigenous Peoples Work-Group	

WEDNESDAY, SEPTEMBER 14, 2022 CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM - 8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
4-H and Youth Development	Stay Grounded with Nature Journaling			Online Grab and Go Resources for Education (Social-Emotional, Mental Wellness, and Mindfulness)
	IGNITE: Developing and Piloting an Adventure-oriented Confidence-Building Curriculum for Youth			
Child Care/ Child Development/ Parenting	IGNITE: Storybooks & STEM - Oceans of Possibilities	Results from the National Inventory of Extension Programming for the ECE Workforce and How to Use Them to Improve your Extension Programming	Confirming and Affirming – Impacts of Teaching Parents Self-Awareness and Social-Emotional Skills	IGNITE: Reaching out to Parents/ Caregivers Digitally
Committee	Everything You've Ever Wanted to Know About the NEAFCS Leadership Experience	Diversity Panel Discussion		
		Show Up and Show Out! Tips and Tricks to Submitting to the Journal of NEAFCS		
Financial Management		A Novel Idea: Using Book Clubs as an Educational Tool to Promote Financial Literacy	Early Financial Literacy Building Blocks Taught through Mobile Children's Library Pilot	Encouraging Financial Conversations (EFC) Builds Skills for Those in Helping Professions
			IGNITE: Supporting FAFSA Decision-Making & Completion	Innovative Youth Development Programming Award: Wheeling & Dealing: Buying Your New Ride
Food and Nutrition		Make Every Bite Count	Farm to Table: Improving Cooking Confidence in Preparing Fresh Produce While Reducing Waste	Evaluation of a Social Marketing Campaign Promoting Nutrition and Physical Activity to SNAP-Ed Eligible Adults
			A Tale of Two Replicated Programs: Education and Research	
Food Safety/ Food Security	Virtual Food Safety Series Meets Current Clientele Needs			Responding to Emerging Needs by Offering Online Webinar Series in Food Preservation Topics
Health: Emotional, Mental, Physical and Substance Use	Self-Assessment of Health Behaviors by state Farmers and Implications for Programming	Training Master Gardener Volunteers in Best Practices for Injury Prevention in the Garden	StoryWalk®: A fun time for everyone!	Farm Wellness Outreach to the Agricultural Community
				IGNITE: Using Social Media Messaging to Decrease Vaccine Hesitancy
	Innovation in Programming Award: The Volumetrics Weigh of Life: Weight Management Plan			Delivering Opioid-related Evidence-based Programs in Rural Maryland: Two Year Report on a Technical Assistance Grant

continued

WEDNESDAY CONCURRENT SESSIONS AT A GLANCE, CONTINUED

TRACK	8:00 AM -8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
Life Span Development: Aging, Human Development and related topics			IGNITE: Specifying Human Development Concepts and Competencies Central to FCS Extension Professional Development	
Teaching/ Program Development/ Leadership/ Community and Economic Development	Master Family & Consumer Sciences Volunteer Program Award: 4-H Grab & Go Foods Project	Lessons Learned from the Staying Connected Fatherhood Initiative for Reentry Fathers	Use What You've Got - Using Extension Resources to Build Trauma-Informed Rapid Response Programming!	Program Development and Implementation of an Extension Master Food Volunteer Program
		NEAFCS Endowment Grant - North Central Food Safety Extension Network: A Model in Regional Collaboration	IGNITE: NEAFCS Leadership Experience: Growth and Development through Interactive Programming	
		NEAFCS Endowment Grant - #FCSsuccess: Ohio Alliance for People-Centered Sciences	Mary W. Wells Memorial Diversity Award - Regional Winners Co-Presentation	
Technology and Social Media	Capacity Building Within Cooperative Extension to Produce Quality Food Demonstration Videos: Meeting the Emerging Need for Online distance Learning Tools			
Trending Topics	Connection, Collaboration and Commitment to Purpose-Key to Intentionally Recharging Virtual Teams		Using Forums to Engage Community in Creating Collaborative Solutions	
	IGNITE: How to Effectively Communicate with Agricultural Workers in Rural Areas to Overcome Barriers to COVID-19 Vaccination			

THURSDAY, SEPTEMBER 15, 2022 CONCURRENT SESSIONS AT A GLANCE

TRACK	10:15 AM -11:00 AM	11:15 AM - 12:00 PM
4-H and Youth Development		Success with 4-H On-line Special Interest Cook Clubs
Child Care/Child Development/ Parenting	Parenting in a Pandemic: An Examination of Extension Professionals' Experiences	Comparative Differences in Effectiveness of Online Parenting Newsletters during COVID-19
Financial Management		Know Before you Go: Paying for College and Trade School
Food and Nutrition	Good Choice Healthy Retail Initiative; Grab and Go Meal Kits Promote Healthy Choices in Rural Grocery Store	Program Excellence Through Research Award: Effects of a School-Based Intervention on Parents' Beverage Consumption
Food Safety/Food Security	Food Safety Award: Home Food Preservation in a Virtual World	Disseminating Science based Information with a Risk-Based Approach
Health: Emotional, Mental, Physical and Substance Use	Observe, Engage, Share: Increasing Mental Health Awareness in Farm Communities	Get Out: How Nature Improves Your Health
Life Span Development: Aging, Human Development and related topics		Because of HeART - Healthy Aging in Rural Towns
Sustainable Living: Textiles, Clothing, Housing, Environment, Disaster Relief & Preparedness and related topics	Clothing and Textile Training Empowers and Educates FCS Teachers, Adult Leaders and 4-H Volunteers	
Teaching/ Program Development/ Leadership/Community and Economic Development	Supporting Fathers and Families: Sharing Findings from Statewide Needs Assessment	Implementing Developmental Life Skills (DLS): A Framework for Parental Support Through Community Partnerships
Technology and Social Media	Podcasting: Engaging Consumers and Professionals Through a New Platform to Share Research-Based Information	Creating a Virtual Cooking School and Embracing Technology to Make It a Success
Trending Topics	Opportunities, Lessons Learned, and Challenges among Extension Professionals Engaged in Adult Immunization Education During the Pandemic – Insights from the EXCITE Initiative	

ANNUAL SESSION SERVICE PROJECT

HELP SUPPORT THE 2022 ANNUAL SESSION SERVICE PROJECT - FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA



Every \$1 raised provides 10 meals for families in our service area!

- **Virtual Food Drive**

- monetary donations may be made directly to the Team Challenge Portal. Money raised will be sent directly to Food Bank of Central & Eastern North Carolina, Inc.

- Visit the following website to donate or scan the QR code: <https://www.justgiving.com/fundraising/neafcs-annual-2022-session>



- **Traditional Food Drive**

- Drop your items in the collection basket near the Registration Desk through Thursday, September 15th.

The Food Bank of Central & Eastern North Carolina is a nonprofit organization that has provided food for people at risk of hunger in 34 counties in central and eastern North Carolina for more than 35 years. The Food Bank serves a network of approximately 800 partner agencies such as soup kitchens, food pantries, shelters, and programs for children and adults through warehouses in Durham, Greenville, New Bern, Raleigh, the Sandhills (Southern Pines), and Wilmington. In fiscal year 2020-2021, the Food Bank distributed nearly 139 million pounds of food (over half of which was perishable) and non-food essentials through these agencies. Sadly, hunger remains a serious problem in central and



eastern North Carolina. In these counties, nearly 600,000 people struggle to access nutritious and adequate amounts of food necessary for an active and healthy life.

Website available in Spanish and English: foodbankcenc.org.

2022 ANNUAL SESSION AGENDA

SUNDAY, SEPTEMBER 11, 2022

10:00 AM – 3:00 PM

National Pre-Board Meeting

Room: 305A, Main Level

4:00 PM – 6:00 PM

Hospitality Desk Open

Main Lobby, Main Level

4:00 PM – 6:00 PM

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

Main Lobby, Main Level



Harness the Healthy for Life Power

Make a difference in your community.
Access science-based tools to help
individuals discover, choose and
prepare healthy food. **Sign-up today!**
The American Heart Association and
Aramark are proud to work together to
produce the Healthy for Life® Initiative.



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MONDAY, SEPTEMBER 12, 2022

MONDAY SCHEDULE AT A GLANCE

7:00 AM – 5:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 11:00 AM	Pre-Conference Workshops <i>(Separate registration required)</i>
10:00 AM – 3:00 PM	Hospitality Desk Open
11:15 AM – 12:45 PM	First Timer Orientation & Lunch
12:45 PM – 2:15 PM	Affiliate Officer Meetings
2:15 PM – 3:00 PM	Leadership Experience Networking Event <i>(Invitation only)</i>
3:00 PM – 5:30 PM	Opening General Session with Keynote Jones Loflin
5:30 PM – 8:00 PM	Welcome Event at Raleigh Convention Center

7:00 AM – 5:00 PM

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

MAIN LOBBY, MAIN LEVEL



7:00 AM – 7:45 AM

Continental Breakfast

for pre-conference workshop
participants only.

MAIN LOBBY, MAIN LEVEL



7:00 AM - 9:00 AM

**NEAFCS Ambassador
Orientation**

ROOM 305A, MAIN LEVEL

**Real Sugar:
the original
farm-to-table
ingredient!**



Visit us in booth 11
to learn about our
STEM resources!

the
Sugar
association



PRE-CONFERENCE WORKSHOPS

MONDAY, SEPTEMBER 12, 2022

8:00 AM – 11:00 AM



(continental breakfast provided at 7:00 AM to workshop attendees)



(separate registration required)



Take Your Program Impacts to New Heights

Presenter: Dr. Claudette L. Smith

ROOM: 302C, MAIN LEVEL

We know for sure that participants leave Extension training programs with a lot of information in hand. We don't know if they can do anything with it. Can they implement the solutions provided so their family can benefit? Unless participants can use the information, the impact or the benefits we hope our participants will realize will not occur. In this accountability-focused environment, we must work to ensure that program impact happens. In this session, you will learn how to use the performance-based instruction philosophy to take your program impacts to new heights.

Learning Objectives:

At the end of this training, participants will be able to:

- Write performance objectives that guide program content to enhance program impact.
- Develop training that results in skill development versus information sharing.
- Assess skill mastery by participants.



MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



Get Connected to Local Foods

Presenter: Annie Baggett

(Offsite)

Bus will depart promptly at 7:45 AM. Bus will load outside of the Convention Center entrance adjacent to the NEAFCS Registration Desk.



Local food and where it comes from has never been more important to consumers. Agritourism is an opportunity for farms to educate consumers as they expand and diversify their revenue streams/operations by welcoming the public. With the goal to educate the consumer and connect them directly to the farmers that are growing produce and raising protein, Agritourism activities on farms are happening right now and an opportunity to bridge the learning gap in your state. In this session, Family Consumer Science (FCS) Extension Agents will gain knowledge on how your community can benefit from lessons learned in North Carolina. From asset mapping to understanding how communities are using real time technology to keep consumers connected to agriculture to learning what's in season, tap farm experiences and accessing local food how, where and when it can be purchased, you'll leave with action steps designed to generate positive results.

Learning Objectives:

Using this white paper as a guide, explore what may motivate families to eat more local food. Are families that are engaged in local food experiences, like picking fruit, for example, more inclined to eat healthier local food options? Are those in your community merely

interested because local food simply tastes better or enhances the relationships with local growers and producers? Does the consumer consider food as medicine?

Given the answers to these questions in your community -

- 1) Participants will learn to identify up to 50 local food assets in their community (farms, fisheries, pick-your-own operations, farmers markets, etc.) that are equipped to educate families about the value of local food.
- 2) Identify and team with other Cooperative Extension agents in your community and neighboring ones, with local food councils and other local food advocates to identify and map local food resources with the goal of connecting residents to growers and producers within ___ miles of residents to enhance access to local food.

MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



Foundations of Flavor

(Offsite)

Bus will depart promptly at 8:00 AM.

Bus will load outside of the Convention

Center entrance adjacent to the

NEAFCS Registration Desk.

Part 1: Savoring Spices

Presenter: Mark Weathington, MS.

Most people rarely think much if at all about the exotic locales and amazing tales held in each of the jars filling their spice cabinets. Whether cardamom or cloves, each has a unique story. Join us for “Savoring Spices” as we expand our knowledge of the plants that enrich and enhance the flavors of our favorite foods.

Part 2: Savoring Spices

***Presenter: Catherine Hill, MS,
RDN, LDN***

Flavor and taste are often used interchangeably, but in fact these are two very different experiences. You may be more familiar with the five distinct tastes: sweet, bitter, sour, salty, and umami. Taste is only part of the entire experience we call flavor. By understanding flavor, and your own flavor preferences, you can create more delicious foods that you, your family and the clientele will enjoy. Participants will receive a box lunch with samples of the demonstrated recipes.

Learning Objectives:

1. Identify the 4 Foundations of Flavor and how they can alter the way we experience taste.
2. Develop skills to assess your own individual flavor preference.
3. Observe a cooking demonstration where the 4 Foundations of Flavors are utilized.



Weathington



Hill

10:00 AM – 3:00 PM**Hospitality Desk Open***MAIN LOBBY, MAIN LEVEL***11:15 AM – 12:45 PM****First Timer Orientation & Lunch***ROOM: 402, BALLROOM LEVEL***12:45 PM – 2:15 PM****Affiliate Officer Meetings**

These meetings are open to those members serving in these positions and/or a designee.

*Presidents & Presidents-Elect –**ROOM: 301A, MAIN LEVEL**Treasurers –**ROOM: 301B, MAIN LEVEL**Awards VP –**ROOM: 302B, MAIN LEVEL**Member Resources VP –**ROOM: 302C, MAIN LEVEL**Professional Development VP –**ROOM: 305A, MAIN LEVEL**Public Affairs VP –**ROOM: 302A, MAIN LEVEL***2:15 PM – 3:00 PM****Leadership Experience Networking Event***(Invitation only)**ROOM: 402, BALLROOM LEVEL***3:00 PM – 5:30 PM****Opening General Session with Keynote, Jones Loflin***ROOM: BALLROOM AB, BALLROOM LEVEL*

See page 25 for more information about our Keynote.

**5:30 PM – 8:00 PM****Welcome Event***LOCATION: RALEIGH CONVENTION CENTER*

We would like to invite you to join us for a little southern hospitality to kick off our 2022 Annual Session! Local fare and treats will be available for your enjoyment including ice cream from our very own NC State University's Howling Cow Creamery. As you grub and reconnect, enjoy the selections and sounds of DJ Mike Wawa. You can expect great food, music, and company as we show you how we 'get down' down south! The Welcome Event ticket is included in the full registration package.

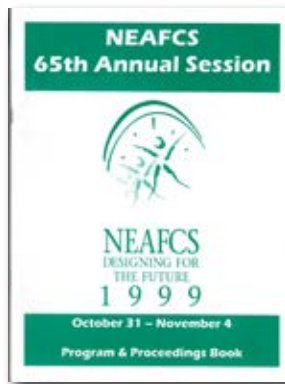


NEAFCS HISTORY

NEAFCS RETURNS TO NORTH CAROLINA FOR ANNUAL SESSION 2022

“What Could be Finer Than to be in North Carolina in 1999?”

With this sentiment in mind, over 1,200 NEAFCS members from across the country attended the 65th Annual Session of NEAFCS in Greensboro, North Carolina at the Holiday Inn-Four Seasons and Joseph S. Koury Convention Center October 31-November 4th. President Jean Clarkson-Frisbie provided leadership to the Session along with North Carolina Site Coordinators Brenda Morris of Guilford County and Sandy Wiggins, Ricks Hall NCSU. Members from across the state provided leadership to Session events and activities.



Building on the Conference theme of “NEAFCS Designing for the Future” the meeting objectives included:

- To provide opportunities for professional development in program leadership helping members to better equip themselves to deal with family and community issues in the 21st Century.
- To develop in members the capacity to address social, political and economic issues as they relate to the future of Extension education.

- To provide members with the opportunity to network and market programs address the needs of diverse audience throughout the nation.

These objectives closely align to the focus of our meeting in 2022 in Raleigh – professional development, empowerment, networking and recognition of NEAFCS Members.

A few highlights from the 1999 Annual Session:

- “\$9,999.99 in ‘99” – the Awards and Recognition Committee sponsored the first “silent Auction” for NEAFCS Awards, with a goal of raising \$9,999.99
- Keynote speakers Jeanne Robertson – who kept attendees laughing non-stop, William Guillory – who provided insights on Leadership for the Next Millennium and Charlotte Roberts – focusing on leading a learning organization
- The Welcome Event featuring North Carolina arts, crafts, music and food and the “Friendship Event” held at Market Square in High Point
- A computer room – five computers were set up for members to access e-mail
- Ten Workshops on the Move focusing on the furniture industry and Southern Decorative Arts
- The Living Well campaign, focusing on ‘Image Enhancement’ was introduced with support materials shared with members

National Officers:

President, Jean Clarkson Frisbie, Pratt, KS
President-elect, Cheryle Jones Syracuse, Jefferson, OH
Secretary, Carol Schlitt, Edwardsville, IL
Treasurer, Sandra McClain, Keosauqua, IA
VP for Awards and Recognition, Jane Gault, Nashville, TN
VP for Professional Development, Christine Kniep, Oshkosh, WI
VP for Member Resources, Marilyn Gore, Charlotte, NC

VP for Public Affairs, Ann Rhinesmith, Belvidere, NJ
Past President, Emily Remster, Valparaiso, IN
Central Region Director, Susan Neher, Kokomo, IN
Eastern Region Director, Lynn Little, Hagerstown, MD
Southern Region Director, Jennifer Klee, Versailles, KY
Western Region Director, Sandra Brown, Kelso, WA
National Office, Ruth Helein and Denise Rentz

OPENING GENERAL SESSION AGENDA

Monday 3:00 PM – 5:30 PM

Opening Slideshow

Virtual Parade of States by Regional Directors

Welcome

Alyssa Anderson, Hayley Cowell, Sydney Knowles

NEAFCS North Carolina Affiliate Tri-Liaisons

Presentation of the Flag

Wolfpack Battalion Army ROTC of North Carolina State University

Pledge of Allegiance

Olivia Patchel, NC NEAFCS State President

National Anthem

Kaley Elliott of Denton, NC, a friend of NEAFCS member Jeannie Leonard

Greetings

Susan Routh, NEAFCS President

Dr. Barbara Board, Associate Dean/Administrator (interim),
North Carolina A&T State University

Dr. A. Richard Bonanno, Director of NC State Extension & Associate Dean,
North Carolina State University

Pat Brinkman, NEAFCS Vice President for Professional Development

Keynote Presentation: How To Thrive As An Extension Agent

Jones Loffin, Speaker, Author, Coach

USDA/NIFA Presentation

Dr. Martha Ray Sartor, Division Director for FCS

JCEP Presentation

Susan Routh, NEAFCS President, and **Julie Garden-Robinson**, NEAFCS President-Elect

Candidate Presentation

Dianne Gertson

NEAFCS Immediate Past President & Nominating Committee Chair

NEAFCS Recognition

2020-2022 National & Affiliate Leadership, NEAFCS Past Presidents

Mary Ann Lienhart Cross, NEAFCS Endowment Committee: 2022 President's Charity

Kyleigh Brown, NEAFCS Leadership Experience: 2022 Class

Jennifer Brown, NEAFCS Vice President for Public Affairs: Elevator Speech

Journal of NEAFCS Contributors

2022 Sponsor Recognition

Service Project: Food Bank of Central & Eastern North Carolina

Sara Clement, RD, LDN, Director of Community Health & Nutrition

Announcements & Closing

Susan Routh

How To Thrive As An Extension Agent

by *Jones Loflin*

Speaker, Author, Coach

How often do you feel overwhelmed by all that's expected of you... and that you expect of yourself? There's always a new program to create, a community member who wants too much of your time, or a volunteer to be trained. You spend your days trying to keep up, wishing there were more time to plan, build deeper connections with others, and maybe even carve out a little more time for your personal wellness.

In our opening keynote address, Jones Loflin will offer a five-step strategy you can use to move from surviving to thriving each day. You'll learn how to create the boundaries that protect your schedule and identify the essential routines you need to have in place each day. Most importantly, you'll discover fresh ways to work with others that improve their ability to help you get the right work done!

Learning Objectives:

- Identify three sources of professional and/or personal overload
- Determine one new routine to add to their workday to increase their efficiency or effectiveness
- Create three healthy boundaries they can use to protect time on their calendar



Discover fresh ways to work with others that improve their ability to help you get the right work done!

TUESDAY, SEPTEMBER 13, 2022

TUESDAY SCHEDULE AT A GLANCE

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 4:00 PM	Registration/Silent Auction Drop Off/Service Project Drop Off
8:00 AM – 2:00 PM	Hospitality Table Open
8:00 AM – 10:45 AM	Concurrent Sessions
8:45 AM – 10:45 AM	Life Member Meeting
9:00 AM – 10:45 AM	Concurrent Sessions
11:00 AM – 1:00 PM	Regional Business Meetings & Awards Luncheon
1:00 PM – 5:00 PM	Exhibitor Set-up/Silent Auction Set-up
1:30 PM – 5:30 PM	In-Depth Sessions <i>(Separate registration required)</i>
6:00 PM – 8:00 PM	States Night Out <i>(Invitation only)</i>



6:30 AM – 7:30 AM

Wellness Activity: Plants & Well-being

Led by Amy Fee Bruzzichesi, MSW

Sponsored by: Alzheimer's Assoc.

ROOM: NORTH HALLWAY, MAIN LEVEL

Wake up your senses with hands-on exploration of plants! A therapeutic horticulturalist will share how a connection with plants can help us thrive. Keeping stress in check helps keep your brain and body healthy, and taking time for self-care can help prepare you to better care for others.

7:00 AM – 4:00 PM

Registration/Silent Auction Drop Off/ Service Project Drop Off

MAIN LOBBY, MAIN LEVEL

8:00 AM – 2:00 PM

Hospitality Table Open

MAIN LOBBY, MAIN LEVEL

CONCURRENT SESSIONS

8:00 AM – 8:45 AM



Community Partnership Award: Water Conservation Programs & Partnerships

Track: *Teaching/ Program Development/
Leadership/Community and Economic
Development*

Presenter(s): *Ladonna Hines*

STATE: OK

ROOM: 301A

Oklahoma County OSU Extension partnered with Oklahoma City Water Utilities to teach residents ways to conserve water through adult and youth workshops. Also, programs at Local nurseries and Farmers Market.

Money Ninja Warrior: Managing Money Using Smartphone Apps.

Track: *Financial Management*

Presenter(s): *Luke Erickson*

STATE: ID

ROOM: 301B

Mobile apps can be powerful money management tools. This session demonstrates and presents impacts on an extension program designed to teach youth how to manage their money using their smartphones.



Social Media Education Award: Implementing a Multi-State Social Media Program: Walk-A- Weigh 30 for 30

Track: *Technology and Social Media*

Presenter(s): *Bradley Averill, Surine Greenway, Jennifer Brown, Nicole Gwishiri, Amy Robertson, Sheryl Austin, Carrie Vanderver, Jami Dellifield, Carmen Fortney*

STATE: GA

ROOM: 302A

A multi-state collaboration utilizing social media builds positive interpersonal relationships and provides research-based information to increase participants' health and wellness outcomes on a short- and long-term basis.



Financial Management Award in Memory of Dean Don Felker: Building Financial Security for Self, Family, and Community: Filling the Need for Statewide Financial Literacy Education

Track: *Financial Management*

Presenter(s): *Daniel McDonald, Cathy Martinez, Noel Wilkinson, and Cate Gore*

STATE: AZ

ROOM: 302B

This session will cover the iterative process used to develop, deliver, and evaluate an effective statewide financial literacy education program reflective of the community served.

Let's Capture the Flavor with Herbs and Spices!

Track: *Food and Nutrition*

Presenter(s): *Beverly Jackey, Mona Habibi, Theresa Serio, Shauna Henley*

STATE: MD

ROOM: 302C

Attend this session to learn about "Capture the Flavor: Herbs and Spices", a research-based curriculum developed to encourage the use of herbs and spices for flavor and health promotion.

A Social Marketing Approach to Promote Healthy, Homecooked Family Meals

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Mindy McCulley, Jennifer Hunter, Heather Norman- Burgdolf, Jeannie Najor*

STATE: KY

ROOM: 303

Cooking is associated with more nutrient-dense family meals. The Cook Together, Eat Together program used formative, process, and outcome evaluations to design a social marketing campaign that significantly increased fruit and vegetable consumption.

Tips for Submitting Award-Winning Applications

Track: *Committee*

Presenter(s): *Hope Wilson, Judy Corbus, Diandria Barber, John Fuller*

ROOM: 304

Join the Awards and Recognition Training Committee for this interactive session that will review tips for submitting strong award applications that stand out above the others to judges. Presenters will focus on strategies for thinking differently about award applications and being creative to emphasize what makes your application unique. Participants will have the opportunity to practice some of the strategies presented with a hands-on activity.

Healthwise for Women: Reaching Women with Lifestyle Strategies to Reduce Cancer Risk

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

Presenter(s): *Julie Garden-Robinson*

STATE: ND

ROOM: 305B

"Healthwise for Women" programs reached 466 women in rural areas with lifestyle information related to diet and physical activity to help women reduce risk of certain types of cancer.

Development and Implementation of a Parenting Education Program with Multiple Delivery Modes

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Caroline Shrier, Courtney Aldrich, Kevin Zoromski, Michelle Neff, Vivian Washington, Anne O'Rourke-Bean, Danielle Melching, Patricia Marrs*

STATE: MI

ROOM: 402

Learn more about the development, implementation, and outcomes of a parenting education series, originally designed to be face to face and then adapted to virtual due to the pandemic.

8:45 AM – 10:45 AM

Life Member Meeting

ROOM: 301B, MAIN LEVEL

CONCURRENT SESSIONS

9:00 AM – 9:45 AM



Mary W. Wells Memorial Diversity Award: Creation of the Indigenous Peoples Work-Group

Track: *Trending Topics*

Presenter(s): *Olivia Davis and Danita Macy*

STATE: OR

ROOM: 301A

The Indigenous Peoples Work-Group breaks down barriers within Extension and education. Working through a lens of cultural humility, we've gained support from state program leaders, regional directors and Tribal communities.



NEAFCS Endowment Grant - Smoking and Grilling Foods

Track: *Food and Nutrition*

Presenter(s): *Surine Greenway, K. Scott Jensen*

STATE: ID

ROOM: 302A

A cross-discipline program taught by Family & Consumer Sciences and Agriculture Extension Educators was implemented in Idaho. This program highlights development, implementation, and evaluation of a cross-discipline educational collaboration.

Lessons Learned for Engaging Latino Families in Community-based Programs

Track: *Trending Topics*

Presenter(s): *Darya Soltani, Ghaffar Hurtado Choque, Marla Reicks, Ali Hurtado*

STATE: MN

ROOM: 302B

Interviews with previous participants in a community-based, obesity prevention program for low-income Latino families were conducted and transcripts analyzed to identify strategies to facilitate participation and retention in the program.

Connecting Youth Vaping Initiatives with FCS: A Case Study

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

Presenter(s): *Adrienne Duke, Synithia Flowers*

STATE: AL

ROOM: 303

Escape Vapes is a program designed to prevent adolescent use of e-cigarettes. Our goals are to raise awareness and encourage others to engage in vaping prevention work in their communities.

Learn NEAFCS Conference Proposal Submission Strategies

Track: *Committee*

Presenter(s): *Karla Belzer and Amber Allen*

ROOM: 304

Want to present at the NEAFCS Annual Conference 2023? Come discover strategies on how to write a winning proposal that will impress reviewers.

School Pantry Mystery Food Box Cook-Off: Educating Youth on Food Insecurity and Healthy Meal Preparation

Track: *4-H and Youth Development*

Presenter(s): *Siew Guan Lee, Gretchen Manker, Julie Buck*

STATE: ID

ROOM: 305B

Learn to implement a "School Pantry: Mystery Food Box Cook-Off" to increase awareness of food insecurity among youth and teach strategies to prepare healthy foods on a budget.

Community Research Training Fellows Training for Extension Agents: Outcomes and Opportunities for Professional Development

Track: *Teaching/ Program Development/
Leadership/Community and Economic
Development*

Presenter(s): *Latonya Ramsey, Tanya
Funchess, Danielle Fastring, Tawnya Holliman,
Jennifer Lemacks, David Buys, Kim Gowdy*

STATE: MS

ROOM: 402

Mississippi State University Extension Agents participated in the Community Research Fellows Training Program to increase their capacity to engage in community-based participatory research. Program evaluation and impacts will be presented.

TikTok for Beginners

Track: *Technology and Social Media*

Presenter(s): *Will Ferguson*

ROOM: 302C

TikTok can be a powerful social media tool for reaching your community. This session will focus on getting you started with this platform. Bring your favorite smart device with the TikTok app downloaded to get the most out of this session!

IGNITE SESSIONS

ROOM: 305A

Ignite sessions will have a corresponding Showcase of Excellence Poster Presentation in the exhibit hall. See page 54 for the full listing of Showcase of Excellence.

9:00 AM – 9:10 AM

Increasing Children and Youth Interest in Cooking through Virtual Classes

Track: *4-H and Youth Development*

Presenter(s): *April Litchford*

STATE: UT

Rise in demand for virtual youth programming inspired creation of youth cooking classes that provided instruction of basic cooking skills, some recipe ingredients, and virtual step-by-step instructions for completing recipes.

9:15 AM – 9:25 AM

Achieving Healthier Lifestyles Through Virtual Education

Track: *Food and Nutrition*

Presenter(s): *Shari Bresin*

STATE: FL

An Extension program addressing eating habits that can lead to losing weight safely and steadily was implemented, with the objective of at least 20 percent of participants improving lifestyle choices.

9:30 AM – 9:40 AM

Curbside Meal Kit Deliveries for Food- Insecure Families

Track: *Food Safety/Food Security*

Presenter(s): *Sherri Cirignano*

STATE: NJ

Through a collaborative effort between a

Cooperative Extension department and a childcare agency, 224 curbside meal kits with an educational component were delivered to 57 food-insecure families during the pandemic.

CONCURRENT SESSIONS

10:00 AM – 10:45 AM



Extension Disaster Education Award: Creating a Culture of Preparedness Publications

Support Oregonians in Preparing for the Cascadia Subduction Zone Event and Other Disasters

Track: *Sustainable Living: Textiles, Clothing, Housing, Environment, Disaster Relief & Preparedness and related topics*

Presenter(s): *Lauren Kraemer, Glenda Hyde, Brenda Marty-Jimenez*

STATE: OR

ROOM: 301A

OSU Extension is helping Oregonians prepare for natural disasters with a plain-language, bilingual publication series. Learn how we are “Creating a Culture of Preparedness” and improve your own preparedness knowledge.

Strategies Learned from Expanding Childcare Programming During Covid-19 and Beyond

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Amber Allen, Jessica Trussell*

STATE: MO

ROOM: 302A

Extension faculty converted in-person childcare provider programs to virtual to keep providers licensed/certified amid a pandemic. Outcomes

indicate an increase in participation/programming statewide. Attendees will learn to replicate this effort.

Pain Education and Community Empathy (PEACE) Program Implementation

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

Presenter(s): *Maren Wright Voss, Katie Zaman, Gabrielle Ciciurkaite, Matthew Huntington, Emily Hamilton, Melissa Flint*

STATE: UT

ROOM: 302B

With the opioid epidemic in the national spotlight, community evidence-based pain management education programs are discussed in two diverse community settings, jails and senior centers, discussing successes and lessons learned.

Engaging Youth as Consumers at Farmer’s Market

Track: *Food and Nutrition*

Presenter(s): *Amanda Bohlen, Alisha Barton, Amanda Bennett, Marcus McCartney*

STATE: OH

ROOM: 302C

A Junior Farmers Market was conducted for students. The market’s goal was to provide opportunities for youth to make healthy food choices, try new vegetables, and encourage healthy purchasing habits.

Expanding Extension's Reach: U and I Together

Track: *Trending Topics*

Presenter(s): *Andrew Bingham, Surine Greenway, Nic Usabel, Amy Robertson*

STATE: ID

ROOM: 303

Extension Educators collaborate with colleagues across disciplines to structure a live, virtual learning series intended for all ages. Participants interact through engaging hands-on activities paired with the live lessons.

Discovering Money Solutions

Track: *Financial Management*

Presenter(s): *Dana Carney, Christina Garner*

STATE: GA

ROOM: 305A

This session will provide an overview of Discovering Money Solutions – a program focused on improving financial well-being and inspiring financial behavior change. (Curriculum provided following session.)

Using Case Studies to Elevate the Understanding by Service Providers About the Complex Culture of Farm and Farm Families

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Alex Chan, Laurie Wolinski, Bonnie Braun, Maria Pippidis*

STATE: DE

ROOM: 305B

Engage learners using the Stalwart Family Case Study which contextualizes the culture of farming and provides a longitudinal view of evolving risk and resilience factors on the farm.



11:00 AM – 1:00 PM Regional Business Meetings and Awards Luncheon

*Central Region –
306, MAIN LEVEL*

*Eastern Region –
304, MAIN LEVEL*

*Southern Region –
BALLROOM A, BALLROOM LEVEL*

*Western Region –
402, BALLROOM LEVEL*



1:30 PM – 5:30 PM In-Depth Sessions

(see in-depth session grid on the next page for additional information)

6:00 PM – 8:00 PM

State's Night Out

NEAFCS Thanks Our Sponsor



American Income
life insurance company

Special Risk Division

Learn more at

www.ailspecialrisk.com

1:30 PM – 5:30 PM | IN-DEPTH SESSIONS



Buses will depart promptly at 1:30 PM. Buses will load outside the Convention Center entrance adjacent to the Annual Session Registration Desk.

IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	BUS #/ Room #
Addressing Food Insecurity	Food & Nutrition	Off-site	Bus 8
Agritourism's Role in Feeding Communities	Food & Nutrition, Community & Economic Development	Off-site	Bus 3
Community Partnership Successes	Community & Economic Development	Off-site	Bus 9
Dining with Diabetes Curriculum Training	Health: Emotional, Mental, Physical and Substance Use	On-site	302B, Main Level Convention Center
Locally Sweet: Understanding Local in a Global Food Market	Food Safety, Food & Nutrition, Trending Topics	Off-site	Bus 2
Med Instead of Meds	Food & Nutrition, Health	Off-site	Bus 4
Plant Science Research & Innovation	Food & Nutrition, Trending Topics	Off-site	Bus 7
Preventing Obesity by Design: Healthy Eating and Physical Activity Strategy for Childcare	Chronic Disease Prevention, Childcare/Child Development	Off-site	Bus 6
Shopping for New Ideas	Chronic Disease Prevention, Food & Nutrition, Professional Development	Off-site	Bus 5
The Green Chair Project	Sustainable Living, Health, Community & Economic Development	On-site	302A, Main Level Convention Center

WEDNESDAY, SEPTEMBER 14, 2022

WEDNESDAY SCHEDULE AT A GLANCE

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 10:00 AM	Exhibitor Set-up/Silent Auction Set-up & Drop-off/Showcase of Excellence Set-up
7:00 AM– 4:00 PM	Registration Open/Service Project Drop Off
8:00 AM – 2:00 PM	Hospitality Desk Open
8:00 AM – 11:45 AM	Concurrent Sessions
8:00 AM – 4:00 PM	FCS Program Leaders Meeting Day 1 <i>(Special registration required. Includes breakfast & lunch)</i>
11:00 AM – 11:30 AM	Exhibitor Orientation
12:00 PM – 5:00 PM	Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays (Boxed lunch provided)
	Posters manned from 1:00 PM – 2:00 PM
1:00 PM – 4:30 PM	Exhibit Forums
2:00 PM – 4:00 PM	Annual Business Meeting
6:30 PM – 8:30 PM	Leadership Event at North Carolina Museum of Natural Sciences <i>(Invitation only)</i>

WEDNESDAY



6:30 AM – 7:30 AM

Wellness Activity: Mindful Meditation & Beneficial Breathing

Led by Amy Baumann

Sponsored by: Alzheimer's Assoc.

ROOM: NORTH HALLWAY, MAIN LEVEL

Stress can affect the ability to make choices for keeping our brains and bodies healthy. Join us to build a toolkit of relaxation skills by learning simple breathing techniques and movements that can help release tension. No experience needed!

7:00 AM – 4:00 PM

Registration/Silent Auction Drop Off/Service Project Drop Off

MAIN LOBBY, MAIN LEVEL

8:00 AM – 2:00 PM

Hospitality Table Open
MAIN LOBBY, MAIN LEVEL



8:00 AM – 4:00 PM

FCS Program Leaders Meeting Day 1



ROOM: 402, BALLROOM LEVEL

*This meeting requires a special registration.
Breakfast and lunch are included.*

CONCURRENT SESSIONS

8:00 AM – 8:45 AM



Master Family & Consumer Sciences Volunteer Program

Award: 4-H Grab & Go Foods Project

Track: *Teaching/ Program Development/
Leadership/Community and Economic
Development*

Presenter(s): *Johanna Hicks*

STATE: TX

ROOM: 301A

Covid 19 did not stop the Hopkins County Master Wellness Volunteers. Come learn about an innovative 4-H Grab-and-Go Foods project master-minded by Hicks and her volunteers.

Virtual Food Safety Series Meets Current Clientele Needs

Track: *Food Safety/Food Security*

Presenter(s): *Amy Robertson, Surine
Greenway, Nicasio Usabel*

STATE: ID

ROOM: 301B

A team of Extension Educators collaborated with the intent to provide free virtual food preparation and food safety workshops for home food consumers throughout the state of Idaho.

Stay Grounded with Nature Journaling

Track: *4-H and Youth Development*

Presenter(s): *Kris Boulton*

STATE: AR

ROOM: 302A

Spending time in the outdoors helps children identify with nature, boosts physical and mental health, and helps children gain self-confidence and respect for the world around them.



Innovation in Programming Award: The Volumetrics Weigh of Life: Weight Management Plan

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

Presenter(s): *Mandel Smith, Amber Denmon,
April Miller, and Elaine Smith*

STATE: PA

ROOM: 302B

The Volumetrics Weigh of Life: Weight Management Plan was developed to teach participants how to use fundamental weight management principles that focus on managing calories with satisfying amounts of food.

Capacity Building Within Cooperative Extension to Produce Quality Food Demonstration Videos: Meeting the Emerging Need for Online Distance Learning Tools

Track: *Technology and Social Media*

Presenter(s): *Melissa Chase, April Payne,
Carlin Rafie*

STATE: VA

ROOM: 304

This session will describe the process and outcomes of a practice-based training for Extension educators on production planning, filming, and editing of food demonstration videos to support online programs.

Everything You've Ever Wanted to Know About the NEAFCS Leadership Experience

Track: *Committee*

Presenter(s): *Kyleigh Brown, Elizabeth Martin, Sam Roth, Christi Demitz, Roxie Price, Lori Korthals, Lisa Peterson, Darlene Minniefield, Halie Corbitt*

ROOM: 302C

Hear the impact of the NEAFCS Leadership and the Mentoring and Leadership Committee from graduates and current participants! Get an inside look at how the committee puts it all together.

Connection, Collaboration and Commitment to Purpose-Key to Intentionally Recharging Virtual Teams

Track: *Trending Topics*

Presenter(s): *Gina Lucas, Joy West, Halie Corbitt, Lisa Peterson, Rick Griffiths, Roxie Price, Carrie Elsen*

STATE: MO

ROOM: 302C

Virtual teams are now commonplace. Our experience has revealed advantages to online collaboration. Learning to master the virtual team model allows groups to meet their organizational objectives while connecting remotely.

Self-Assessment of Health Behaviors by State Farmers and Implications for Programming

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

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

STATE: OH

ROOM: 305B

A self-reported health assessment by 505 farmers will provide information on their eight health behaviors/practices. Come learn how you can use this survey and incorporate findings into future programming goals.

IGNITE SESSIONS

ROOM: 305A

Ignite sessions will have a corresponding Showcase of Excellence Poster Presentation in the exhibit hall. See page 54 for the full listing of Showcase of Excellence.

8:00 AM – 8:10 AM

Storybooks & STEM - Oceans of Possibilities

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Sarah Roberts, Jackie Steffen*

STATE: NE

Discover the excitement of connecting literacy and STEM to children, families, and early childhood professionals through the Earth's amazing oceans.

8:15 AM – 8:25 AM

Developing and Piloting an Adventure-oriented Confidence-Building Curriculum for Youth

Track: *4-H and Youth Development*

Presenter(s): *Cindy Jenkins, Andrea Schmutz, Christina Pay, Melanie Dabb, Eva Timothy, Catherine Hansen, Lisa Schainker*

STATE: UT

This ignite will describe the development and pilot test of an innovative camp designed to build confidence in youth by supplementing engaging lessons with adventure-based activities.

8:30 AM – 8:40 AM

How to Effectively Communicate with Agricultural Workers in Rural Areas to Overcome Barriers to COVID-19 Vaccination.

Track: *Trending Topics*

Presenter(s): *Lisa McCoy, Catherine Sorenson, Crystal Terhune, Sara Bercaw Goldring, Jinhee Kim, Gina Crist, Juliana Munoz Bohorquez, Anne Mamish, Amara Channell Doig*

STATE: MD

Vaccinations are important tools for maintaining public health. To address rising vaccine hesitancy and resistance, TEAM received a CDC grant and utilized social media to promote vaccination uptake.

CONCURRENT SESSIONS

9:00 AM – 9:45 AM

Results from the National Inventory of Extension Programming for the ECE Workforce and How to Use Them to Improve your Extension Programming

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Catherine Speirs, Courtney Aldrich, Kyleigh Brown, Azriella Friedman, Courtney Luecking, Audrey Rider, Carrie Shrier, LaDonna Werth, Hope Wilson*

STATE: AZ

ROOM: 301B

Results from a national survey exploring the programming Cooperative Extension Systems provide for early care and education professionals will be shared. Attendees will discuss priorities for programming in their states.



NEAFCS Endowment Grant - #FCSuccess: Ohio Alliance for People-Centered Sciences

Track: *Teaching/Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Margaret Jenkins, Marie Economos, Beth Stefura*

STATE: OH

ROOM: 302A

Come join this interactive session as Ohio FCS professionals share their progress building Ohio's Alliance for People-Centered Sciences. Ohio was awarded a 2021 NEAFCS Endowment Grant with the goal of creating an alliance to promote the field of study focused on the science and art of living and working well in our complex world, its values, content areas and practice settings. We will share our plan of work, discuss successes and opportunities, and invite attendees to add their stories to enrich learning. Attend to build your professional network and take away a Plan of Action for your state to grow the FCS profession. See you in Raleigh!

A Novel Idea: Using Book Clubs as an Educational Tool to Promote Financial Literacy

Track: *Financial Management*

Presenter(s): *Nichole Huff, Kelly May, Mindy McCulley*

STATE: KY

ROOM: 302B

Finding novel ways to engage clients is challenging. Learn how a statewide Extension effort utilizes an online book club to promote financial literacy. Topics have included retirement planning, consumer protection.

Make Every Bite Count

Track: *Food and Nutrition*

Presenter(s): *Margaret Viebrock*

STATE: WA

ROOM: 302C

"Make Every Bite Count" a virtual 4-lesson series, helped families change eating habits and save money. Food demonstrations, incentives, Facebook interface and providing recipe ingredients changed family interaction and behaviors.

Show Up and Show Out! Tips and Tricks to Submitting to the Journal of NEAFCS

Track: *Committee*

Presenter(s): *Rebecca Hardeman, Meagan Brothers*

ROOM: 303

This presentation will highlight the process of 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.

Training Master Gardener Volunteers in Best Practices for Injury Prevention in the Garden

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

Presenter(s): *Gabriela Murza*

STATE: UT

ROOM: 304

Workshops were presented to Master Gardener Volunteers to address ways to prevent or minimize injury and pain while working in the garden. Survey results show an increase in behavior adoption.

Lessons Learned from the Staying Connected Fatherhood Initiative for Reentry Fathers

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Katrina Akande, Debra Ward*

STATE: AL

ROOM: 305B

This session will provide strategies to implement parenting education for reentry fathers in correctional and community settings.



NEAFCS Endowment Grant -North Central Food Safety Extension Network: A Model in Regional Collaboration

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Julie Garden Robinson*

STATE: ND

ROOM: 305A

This session provides best practices for regional collaboration, sharing resources and expertise. Participants will receive tools to help them explore regional collaborative efforts. This project was made possible in part with funding from the NEAFCS Endowment.

Diversity Panel

Track: *Committee*

Presenter(s): *Lorrie Coop, Samantha Kennedy, Laura Stanton*

ROOM: 301A

Panel presentation highlighting unique Extension diversity initiatives being facilitated throughout the country.

CONCURRENT SESSIONS

10:00 AM – 10:45 AM



Mary W. Wells Memorial Diversity Award - Regional Winners Co-Presentation

Track: *Teaching/ Program Development/
Leadership/Community and Economic
Development*

ROOM: 301A

Leyendo a los Niños

Presenter(s): *Harriet Armstrong*

STATE: IN

Leyendo a los Niños gave elementary school students the opportunity to read and have books that reflect a Latino culture, to talk about them, and to take them home to share with their families. This cooperative effort involving the local library and the support agency for Latinos, also, supplied crafts, vocabulary exercises, games, and food to reinforce the messages of the books written by Hispanic authors.

Texas Coming Together for Racial Understanding Workgroup

Presenter(s): *Amy Ressler, Dawn Burton,
Courtney Parrott, Andrea Valdez*

STATE: TX

A group of Texas Extension professionals met for training on facilitating discussions around race and racism. A cadre of especially passionate group members wanted to take the concept to a new level by looking inward to improve work culture first. Creating an internal climate survey, the group examined perceptions within and between the 1862 and 1890 programs and wrote a dissertation level report along with recommendations

for addressing discrepancies and cultivating a more inclusive work environment. They also utilized other opportunities to start conversations among their peers and clientele throughout the state.

UMaine Extension's Food Preservation Program at the Maine State Prison

Presenter(s): *Kate McCarty*

STATE: ME

University of Maine Cooperative Extension staff partnered with the Maine State Prison to offer food preservation education to incarcerated individuals. The program has delivered hands-on food preservation education, using produce grown on-site, to 17 incarcerated men during its first two years and continues with a new class in 2022.

Use What You've Got - Using extension resources to build trauma-informed rapid response programming!

Track: *Teaching/ Program Development/
Leadership/Community and Economic
Development*

Presenter(s): *Jackie Carattini, Mandi Dornfeld*

STATE: WI

ROOM: 301B

Utilizing trauma informed practices and adult education principles, Extension is linking critical research and knowledge to populations seeking guidance and support. These brief interventions serve as a connector to resources.

StoryWalk®: A fun time for everyone!

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

Presenter(s): *Ruth Chowning, Paul Adkins, Kenna R. Knight*

STATE: KY

ROOM: 302A

A StoryWalk® focuses on promoting literacy, physical activity, and family time. Come, learn the history, implementation methods and leave equipped to hold a community StoryWalk®!

Farm to Table: Improving Cooking Confidence in Preparing Fresh Produce While Reducing Waste

Track: *Food and Nutrition*

Presenter(s): *Lori Johnson*

STATE: FL

ROOM: 302B

Partnership with a local farm provided the canvas to connect farm to table cooking. This session provides a guide to get started and how to infuse health with culinary experiences.

Using Forums to Engage Community in Creating Collaborative Solutions

Track: *Trending Topics*

Presenter(s): *Jesse Ketterman, Maria Pippidis, Bonnie Braun, Laurie Wolinski, Shannon Dill, Jenn Volk*

STATE: MD

ROOM: 302C

Community forums can be used as a tool to engage diverse stakeholders in addressing and finding solutions for complex issues whether online or face-to-face. Come learn how.

A Tale of Two Replicated Programs: Education and Research

Track: *Food and Nutrition*

Presenter(s): *Mona Habibi, Theresa Serio, Cheryl Bush, Shauna Henley*

STATE: MD

ROOM: 303

Replication is a powerful tool to establish generalizability, giving programmatic and scientific credibility, an important characteristic of Extension's reputation. We aim to demonstrate the importance of replication through two examples.

Early Financial Literacy Building Blocks Taught through Mobile Children's Library Pilot

Track: *Financial Management*

Presenter(s): *Christy Stuth, Ashley Dixon*

STATE: AZ

ROOM: 304

Pilot study of mobile children's library created to support parental confidence and encourage teaching early financial concepts.

Confirming and Affirming – Impacts of Teaching Parents Self-Awareness and Social-Emotional Skills

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Silvia Vilches, Debra Ward, Synthia Flowers, Jenna Wettstein, Peace Onuorah, Brianna Hoke, Leigh Akins*

STATE: AL

ROOM: 305B

Insights into the successful and profound elements of a parenting program that focuses on social-emotional development, reflective listening skills, and family of origin values with a diverse Southern audience.

IGNITE SESSIONS

ROOM: 305A

Ignite sessions will have a corresponding Showcase of Excellence Poster Presentation in the exhibit hall. See page 54 for the full listing of Showcase of Excellence.

10:00 AM – 10:10 AM

Supporting FAFSA Decision-Making & Completion

Track: *Financial Management*

Presenter(s): *Portia Johnson, Kacee Ross, Emily Hines*

STATE: AL

This program provides a useful guide for parents and students to make informed decisions about opting-out or completing the Free Application for Federal Student Aid (FAFSA®).

10:15 AM – 10:25 AM

Specifying Human Development Concepts and Competencies Central to FCS Extension Professional Development

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

Presenter(s): *Claire Roscoe, Alisha Hardman, Katherine Brune, Marina Denny*

STATE: MS

Focus groups were conducted with human development experts to tailor an existing FCS competency assessment framework to the unique needs of Mississippi. The formative evaluation process and results are presented.

10:30 AM – 10:40 AM

NEAFCS Leadership Experience: Growth and Development through Interactive Programming

Track: *Committee*

Presenter(s): *Kyleigh Brown, Gina Lucas, Carrie Elsen, Lisa Peterson, Casey Ford, Joy West, Roxie Price, Elizabeth Martin, Lori Korthals, Cindy Jenkins, Halie Corbitt*

Responding to the need for members to step into NEAFCS leadership, this program continues to empower future leaders of the association by providing professional development, building confidence, and growing relationships.

11:00 AM – 11:30 AM

Exhibitor Orientation

ROOM: *BALLROOM BC, BALLROOM LEVEL*
(Open to Exhibitors only)

CONCURRENT SESSIONS

11:00 AM – 11:45 AM



Innovative Youth Development Programming Award: Wheeling & Dealing: Buying Your New Ride

Track: *Financial Management*

Presenter(s): *Beth Kerr, Kim Griffin, and Katherine Allen*

STATE: FL

ROOM: 301A

Wheeling & Dealing, a financial education program, explores the true cost of vehicle ownership and helps teens develop a plan of action for the purchase of their first vehicle.

Encouraging Financial Conversations (EFC) Builds Skills for Those in Helping Professions

Track: *Financial Management*

Presenter(s): *Carol Bralich, Katie Gellings, Amanda Kostman*

STATE: WI

ROOM: 301B

Encouraging Financial Conversations is designed for frontline staff to empower clients to reach financial goals. Participants learn strategies to help guide conversations with clients around financial competency skills.

Program Development and Implementation of an Extension Master Food Volunteer Program

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Meghan Lassiter, Dara Bloom, Michelle Estrada, Mary Morris, Vincent Webb*

STATE: NC

ROOM: 302A

This session will provide participants with information about the Extension Master Food Volunteer program and how volunteers can help Family and Consumer Sciences Agents broaden the reach of Cooperative Extension.

Farm Wellness Outreach to the Agricultural Community

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

Presenter(s): *David Brown, Demi Johnson, Norlan Hinke, Gina Lee*

STATE: IA

ROOM: 302B

Farm Wellness is a program supported by USDA offered to farmers and local

agribusinesses. Individual outreach contacts and stress assistance publications were provided to agribusinesses and farmers at extension trainings.

Online Grab and Go Resources for Education (Social-Emotional, Mental Wellness, and Mindfulness)

Track: *4-H and Youth Development*

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

STATE: OH

ROOM: 302C

Learn how to utilize and implement online grab and go lesson plans developed for children, youth, and families that focus on social-emotional, mental wellness and mindfulness.

Delivering Opioid-related Evidence-based Programs in Rural Maryland: Two Year Report on a Technical Assistance Grant

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

Presenter(s): *JinHee Kim, Jee Hun Yoo, Ali Hurtado, Alexander Chan, Jamie Besaw, Emma Kniola*

STATE: MD

ROOM: 303

The study describes the project that aims to strengthen the capacity of rural communities to address opioid issues during the pandemic.

Evaluation of a Social Marketing Campaign Promoting Nutrition and Physical Activity to SNAP-Ed Eligible Adults

Track: Food and Nutrition

Presenter(s): Katie Funderburk, Sondra Parmer

STATE: AL

ROOM: 304

SNAP-Ed developed an original social marketing campaign using evidence-based methods for promoting nutrition and physical activity to parents. Evaluation data showed associations between campaign exposure and health-promoting behaviors.

Responding to Emerging Needs by Offering Online Webinar Series in Food Preservation Topics

Track: Food Safety/Food Security

Presenter(s): Andrea Schmutz, Cindy Jenkins, Emma Parkhurst, April Litchford, Kathleen Riggs, Melanie Jewkes, Callie Ward, Chris Jessen

STATE: UT

ROOM: 305B

Rising demand for reliable food preservation information coupled with constraints of in-person gathering prompted innovative development of virtual food preservation class series complete with food demonstrations and question/answer sessions.

IGNITE SESSIONS

ROOM: 305A

Ignite sessions will have a corresponding Showcase of Excellence Poster Presentation in the exhibit hall. See page 54 for the full listing of Showcase of Excellence.

11:00 AM – 11:15 AM

Using Social Media Messaging to Decrease Vaccine Hesitancy

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

Presenter(s): Catherine Sorenson, Lisa McCoy, Crystal Terhune, Jinhee Kim, Anne Mamish, Kiarra Burton

STATE: MD

Vaccinations are important tools for maintaining public health. To address rising vaccine hesitancy and resistance, TEAM received a CDC grant and utilized social media to promote vaccination uptake.

11:20 AM – 11:35 AM

Reaching out to Parents/Caregivers Digitally

Track: Child Care/Child Development/Parenting

Presenter(s): YaeBin Kim

STATE: NV

Reaching out to families through several different digital media and devices can help parents acquire and apply the parenting and problem-solving skills necessary to build a healthy family.

12:00 PM – 5:00 PM

Exhibit Hall Open/Silent Auction Open/Showcase of Excellence Displays

Showcase of Excellence Posters Manned 1:00 PM – 2:00 PM

Silent Auction bidding closes at 5 PM

ROOM: BALLROOM BC, BALLROOM LEVEL
(See page 54 for more information on Showcase of Excellence Poster Displays)



12:00 PM – 1:00 PM

Lunch in Exhibit Hall

EXHIBIT FORUMS

1:00 PM – 4:30 PM

ROOM: 305A



1:00 PM – 1:30 PM

Healthy Living for Your Brain & Body

Company: Alzheimer's Association

Presenter(s): Stephanie Rohlf's-Young

Learn the latest risk reduction strategies for healthy brains and bodies to incorporate into your Extension offerings.



1:45 PM – 2:15 PM

Building Nutrition Literacy through Hand-on Experiences

Company: American Heart Association

Presenter(s): Heather Gavras

Healthy for Life is a community engagement program aimed at increasing skills and confidence to prepare healthy meals. The resources follow the 4 A's format: Anchor, Add, Apply and Away.

2:30 PM – 3:00 PM

Smart Strategies for Financially Savvy Youth

Company: Consumer Financial Protection Bureau (CFPB)

Presenter(s): Leslie Jones

In this session, review financial literacy resources for ages 3 – 103 that you can incorporate into training and share with your colleagues.

3:15 PM – 3:45 PM

Earn Your Master's Degree in Public Health Nutrition - 100% Online

Company: Department of Nutrition and Health and Health Care Management, Appalachian State University

Presenter(s): Dr. Kyle L. Thompson, DCN, RDN, LDN

Dr. Kyle L. Thompson, DCN, RDN, will provide information and answer questions about Appalachian State University's 100% online Master's degree in Nutrition with concentration in Public Health

4:00 PM – 4:30 PM

Cooking is Hot, Hot, Hot!

Company: Edible Education

Presenter(s): Ann Butler

In this speedy chef demo, learn to create culinary excitement through hands-on cooking. Experience our patented Kitchen a la Cart - an interactive, mobile culinary cart.

2:00 PM – 4:00 PM

Annual Business Meeting

ROOM: 302, MAIN LEVEL

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



6:30 PM – 8:30 PM

Leadership Event

(Invitation only)

NORTH CAROLINA MUSEUM OF NATURAL SCIENCES

Walking: meet in the Convention Center lobby at 6:15 PM

Bus: meet outside the Convention Center entrance adjacent to the Registration Desk at 6:00 PM



THANK YOU

TO OUR 2021-2022 OUTGOING BOARD MEMBERS

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THURSDAY, SEPTEMBER 15, 2022

THURSDAY SCHEDULE AT A GLANCE

6:30 AM – 7:30 AM	Wellness Activity
7:00 AM – 2:00 PM	Registration Open/Service Project Drop Off
7:30 AM – 8:30 AM	2024 Annual Session Planning Committee Meeting
8:00 AM – 10:00 AM	Exhibit Hall Open/Showcase of Excellence Displays (<i>Continental breakfast provided</i>)
8:00 AM – 10:00 AM	Exhibit Forums
8:00 AM – 11:00 AM	Hospitality Desk Open
9:00 AM – 3:00 PM	FCS Program Leaders Meeting Day 2 (<i>Special registration required. Includes breakfast & lunch</i>)
9:00 AM – 10:00 AM	2023 Annual Session Planning Committee Meeting
10:15 AM – 12:00 PM	Concurrent Sessions
11:00 AM – 2:00 PM	Silent Auction Winners Announced/Pick-Up
12:00 PM – 2:00 PM	Past National President Luncheon & Meeting (<i>Off-site</i>)
12:15 PM – 1:45 PM	NEAFCS National Post-Board Meeting
2:15 PM – 4:15 PM	Committee Meetings
5:00 PM – 6:00 PM	President's Reception
6:00 PM – 8:00 PM	Closing Awards Banquet

THURSDAY



6:30 AM – 7:30 AM

**Wellness Activity:
Make Every Move Count**

*Led by Julie Bradshaw, YMCA of the Triangle
Sponsored by: Alzheimer's Assoc.*

ROOM: NORTH HALLWAY, MAIN LEVEL

Come join your colleagues and new friends on an energetic morning walk to get your body moving! Physical activity is a vital component of keeping your brain and body

healthy. A refreshing walk can make a great start to the day and contribute to the 150 minutes of physical activity per week recommended by the U.S. Department of Health and Human Services.

7:00 AM – 2:00 PM

Registration/Service Project Drop Off

MAIN LOBBY, MAIN LEVEL

7:30 AM – 8:30 AM

2024 Annual Session Planning Committee Meeting

ROOM: 301A, MAIN LEVEL

8:00 AM – 10:00 AM

Exhibit Hall Open/Showcase of Excellence Displays

ROOM: BALLROOM BC, BALLROOM LEVEL

(See page 54 for more information on Showcase of Excellence Displays)



8:00 AM – 9:00 AM

Continental Breakfast in Exhibit Hall

EXHIBIT FORUMS

8:00 AM – 10:00 AM

ROOM: 305A

8:00 AM – 8:30 AM

No, the IRS isn't Calling: How to Spot and Avoid Imposter Scams

Company: Federal Trade Commission

Presenter(s): Kira Krown

Scammers are everywhere — and they're calling, emailing, and texting you trying to get money or personal information. Learn about how to spot, avoid, and report scams and frauds.



8:45 AM – 9:15 AM

2022 Fresh Preserving Overview

Company: Rubbermaid Incorporated (Ball Home Canning)

Presenter(s): Stephen Galucki

The Ball home canning team will be sharing insights and updates related to the world of home canning recipes and products.

9:30 AM – 10:00 AM

Say Yes to FCS Doctoral Degree: Earn your Ph.D. in Family and Consumer Sciences Education at a Distance or On Campus!

Company: Texas Tech University Family and Consumer Sciences Education

Presenter(s): Dr. Karen Alexander and Dr. Amanda Holland

Become a leader in FCS Education and Research with this degree serving as the foundation for career paths in cooperative extension, university teaching, educational research, public policy, and academic publishing.

8:00 AM – 11:00 AM

Hospitality Table Open

MAIN LOBBY, MAIN LEVEL



9:00 AM – 3:00 PM

FCS Program Leaders Meeting Day 2

ROOM: 402, BALLROOM LEVEL

This meeting requires a special registration. Breakfast and lunch are included. Breakfast will be offered in the Exhibit Hall at 8:00 AM.



9:00 AM – 10:00 AM

2023 Annual Session Planning Committee Meeting

ROOM: 301A, MAIN LEVEL

CONCURRENT SESSIONS

10:15 AM – 11:00 AM



Food Safety Award: Home Food Preservation in a Virtual World

Track: *Food Safety/Food Security*

Presenter(s): *Courtney Tevepaugh, Amanda Butalla, Jeannie Leonard, Carmen Long, Sonya Patterson, AMD, and Ashley Szilvay*

STATE: NC

ROOM: 301B

While the world experienced food shortages and shutdowns, Extension agents found a new way to reach our audiences. Learn how our team worked across 7 counties and never left home.

Clothing and Textile Training Empowers and Educates FCS Teachers, Adult Leaders and 4-H Volunteers

Track: *Sustainable Living: Textiles, Clothing, Housing, Environment, Disaster Relief & Preparedness and related topics*

Presenter(s): *Tricia Mathis, Andrea Schmutz*

STATE: UT

ROOM: 302A

The Utah State University Clothing and Textile Training teaches 4-H leaders, volunteers and FCS teachers various sewing and textile skills, so they can teach youth practical and up-to-date information.

Supporting Fathers and Families: Sharing Findings from Statewide Needs Assessment

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Patricia Carroll, Margaret Kerr,*

Amanda Coorough, Jenna Klink, Adam Trunzo

STATE: WI

ROOM: 302B

Despite the importance of fathers to children's development, they are still largely absent in parenting programs. Learn about a statewide needs assessment which aims to help bridge the gap.

Opportunities, Lessons Learned, and Challenges among Extension Professionals Engaged in Adult Immunization Education During the Pandemic – Insights from the EXCITE Initiative

Track: *Trending Topics*

Presenter(s): *Michelle Rodgers, Lindsey Haynes-Maslow, Laura Downey*

STATE: OR

ROOM: 302C

A survey of Extension professionals provides preliminary insight into opportunities, lessons learned, and challenges experienced when developing and delivering adult immunization education. Findings identify areas for support and professional development.

Good Choice Healthy Retail Initiative; Grab and Go Meal Kits Promote Healthy Choices in Rural Grocery Store

Track: *Food and Nutrition*

Presenter(s): *Erin Reznicek, Sondra Parmer, Katie Funderburk, Sofia Sanchez, Michelle Puckett, Ruth Brock*

STATE: AL

ROOM: 305A

The development of a healthy retail initiative with researched-tested strategies helped a local SNAP-Ed educator use ingenuity to increase the appeal and affordability of healthy foods, during a global pandemic.

Observe, Engage, Share: Increasing Mental Health Awareness in Farm Communities

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

Presenter(s): *Alexander Chan, Jesse Ketterman, Emily Zobel*

STATE: MD

ROOM: 305B

This session provides an overview of the training philosophy and initial results of a statewide program addressing mental health and stress in the agricultural community.

Parenting in a Pandemic: An Examination of Extension Professionals' Experiences

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Janet Fox, Mackenzie Johnson, Lisa Washburn, Kendra Lewis, Barbara Dunn-Swanson*

STATE: TN

ROOM: 306B

"How has your parenting been impacted by the pandemic?" We asked, 631 national Extension professionals responded. Come examine, explore, and reflect on Extension professionals' experiences while parenting in a pandemic.

Podcasting: Engaging Consumers and Professionals Through a New Platform to Share Research-Based Information

Track: *Technology and Social Media*

Presenter(s): *Carrie Vanderver, Leslie Thomas*

STATE: GA

ROOM: 306C

Our podcast covers reliable, relatable, and research-based topics on real life issues. It was

developed to provide a new, accessible outlet to reach a larger audience of consumers and professionals.

11:00 AM – 2:00 PM

Silent Auction Winners Announced/ Pick-Up

Registration Desk, Main Level

CONCURRENT SESSIONS

11:15 AM – 12:00 PM



Program Excellence Through Research Award: Effects of a School-Based Intervention on Parents' Beverage Consumption

Track: *Food and Nutrition*

Presenter(s): *Katie Funderburk, Sondra Parmer, Sofia Sanchez, and Erin Reznicek*

STATE: AL

ROOM: 301A

Sugar-sweetened beverage reduction was promoted to parent participants of a school-based obesity Healthy beverages were promoted to parents through a school-based nutrition intervention using text messages, handouts, social media, and mass media. Positive outcomes included increased water and decreased sugar-sweetened beverage consumption.

Creating a Virtual Cooking School and Embracing Technology to Make It a Success

Track: *Technology and Social Media*

Presenter(s): *Melanie Taylor, Kendra Hughson, Marie Arick, Jill Breslawski, Julie McMillian*

STATE: FL

ROOM: 301B

FCS faculty collaborated on a virtual culinary series, A Healthy Table. Faculty planned, implemented a Google site, and co-taught the lessons. The pilot program offered virtual education during the pandemic.

Know Before You Go: Paying for College and Trade School

Track: *Financial Management*

Presenter(s): *Dorothy Nuckols*

STATE: MD

ROOM: 302B

Education is expensive, and neither high school students nor their families are being equipped with information to plan wisely for the future. See a successful program with financial decision-making solutions.

Disseminating Science based Information with a Risk-Based Approach

Track: *Food Safety/Food Security*

Presenter(s): *Mary Yavelak, Ellen Shumaker, Candice Christian*

STATE: NC

ROOM: 302C

NC State University will guide participants on why risk communication is an important food safety education component when developing and disseminating consumer resources and how to apply this skill in their state.

Get Out: How Nature Improves Your Health

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

Presenter(s): *Laura Stanton, Shari Gallup*

STATE: OH

ROOM: 305A

Scientific studies show that spending time in nature has mental, physical, and spiritual health benefits. Learn about the benefits of getting outside and the connection between nature and human health.

Success with 4-H On-line Special Interest Cook Clubs

Track: *4-H and Youth Development*

Presenter(s): *Margaret Miltenberger, Kelly Hicks, Alexandra Coffman*

STATE: WV

ROOM: 305B

On-line 4-H cooking SPIN clubs demonstrate impact through a positive youth development experience, while engaging youths in practicing cooking skills in their own home. Learn how to replicate the model.

Because of HeART - Healthy Aging in Rural Towns

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

Presenter(s): *Ruth Schriefer*

STATE: WI

ROOM: 306A

Many rural communities are aging and nearly everyone wants to stay in their home as they age. Healthy Aging in Rural Towns (HeART) is one approach to support aging-in-place.

Implementing Developmental Life Skills (DLS): A Framework for Parental Support Through Community Partnerships

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Heather Reister, Genesis Horstman*

STATE: OH

ROOM: 306B

DLS provides in-home life-skills education to families whose children are removed because of child abuse/neglect. This session examines the framework, benefits, and challenges of establishing DLS programming in your community.

Comparative Differences in Effectiveness of Online Parenting Newsletters during COVID-19

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *YaeBin Kim, Silvia Vilches, Anne Clarkson*

STATE: NV

ROOM: 306C

This study compared differences in the effectiveness of online parenting newsletters during the first three months of 2020 before COVID-19 and the first three months of 2021 after COVID-19.



12:00 PM – 2:00 PM Past National President Luncheon

(Invitation only)

Meet in hotel lobby at 11:15 AM



12:15 PM – 1:45 PM National Post-Board Meeting *ROOM: 304, MAIN LEVEL*

2:15 PM – 4:15 PM Committee Meetings, Plans of Work

These meetings are open to all interested members.

Member Resource –

ROOM: 305, MAIN LEVEL

Public Affairs –

ROOM: 306 MAIN LEVEL

Awards –

ROOM: 301, MAIN LEVEL

Professional Development –

ROOM: 302, MAIN LEVEL

Ambassadors –

ROOM: 303, MAIN LEVEL

5:00 PM – 6:00 PM President's Reception **ROOM: BALLROOM LOBBY, BALLROOM LEVEL**

(Business dress to semi-formal)

NEAFCS invites you to join us for a reception honoring President Susan Routh.

6:00 PM – 8:00 PM Closing General Session & Awards Banquet

**ROOM: BALLROOM AB,
BALLROOM LEVEL**

See following page for more information.

CLOSING AWARDS BANQUET AGENDA

Thursday, September 15

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

RECEPTION HONORING PRESIDENT SUSAN ROUTH

5:00 PM – 6:00 PM

Raleigh Convention Center ~ Ballroom Level Lobby | Business Dress to Semi-Formal

CLOSING AWARDS BANQUET

6:00 PM – 8:00 PM | Raleigh Convention Center ~ Ballroom AB, Ballroom Level

Opening Remarks

Susan Routh, NEAFCS President

Invocation

Tara Brown, OK

State of NEAFCS Presentation

Susan Routh

NEAFCS Hall of Fame Presentation

Susan Routh

Awards Program

Samantha Kennedy, Vice President Awards & Recognition

NEAFCS Awards Presentation

Donna Jung, Awards Ceremony Committee Chair

2023 Annual Session Call to Action

Maria Pippidis, DE and Lisa Fishman, ME

Recognition /Appreciation of 2021-2022 Outgoing Board Members

Alyssa Anderson – Affiliate Tri-Liaison

Hayley Cowell – Affiliate Tri-Liaison

Sydney Knowles – Affiliate Tri-Liaison

Lisa McCoy – Eastern Region Director

Rick Griffiths – Western Region Director

Michelle Wright – Vice President Member Resources

Pat Brinkman – Vice President Professional Development

Kate Shumaker – Secretary

Julie Garden-Robinson – President-Elect

Dianne Gertson – Immediate Past President

Susan Routh – President

THURSDAY

NEAFCS ENDOWMENT

Be NEAFCS Strong *Endowment Fund Campaign Kickoff*



NEAFCS turns 90 in 2024. Help keep it strong, vibrant and positioned to provide ongoing benefits that will enable members to continue doing their critically important work in their communities and states. Our two-year **Be NEAFCS Strong** Endowment Campaign will culminate at our 90th Annual Session in Tucson, Arizona, in September 2024.

Our Endowment Fund has a principal balance in excess of \$300,000 that is to be kept permanently in the fund. The income earned on this fund can be used to advance the mission of the association, such as awards, scholarships, and other projects and services recommended by the majority of the Endowment Committee and approved by the majority of the Board.

There are several ways you can contribute to our \$90,000 goal. You can make a one-time contribution, you can make two annual contributions (President Susan Routh has already designated the Endowment Fund as this year's President's Charity) at this year's Annual Session and next year's, or you can make monthly or quarterly contributions over the course of the next two years.

When it comes to constructing something long-lasting – such as a building – you need to utilize materials that are durable and resistant – like hardwoods, bricks and stone, the materials pioneers used in settling our land. The same can be said about an endowment fund. In order to keep it durable,

you need to keep infusing it with additional sources of funding.

In keeping with our building analogy and with a nod to our country's construction heritage, we've identified the following giving categories:

Wood — up to \$99

Brick — \$100 - \$499

Stone — \$500 - \$999

Marble — \$1,000 - \$4,999

Granite — Over \$5,000

Donors will be recognized in print publications, on the website and by a confirmation thank you letter. If contributions are made during Annual Sessions, donors will receive a small incentive or thank you token.

This campaign is all about keeping NEAFCS Endowment Fund financially positioned so it can keep fueling the profession -- its mission, its goals and, ultimately, its members. Help NEAFCS achieve its maximum strength so it can respond to the ongoing needs of you! Help us strengthen our Endowment's foundation and keep NEAFCS viable, resilient and STRONG for decades to come!

Learn more at www.neafcs.org

SHOWCASE OF EXCELLENCE

Showcase of Excellence Poster Presentations will be displayed in the Exhibit Hall on Wednesday and Thursday. Posters will be manned on Wednesday from 1:00 PM - 2:00 PM.

Achieving Healthier Lifestyles Through Virtual Education

Track: *Food and Nutrition*

Presenter(s): *Shari Bresin*

STATE: FL

An Extension program addressing eating habits that can lead to losing weight safely and steadily was implemented, with the objective of at least 20 percent of participants improving lifestyle choices.

Addressing Teen Mental Health of Latinx Families by Strengthening Family-Skills and Engaging in Sports

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

Presenter(s): *Ghaffar Hurtado Choque, Matthew Rodriguez, Alexander Chan, Ali Hurtado*

STATE: MD

The overarching goal is to improve the mental health amongst youth of Latinx families by strengthening healthy parenting practices for parents/caregivers, positive youth development and engaging youth in organized sports.



Early Childhood Child Care Training Award: Beyond PowerPoint: Using 360 Articulate Interactive Software to Design Extension Programs

Track: *Trending Topics*

Presenter(s): *Beverly Jackey, Dhruvi Patel, Hee-Jung Song*

STATE: MD

Asynchronous programs provide educators flexibility and opportunities to expand their audiences. Educators used Articulate 360, an interactive software app to build a state Child Feeding training course for childcare providers.

Curbside Meal Kit Deliveries for Food-Insecure Families

Track: *Food Safety/Food Security*

Presenter(s): *Sherri Cirignano*

STATE: NJ

Through a collaborative effort between a Cooperative Extension department and a childcare agency, 224 curbside meal kits with an educational component were delivered to 57 food-insecure families during the pandemic.

Developing and Piloting an Adventure-oriented Confidence-Building Curriculum for Youth

Track: *4-H and Youth Development*

Presenter(s): *Cindy Jenkins, Andrea Schmutz, Christina Pay, Melanie Dabb, Eva Timothy, Catherine Hansen, Lisa Schainker*

STATE: UT

This poster will describe the development and pilot test of an innovative camp designed to build confidence in youth by supplementing engaging lessons with adventure-based activities.

SHOWCASE OF EXCELLENCE, CONTINUED



Environmental Education Award: Sustainability Tools and Resources

Track: *Sustainable Living: Textiles, Clothing, Housing, Environment, Disaster Relief & Preparedness and related topics*

Presenter(s): *Dan Remley, Alisha Barton, Candace Heer, Laura Stanton, Marie Economos*

STATE: OH

The Extension Sustainability Team in Ohio has developed tipsheets, short video segments, a 4H idea starter, a virtual sustainable home tour, and a sustainable meetings guide in order to help individuals and groups save energy and reduce waste.



Excellence in Multi State Collaborative Effort to Grow Leaders

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Gina Lucas, Halie Corbitt, Lisa Peterson, Rick Griffiths, Roxie Price, and Joy West*

STATE: MO

Extension professionals from 24 states collaborated to grow the skills, confidence, and knowledge of NEAFCS professionals through the creation of the 2021 NEAFCS Leadership Experience to empower future NEAFCS leaders.



Excellence in Teamwork Award: Texas Coming Together for Racial Understanding

Track: *Trending Topics*

Presenter(s): *Courtney Parrott, Amy Ressler, Dawn Burton, and Andrea Valdez*

STATE: TX

Texas Coming Together for Racial Understanding workgroup is a collective of Extension professionals connected by their passion to help Texas Extension, and communities, become more diverse, equitable, and inclusive.



Extension Educator of the Year Award: Getting to the goal in your program with your community through Collective Impact

Track: *Teaching/ Program Development/ Leadership/Community and Economic Development*

Presenter(s): *Evelyn Whitmer, Michele Walsh, Liza Quioñones, Rosie Stewart, Christy Stuth, Dan McDonald, Debbie Curley, Ashley Dixon*

STATE: AZ

Nationwide, Extension is working to make programs have a long lasting impact. Learn how to make your efforts sustainable with your community through Collective Impact. Come see our program accomplishments.



Extension Housing Outreach Award: Housing Education in Florida, A Team Approach

Track: *Financial Management*

Presenter(s): *Laurie Osgood, L. Hamilton, N. Parks, J. Gomez-Gonzalez, J. Rodrigues, K. Allen, K. Marin, H. Corbitt, L. Duncan*

STATE: FL

In Florida, families struggle to meet the basic costs of living and maintain stable housing. Housing education can help families make informed choices and implement financial practices that promote stability.

SHOWCASE OF EXCELLENCE, CONTINUED



Family Health & Wellness Award: On the Move

Cooking and Baking Schools Teach Nutrition and Culinary Skills

Track: *Food Safety/Food Security*

Presenter(s): *Julie Garden-Robinson, Donna Anderson, Erin Berentson, Ellen Bjelland, Kari Helgoe, Marcia Hellandsaas, Courtney Hoikkala, Cindy Klapperich, Sara Laite, Deb Lee, Kendra Metcalfe, Susan Milender, Rita Ussatis, Shaundra Ziemann-Bolinske, Christina Rittenbach*

STATE: ND

Description: Youth participants in virtual and face-to-face On the Move to Better Health Cooking and Baking Schools have improved knowledge and skills in nutrition, food safety and life skills.



Greenwood Frysinger Award: Improving Health and Reducing Food Waste During a Time of Stress

Track: *Food and Nutrition*

Presenter(s): *Andrea Nikolai*

STATE: FL

Reaching families during COVID-19 with a four-part series on fun, healthy eats resulted in changes that can contribute to cost savings and improved health, both of which were of up-most importance during the physically and financially stressful time.

How to Effectively Communicate with Agricultural Workers in Rural Areas to Overcome Barriers to COVID-19 Vaccination.

Track: *Trending Topics*

Presenter(s): *Lisa McCoy, Catherine Sorenson, Crystal Terhune, Sara Bercaw Goldring, Jinhee Kim, Gina Crist, Juliana Munoz*

Bohorquez, Anne Mamish, Amara Channell Doig

STATE: MD

Rural populations may face cultural and linguistic barriers in accessing health and vaccination information. Participants will learn about effective messaging and communication channels to reach hard-to-reach and vulnerable populations.



Human Development/ Family Relationships Award: Healthy Georgia Wellness Curriculum

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

Presenter(s): *Susan Moore, Rachel Stewart, Georgeanne Cook, Laura Smith, Becky Collins, Teri Black, Jackie Ogden, and Leslie Weaver*

STATE: GA

The Healthy Georgia Wellness Curriculum includes 14 lessons that address six health and wellness domains - physical, mental, emotional, financial, and social - to teach participants to lead happier, healthier lives.

Increase Fruit and Vegetable Consumption by Engaging Youth at Summer Farmers' Markets

Track: *Food and Nutrition*

Presenter(s): *Katie Ahern, Mandy Hatfield, Cheryl Kirk*

STATE: OR

Oregon State University Extension Educators responded to community driven needs by providing nutrition education for youth at local farmers' markets. The aim of these interventions are to increase fruit and vegetable consumption.

SHOWCASE OF EXCELLENCE, CONTINUED

Increasing Children and Youth Interest in Cooking through Virtual Classes

Track: *4-H and Youth Development*

Presenter(s): *April Litchford*

STATE: UT

Rise in demand for virtual youth programming inspired creation of youth cooking classes that provided instruction of basic cooking skills, some recipe ingredients, and virtual step-by-step instructions for completing recipes.



Marketing Package Award: AU EFNEP Today's Mom Drive-Thru Baby Shower Toolkit

Track: *Child Care/Child Development/Parenting*

Presenter(s): *Theresa Mince, Sondra Parmer*

STATE: AL

The Today's Mom Drive-Thru Baby Shower marketing package was created to increase awareness of, and participation in, an AU EFNEP prenatal nutrition education program to provide resources to low-income parents-to-be.

NEAFCS Leadership Experience: Growth and Development through Interactive Programming

Track: *Committee*

Presenter(s): *Kyleigh Brown, Lisa Leterson, Gina Lucas, Casey Ford, Joy West, Roxie Price, Angelika Keene, Elizabeth Martin, Lori Korthals*

Responding to the need for members to step into NEAFCS leadership, this program continues to empower future leaders of the association by providing professional development, building confidence, and growing relationships.

[PODCAST NAME]: An Innovative Platform for Delivering Family and Consumer Science Topics

Track: *Technology and Social Media*

Presenter(s): *Paige Wray, Callie Ward*

STATE: UT

In a world of Social Media and Google, research-based information is not often shared. This project delivers research-based information and awareness of Extension topics through podcast episodes and Instagram posts.

Reaching out to Parents/Caregivers Digitally

Track: *Child Care/Child Development/Parenting*

Presenter(s): *YaeBin Kim*

STATE: NV

Reaching out to families through several different digital media and devices can help parents acquire and apply the parenting and problem-solving skills necessary to build a healthy family.

Rural Perspectives on Aging in Place and Resource Awareness

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

Presenter(s): *Sue Schneider*

STATE: CO

Following a survey about aging-in-place in rural communities, our academic-community partnership is using the results to increase community-based resource access which can support individuals' goals of safely remaining at home.

SHOWCASE OF EXCELLENCE, CONTINUED



SNAPed/EFNEP Educational Program Award: Create Better Health (SNAP-Ed) Online Course for Adults

Track: *Food and Nutrition*

Presenter(s): *Melanie Jewkes, Heidi LeBlanc, Casey Coombs, Kristi Strongo and LaCee Jimenez*

STATE: UT

The majority of participants completing Utah State University Extension's SNAP-Ed online course made changes in select key behaviors that reduce risk of chronic disease, showing the online course is at least as effective as in-person classes.

Specifying Human Development Concepts and Competencies Central to FCS Extension Professional Development

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

Presenter(s): *Alisha Hardman, Katherine Brune, Marina Denny, Claire Roscoe*

STATE: MS

Focus groups were conducted with human development experts to tailor an existing FCS competency assessment framework to the unique needs of STATE. The formative evaluation process and results are presented.

Storybooks & STEM - Oceans of Possibilities

Track: *Child Care/Child Development/ Parenting*

Presenter(s): *Sarah Roberts, Jackie Steffen*

STATE: NE

Discover the excitement of connecting literacy and STEM to children, families, and early childhood professionals through the Earth's amazing oceans.

Supporting FAFSA Decision-Making & Completion

Track: *Financial Management*

Presenter(s): *Portia Johnson, Emily Hines, Kacee Ross*

STATE: AL

This program provides a useful guide for parents and students to make informed decisions about opting-out or completing the Free Application for Federal Student Aid (FAFSA®).

Using Social Media Messaging to Decrease Vaccine Hesitancy

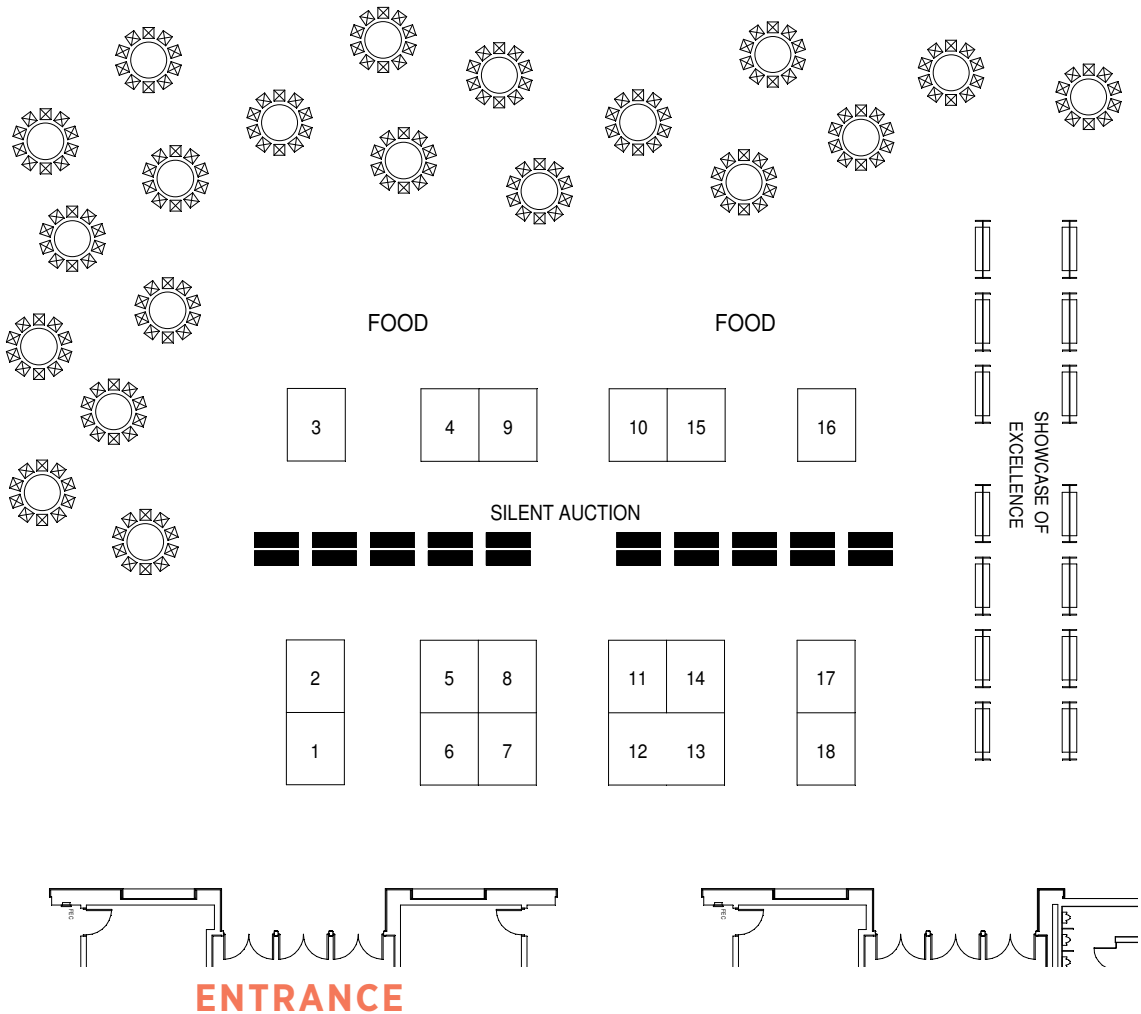
Track: *Health: Emotional, Mental, Physical and Substance Use*

Presenter(s): *Catherine Sorenson, Lisa McCoy, Jinhee Kim, Anne Mamish, Kiarra Burton*

STATE: MD

Vaccinations are important tools for maintaining public health. To address rising vaccine hesitancy and resistance, TEAM received a CDC grant and utilized social media to promote vaccination uptake.

EXHIBIT HALL FLOOR PLAN



COMPANY	BOOTH #
2023 Annual Session - Providence, RI	17
American Association of Family & Consumer Sciences (AAFCS)	14
Active Parenting Publishers, Inc.	15
Alzheimer's Association	6
American Heart Association	1
CATCH	3
Consumer Financial Protection Bureau	16
Dept of Nutrition & Health Care Management, Appalachian State University	11

COMPANY	BOOTH #
Edible Education	8
Federal Trade Commission	10
Fresh Baby	5
NEAFCS Marketing, Endowment & Candidate Booth	12 & 13
OneOp (Originally MFLN)	18
Real Colors	9
Rubbermaid Incorporated (Ball Home Canning)	2
Texas Tech University Family and Consumer Sciences Education	7
The Sugar Association	4

2022 ANNUAL SESSION EXHIBITORS AND SPONSORS

2023 Annual Session - Providence, RI Booth 17

325 John Knox Rd. L103
Tallahassee, FL 32303
Website: www.neafcs.org
Contact: Maria Pippidis, Shauna Henley, Gina Crist

Nothing is more relaxing than seasing and hearing the ocean. Stop by our Providence (booth), to drop off your free raffle tickets to win a lobster (aka lobsta) or crab dinner roll mailed fresh to you from ME (Maine)! Help support the hosting affiliates by purchasing additional raffle tickets for additional options to experience delicacies from our 7 Eastern regional affiliates! Come network and craft as we prepare to Explore Oceans of Opportunities in 2023!

American Association of Family & Consumer Sciences (AAFCS) Booth 14

107 S. West Street, #816, Alexandria, VA 22314
Phone: (703) 706-4600
Email: nbock@aafcs.org
Website: www.aafcs.org
Contact: Nancy Bock

Invest in yourself and the profession with the American Association of Family and Consumer Sciences. ACCESS quality professional development, BUILD state and national connections, CONNECT to future employers, MAXIMIZE leadership capabilities, NETWORK through online forums, READ professional journals, STAND UP for diversity, equity, and inclusion, VALIDATE competence! Explore AAFCS today at www.aafcs.org.

Active Parenting Publishers Booth 15

1220 Kennestone Circle – Suite 110, Marietta, GA 30066
Phone: (770) 429-1710
Email: ehopkins@appatlanta.com
Website: www.activeparenting.com
Contact: Eryn Hopkins

Active Parenting Publishers, Inc. has been providing award-winning, video-based parenting education for almost 40 years. Founded by Dr. Michael H. Popkin, Our evidence-based programs offer new ways to help families survive and thrive in our changing world. Topics include parenting of all ages and stages, co-parenting, school success, character education, raising children in a changing world, the role of parents, and more.



Alzheimer's Association Booth 6

225 S. Michigan Ave, Chicago, IL 60601
Phone: (800) 272-3900
Email: srohlf@alz.org
Website: www.alz.org
Contact: Stephanie Rohlfs-Young

The Alzheimer's Association offers a variety of free resources for caregivers and those impacted by any type of dementia. Chapters nationwide are eager to partner with Extension programs to offer education about Alzheimer's, dementia and its effects on families. Stop by our booth to learn more about bringing Alzheimer's programs to your community.

EXHIBITORS AND SPONSORS, CONTINUED



American Heart Association

Champion Sponsor

Booth 1

7272 Greenville Avenue, Dallas, TX 75231

Phone: (630) 561-5545

Email: healthyforlife@heart.org

Website: www.heart.org/healthyforlife

Contact: Heather Gavras

Since 2015, Aramark and the American Heart Association have collaborated on Healthy for Life®, an innovative health impact model. Together, we designed a community engagement program aimed at inspiring people to make healthy food choices. The Healthy for Life resources equip individuals with the skills and confidence to prepare healthy food through hands-on experiences.

CATCH

Booth 3

601 RT 46 West, Hasbrouck Heights, NJ 07604

Phone: (201) 693-3882

Email: kchinchester@flaghouse.com

Website: www.catchinfo.org

Contact: Cathy Chinchester

CATCH, a featured program in the SNAP Ed Obesity Prevention Toolkit for States, includes nutrition education and physical activity for Early Childhood, After School, and school based instruction for K-8. Curriculum, physical activity equipment, and professional development packages available. Digital resources also available for our CATCH Cooperative Extension partners.

Consumer Financial Protection Bureau (CFPB)

Booth 16

1700 G. Street NW, Washington, DC 20552

Phone: (202) 435-7687

Email: cfpb_K12FinancialEducation@cfpb.gov

Website: www.consumerfinance.gov

Contact: Leslie Jones

This booth will provide you with resources to use immediately if you are working to improve financial literacy skills of youth and adults.

Dept. of Nutrition & Health Care Management, Appalachian State University

Booth 11

Dept. of NHM, Beaver College of Health Sciences

1179 State Farm Rd, ASU Box 32168, Boone, NC 28608

Phone: (828) 262-8619

Email: vanesspl@appstate.edu

Contact: Lynn Van Ess

Appalachian State University: 100% Online Graduate Programs in Public Health Nutrition – Dr. Kyle Thompson, program Director, will be available to provide information and answer questions.

EXHIBITORS AND SPONSORS, CONTINUED

Edible Education Booth 8

13566 Waterford Place, Midlothian, VA 23112
Phone: (804) 218-7903
Email: ann@edibleedu.com
Website: www.kitchenalacart.com
Contact: Ann Butler

The Kitchen a la Cart is a mobile, teaching kitchen. Complete with hot and cold running water, induction burner, oven and all the small wares necessary for 10 students to prepare food.

Federal Trade Commission Booth 10

600 Pennsylvania Ave NW, Washington, DC 20580
Phone: (202) 326-2222
Email: kkrown@ftc.gov
Website: www.ftc.gov/scams

The FTC gets millions of reports each year about scams and uses the information to build investigations and issue consumer alerts. The FTC also offers free resources on how to spot and avoid scams and bad business practices, possible ways to recover money lost to scammers, and where to report.

Fresh Baby Booth 5

523 E. Mitchell St, Petoskey, MI 49770
Phone: (231) 348-2706
Email: accounts@freshbaby.com
Website: freshbaby.com
Contact: Katie Stewart

Celebrating 20 years in business, Fresh Baby was initiated with the mission to Improve the Way Americans Eat®! Passionate about creating innovative products for all ages, we work hard to emphasize the relationship between proper nutrition and good health. We also manage Bingocize®, an evidence-based falls prevention and health promotion program.

NEAFCS Marketing, Endowment and Candidate Booth Booth 12/13

325 John Knox Rd L103
Tallahassee, FL 32303
Website: www.neafcs.org

Stop by the NEAFCS booth to purchase merchandise, see 2022 National Officer Candidates, meet with the Endowment Committee and more.

OneOp (formerly Military Families Learning Network) Booth 18

115 Hutcheson Hall, 250 Drillfield Dr. Virginia Tech, Blacksburg, VA 24061
Phone: (540) 449-1919
Email: brigt2@vt.edu
Website: www.oneop.org
Contact: Brigitte Scott

Information regarding OneOp's free and open-access professional development programming for family service professionals.

EXHIBITORS AND SPONSORS, CONTINUED

Real Colors Booth 9

319 E. McDowell Rd Suite 200, Phoenix, AZ
85004

Phone: (602) 252-310

Email: info@realcolors.org

Website: www.realcolors.org

Contact: Allison Hetzel

Real growth occurs when people understand themselves and the people around them. Real Colors provides the tools to develop stronger relationships and better communication, not just at work but in every interaction, life has to offer.



Rubbermaid Incorporated (Ball Home Canning)

Champion Sponsor

Booth 2

6655 Peachtree Dunwoody Rd, Atlanta, GA
30328

Phone: (470) 654-2677

Email: ross.lyell@newellco.com

Contact: Ross Lyell

As a trusted mason jar brand for over 135 years, Ball home canning products inspire all to make, create, and share.

Texas Tech University Family and Consumer Sciences Education

Booth 7

1301 Akron Ave., College of Human Sciences
Lubbock Texas 79409

Website: www.depts.ttu.edu/hs/fcse/index.php

Phone: (602) 452-5501

Email: fcse@ttu.edu

Contact: Ashlee Murden

FCSE Doctorate Degree



The Sugar Association Advocate Sponsor

Booth 4

1300 L. St NW, Suite 1001, Washington, DC
20005

Phone: (202) 785-1122

Email: sugar@sugar.org

Website: www.sugar.org

Contact: Alison Swietek

The Sugar Association is the scientific voice of the U.S. sugar industry, offering resources about real sugar from sugar beets and sugar cane. Our goal is to enhance consumer understanding and confidence in the role that sugar plays in a nutritious, balanced, and enjoyable diet.

ENDOWMENT DONORS

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

DIAMOND - OVER \$10,000

Anna-Mae Kobbe, MD - in memory of Jane Taylor NEAFCS Past President 1985-1986 and Robert Dothage, in honor of Donna Donald

Donna K. Donald, IA - in memory of David E. Donald, in memory of Charlotte Young

Yvonne Steinbring, CA

OPAL - \$1,000 - \$4,999

Arkansas Affiliate - NEAFCS - in memory of Dr. Lynn Russell

Arizona Affiliate - NEAFCS - in honor of retirees, Cynthia Flynn, Lynne Durrant and Victoria Steinfelt

Arizona Affiliate - NEAFCS - in honor of Sharon Hoelscher Day

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

Barbara Eichner-Maidment, Western Australia

Carol C. Schlitt, IL

Christine Kniep, WI

Colorado Affiliate - NEAFCS

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

Frances Watts Torbeck, OR

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

Iowa Affiliate - NEAFCS - in honor of Sandra McLain

Jan Harwood, MI

Jean Clarkson-Frisbie, KS

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

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

Kentucky Affiliate - NEAFCS

Mabel I. Ito, HI

Margaret Warren, LA

Mary Ann Lienhart Cross, IN - in memory of Mike L. Cross, in honor of Donna Donald

Mary L. Heisler, WI

Missouri Affiliate - NEAFCS

Missouri Affiliate - NEAFCS - in honor of Past and Current National Officers from Missouri

Nancy Gruel Nehring, FL

New Jersey Affiliate - NEAFCS

North Carolina Affiliate - NEAFCS - in honor of Marilyn Gore

Ohio State University Extension - Ashtabula County

Ohio State University Extension - Ashtabula County - in honor of Cheryl Jones Syracuse

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Rita T. Wood, NJ - in memory of Carmela Darpino Travaglione

Sandra McLain, IA

Sharon Hoelscher Day, AZ

Texas Affiliate - NEAFCS - in honor of the 2021 President's Charity

AMETHYST - \$500 - \$999

Alabama Affiliate - NEAFCS

American Association of Family & Consumer Sciences - in honor of NEAFCS's 75th Anniversary

Amy Peterson, NE

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Indiana Affiliate - NEAFCS

Indiana Extension Educators Association - FCS

Judy Breland, MS

Judy Breland, MS - in memory of Debra Cottrill's father and aunt and Carol S. Miller's mother

Judy Hetterman, KY

Julie Holman, FL

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Lisa Guion, NC

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Martha M. Pile, TN

Minnesota Affiliate - NEAFCS

Pennsylvania Affiliate - NEAFCS - in memory of Shirley Bixby

Phyllis M. Northway, WI

Sharon Blase, NJ

University of Arizona Department of Nutritional Sciences - in honor of Sharon Hoelscher Day

Virginia T. Hall, WI

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Barbara Woods, IA
Beverly Jackey, MD
Beverly Kindler, KS
Bonnie Braun –MD - in honor of Dr. Anna-Mae Kobbe
Bonnie Jo Westendorf, NY
California Affiliate – NEAFCS – in honor of each CA member in 2022
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Cindy Davies, NM
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