

# 2022 NEAFCS Annual Session

## Raleigh, North Carolina

### AGENDA

*(Updated 5/6/2022. This document is a working document and subject to change. This document should be used as a reference tool only, or to use for travel/funding approval. Please note, the final schedule will be shared with all presenters in case of any changes by the National Office.)*

#### SUNDAY, SEPTEMBER 11, 2022

TIME TBD

National Pre-Board Meeting

4:00 PM - 6:00 PM

Registration/Silent Auction Drop Off

#### 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 (*continental breakfast provided at 7:30 AM to workshop attendees*) (*separate registration required*)

#### **Take Your Program Impacts to New Heights**

**Presenter: Dr. Claudette L. Smith**

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.

#### **Get Connected to Local Foods **offsite****

**Presenter: Annie Baggett**

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**

#### **Foundations of Flavor *offsite***

##### **Part 1: Savoring Spices**

**Presenters: 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**

**Presenters: Mark Weathington MS**

**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**

#### **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

#### **3:00 PM - 5:30 PM**

Opening General Session

#### **How To Thrive As An Extension Agent**

**Presenter: Jones Loflin**

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

**6:00 PM - 8:00 PM**

Welcome Event (*onsite*)

Raleigh Convention Center

**TUESDAY, SEPTEMBER 13, 2022**

**6:30 AM - 7:30 AM**

Wellness Activities

**7:00 AM - 4:00 PM**

Registration/Silent Auction Drop-off/Service Project Drop-off

**8:00 AM - 8:45 AM**

Concurrent Sessions

**Concurrent Session 1 – Award Presentation - TBA**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 - Money Ninja Warrior: Managing Money Using Smartphone apps.**

**Track:** Financial Management

**Presenter(s):** *Luke Erickson*

**State:** ID

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.

**Concurrent Session 3 – 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

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.

**Concurrent Session 4 – Award Presentation - TBA**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 5 – 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

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.

**Concurrent Session 6 – 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

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

**Concurrent Session 7 – Committee Session - TBA**

**Track:** COMMITTEE

**Presenter(s):**

**State:**

**Concurrent Session 8 – 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

“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.

**Concurrent Session 9 – 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

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

**9:00 AM - 9:45 AM**  
Concurrent Sessions

**Concurrent Session 1 – Award Presentation - TBA**

**Track:** AWARD -

**Presenter(s):**

**State:**

**Concurrent Session 2 – Smoking and Grilling Foods – NEAFCS Endowment Grant Recipient**

**Track:** Food and Nutrition

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

**State:** ID

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.

**Concurrent Session 3 – Lessons Learned for Engaging Latino Families in Community-based Programs**

**Track:** Trending Topics

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

**State:** MN

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.

**Concurrent Session 4 – A Tale of Two Replicated Programs: Education and Research**

**Track:** Food and Nutrition

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

**State:** MD

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.

**Concurrent Session 5 – 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

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.

**Concurrent Session 6 – Committee Session - TBA**

**Track:** COMMITTEE

**Presenter(s):**

**State:**

**Concurrent Session 7 – 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

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.

**Concurrent Session 8 - 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*

**State:** MS

**(Blinded)** 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.

**Ignite Sessions**

**9:00 AM – 9:10 AM**

**Ignite Session 1 – 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®).

**9:15 AM – 9:25 AM**

**Ignite Session 2 – Award Session - TBA**

**Track:** AWARD -

**Presenter(s):**

**State:**

**9:30 AM – 9:40 AM**

**Ignite Session 3 – Award Session - TBA**

**Track:** AWARD -

**Presenter(s):**

**State:**

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

Concurrent Sessions

**Concurrent Session 1 – Award Session - TBD**

**Track:** AWARD -

**Presenter(s):**

**State:**

**Concurrent Session 2 – 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

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.

**Concurrent Session 3 – 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

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.

**Concurrent Session 4 – Engaging Youth As Consumers At Farmer's Market**

**Track:** Food and Nutrition

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

**State:** OH

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.

**Concurrent Session 5 – Expanding Extension's Reach: U and I Together**

**Track:** Trending Topics

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

**State:** ID

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.

**Concurrent Session 6 – Discovering Money Solutions**

**Track:** Financial Management

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

**State:** GA

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.)

**Concurrent Session 7 – 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*

**State:** DE

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 & Awards Luncheon

**1:30 PM - 5:30 PM**

In-Depth Sessions, *(separate registration required)*

*Buses will depart the Raleigh Convention Center. See ticket for bus load time.*

**In-Depth Session 1 – Preventing Obesity by Design: Healthy Eating and Physical Activity Strategy for Childcare**

**Track:** Chronic Disease Prevention, Childcare/Child Development

Explore cost-effective, naturalized outdoor learning environments and strategies for built-environment interventions that improve children's health and development outcomes.

**In-Depth Session 2 – Locally Sweet: Understanding Local in a Global Food Market**

**Track:** Food Safety, Food & Nutrition, Trending Topics

Tour of sweet potato packing and processing facility with focus on local and global markets and food safety standards.

**In-Depth Session 3 – Agritourism's Role in Feeding Communities**

**Track:** Food & Nutrition, Community & Economic Development

Tour of nursery and its history from tobacco to landscape and U-pick operations offering local food and value-added products. Tour a food pantry that partners with a nursery to reduce food waste and feed the community.

**In-Depth Session 4 – Med Instead of Meds**

**Track:** Food & Nutrition, Health

Med Instead of Meds is a six-session culinary nutrition curriculum series designed for delivery by Family & Consumer Sciences Extension Agents. Session presenters will share the science behind the Mediterranean eating pattern and provide an overview of the Med Instead of Meds curriculum. Outcome data and statewide program impact will also be shared along with implementation strategies. This session will take place in the Dinah E. Gore Teaching and Research Kitchens at NC State and will include a recipe demo, taste test, and a short physical activity break.

**In-Depth Session 5 – Plant Science Research & Innovation**

**Track:** Food & Nutrition, Trending Topics

The NC State University Plant Sciences Building represents the latest thinking in design and construction to meet the complex needs of team-based plant science. This unique facility features evolving technology in an evolving space providing maximum potential for collaboration, interdisciplinary activities and innovation. Scientists and staff seamlessly integrate research and talent with the College of Engineering, the College of Textiles, and the Biomanufacturing Training and Education Center to serve as a global hub for plant science discovery and innovation and to deliver tangible impacts across the state and around the world to feed, clothe, heal and fuel a growing population. Tour state-of-the-art test plots, laboratories, think tanks, greenhouses, water features, plazas, porches, and terraces....come explore 185,000 square feet of genius!

### **In-Depth Session 6 – Shopping For New Ideas**

**Track:** Chronic Disease Prevention, Food & Nutrition, Professional Development

Tour the Poe Health Education Center and learn how this organization is reaching families to provide nutrition education. Put on your "participant" hat as you experience a pop-up grocery store tour and learn new strategies to improve nutrition education in your own community.

### **In-Depth Session 7 – Campus Connections: Farm, Food, & Family**

**Track:** Food & Nutrition, Health, Sustainable Living, Chronic Disease Prevention

This session includes visits to North Carolina State University's Agroecology Farm, SOL Garden, Feed the Pack Food Pantry, and University Dining. Journey with us from small scale farming and gardening initiatives to inclusive food pantry services and dining options. Along the way, we will discover the role each partner plays in creating an inclusive and sustainable food environment for students and the local community.

### **In-Depth Session 8 – Addressing Food Insecurity**

**Track:** Food & Nutrition

Explore the power of this organization's mission to feed neighbors, teach self-sufficiency, grow healthy foods, and cultivate innovative approaches to end hunger.

### **In-Depth Session 9 – Community Partnership Successes**

**Track:** Community & Economic Development

A Place at the Table is a non-profit cafe where everyone is welcome. They serve the community of Raleigh, NC by providing great meals at an affordable price for those who may not be able to pay the standard market price. Patrons pay what they can as well as volunteer their time at the cafe in exchange for a healthy meal. There are also patrons in the community that will provide meals through the Cafe's meal token program by purchasing a meal token to be donated to another community member. This in-depth session will allow participants to see how A Place at the Table is bringing communities together as well as address the complex issue around our food system with healthy meals that are filling and affordable for all people regardless of economic status.

### **In-Depth Session 10 – The Green Chair Project **Onsite****

**Track:** Sustainable Living, Health, Community & Economic Development

Have you ever wondered about the carbon footprint of home furnishings? Is your community facing greater homelessness and increasing numbers of families in crisis? Do you know how sleep affects overall health? What do all of these topics have in common? Meet "Green Chair"! The Green Chair Project reuses furnishings donated by the community to help neighbors facing the challenges of homelessness, crisis and disaster. But it doesn't end there. Hear the "green chair" story from the organization's founder and discover how lives change when families and individuals are nurtured and sustained in well-equipped homes. Learn how their core values of empowerment and choice, green living, nimbleness, dignity, stewardship, collaboration, and compassion create environments that promote positive health outcomes for families.

### **In-Depth Session 11 - Dining with Diabetes**

Coming Soon

**5:00 PM - 7:30 PM**

Exhibitor Set-up/Silent Auction Set-up/Showcase of Excellence Poster Set-up

**6:00 PM**

State's Night Out

**WEDNESDAY, SEPTEMBER 14, 2022**

**6:30 AM - 7:30 AM**

Wellness Activities

**7:00 AM – 10:00 AM**

Silent Auction Drop-off

**7:00 AM – 11:00 AM**

Exhibitor Set-up/Silent Auction Set-up/Showcase of Excellence Poster Set-up

**7:00 AM - 4:00 PM**

Registration Open/Service Project Drop-off

**8:00 AM - 4:00 PM**

FCS Program Leaders Meeting (*separate registration required - breakfast and lunch included*)

**8:00 AM - 8:45 AM**

Concurrent Sessions

**Concurrent Session 1 – Award Session TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 – Virtual Food Safety Series Meets Current Clientele Needs**

**Track:** Food Safety/Food Security

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

**State:** ID

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 "STATE".

**Concurrent Session 3 – Stay Grounded with Nature Journaling**

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

**Presenter(s):** Kris Boulton

**State:** AR

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.

**Concurrent Session 4 – Award Session TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 5 – 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*

**State:** VA

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.

**Concurrent Session 6 – Committee Session TBD**

**Track:** COMMITTEE

**Presenter(s):**

**State:**

**Concurrent Session 7 – 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

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.

**Concurrent Session 8 – 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

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**

**8:00 AM – 8:10 AM**

**Ignite Session 1 – 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..

**8:15 AM – 8:25 AM**

**Ignite Session 2 – Award Session - TBA**

**Track:** AWARD -

**Presenter(s):**

**State:**

**8:30 AM – 8:40 AM**

**Ignite Session 2 – 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.

**9:00 AM - 9:45 AM**

Concurrent Sessions

**Concurrent Session 1 – Award Session - TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 – 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

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.

**Concurrent Session 3 – Endowment Grant Recipient**

**Track:** ENDOWMENT

**Presenter(s):**

**State:**

**Concurrent Session 4 – 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

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.

**Concurrent Session 5 – Make Every Bite Count**

**Track:** Food and Nutrition

**Presenter(s):** *Margaret Viebrock*

**State:** WA

“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.

**Concurrent Session 6 – Committee Session TBD**

**Track:** COMMITTEE

**Presenter(s):**

**State:**

**Concurrent Session 7 – 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

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.

**Concurrent Session 8 – 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 Award*

**State:** AL

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

**Ignite Sessions**

**9:00 AM – 9:10 AM**

**Ignite Session 1 – 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.

**9:15 AM – 9:25 AM**

**Ignite Session 2 – 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*

**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.

**9:30 AM – 9:40 AM**

**Ignite Session 3 –**

**Track:**

**Presenter(s):**

**State:**

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

Concurrent Sessions

**Concurrent Session 1 – Award Session - TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 – 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

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.

**Concurrent Session 3 – 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

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®!

**Concurrent Session 4 – Farm to Table: Improving Cooking Confidence in Preparing Fresh Produce While Reducing Waste**

**Track:** Food and Nutrition

**Presenter(s):** Lori Johnson

**State:** FL

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.

**Concurrent Session 5 – 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

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.

**Concurrent Session 6 – Early Financial Literacy Building Blocks Taught through Mobile Children’s Library Pilot**

**Track:** Financial Management

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

**State:** AZ

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

**Concurrent Session 7 – 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

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**

**10:00 AM – 10:10 AM**

**Ignite Session 1 – 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.

**10:15 AM – 10:25 AM**

**Ignite Session 2 – 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.

**10:30 AM – 10:40 AM**

**Ignite Session 3 – [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.

**11:00 AM - 11:30 AM**

Exhibitor Orientation

**11:00 AM - 11:45 PM**

Concurrent Sessions

**Concurrent Session 1 – Award Session - TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 – Encouraging Financial Conversations (EFC) Builds Skills for Those in Helping Professions**

**Track:** Financial Management

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

**State:** WI

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.

**Concurrent Session 3 – 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

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

**Concurrent Session 4 – 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

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.

**Concurrent Session 5 – 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

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.

**Concurrent Session 6 – Delivering Opioid-related Evidence-based Programs in Rural [STATE]: 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

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

**Concurrent Session 7 – 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

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.

**Concurrent Session 8 – 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

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**

**11:00 AM – 11:10 AM**

**Ignite Session 1 – 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.

**11:15 AM – 11:25 AM**

**Ignite Session 2 – 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.

**11:30 AM – 11:40 AM**

**Ignite Session 3 – 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 STATE. The formative evaluation process and results are presented.

**12:00 PM - 5:00 PM**

Exhibit Hall Grand Opening - Boxed Lunch Provided

Silent Auction Open

Showcase of Excellence (Posters Manned 1:00 – 2:00 PM) - *see end of document for full Poster Presentation listing*

**12:30 PM - 4:30 PM**

Exhibit Forums

**2:00 PM - 4:00 PM**

Annual Business Meeting

**6:30 PM - 8:30 PM**

Leadership Event (*Invitation Only*)

North Carolina Museum of Natural Sciences

**THURSDAY, SEPTEMBER 15, 2022**

**6:30 AM – 7:30 AM**

Wellness Activities

**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 (Continental Breakfast Provided)

Exhibit Forums

Showcase of Excellence Displays - *see end of document for full Poster Presentation listing*

Silent Auction

**8:00 AM - 3:00 PM**

FCS Program Leaders Meeting (***Separate Registration Required, breakfast and lunch included***)

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

2023 Annual Session Planning Committee Meeting

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

Concurrent Sessions

**Concurrent Session 1 – Award Session - TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 – 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

The [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.

**Concurrent Session 3 – 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

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.

**Concurrent Session 4 – 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

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.

**Concurrent Session 5 – Committee Session - TBD**

**Track:** COMMITTEE

**Presenter(s):**

**State:**

**Concurrent Session 6 – 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

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.

**Concurrent Session 7 – 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

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.

**Concurrent Session 8 – Financial Education Program to Improve Financial Literacy Among Economically Disadvantaged Youth**

**Track:** Financial Management

**Presenter(s):** *Kim Griffin, Beth Kerr*

**State:** FL

Financial education provides youth the knowledge and skills needed to build a secure financial future. This session demonstrates the successful implementation of a financial literacy program for economically disadvantaged youth.

**Concurrent Session 9 – 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

“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.

**Concurrent Session 10 – 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

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

**11:15 AM - 12:00 PM**

Concurrent Sessions

**Concurrent Session 1 – Award Session - TBD**

**Track:** AWARD

**Presenter(s):**

**State:**

**Concurrent Session 2 – 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

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.

**Concurrent Session 3 – Know Before you Go: Paying for College and Trade School**

**Track:** Financial Management

**Presenter(s):** *Dorothy Nuckols*

**State:** MD

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.

**Concurrent Session 4 – Disseminating Science based Information with a Risk-Based Approach**

**Track:** Food Safety/Food Security

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

**State:** NC

**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.

**Concurrent Session 5 – Get Out: How Nature Improves Your Health**

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

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

**State:** OH

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.

**Concurrent Session 6 – 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

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.

**Concurrent Session 7 – Because of HeART - Healthy Aging in Rural Towns**

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

**Presenter(s):** *Ruth Schriefer*

**State:** WI

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.

**Concurrent Session 8 – 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

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.

**Concurrent Session 9 – 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

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.

**Ignite Sessions**

**11:00 AM – 11:10 AM**

**Ignite Session 1 – Beyond PowerPoint: Using 360 Articulate interactive software to design Extension programs**

**Track:** Trending Topics

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

**State:** ME

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.

**11:15 AM – 11:25 AM**

**Ignite Session 2 – 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.

**11:30 AM – 11:40 AM**

**Ignite Session 3 – NEAFCS Leadership Experience: Growth and Development through Interactive Programming**

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

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

**State:** MO

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.

**12:00 PM - 2:00 PM**

Past National President Luncheon and 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