

# 2025 NEAFCS Annual Session

## Grand Rapids, Michigan

### AGENDA

*(Updated 7/24/2025. This document is a working document and subject to change.)*

#### SUNDAY, OCTOBER 19, 2025

##### **Pre-Conference Tour: Star of Saugatuck (optional)**

Requirements: Must be a full conference registered attendee or registered guest to purchase tickets.

\$75 per person ticket price (inclusive of boat and bus fees)

For more information and to purchase tickets visit <https://www.neafcs.org/2025-pre-optional-tour>.

##### **9:00 AM – 3:00 PM**

National Pre-Board Meeting

##### **4:00 PM - 6:00 PM**

Registration/Silent Auction Drop Off

#### MONDAY, OCTOBER 20, 2025

##### **7:00 AM - 5:00 PM**

Registration

##### **8:00 AM - 11:00 AM**

Pre-Conference Workshops – *continental breakfast provided starting at 7 AM.*

*(separate registration required)*

##### 3 Workshop Offerings:

##### **1. Capture the Flavor: Herbs & Spices**

***Presenter(s): Shauna Henley Ph.D. University of Maryland Extension, Beverly Jackey MS, RDN, LDN University of Maryland Extension***

Be trained to deliver Capture the Flavor: Herbs & Spices. This program is a science-based, 75-minute program that takes participants on a culinary journey through the history and cultural use of herbs and spices in food preparation. It provides cooking tips, information on best storage and food safety practices, and the health benefits of herbs and spices. Validated pre-post survey tools are used to evaluate participant's knowledge and behavior change.

The program has the flexibility to be taught in-person or virtually, by Agents or their interns/volunteers. Capture the Flavor: Herbs & Spices was accepted by Maryland's peer-reviewed system. Agents from three land-grant universities have received training and are teaching Capture the Flavor: Herbs & Spices in their communities.

**NOTE: Agents holding a CITI Program Social & Behavioral Research - Basic/Refresher. A similar human subjects research course can be substituted. Such course titles include:**

- Social-Behavioral-Educational (SBE) Basic
- IRB Investigators & Student Researcher

**Objectives:**

- Provide an overview of the program
- Observe an activity demonstration and taste some different 'herb and spice flavored' international cuisines
- Practice delivering different components of the curriculum

**2. The Personal Finance Ecosystem and K-12 Financial Education: Implications for Extension Educators*****Presenter: Hunter Field National Endowment for Financial Education, Emma Donahue National Endowment for Financial Education***

This is a two-part session focusing on financial education and its intersection with extension educators. The first section will focus on NEFE's Personal Finance Ecosystem, a nuanced framework mapping the various factors that impact an individual's financial well-being. This section will explore the ecosystem, its applicability to extension education, and various accompanying tools that educators can use in their work and with their students. The second section will analyze developments in K-12 financial education policy, as a wave of momentum nationwide has led to changes in state education policy, expanding access to financial education for youth. This section will focus on state graduation requirements, their implementation, and how extension educators can be involved in this process as advocates and potentially also as subject matter experts.

**Objectives:**

- Attendees will learn how to understand the Personal Finance Ecosystem and how to apply the framework to their students or clients
- Attendees will learn what current research demonstrates about state-required financial education
- Attendees will discuss what K-12 financial education's momentum might mean for extension educators and how they might get involved in this process in their state

**3. Igniting Innovation in Aging Across Extension*****Presenters: Christi Demitz Michigan State University Extension***

This pre-conference session will provide attendees with a comprehensive overview of NCRAN's resources, initiatives, and the latest aging-related research and practice advancements. The session will begin with an introduction to NCRAN, highlighting its mission, membership, and the diverse range of resources available to Extension professionals across the country. Attendees will gain insights into ongoing aging-related direct education programs, including program design and evaluation outcomes.

To foster collaboration and idea sharing, a speed networking session will be held, allowing participants to connect with colleagues from various backgrounds and expertise. Following the networking session, attendees will engage in a World Café discussion to explore the application of Policy, Systems, and Environmental Change (PSE) principles to address aging-related challenges. The session will conclude with a report-out from the World Café, summarizing key insights and potential collaborative opportunities.

**Objectives:**

- As a result of attending this pre-conference, attendees will improve their awareness of NCRAN, its resources, aging-related direct-education programs, and shared evaluation.
- As a result of attending this pre-conference, attendees will establish at least one new connection with an NCRAN member or colleague leading to resource sharing and innovation.
- As a result of attending this pre-conference, attendees will be able to identify and discuss potential PSE strategies that can be implemented via Extension to address specific aging-related challenges and opportunities.
- As a result of attending this pre-conference, attendees will develop at least one innovative idea for a future direct-education program or PSE initiative related to aging.

### **11:00 AM – 3:30 PM**

Hospitality Open

### **12:00 PM**

Showcase of Excellence Poster Set-up

*\*See full Showcase of Excellence listing at the end of this schedule*

### **12:00 PM – 3:00 PM**

Silent Auction Drop Off Near Registration Area

### **1:00 PM – 2:15 PM**

First Timer Orientation

*This meeting is open to first time Annual Session attendees only. Food/lunch will not be provided.*

### **1:00 PM – 3:00 PM**

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

### **2:15 PM – 3:15 PM**

Affiliate Officer Meetings

*These meetings are open to Affiliate Officers and/or delegated representatives for all positions.*

### **3:30 PM - 5:45 PM**

Opening General Session

#### **Finding our Spark: Traditional Approaches to Cultural Health Literacy**

***Presenter: Joseph V. Sowmick, Hon Ph.D.***

Learn about finding the spark for your work in Extension through a traditional lens. Traditional teachings begin with the spark that starts the sacred fire - requiring an open mind, listening, and connecting with your community. Once the sacred fire is burning, we must feed it, and when it is lacking, we must figure out how to help it. Examine the themes of connection, innovation, community, and growth through the intersection of traditional Medicine Wheel teachings and how this applies to our work in Family and Consumer Sciences.

Through the wisdom of Medicine Wheel teachings, you'll explore:

- How to kindle the spark that drives meaningful community engagement
- Ways to nurture and sustain programs that truly resonate with your audience
- Practical strategies for revitalizing initiatives that need renewed energy

#### **6:30 PM - 9:30 PM**

Welcome Event – Meijer Gardens

*This event is open to all full registered attendees and those that purchased the Welcome Event ticket. Dinner will be provided.*

Delight your senses at the welcome event as you stroll through the greenhouses of the Fredrik Meijer Gardens, taking in the sights and scents of tropical and arid gardens, art installations, seasonal displays and more! Savor a variety of delicious offerings at multiple food stations while enjoying the enchanting sounds of Celtic music, performed by the talented youth of the Chelsea House Orchestra in both small and large ensembles. Before you leave, don't miss the charming gift shop - brimming with unique, specialty items perfect for bringing a piece of the experience home with you!

**TUESDAY, OCTOBER 21, 2025**

**SCHOOL PRIDE DAY! Wear your school shirt or colors.**

#### **6:30 AM – 7:15 AM**

Wellness Walk

Departing at 6:30 AM from the entry of the skywalk in the Amway. Return by 7:15 AM. Get your steps in as you explore the Grand Rapids skywalk system! The skywalk covers nearly 1 mile as it travels above the city and protects pedestrians from the cold, hot, rain, or other surprises Michigan weather can bring. In the shorter daylight hours of October, the skywalk provides an early morning exercise option or just an efficient way to get around. Our walk will meet at the entry to the skywalk in the Amway Grand (near the grand piano) and will be an “out and back” covering approximately 1.5 miles of above ground tunnels!

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

Registration

#### **7:00 AM – 5:30 PM**

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

#### **8:00 AM – 10:45 AM**

Hospitality Open (Hospitality Desk will be open between concurrent sessions)

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

Concurrent Sessions

**AR2T Amplifying Reflective and Responsible Teaching**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Courtney Aldrich*

**State:** MI

Explore AR2T (Amplifying Reflective and Responsible Teaching), a resource developed in collaboration with State Extension (SE), an early childhood specialist, and a pediatrician that supports delivering an educational experience in preschool classrooms that fosters belonging for all.

**Day By Day Memory Disco: Supporting Dementia Care Partner Well-Being Through Silent Disco Technology**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Kathy Tutt, Kenneth Stewart, Kaylie Glenn, Gwynn Stewart*

**State:** OH

Caregiver stress and burnout in memory care is a critical concern. The Memory Disco Program introduces an innovative solution combining silent disco technology with musical engagement to address these challenges.

**Demonstrating the UTHOP Policy, Systems, and Environmental Change Strategy for Preventing Obesity in Rural Communities**

**Track:** Skill-based

**Presenter(s):** *Melinda Spooner, Karen Franck*

**State:** TN

The [Program] strategy for supporting rural communities in sustainably increasing access to healthy food and safe places for physical activity using policy, systems, and environmental change to prevent obesity.

**Expanding Existing Cooperative Extension Resources for Optimal Community Health Impact and Outcomes**

**Track:** Skill-based

**Presenter(s):** *Chris Zellers, Rachel Tansey*

**State:** NJ

Using two established and successful Extension programs, FCS professionals incorporated education and messaging about Flu and Shingles vaccinations for knowledge and behavior change opportunities to expand Community Health outreach

**Healthy Eating and Staying Active as We Age - A Nutrition and Physical Activity Education Curriculum for Older Adults**

**Track:** Food and Nutrition

**Presenter(s):** *Johanna Hahn, Camille McGuire, Elena Serrano, Anne-Carter Carrington, Jeanell Smith, Sarah Misyak*

**State:** VI

Healthy Eating and Staying Active as We Age – A nutrition and physical activity curriculum comprised of nine learner-centered lessons was created for older adults.

**Helping Public School-Bus Drivers Pass Health Screening and Keep Employment**

**Track:** Health and Well-being

**Presenter(s):** *Rebecca Elliott*

**State:** FL

This presentation depicts how a Health Program Helped Public School-Bus Drivers Pass Health Screening and Keep Employment.

**Mary W. Wells Diversity Award – Regional Winners Co-Presentation**

**Track:** Education, Leadership, and Diversity

**Mental Health Awareness for Everyone Across the State**

**Presenter(s):** *Anna Goff, Alta Lockley, Alison Crane, Anna Harlan, Bridgett Martin, Brittney Schrick, Christie Wagley, Christin Holmes, Danielle Watson, Devyn Britt, Elizabeth Berner, Emilee Moody, Eva Langley, Janet Perkins, Jessica Holcomb, Jessica Rodriguez, JoAnn Vann, Joy West, Kaitie Golden, Karalee Black, Katie Cullum, Kris Boulton, LaTaaka Harvey, Laura Grutz, Laura Hendriz, Lauren McGarrh, Lucretia McAlister, Mary Ann Kizer, Mary Beth Groce, Mattie Ricker, Pamela Pruett, Pamela Ray, Pia Woods, Rachel Chaney, Shannon Autrey, Shaw nee Tichenor, Susan Thomason, Terrie James, Tori Fowler, Tori Luker, Trudy McManus, Terrie James*

**State:** AR

By integrating mental health awareness with a focus on diversity, Extension Services strive to create inclusive environments that support the well-being of all community members.

**Oklahoma's Poverty Simulation Team - Sensitizing Others to Realities of Poverty**

**Presenter(s):** *Kathy Enyart, Suzette Barta, Trinity Brown, Jan Dawson, Stacey Dawson, Riley DuBois, April Hauenstein, LaDonna Hines, Janna Kelley, Rachel Lockwood, Sonya McDaniel, Brenda Miller, Lindy Peterman, Dea Rash, Kelsey Ratcliff, Lesa Rauh, Susan Routh, Virginia Stanley, Heather Winn*

**State:** OK

A poverty simulation seeks to improve the situation of families in poverty by sensitizing service providers to their clientele's situation. Oklahoma has developed a team approach to this program's delivery.

**My Wellbeing: Enhancing Quality of Life for Adults with Intellectual and Developmental Disabilities**

**Track:** Health and Well-being

**Presenter(s):** *Debra Sellers, Kimberly Wellauer Cavalier, Jeannette Mukayisire*

**State:** IA

The 'My Wellbeing' program enhances wellbeing for adults with intellectual and developmental disabilities through health education, experiential learning, and community partnerships. The aspiration is the creation of supportive environments within Extension programs.

**NourishSmart: Food Waste Reduction Program, Pilot Results**

**Track:** Food and Nutrition

**Presenter(s):** *Palak Gupta, Bekka Israelsen, Kelsey Romney, Carson Johnson*

**State:** UT

NourishSmart equips educators with peer-reviewed resources to teach food waste concepts in schools. Training significantly improved educator knowledge and intent to integrate curriculum, demonstrating NourishSmart's potential to reduce food waste.

**Share Your Spark by Submitting for an Online Professional Development Presentation**

**Track:** Committee

**Presenter(s):** *Candace Heer, Susan Moore*

**State:** Multi-state

Attending this presentation will prepare members to navigate the application process to submit a proposal for an online professional development presentation.

**Transferring Cherished Possessions: Estate Planning for Non-Titled Property**

**Track:** Financial Health and Capability

**Presenter(s):** *Nichole Huff*

**State:** KY

This session introduces the FCS Extension program, Transferring Cherished Possessions, a four-lesson curriculum and Extension publication series designed to increase consumer knowledge of estate planning for non-titled property.

**9:00 AM – 10:45 AM**

Life Member Meeting

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

Concurrent Sessions

**A Collaboration Between Extension and the State Department of Health and Human Services:  
Responding to Calamitous Rural Weather Events**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *David Brown, Danielle Day, Tammy*

**State:** IA

The collaborative response by Extension and state Health and Human services to rural weather events is highlighted. The implementation/outcomes of responsive education and crisis counseling will also be reviewed.

**Access, Engagement, and Outreach in 2025**

**Track:** Committee

**Presenter(s):** Deon Littles, Laura Stanton, Kyleigh Brown, Lorrie Coop, Maranda Brooks, Darlene Minniefield, Flora Williams, Shailja Mathur, Diana Romano, Courtney Aldrich, Carla Carter, Silvia Vilches

**State:** Multi-State

Explore how Extension professionals are navigating political, social, and cultural shifts, sharing local innovations and resources to strengthen inclusive, impactful community engagement and outreach across varied communities.

**Bridging Cultural Barriers: Enhancing Nutrition Education and Food Access for Hispanic and Latino Communities**

**Track:** Food and Nutrition

**Presenter(s):** *Julie Frazee*

**State:** NJ

Overcoming cultural and language barriers to enhance nutrition, health, and food access among Hispanic and Latino audiences through culturally relevant nutrition education and food distributions.

**Collaborative Pathways: Sharing National Best Practices, Strategies, and Impacts for Walk with Ease**

**Track:** Health and Well-being

**Presenter(s):** *Dianne Christensen, Tandy Rundus, Sharolyn Jackson, Sally Bowman, Ellen Radcliffe*

**State:** Multi-State

Arthritis Foundation's Walk with Ease program impacts, delivery formats, training opportunities, and implementation will be presented. Best practices and case studies will also be shared.

**Expanding youth knowledge of food or wellness careers and educational opportunities utilizing the 4-H Food Challenge contest**

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

**Presenter(s):** *Andrea Haubner, Kasey Fioramonti*

**State:** VI

Professionals will learn how to implement annual programming utilizing 4-H Food Challenge contest structure and develop strategies for expanding the curriculum to educate youth on food, and health related careers.

**Facilitation Initiative Intensive Training & Microcredentials**

**Track:** Skill-based

**Presenter(s):** *Robin Eubank-Callis, Deborah Kohl*

**State:** KS

Create spaces of neutrality for facilitated community dialogues. Focus on setting shared expectations, utilizing effective strategies, incorporating productive behaviors, and formulating dialogue-expanding questions. Learn about available microcredentials.

**Farming and Social-Emotional Learning: What Does One Have to Do With the Other**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Marie Economos, Pam Perrino, Heather Reister*

**State:** OH

Like farmers, educators must prepare the soil, (children's knowledge) and nurture the seed (children's social-emotional skills). Learn about Project KIND and how it helps children reach their "Keys to Success".

**Out of the Blue: Expecting the Unexpected**

***Extension Disaster Education Award***

**Track:** Environmental Health & Sustainability

**Presenter(s):** *Kaci Scott, Xane Reiter, Julie Smith, Ronda White*

**State:** TX

Out of the Blue: Expect the Unexpected, a four-session program presented in Borden, Garza, Lynn, and Scurry Counties addressed preparing for natural disasters, handling emergencies, legalities, recordkeeping, and end-of-life planning.

**Public Health and Indigenous Communities**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** Joseph Sowmick, Sue Sowmick

**State:**



This session will discuss trust/distrust with Western medicine by indigenous communities and share examples from the field about bringing the Covid vaccine to tribal communities, including use of dialogues and marketing.

**Strengthening Identity, Well-being, and Family Connection through Family History**

**Track:** Health and Well-being

**Presenter(s):** *Stacey MacArthur, Cindy Nelson, Andrea Schmutz*

**State:** UT

Learn to engage in and teach Family History. Explore a free family history database, interactive activities, and family connection to strengthen identity and well-being. Access free curriculum to get started.

**Using Story as a Superpower to Promote Mental Health and Social Connection**

**Track:** Health and Well-being

**Presenter(s):** *Linda Burgard, Amy Kostelic*

**State:** KY

Learn how Your Story; Your Superpower addresses personal and community well-being and the loneliness epidemic. The multi-session workshop helps individuals collect, create, and curate personal stories in a supportive environment.

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

**Concurrent Sessions**

**A Path Forward for Diabetes Prevention and Management: Leveraging Multi-State Extension Programs for Greater Impact**

**Track:** Health and Well-being

**Presenter(s):** *Gwen Crum, Allison Berg, Lisa Graves, Michelle Parisi, Dan Remley*

**State:** WV

This presentation highlights three evidence-based and multi-state Extension programs that address diabetes prevention and management. It compares program outcomes, delivery, and implementation strategies to inform decisions regarding adoption and implementation.

**Buckeye Bookworms Book Club**

***Innovation in Programming Award***

**Track:** Education, Leadership, & Diversity

**Presenter(s):** *Lisa Barlage, Jessica Lowe, Ryan Kline, Misty Harmon, Alisha Barton, Alexis Masterson, Aaron Fowler, Laura Halladay, Taylor Potts*

**State:** OH

Explore how the Buckeye Bookworms book club created community, reduced stress, increased empathy, and improved the mental health of participants by combining Extension education and traditional book club discussion.

**Creating a Healthier and Safer Home Environment by Reducing Sentimental Clutter**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *Susan Moore, Pamela Turner, Diane Bales, Laura Smith, Jasmine Harris-Speight, Mary Dozier, Jennifer Krafft, Mary Welch, David Buys*

**State:** Multi-State

Rightsizing is a multi-state project focused on helping people deal with sentimental clutter to create healthier, safer home environments, reduce falls, and improve overall quality of life while reducing consumption.

**Empowering FCS Extension through the Military Family Readiness Academy**

**Track:** Skill-based

**Presenter(s):** *Molly Herndon, Kristen Jowers, Kalin Goble Mathis, Nichole Huff*

**State:** Multi-State

This session introduces OneOp's Military Family Readiness Academy, designed to enhance the knowledge and skills of FCS Extension professionals to support the well-being of military service members and their families.

**Illinois Dial-Gauge Pressure Canner Testing Expansion**

**NEAFCS Endowment Grant Recipient**

**Track:** Food and Nutrition

**Presenter(s):** *Caitlin Mellendorf*

**State:** IL

Leveraging Extension staff increased access to dial-gauge canner testing program for home canners.

**Leveraging Partnerships Among Extension Programs to Build Food Safety Educational Capacity and Expand Industry Accessibility to Resources**

**Track:** Food and Nutrition

**Presenter(s):** *Kate Nicholas, Ellen Shumaker, Ben Chapman, Clint Stevenson, Stephanie Cotter, Salam Ibrahim, Tahl Zimmerman, Lynette Johnston*

**State:** NC

This project seeks to increase food safety educational capacity of extension personnel through training and resource development, advancing agents' knowledge through webinars, in-person training, and a digital resource repository.

**Live Well, Age Well - Starting Now!**

**Track:** Lifespan Development and Family Relationships

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

**State:** OH

Explore an initiative to help older adults improve their quality of life by learning strategies to address health concerns, increase technology use, and implement proactive estate and financial planning practices.

**Maintaining New Tai Chi Skills Through Booster Sessions: A Transferable Model.**

**Track:** Skill-based

**Presenter(s):** *Laura Anderson, Anita Carter, Dawn Contreras, Christi Demitz, Holly Tired*

**State:** MI

Extension programs provide knowledge but often lack follow-up. A long-term transferable teaching model can enhance most programs, enabling participants to practice and sustain new behaviors.

**New Messaging for Farmers' Mental Health**

**Track:** Health and Well-being

**Presenter(s):** *Alexander Chan*

**State:** MD

In order to increase the uptake of mental health services by agricultural populations, trusted, within-group sources of information must be front and center in public health messaging.

**Reframing the Status Quo of Community-Based Programming for the Aging Demographic:  
Lessons from a Needs Assessment**

**Track:** Health and Well-being

**Presenter(s):** *Lauren Roberson, Sarah Anderson, Enid Borden, Kimberly Parker, Sudha Sankar, Susan Zies, Misty Harmon, Abby Pound, Alex Ho*

**State:** Multi-State

The United States is aging. Disease prevalence increases with age. Community-based solutions to manage disease are efficacious. Needs assessment findings of older adults are emphasized with practical implications for programming.

**When Translating is Not Enough: Understanding Latino Food Preferences for Creating Effective  
Nutrition Education Resources**

**Track:** Food and Nutrition

**Presenter(s):** *Celina Wille*

**State:** UT

Findings from a food preference evaluation reveal the limitations of direct translations and emphasize incorporating culturally sensitive and familiar ingredients to enhance engagement of Spanish-speaking Latinos in nutrition education

**10:30 AM – 11:30 AM**

Silent Auction Drop Off Near Registration Area

**11:00 AM - 1:00 AM**

Regional Business Meeting & Awards Luncheon

**1:30 PM – 5:30 PM**

In-Depth Sessions

*Separate registration required.*

**1:45 PM – 5:30 PM**

FCS Program Leaders Meeting – Day 1  
*(separate registration required)*

**5:30 PM**

State Photos

*Location TBD. Sign-up will be available at a later date.*

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

Exhibitor Set-up

**6:00 PM**

State's Night Out

## WEDNESDAY, OCTOBER 22, 2025

**6:15 AM – 7:15 AM**

**Wellness Activity – Tai Chi**

**7:00 AM – 10:00 AM**

Silent Auction Drop Off Near Registration Area

**7:00 AM – 11:00 AM**

Exhibitor Set-up/Silent Auction Set-up

**7:00 AM - 5:00 PM**

Registration Open

**7:00 AM – 5:00 PM**

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

**8:00 AM – 11:30 AM**

Hospitality Open (Hospitality Desk will be open between concurrent sessions)

**8:00 AM – 2:00 PM**

Marketplace

**8:00 AM – 4:15 PM**

Program Leaders Meeting - Day 2  
(*separate registration required*)

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

Concurrent Sessions

**Addressing Stigma and other Barriers to Mental Health Care in Rural and Farming Communities Through a Statewide Collaborative**

**Track:** Health and Well-being

**Presenter(s):** *Ami Cook, David Roberts, Andrea Hoover, Lauren Prinzo*

**State:** WV

The State Network for Rural Mental Health and Farm Stress addresses stigma and other barriers to mental health care in rural and farming communities through a statewide collaborative of professionals.

**Changing our Mental and Emotional Trajectory (COMET)**

**Track:** Health and Well-being

**Presenter(s):** *Sara Croymans, Samantha Roth*

**State:** MN

This session explores COMET™, a two-hour interactive training that equips participants to support others struggling with mental health. Attendees will learn its collaborative approach, seven-item guide, and evaluation outcomes.

**Eating Healthy on \$2/Meal/Person (Part 1): Case Studies and the Thrifty Food Plan**

**Track:** Financial Health and Capability

**Presenter(s):** *Carol Smathers, Candace Heer, Laura Halladay, Margaret Jenkins, Cheryl Kleckner*  
**State:** OH

Are healthy foods too expensive? Explore food insecurity definitions and trends, cost of food reports, food assistance allotments, and a presenter's experiences eating healthy on \$6 per day since 2018.

**Effective Strategies for Facilitator Fidelity in an Evidence-Based Initiative**

**Track:** Health and Well-being

**Presenter(s):** *Jaci Foged, Lynn DeVries, Emily Manning, Ingrid Lindal, Erin Kampbell, Holly Hatton*  
**State:** NE

The CHIME Guiding Teacher Facilitator Program supports caregiver well-being by expanding the reach of the 8-week program, ensuring fidelity to its original design amid growing regional and national demand.

**Empowering the next generation: Community-based programs to teach young children about climate change**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *Katherine Speirs, Daniel McDonald, Courtney Luecking*  
**State:** Multi-State

This session will provide an overview of community-based programs Cooperative Extension educators can use to teach young children about climate change and empower them to take action.

**Guidance for the Foodhandler on the management of HALAL Food**

**Track:** Economic and Workforce Development

**Presenter(s):** *Mary Donaldson*  
**State:** MI

Educate food service workers by providing introductory knowledge to prepare and serve Halal meals that are inclusive and supportive of cultural pluralism.

**Manage Your Spark to Ignite Your Passion and Power Your Potential**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Patrice Powers-Barker, Melissa J. Rupp*  
**State:** OH

Dedicated Extension professionals often face intense work pressure. This purpose-driven approach to management prompts FCS Extension Professionals to reignite their spark and reengage in their personal work mission and purpose.

**Strong Dads**

***Mary W. Wells Memorial Diversity Award- National Winner***

**Track:** Education, Leadership, & Diversity

**Presenter(s):** *Matthew Brosi, Ronald Cox, Katey Masri, Robert Bodick, Cassandra Cotton*  
**State:** OK

Strong Dads has engaged over 900 diverse fathers across Oklahoma, including incarcerated

individuals, through bilingual education, coaching, and case management, fostering confidence, co-parenting communication, and community among historically underserved fathers.

**Nurturing New Beginnings: The Impact of Extension Prenatal Education on Expectant Parents in Utah**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** Jenna Dyckman, Kate Chappell, Aaron Hunt

**State:** UT

Discover how evidence-based prenatal education can reduce risks like maternal and infant mortality, gestational diabetes, and mental health issues. Learn about Utah's innovative 4-week program designed for expecting parents.

**Reframing Aging in Cooperative Extension: Tools and Resources for Extension Professionals**

**Track:** Skill-based

**Presenter(s):** Leacey Brown, Sara Richie, Erin Martinez

**State:** Multi-State

Cooperative Extension is at the forefront of education and outreach to improve health and wellness across the lifespan. This session will examine ageism, teach communication strategies, and provide teaching tools.

**The Impact of FCS: Overview of AAFCS FCS Industry Research Study**

**Track:** Trending Topics

**Presenter(s):** Karin Athanas

**State:** VI

In 2024-2025, the AAFCS conducted a study to identify the reach and economic impact of FCS professionals. This presentation will review the key findings of that study.

**The Leadership Experience: Bridging Leadership Gaps**

**Track:** Committee

**Presenter(s):** Carrie Elsen, Elizabeth Martin, Troy Anthony Anderson, Christi Demitz, Kristin Miller, Dhruti Patel, Jacqueline Doucet, Darlene Minniefield

**State:** Multi-State

The Leadership Experience empowers emerging leaders through a dynamic, evidence-based program that builds confidence, sharpens strategic skills, and fosters mentorship—preparing Extension professionals to lead with impact and resilience.

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

Concurrent Sessions

**Awards: Updates You Need to Know**

**Track:** Committee

**Presenter(s):** Diane Reinhold, Jamie Mahlandt, Natalie Snowden

**State:** Multi-State

Discover the latest updates to the 2026 Awards Manual and gain practical tips and strategies for crafting a standout application that showcases the impact of your outstanding work.

**Do you need an MOU?**

**Track:** Skill-based

**Presenter(s):** *Gina Peek, Brenda Miller, Susan Routh*

**State:** OK

Memorandums of Understanding (MOUs) clarify roles, expectations, and responsibilities in Extension programming. This session explores when an MOU is needed, using the Poverty Simulation as a case study.

**Elevate Couples Georgia: Promoting Healthy Relationships Through Social Media  
Social Media Education Award**

**Track:** Technology

**Presenter(s):** *Ted Futris, Brigitte Love, Isabel Schroeder, Brittney Thompson, La Keshia Levi, Brittany Harrison, Amanda Harner, Brad Averill, Suzanne Williams, Zoe Soltanmammedova, Evin Richardson*

**State:** GA

The Elevate Couples Georgia team effectively used social media to provide couples across the state with educational tips on how to take their relationship to the next level.

**Empowering Communities Through Photovoice: Capturing Local Food Environment Concerns and Inspiring Change**

**Track:** Food and Nutrition

**Presenter(s):** *Veronica Jones*

**State:** NJ

Photovoice empowers community members to use storytelling to highlight local issues and inspire action. Learn how photovoice is an effective tool in exploring and addressing local food environment concerns.

**Fashion Entrepreneurship: Implications for Workforce Development in Extension Family Consumer Sciences**

**Track:** Economic and Workforce Development

**Presenter(s):** *David Roberts, Ami Cook, Andrea Hoover, Dana Wright, Cheryl Kaczor*

**State:** WV

The Fashion Impact Challenge (FIC) is a replicable program model that engages rural underserved youth and traditional college students to build knowledge, confidence, and interest in pursuing fashion entrepreneurship careers.

**Future Ready: Career Exploration Powered by Virtual Reality**

**Track:** Technology

**Presenter(s):** *Christopher Sneed, Shelly Barnes, Clint Cummings, Sreedhar Upendram, Karen Franck, Janet Fox*

**State:** TN

This session showcases a VR pilot program helping adults of limited resources explore careers. This session covers design, implementation, evaluation, procurement, partnerships, and resources for implementing VR-powered career education initiatives.

**Harvest Extend: Reducing Food Waste and Increasing Access to Nutritious Foods by Processing Excess or Unacceptable Produce into Shelf-Stable Products for Donation to Food Pantries**

**Track:** Food and Nutrition

**Presenter(s):** *Carrie Durward*

**State: UT**

Discover how the Harvest Extend Program can reduce food waste, improve nutrition, and alleviate hunger in your community. Learn about our toolkit and gain practical support to implement similar programming.

**Mindful Management Solutions**

***Access, Engagement, and Outreach Award***

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Troy Anderson, Deon Littles*

**State: MD**

The Mindful Management Solutions program empowers leaders with mindfulness techniques to improve decision-making and team dynamics. It effectively reduces stress and enhances emotional intelligence, fostering healthier work environments.

**One Village, United Vision, Defeating Diabetes Through Awareness and Education**

**Track:** Health and Well-being

**Presenter(s):** *Elizabeth Schweigert, James Keys*

**State: OH**

One way to celebrate Diabetes Awareness month (November) is to host community awareness day events. Discover ways to bring awareness about diabetes all month long.

**Resilient Co-Parenting: A Statewide Approach for a Monthly Virtual Class Series that Recognizes the Evolving Nature of Co-Parenting Relationships**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Hannah Zellmer, Heidi Ungrodt, Tracy Henegar, Patricia Carroll, Missy Bablick*

**State: WI**

Responding to emerging needs to support co-parenting families beyond the transition of divorce, this team developed monthly virtual co-parenting classes. Learn about the development, implementation, and evaluation of this effort.

**Stepping Stones to Stability**

***Financial Management Award in Memory of Dean Don Felker***

**Track:** Financial Health & Capability

**Presenter(s):** *Karen (Kay) Denniston*

**State: KY**

This program empowers families to break dependency on holiday assistance by understanding financial decisions, recognizing spending patterns, and taking ownership of their finances for long-term stability and self-sufficiency.

**The Power of Family Meals: A Collaborative Effort for Healthier Families**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Kelsie Muller, Joyce Miles, Lisa Graves*

**State: IN**

Sharing a family meal has been found to be good for the overall health of all family members. Extension joined efforts to promote family meals across the state.

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



## Concurrent Sessions

### **Age-Friendly Ocean County: The Development of a Multisector Plan on Aging**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Kathleen Cullinen*

**State:** NJ

A countywide project fostering cross-sector partnerships to engage older adults, adults with disabilities, and caregivers in a culturally responsive needs assessment to identify strategies to support aging-in-place will be presented.

### **Blueprint for Publication: Navigating Manuscript Submission to the Journal of NEAFCS**

**Track:** Committee

**Presenter(s):** *Rebecca C. Ackah, Ashley Dixon-Kleiber, Meagan Salomon, Emily Harmon, Brittany Martin*

**State:** Multi-State

Design your blueprint for success from concept to publication! Join our workshop to uncover the essential steps for submitting manuscripts to the Journal of the National Extension Association of Family and Consumer Sciences.

### **Bridging the Digital Divide in Socio-Economically Disadvantaged Communities in the South**

**Track:** Technology

**Presenter(s):** *Kimberly Davis, Roseanne Scammahorn, John Green, Krystle Allen, Dorothy Brandon, Rina Castillo, Biswanath Dari, Roberto Gallardo, Catressa Gooden, Jimmy Henry, Marianna Langston, Conchita Newman, Sarah Sims, Yolanda Surrency, Terrance Wolfork*

**State:** Multi-State

Six 1890 Digital Skill Coaches will share their story of how they narrowed the digital divide by addressing issues related to the adoption and advancement in Socio-Economically Distressed (SED) communities.

### **Connecting the Dots from 1862 to 2025**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Chris Kniep, Donna Donald*

**State:** Multi-State

Abraham Lincoln, Morrill Act, and Land Grant Institutions represent our country's commitment to higher education. Learn how Extension Educators from 112 institutions fulfill the original vision to educate the masses.

### **Connecting, Innovating, and Growing Stronger Communities of Support for Alzheimer's and Dementia Caregivers**

**Track:** Health and Well-being

**Presenter(s):** *Janet Fox, Ann Berry, Joel Clark, Karen Franck, Matt Devereaux, Kristen Johnson, Jessica Taylor*

**State:** TN

The "Pat's Gameplan for Caregivers" workshop equips caregivers with tools, emotional support, and resources through interactive activities, helping them navigate challenges and improve caregiver and patient outcomes in Alzheimer's care.

### **Cottage Food Law & You**

**Track:** Food and Nutrition

**Presenter(s):** *Kellie Jordan, Karen Fifield*

**State:** MI

Educate and empower home-based food entrepreneurs by providing comprehensive training on Cottage Food Law. Using interactive online format, teaching legal requirements and food safety standards. Through collaborations and marketing techniques.

**Eating Healthy on \$2/Meal/Person (Part 2): Rethinking Food Affordability for our FCS Work**

**Track:** Financial Health and Capability

**Presenter(s):** *Candace Heer, Carol Smathers, Laura Halladay, Margaret Jenkins, Cheryl Kleckner*

**State:** OH

Following Part 1 about food insecurity, USDA food plans and cost reports, and eating healthy on \$6/day/person, a panel of FCS educators applies these concepts to our work (Part 2).

**Empowering Parents: Developing an Online Vaping Education Program to Support Parental Involvement**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Adrienne Duke, Nana Adjoa Konadu Attiah, Angela Mintah*

**State:** AL

Our session discusses the design process of an online vaping education program for parents. We will share the research-informed practices and practical design elements used to create the program.

**Empowering Rural Communities: A Research-Based Vaccine Toolkit to Combat Hesitancy**

**Track:** Health and Well-being

**Presenter(s):** *Myriam Shaw Ojeda Daniel Remley*

**State:** OH

Rural communities face widespread vaccine hesitancy. This session introduces a research-driven vaccine toolkit, to equip Extension professionals and the public with powerful, evidence-based strategies that boost vaccine confidence and engagement.

**Freeze Drying 101: Preparing Extension Professionals to Educate Clientele**

**Track:** Food and Nutrition

**Presenter(s):** *Margine Bawden, Amy Robertson, Cindy Pearson*

**State:** Multi-State

Explore the increasing popularity of home freeze drying. This session will equip educators to guide clientele through the freeze drying process, enhancing food preservation skills for optimal results.

**Kombucha Crafting at Home**

**Food Safety Award**

**Track:** Food & Nutrition

**Presenter(s):** *MaryBeth Hornbeck, Cecilia Tran, Jammie Hawkins, Lazavia Grier, Carla Schwan, Olivia Tumlin, Janette Burkes, Carrie Vanderver, Jake Conner, Rebecca Ackah, Dulce Minaya, Kris Ingmundson, Susan Howington, Becky Collins, Jessie Parker, Sitara Cullinan, Mallika Mahida*

**State:** GA

The "Kombucha Crafting at Home" program, developed by UGA Extension, educates participants on safe kombucha fermentation. Workshops improved knowledge, confidence, and economic impact, with resources accessible nationwide for broader adoption.

**Nourish your body: Assessing the results of an Extension outreach program delivered face-to-face or online**

**Track:** Health and Well-being

**Presenter(s):** Julie Garden-Robinson, Sherri Statny, Nathaniel Johnson

**State:** ND

A series of online and face-to-face "Nourish" Extension programs have been developed to meet the needs of adults in rural communities. Participants have reported positive behavior changes in nutritional intake.

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

Exhibitor Orientation

*This is open to exhibitors only.*

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

Concurrent Sessions

**4-H Family Dinner: Bringing Families to the Table**

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

**Presenter(s):** Rebecca Thomas, Abbie Salmon

**State:** GA

Encouraging family mealtime, 4-H Family Dinner was implemented, sharing monthly recipes and engaging families in cooking/dining together. This engaged 79 individuals across the U.S., fostering family bonding and life skills.

**Adapting our Web Presence to Generative Artificial Intelligence Queries**

**Track:** Technology

**Presenter(s):** Silvia Vilches, YaeBin Kim, Kelsie Muller, Brittany Schrick, Amanda Griswold

**State:** Multi-State

Testing of Generative Artificial Intelligence (AI) responses to five common parenting questions shows that we need to adapt our Extension web presence in several key ways.

**Building Client-Centered Pantries: A Training Model for Adopting SWAP and Promoting Dignity in Food Access**

**Track:** Food and Nutrition

**Presenter(s):** Keltra E. Chandler, Sophie Hathway, Latara Arterberry

**State:** MS

This presentation will cover training ten food pantries to implement SWAP and client choice models, promoting healthier options, fostering dignity, enhancing client autonomy, and improving health outcomes.

**College Students, Student Loans, and Budgeting**

**Track:** Financial Health and Capability

**Presenter(s):** Jesse Kettermann

**State:** MD

Many student attend college without thinking about the cost, how much money they are borrowing, and how to manage money as a student. Let's show them how.

**Connecting Sustainable Living "Zero-Waste" Practices to Improved Financial Well-Being**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *Sherry Bell*

**State:** MS

The Sustainable Home program was developed to make the connection that implementing environmentally sustainable "zero-waste" practices in the home, not only benefits the environment, but can improve long-term financial well-being.

**Fostering Positive Parent-Child Connections Through Play-Based Interventions**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Tina Edholm*

**State:** MO

This session examines a play-based intervention aimed at improving parent-child interactions and reducing the stress of parents with children in alternative care. It will discuss challenges and lessons learned.

**From Gleaning to Preserving: WSU Food Systems & Food Recovery Collaboration**

**Track:** Food and Nutrition

**Presenter(s):** *Jennifer Bryan-Goforth*

**State:** WA

Partnership between a food recovery organization and Extension provided food preservation education and a tool lending library, empowering participants to safely store surplus food, reduce waste, and enhance food security.

**Libraries of Things Help Communities Preserve the Harvest**

**Track:** Food and Nutrition

**Presenter(s):** *Jared Hibbard-Swanson, Stephanie Chase, Lauren Kraemer*

**State:** OR

Library of Things partnerships between public libraries and Extension can support safe use of food preservation equipment and help residents build food security and resilience.

**SNAP Retailer Application Process Deconstructed for Quick and Easy Success Assisting Non-Profits, Farmers, and Markets**

**Track:** Trending Topics

**Presenter(s):** *Weatherly Thomas*

**State:** SC

Take a detailed look at the USDA SNAP Retailer Application, receive relevant experiences and tips to help you achieve success when working with non-store applicants to accept SNAP EBT.

**The Recipe for Success: Resources for Aspiring Food Entrepreneurs**

**Track:** Food and Nutrition

**Presenter(s):** *Emily Marrison, Julie Garden-Robinson, Karen Fifield, Cindy Brison, Karen Blakeslee*

**State:** Multi-State

Explore resources available to support food entrepreneurs in your communities, and learn about a structured approach for multi-state collaboration with considerations for planning, promoting, conducting, and evaluating a webinar series.

**What Is Old Can Be New Again: Using Generative Artificial Intelligence to Modernize Curricula and Educational Materials**

**Track:** Trending Topics

**Presenter(s):** *Lisa Hamilton, Natasha Parks, Giovanna Benitez, Jenny Rodriguez, Cyndi Longley*

**State:** FL

This session will demonstrate how to use generative artificial intelligence tools to update curricula, create images and evaluations, and explore adaptive activities to engage learners.

**11:30 AM – 1:00 PM**

Hospitality Open

**11:30 PM - 5:30 PM**

Exhibit Hall Open - Boxed Lunch Provided

Silent Auction Open

**11:45 AM – 1:00 PM**

FCS Program Leaders & NEAFCS Board of Directors Luncheon

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

Exhibit Forums

**1:15 PM – 2:45 PM**

Leadership Event combined with Leadership Experience Reception  
*(invitation only)*

**3:00 PM**

Delegate Check-in for Annual Business Meeting

**3:15 PM – 4:15 PM**

Showcase of Excellence Posters Manned

*\*See full Showcase of Excellence listing at the end of this schedule*

**3:15 PM - 5:15 PM**

Annual Business Meeting

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

**5:30 PM**

Exhibitor and Showcase of Excellence tear down

**5:45 PM – 6:45 PM**

State Photos

*Location TBD. Sign-up will be available at a later date.*

**6:30 PM**

State's Night Out

## **THURSDAY, OCTOBER 23, 2025**

**6:15 AM – 7:15 AM**

Wellness Activity – Zumba

**7:00 AM - 12:00 PM**

Registration Open

**7:00 AM – 12:00 PM**

Rest & Relaxation Room

Visit the Rest and Relaxation Room, in the Ruby Room to unwind and recharge. This room is designed for quiet and comfort and is a space to reflect or simply breathe.

**8:00 AM**

Showcase of Excellence teardown (must be down by 8:00 am)

**8:00 AM – 9:30 AM**

Closing General Session (plated breakfast)

### **Fostering Connection & Wellness in the Future of Work**

**Presenter: Mark Ostach**

Join your fellow Extension Professionals for an inspiring capnote session that addresses one of the most pressing challenges facing Family & Consumer Sciences educators today: maintaining human connection in an increasingly digital world.

Nationally recognized digital wellness expert Mark Ostach will provide Extension educators with practical strategies for fostering connection and wellness – essential tools for both your professional practice and the communities you serve. His unique blend of expertise in business, psychology, and technology offers valuable insights for Extension professionals navigating the evolving landscape of community education and outreach.

#### **What You'll Gain:**

- Apply The BELL Method (Belonging, Empathy, Listening, & Love) to strengthen connections with both colleagues and community members
- Implement digital and emotional wellness strategies that you can share with your Extension programs and audiences
- Develop healthy workplace habits that enhance your effectiveness as an Extension educator
- Connect with fellow professionals while engaging in meaningful community-building activities

**9:30 AM – 10:30 AM**

Silent Auction Winners Announced

**9:45 AM – 12:00 PM**

Silent Auction Pick-Up

**10:00 AM – 11:30 AM**

National Post-Board Meeting

**10:00 AM – 12:00 PM**

Hospitality Open

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

Concurrent Sessions

**Are Your Participants Doing Their FCS Homework?**

**Track:** Health and Well-being

**Presenter(s):** *Jessica Lowe, Lisa Barlage, Lorrissa Dunfee, Tammy Jones, Ryan Kline*

**State:** OH

Learn how to turn “homework” into an evaluation tool. During this interactive presentation, see examples of participants' homework, discuss collection tools, and hear about increased rates of adopted behaviors.

**Attracting SNAP-Ed Eligible Older Adults to an Extension Health Program: Educators' Perspectives of Promising Practices, Systemic Barriers, and Opportunities**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Rachel O'Halloran,*

**State:** MO

Learn promising practices for recruiting older adult SNAP-Ed audiences to evidence based health programs. This study collected the experiences of 14 Extension educators through asynchronous online focus groups.

**Awareness of Trauma's Impact on Financial Wellness: Understanding, Addressing, and Overcoming Barriers**

**Track:** Financial Health and Capability

**Presenter(s):** *Deon Littles, Troy Anderson*

**State:** MD

Trauma significantly impacts financial wellness, and remains underexplored in community programs. Adverse experiences, such as abuse, neglect, generational poverty, sudden economic hardship, shape individuals' emotional, psychological, and financial decision-making.

**Harnessing the Power of Awe: Dark Skies as Tools for Mental Health in Rural Communities**

**Track:** Health and Well-being

**Presenter(s):** *Troy Allan*

**State:** UT

Discover how awe-inspiring dark skies promote mental health and learn practical, evidence-based strategies to create transformative, awe-filled experiences for fostering resilience and connection in your community.

**Master Clothing Volunteer Hospice Quilt Project**

**Master FCS Volunteer Program Award**

**Track:** Skill-based

**Presenter(s):** *Sarah Drysdale, Robynn Garrett, Monica Jackson, Millie Green, Linda Lawrence, Connie Talent, Natalie Mendenhall, Elaine Steven, Sandy Snarr, Lee Furst*

**State:** KY

The Mercy-Health Lourdes Hospice Quilt Project engaged Certified Master Clothing Volunteers and community members to create 125 lap quilts for hospice patients, fostering skill development, community collaboration, and support, with future expansions planned for foster care initiatives.

### **Oh Deer! Addressing Food Insecurity in Rural Communities through Deer Donation**

**Track:** Food and Nutrition

**Presenter(s):** *Meredith Probst, Caitlin Mellendorf, Michelle Fombelle*

**State:** IL

Hunters Feeding STATE connects hunters, meat processors, and food pantries to support nutrition security through venison meat and nutrition education as part of SNAP-Ed outreach.

### **Poverty Simulations - Forging New Partnerships in Oklahoma**

#### **Community Partnership Award**

**Track:** Economic & Workforce Development

**Presenter(s):** *Sonya R McDaniel, Suzette Barta, Stacy Dawson, Kathy Enyart, LaDonna Hines, Brenda Miller, Dea Rash, Susan Routh*

**State:** OK

Oklahoma's Poverty Simulation program has seen an explosion in demand with dozens of new partnerships. A new team approach has streamlined delivery of this popular program.

### **Safe Food = Healthy Kids**

**Track:** Food and Nutrition

**Presenter(s):** *Kara Lynch, Laurie Messing*

**State:** MI

Food Safety education for childcare providers is lacking but critical. Learn about the Safe Food = Healthy Kids curriculum to keep food safe at childcare, including best practices for implementation.

### **SPARKing the Future of Extension: Insights From A Longitudinal Content Analysis of FCS**

#### **Extension Positions**

**Track:** Trending Topics

**Presenter(s):** *Erin Martinez,*

**State:** KS

This study compares job postings for FCS Extension from 2019, 2023, and 2025 to identify trends and alignment with Cooperative Extension's National Framework for Health Equity and Well-Being.

**11:00 AM – 11:45 AM**

**Concurrent Session**



**Branding Extension Programs in Urban Communities**

**Track:** Trending Topics

**Presenter(s):** *Jennifer Taylor, Umekia Taylor*

**State:** Multi-State

Extension is often called the “best-kept secret,” a reflection of limited marketing and outreach. Researchers developed a brand kit to enhance visibility amongst urban audiences of the Northeast Region.

**Bridging the Gap: An Innovative EFNEP Model for Bolstering Adult Immunization Education**

**Track:** Health and Well-being

**Presenter(s):** *Jackie Wilkins, Diane Oliver*

**State:** OH

This presentation explores an innovative approach to increased awareness/education for adult immunizations via EFNEP and highlights how the knowledge and reach of FCS Extension professionals and partnerships can be showcased.

**Build Your Bones: A Multi-State Virtual Initiative**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *Amber Hughes, Wendy Dahl, Wendy Lynch, Marie Arick, Laurie Welch*

**State:** Multi-State

The Build Your Bones curriculum offers participants evidence-based health practices to maintain optimal bone health throughout one’s lifespan. Learn about collaborations and how to bring this program to your area.

**Cardio Drumming for Youth**

***Innovative Youth Development Programming Award***

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

**Presenter(s):** Lacy Yeley

**State:** TN

Cardio Drumming for Youth is an inclusive, high-energy program that combines music, movement, and rhythm to promote physical activity, teamwork, and self-expression, making fitness fun and accessible for all ages and abilities.

**Digital Volunteer Initiative**

**Track:** Technology

**Presenter(s):** *Rosanne Scammahorn, Amber Smyer, Kathryn Leach, Kasey Bozeman*

**State:** Multi-State

Learn how your existing Extension programming is well-positioned to provide digital skills education and support digital access capacity building in your community.

**Ensuring Food Safety and Entrepreneurial Success: The University Extension Cottage Food Safety Training for Compliance, Risk Reduction, and Resilient Food Systems**

**Track:** Food and Nutrition

**Presenter(s):** *Mary Snow, Sheila Gains, Katie Dunker, Laura Griffin*

**State:** CO

The Extension Cottage Food Safety Training ensures compliance with the State Cottage Food Act, reducing foodborne illness risks, supporting local entrepreneurs, and fostering resilient food systems through accessible, multilingual education.

**Partnering with Employers to Address Family Financial Security**

**Track:** Financial Health and Capability

**Presenter(s):** *Suzanne Bartholomae, Jenny Abel, Barbara Wollan, Jeannette Mukayisire, Jeanne Walsh, Carol Bralich, Jonathon Ferguson, Beverly Doll*

**State:** Multi-State

This session reviews the implementation and outcomes of an employer-based financial wellness model implemented by two universities and offers ways that educators can implement their own programs.

**"Plan, Prep, Preserve: Your Path to Saving Food and Money" Household Food Waste Reduction Toolkit: A Resource for Educators**

**Track:** Food and Nutrition

**Presenter(s):** *Yu Meng, Alexa Erickson, Janessa Hartmann, Marisa Neelon, Natalie Price, Deborah Schnur, Veronica Van Cleave-Hunt Irene Padasas*

**State:** CA

"Plan, Prep, Preserve: Your Path to Saving Food and Money" Educator Toolkit addresses community needs, reduces household food waste, and boosts confidence in effective food management.

**Promoting Personal Safety Through the Empower Yourself Through Self-Defense Toolkit**

**Track:** Health and Well-being

**Presenter(s):** *Stephanie Carlson, Naomi Brower*

**State:** UT

Discover the "Empower Yourself Through Self-Defense" toolkit, offering practical strategies for personal safety and how you can access this toolkit for personal and community use.

**Sparkling Inclusivity: Enhancing Extension Services for LGBTQIA2S+ Individuals**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Ricardo Kairios*

**State:** NJ

This session addresses barriers LGBTQIA2S+ individuals face in accessing community programs, focusing on intersectionality, racial justice, and inclusivity. Participants will gain strategies to enhance outreach, engagement, and systemic change.

**Time to Talk*****Program Excellence Through Research Award***

**Track:** Education, Leadership, & Diversity

**Presenter(s):** Christopher Sneed, Ann A. Berry, Annette Cole, Rachel Erwin, Karen Franck, Mary Beth Henley, Sarah Kite, Rebecca Layman, Cristopher Alejandro Miramontes, Terri Orr, Michelle Parrott, Deanna Poole, Rebecca Seratt, Lisa Washburn, Amanda Woody

**State:** TN

Using extant research and state-specific formative research collected through surveys of patients and providers in 2022, Extension faculty/ specialists developed a new health care cost program called Time to Talk.

**12:00 PM – 2:00 PM**

Past Presidents Luncheon

**2:00 PM – 3:00 PM**

President's Reception Honoring Jennifer Bridge

*This event is open to all full registered attendees.*

**3:00 PM - 5:00 PM**

Closing Awards Ceremony

*This event is open to all full registered attendees and Ceremony Ticker holders. No meal provided.*

**SHOWCASE OF EXCELLENCE****Calvert Charitable Corporation Concepts (C4)****Extension Housing Outreach Award**

**Track:** Financial Health and Capability

**Presenter(s):** *Troy Anderson*

**State:** MD

What makes families financially secure? Many may say generational wealth. However, in the United States, this has most often been achieved through buying a home and generating equity through ownership.

**Crisp Pre-K School Wellness Food, Fun and Reading Program****School Wellness Award**

**Track:** Food and Nutrition

**Presenter(s):** *Liz Clarke*

**State:** GA

Crisp County Pre-K students increase food knowledge and language nutrition as well as get to taste healthy foods through the Food, Fun and Reading Program.

**Delivering an Effective Suicide Prevention Program - Question, Persuade, Refer (QPR)****Human Development/Family Relationships Award**

**Track:** Health and Well-being

**Presenter(s):** *Chi Catalone, Ginger Fenton, Rozalia Horvath, Amber Hughes, Maureen Ittig, Sonya Nace, Cynthia Pollich, Darlene Sansone, Laurie Weinreb-Welch, Jill Varner, Jacqueline Zitzelberger*

**State:** PN

Explore how the evidence-based suicide prevention program QPR enhances participants' knowledge and confidence to assist in crisis situations. Discover strategies for implementing this curriculum to empower your communities.

**Empowering Financial Change: Teaching and Evaluating Zero-based Budgeting Workshops**

**Track:** Financial Health and Capability

**Presenter(s):** *Melanie Jewkes, Amanda Christensen, Andrea Schmutz, and Lendel Narine*

**State:** UT

In response to financial stress, Utah State University Extension created Budget Mastermind workshops to build financial resiliency. This session details workshop implementation, shares resources, and explores creative strategies for teaching personal finance.

**Engaging Families Pave the Way for School Readiness**

**Track:** Lifespan Development and Family Relationships

**Presenter(s):** *YaeBin Kim*

**State:** NV

This study examines family engagement programs that support preschoolers' school readiness. Results demonstrate significant improvements in children's school readiness skills, highlighting the critical role of early family engagement.

**Explaining the Safety of Low-acid Home Canning through Thermal Processing Curves**

**NEAFCS Endowment Grant Recipient**

**Track:** Food and Nutrition

**Presenter(s):** *Shauna Henley, Emily Morales, Rohan V. Tikekar, Carla L. Schwan*

**State:** MD

Research-based home canning methods reliably ensure food quality and safety. Three USDA-validated low-acid home canning recipes were tested to show consumers/educators the science "behind" recipe validation.

**Improving Housing Stability Through Outreach and Education**

**Extension Housing Outreach Award**

**Track:** Financial Health and Capability

**Presenter(s):** *Lisa Hamilton, Judy Corbus, Melanie Taylor, Cyndi Longley, Katherine Allen, Halie Corbitt, Stephanie McMinds, Jenny Rodriguez, Giovanna Benitez, Terri Keith, Natasha Parks, Jill Breslawski, Jennifer Hagen, Cindi Hetz, Laura Valencia, Johanna Gomez-Gonzalez, Katherine Marin*

**State:** FL

UF/IFAS Extension housing education team provides outreach, education, counseling, and referrals to help families across the state improve healthy and stable housing.

**Farmer's Walk**

**Excellence in Teamwork Award**

**Track:** Food and Nutrition

**Presenter(s):** *Michelle Puckett, Mitzi Clayton, Jill Wachs, Megan Jones*

**State:** AL

Teaching children about food origins, production, and nutrition fosters healthy eating choices and reduces obesity. Barbour County's "Farmer's Walk" event, a collaborative effort, empowered students to connect with local food systems and farmers.

**Fostering Protective Factors among Teens through a Statewide Leadership Program**

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

**Presenter(s):** *Shannon Cromwell, Meggan Callister, Rowe Zwahlen, Pam VanWag*

**State:** UT

The Junior Youth Conference leadership program empowers teens to plan and lead hands-on workshops for younger youth, fostering leadership skills, self-awareness, and practical life skills, as evidenced by survey results.

**Fresh Connect: Produce Prescription Program**

**Track:** Food and Nutrition

**Presenter(s):** *Katie Schlagheck*

**State:** OH

Produce prescription programs have been used as a strategy to combat health outcomes of low-income individuals. Learn about the components of starting one of these programs in a local community.

**Guiding Tenants to Stability: RentWise Training**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *Samantha Roth, Sara Croyman, Dung Mao*

**State:** MN

The RentWise program equips service providers with skills and knowledge to assist vulnerable populations in navigating rental processes, tenant rights awareness, and landlord communication for improved housing stability.

**Health Volunteer Engagement as a Catalyst to Improve Health**

**Family Health & Wellness Award**

**Track:** Health and Well-being

**Presenter(s):** *Heather K. Wingo, Jessica Vincent*

**State:** AR

The Extension Get Fit (EGF) program is a community-based strength-training initiative in 28 counties across Arkansas. This program is designed for midlife and older adults, offering structured physical activity opportunities to improve strength, flexibility, balance, and overall well-being. The unique model empowers volunteer leaders to facilitate community exercise sessions.

**Improving Teamwork for a Virtual Setting**

**Excellence in Multi-State Collaboration Award**

**Track:** Education, Leadership, & Diversity

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

**State:** Multi-State

Success teamwork doesn't just happen. Teams need to implement proven skills and techniques to work effectively, especially on a virtual platform. This series of trainings share tools to improve teamwork.

**Intersectionality and Food Insecurity: Unpacking the Challenges Faced by LGBTQIA2S+ College Students**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Ricardo Kairios*

**State:** NJ

This study explores food insecurity among LGBTQIA2S+ college students, highlighting the intersection of social determinants, inclusivity, and social support, offering strategies to enhance policies and resources for LGBTQIA2S+ students.

**Mentoring Experience –**

**Mentorship Award- Greenwood Frysinger Award**

**Track:** Education, Leadership, and Diversity

**Presenter(s):** *Emily Harmon*

**State:** IL

Mentorships from Illinois Extension, notably with Chelsey Byers, Kathy Sweedler, Molly Hofer, and Ginger Boas, significantly influenced my career, shaping programming and professionalism. This award acknowledges their impactful guidance.

### **Minimizing the Impacts of Home Food Waste**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *Bridget Morrisroe, Annie Roe, Julie Buck, Ariel Agenbro, Catherine Milner*

**State:** ID

Educators will present the environmental, social, and economic impacts of food waste. Information and tools on ways to minimize food waste in the home will be displayed and disseminated.

### **Move Alabama: Increasing Physical Activity for Alabama Families**

#### **Marketing Package Award**

**Track:** Health and Well-being

**Presenter(s):** *Erin Reznicek, Theresa Mince, Melanie Smith, Beth Reeves, Kyra Hutchinson, Sofia Sanchez, Katie Funderburk, Torie Ennis, Michelle Puckett, Kristen Sanders, Sherri Mulder*

**State:** AL

Move Alabama empowers families to overcome physical activity barriers through community challenges, social media engagement, local partnerships, and campaign materials to increase participation and inspire long-term active lifestyles.

### **Penn State Extension Addresses Increasing Physical Activity**

**Track:** Health and Well-being

**Presenter(s):** *Stacy Reed, Chi, Catalone, Laurie Weinreb-Welch, Amber Otis, Elizabeth Kocsis, Sarah Davis, Rozi Horvath, Christina Pulman, Joslyn Neiderer, Kate Konkle, Susan Lechtanski, April Miller, Er Yue, Malinda Surprise, Dori Owczarzak*

**State:** PA

Penn State Extension created the Everybody Walk Across (EWA) program model to help communities increase physical activity levels and accountability. Learn how this Penn State Extension's EWA program is growing.

### **Preserving the BIG Picture: Serving Clients and Colleagues**

**Track:** Food and Nutrition

**Presenter(s):** *Kate Shumaker, Arnold, Lisa Barlage, Sofia Carter, Shari Gallup, Laura Halladay, Candace Heer, Melinda Hill, Emily Marrison, Melissa Rupp, Megan Taylor, Treva Williams, Tina McGillvary*

**State:** OH

The **XXX** Extension Food Preservation Team has developed a comprehensive package of resources and opportunities with a goal of supporting our colleagues and serving our clients across the state.

### **Produce for Seniors**

#### **SNAP-Ed/EFNEP Educational Program Award**

**Track:** Food and Nutrition

**Presenter(s):** *Rachel O'Halloren, Emily Barbee, Mellissa Cotton, Tarunjot Sethi, Sara Bridgewater, Sue Robison, Rachel Livesay, Elizabeth McGinley, Sidney Patrick, Jo Brit-Rankin,*

*Dalton Guess, Monica Haaf, Lauren Richardson, Alyssa Alvarado, Patricia Gadson, Elen Bloomer-Thorton, Deboarh O'Neal, Clara Wayland-White, Valerie Pickering, Paula Gray, Heather Warren*  
**State:** MO

In 2023 and 2024, the University of Missouri Extension SNAP-Ed Outreach program has supported the Missouri Senior Farmers Market Nutrition Program to address environmental factors to accessing vegetables and fruits for SNAP-Ed eligible older adults.

**Revitalizing Rural Communities: A Grassroots Approach to Community Development through Extension**

**Track:** Health and Well-being

**Presenter(s):** *Christina Garner*

**State:** GA

Rural communities often struggle with rebuilding. Learn about a grassroots approach to Community Development through Extension using a Community-based Social Marketing approach to implement sustainable programming.

**Rightsizing: Dealing with Sentimental Clutter**

**Environmental Education Award**

**Track:** Environmental Health and Sustainability

**Presenter(s):** *Susan Moore, Pamela Turner, Diane Bales, Laura Smith, Jasmine Harris-Speight, Mary Dozier, Jennifer Krafft*

**State:** GA

UGA and MSU Extension used the Rightsizing curriculum to teach participants to control clutter at home to lead healthier lives and prevent indoor health hazards like mold and falls.

**Sowing and Growing Hope: A pilot program on instilling hope in the community through Extension programming**

**Track:** Health and Well-being

**Presenter(s):** *Amber Allen*

**State:** MO

Sowing and Growing Hope will explore the creation, implementation, and evaluation of a pilot program focused on the practical application of Hope Theory.

**The Impact of an Eight-Week Diabetes Management Program on Biometric Data of Individuals with Diabetes and Pre-Diabetes**

**Track:** Health and Well-being

**Presenter(s):** *Rebecca Elliott*

**State:** FL

This presentation depicts the impact of an eight-week diabetes management program on biometric data of individuals with diabetes and pre-diabetes.

**The Marion County Church Potluck Food Safety Program  
NEAFCS Endowment Grant Recipient**

**Track:** Food and Nutrition (Food Safety)

**Presenter(s):**

**State:** FL

"The Marion County Church Potluck Food Safety Program" aims to improve food safety in church potlucks by training church members who usually bring meals to their church potlucks.

**Tree-mendous Teachers! Early Childhood Educator Professional Development Program  
Early Childhood Child Care Training Award**

**Track:** Economic & Workforce Development

**Presenter(s):** *Caroline Cruz, Ted Stevens, Jodi Nerren, Jaden Kelly*

**State:** TX

Let's go outside - nature is our classroom! Texas' Tree-mendous Teachers early childhood training program does just that, using trees as windows to the world to train educators of young children.