



Affiliate Annual Report Form

Submit this form to your Regional Director and the
NEAFCS National Office, 325 John Knox Rd. Suite L103 Tallahassee, FL 32303
Fax: (850) 222-3019 Email: djessup@executiveoffice.org

Please return this form by December 31st of each year to your Regional Director and a copy to the National Office.
This report should cover anything that has occurred between January 1 and December 31 of the current year.

State/Territory: Pennsylvania Date: December 22, 2020
Person Completing Form: Jacqueline Amor-Zitzelberger, President 2021 Phone: 814-553-1649

What accomplishments/progress has your Affiliate made in the past year? (Consider member resources, awards and recognition, public affairs, etc.)

The following PEAFC members received national recognition for Continued Excellence – Jacqueline Amor-Zitzelberger, Past Presidents' New Professional Award – Andy Hirneisen, and Communication Award (video) – Denise Continenza.

There were 3 members on our Executive board who served on the PA JCEP committee to organize and facilitate the first virtual conference in November 2020 for members. It was attended by 156 members of JCEP members including potential new members who were invited to participate in the event at no cost. This was one of the highest attended events held by PA JCEP committee.

In response to the COVID-19 pandemic, PEAFC members created numerous articles, webinars, short-form videos, and news items which were released electronically to the public to provide much information related to food and financial uncertainty, stress related mental health challenges, remote schooling, health, and COVID-19 safety protection. The extensive list can be located our PEAFC site at <https://extension.psu.edu/associations/peafcs/response-to-covid-19>

As part of the Well-Connected Communities (WCC) program, Penn State Extension Educators John Byrnes and Lauren Perez have been working collaboratively with community leaders, 4-H families from Southeast Pennsylvania and local 4-H youth to meet the food needs in Norris Square during the pandemic. Thanks to her colleagues' aid, Perez visits her 4-H families regularly bringing not only enrichment materials but bags of food and "Messages of Hope," letters written by other 4-H members across the commonwealth.

Also as part of the Well-Connected Communities Project, Penn State Extension Food, Families & Health (FFH) Educator, Katie Greenawalt, and Master Gardener Coordinator, Casey Clauser, have been collaborating with community leaders to transform a community garden in Lebanon City. The team envisions that the garden will encourage community members to develop an interest in gardening and growing fresh produce in the City of Lebanon.

The Alzheimer's Healthy Aging Team members continue to offer webinar programming on the Greater PA Alzheimer's Association's website: *Purposeful Engagement During COVID 19*; four *Healthy Living for Your Brain and Body (HLBB) with new diet research*; Presentation on HLBB at Alzheimer's NE and SW regional conferences; *Ten Warning Signs of Alzheimer's and Dementia*.

Assisting the Water Quality Team on an Extension-wide lunchtime webinar series called Extension-At-Home. The Health and Wellness educators presented on New Opportunities for Getting and Staying Fit, a workshop/webinar that will give participants tips and tools to start or continue a fitness program during these changing times.

Everybody Walk Across PA was adapted for the COVID-19 situation. The weekly newsletter included reminders to follow the CDC, State, and local guidelines for safe outdoor walking and has a section titled "Staying Well" with a link to an article on our COVID-19 landing page. 306 registrants were recorded.

PEAFCS VP of Member Resources recruited 3 new members this year increasing our membership to 31 members.

What are your Affiliate's goals for the next 12 months?

Due to the current situation regarding the pandemic, PEAFCs team has refocused our effort from F2F to teaching our state, national, and global audiences through online technology. Our members continue to expand their professional development learning a variety of IT strategies such as webinars, live demonstrations, and recorded short form videos. Considering the incredible response to this delivery method, PEAFCs plans to continue to offer ongoing training online reaching a broader and broader audience during each event.

Members of the PEAFCs Family Well-Being Team are developing and delivering new curricula involving mental, emotional, and behavioral health (Mental Health First Aid & Farm Stress), and intergenerational programming (Relatives as Parents Program). Both programs are in the fledging stages; however, the team's goals are to teach regularly scheduled webinars covering topics on farm stress, mental wellness, grandparents raising grandchildren, etc. PEAFCs team is looking for collaboration with other states to deliver state and national training on these topics.

What challenges do Cooperative Extension and/or Family & Consumer Sciences face in your state?

Despite the ongoing pandemic, the University and Extension administration has secured our teams to continue our work without interruption. Currently, Penn State Extension and FCS has retained financial support from the University and the state government.

Unfortunately, this current situation has not positioned our PEAFCs team to hire new staff which has been much needed for several years. Working with a skeleton crew presents its own challenges limiting the number of collaborations with other teams and overburdening the existing team with delivery of the training in the state. The recent hire of our new Extension Director and Associate Director has spurred enthusiasm and energy into our tiny team. Both support our efforts and encourage us to pursue new collaboration and options for the future.

To assist NEAFCS in future planning and communication, please list concerns your Affiliate has for the NEAFCS Board to address:

Our new directors are encouraging national collaboration on our programs. Teams members are planning to reach out to other Extension educators to work together on delivering Mental Health First Aid for adult and adults working with youth (i.e. 4-H youth leaders). There are plans to deliver this curriculum to Public Safety or law enforcement officers to address the increase awareness of and destigmatize mental health challenges. In addition, educators are planning to reach out to other Extension programs for assistance with the planning and delivery of training of farm and rural stress/resilience.

Considering that the pandemic will be ongoing, NEAFCS could consider offering regular training on effective and professional online delivery techniques of training (i.e., staging, camera equipment, lighting, script, etc.) Delivery of some current training may appear to have lesser quality than those existing videos by other professional organizations.

Declining membership especially in the East Region has impacted future responsibilities related to annual session and the overall look of the organization.