

2019 NEAFCS Annual Session

Hershey, Pennsylvania

AGENDA

(Updated 6/5/2019. This document is a working document and subject to change.)

SUNDAY, SEPTEMBER 29, 2019

4:00 PM - 6:00 PM

Registration/Silent Auction Drop Off

MONDAY, SEPTEMBER 30, 2019

7:00 AM - 5:00 PM

Registration/Silent Auction Drop Off

8:30 AM - 11:30 AM

Pre-Conference Workshops *(continental breakfast provided at 8:00 AM to workshop attendees)*
(separate registration required)

Financial Action Steps and Milestones for Different Ages and Stages of Life

Presenter: Barbara O'Neill, Ph.D., CFP, CRPC, AFC, CHC, CFEd, CFCS

Generations vary in key ways- including personal finance practices- based on their formative experiences. Extension FCS educators teach clientele at different ages and stages of the financial life cycle and represent various generational cohorts themselves. This workshop will describe three financial life cycle stages (wealth protection, wealth accumulation, and wealth distribution), generational touchstones, and differences in financial management practices by generation, recommended financial action steps and milestones for people at different ages and stages of life, and useful financial education resources.

Similar to a medical standards of care (e.g., having a colonoscopy starting at age 50 and regular blood pressure and bone density tests), certain age-based milestones tell people the key actions to take at different ages. For example, the following financial activities often take place at various decades of a person's life:

- 20s and 30s - Debt repayment and household formation
- 40s and 50s - Peak earnings and wealth accumulation
- 60s - Preparation for retirement and retirement
- 70s and Above - Transitions and wealth distribution

Learning Objectives:

- Participants will understand characteristics of different generations, including financial management practices.
- Participants will participate in 10 learning activities that they can replicate with clients.
- Participants will learn about recommended action steps for different ages and age-based financial milestones.
- Participants will learn about resources to enhance their understanding of generational personal finance.

The Potential Health Beneficial Effects of Cocoa and Chocolate: What Does the Research Say?

Presenter: Joshua D. Lambert, Ph.D.

This session will combine a Sweets Demo from the Hotel Hershey Pastry Team and presentation from Dr. Joshua Lambert. The Sweets Demo will feature two desserts, which will be discussed, finished and plated into serving portions. Discussions will revolve around chocolate at different levels (sweet to bitter sweet).

Dr. Lambert's session will provide an overview of research on the potential health beneficial effects of cocoa and chocolate. It will include an overview of how cocoa and chocolate are produced, the important phytochemicals and nutrients in cocoa and chocolate, and a summary of studies to date on the potential mitigation of chronic diseases such as cardiovascular disease, fatty liver disease, and type II diabetes. An emphasis will be placed on balancing the potential health beneficial effects of cocoa and chocolate with the added calories from fat and sugar that chocolate brings to the diet.

Learning Objectives

- Provide an overview of what cocoa and chocolate are and how they are made,
- Offer insight into the important nutrients and phytochemicals in cocoa and chocolate,
- Describe studies to date on the health beneficial effects of cocoa and chocolate including the strengths and weaknesses of the major studies

Intergenerational Adventures - Enriching the Work of the Family and Consumer Sciences

Presenters: Matthew Kaplan, Ph.D.; Denyse Variano, RN, MPS; Fran Alloway, MA, RD, LDN; Julika von Stackelberg; Megan Dolbin-MacNab, Ph.D.

Intergenerational programs represent a practical and effective means to enrich the lives of individuals across the life span, strengthen family support systems, and contribute to caring, cohesive communities. As such, it is an area of practice that is consistent with the goals of most Extension professionals, particularly in the children, youth, aging/adult development, and family program areas. This pre-conference workshop will highlight ways in which an intergenerational framework can be used to enhance the work of FCS professionals. Featured Extension programs have been found to promote healthier eating practices, increased support for kinship families, enhanced older adult civic engagement, and countered age-related stereotypes. Presenters will provide practical guidance for program development and implementation.

Learning Objectives

- Become acquainted with the emerging interdisciplinary field of "intergenerational programming" and its relevance for enhancing the work of FCS professionals
- Learn basic principles and strategies for planning effective, sustainable intergenerational programs and activities
- Gain a working knowledge of evidence-based Extension programs that support kinship care families, help families achieve their healthy eating goals, and provide older adults with new pathways for engaging youth and contributing to community quality of life for all generations

11:30 AM - 2:30 PM

Lunch on own

11:45 AM – 1:15 PM

First Timer Orientation Lunch

12:30 PM – 2:00 PM

Affiliate Officer Meetings

2:30 PM - 5:00 PM

Opening General Session

Advice for Living from the Oldest (and Wisest) Americans

Karl Pillemer, Ph.D.

Professor of Human Development at Cornell University and Professor of Gerontology at the Weill Cornell Medical College

Can our elders serve as “experts” on how to live our lives? To answer this question, Dr. Karl Pillemer, gerontologist and Professor of Human Development at Cornell University, decided to seek advice on how to live from the oldest Americans. In the Cornell Legacy Project, he surveyed over 1200 elders, asking them for their most important lessons for living – on topics like marriage, career, parenting, aging, regrets, happiness, and overcoming loss. In this talk, he highlights some of the key findings from the project, focusing on practical advice from the “Greatest Generation” for living a happier, healthier, and more fulfilling life. journey in an ever-increasing climate of change.

Learning Objectives:

- Learn about the importance of elder wisdom as a way of combating ageism.
- Gain knowledge about ways to promote intergenerational communication.
- Be exposed to an evidence-based program that promotes intergenerational contact.

7:00 PM - 9:00 PM

Welcome Event

Chocolate World

TUESDAY, OCTOBER 1, 2019

7:00 AM - 8:00 AM

Wellness Activity – TBA

7:00 AM - 4:00 PM

Registration/Silent Auction Drop-off

8:00 AM - 8:45 AM

Concurrent Sessions

Concurrent Session 1 - Cooperative Extension's Capacity to Demonstrate Impact in Financial Capability and Well-being

Track: Financial Management

Presenter(s): *Maria Pippidis, Suzanne Bartholomae, Elizabeth Kiss, Laura Hendrix, Jesse Ketterman*

A national initiative to aggregate all family resource management programming efforts and report national results has been underway since 2015. Be a part of this call to action!

Concurrent Session 2 – Development of a Professional Development Initiative That Equips Teachers to Implement Wellness Changes In the School Environment

Track: Food and Nutrition

Presenter(s): *Luanne Hughes*

Learn how “Teacher Institutes” train/support teachers/administrators in creating healthier school environments – with classroom instruction and policy/system/environmental change strategies that enhance food, nutrition, wellness, gardening, and physical activity in schools.

Concurrent Session 3 – Extension Program Shows Improvements in Child Behavior and Parenting

Track: Child Care/Child Development/Parenting

Presenter(s): *Jens Jespersen, Laura Hubbs-Tait, Brenda Miller, Cindy Conner, Heather Winn, Brenda Gandy-Jones, Amanda Morris*

Pre- to post-intervention evaluations of Active Parenting First Five Years show significant improvements in child behavior and parenting. Attendee lessons include strategies for recruitment, retention, rigorous evaluation with limited resources.

Concurrent Session 4 – Healthwise for Guys: Reaching Men with Lifestyle Education about Cancer

Track: Health

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

After a needs assessment survey, the Healthwise for Guys team developed cancer-related programming for men. Participants significantly increased their knowledge of lifestyle factors/screening related to colon, prostate and skin cancer.

Concurrent Session 5 – Pantry Food Safety--It's Your Job! A Food Safety Curriculum for Food Bank and Food Pantry Volunteers

Track: Food Safety

Presenter(s): *Christine Venema*

Pantry Food Safety—It’s Your Job!

Concurrent Session 6 – Cottage Food: Keep it safe! Keep it legal!

Track: AWARD - Food Safety

Presenter(s): *Suzanne Driessen and Kathy Brandt*

Homemade products for sale are safer because of Extension's Cottage Food: Keep it Safe! Keep it Legal! program. Classes, online courses, a blog, newsletters and online publications educate this industry.

9:00 AM - 9:45 AM

Concurrent Sessions

Concurrent Session 1 – Examining Food Safety of Low Acid Canning in "Smart Cookers"

Track: Food Safety

Presenter(s): *Cathy Merrill, Susan Haws, Teresa Hunsaker, Patricia Mathis, Ellen Serfustini, Paige Wray, Karin Allen*

“Smart Cookers” advertise safe low acid pressure canning capabilities, against USDA recommendations. Using thermal processing datalogging at three altitudes, cookers did not attain 121.1C killing botulism toxin spores. Participants to this presentation will learn about the research done and the science behind the stand-off between the “smart cooker” manufacturers and the USDA.

Concurrent Session 2 – Fun with Fresh Food Rainbow Nutrition Program for Families

Track: Food and Nutrition

Presenter(s): *MaryBeth Hornbeck*

Fun with Fresh Food is a six-part series of interactive rainbow-themed food demonstrations to help families improve attitudes and behaviors around fruit and vegetables in a whimsical yet substantive way.

Concurrent Session 3 – Online smartphone-based eLearning: Connecting the audience and the content through innovative technology

Track: Technology and Social Media

Presenter(s): *Edda Cotto-Rivera, Jung Sun Lee, Alice White, Laurel Sanville, Ryan Frith, Jennine DeLane, Joanna Akin, Jackie Dallas, Jessica Moore, Laura Smith, Alexis Roberts, Breeanna Williams, Amanda Pencek, Sarah Stotz, Deborah Murray, Linda Kirk Fox, Laura Perry-Johnson, Gail Kefentse*

Given the increasing access to Internet and Internet-accessing devices, eLearning models have potential to engage increasingly savvy connected low-income audiences who may have experienced barriers to attending face-to-face nutrition classes.

Concurrent Session 4 – Sharing Wisdom: An Interdisciplinary Approach to Matters of Health and Wealth As We Age

Track: Life Span Development

Presenter(s): *Lynda Spence, LuAnn Duncan, Mia Wilchcombe*

This program helps participants prepare for a fulfilling life, allaying health, financial and emotional challenges and developing behaviors to perpetuate self-sufficiency well into their eighth and ninth decades of life.

Concurrent Session 5 – MFLN 2018 Virtual Conference - Cultural Competency Awareness, Action, and Advocacy

Track: AWARD - Mary W. Wells Memorial Diversity

Presenter(s): *Sara Croymans, Anita Hering, Sarah Baughman, Jessica Beckendorf, Maggie Beneke, Robert Bertsch, Rachel Brauner, Alicia Cassels, Jennifer Chilek, Andy Crocker, Robyn DiPietro-Wells, Hannah Hyde, Karen Jeannette, Debra Jennings, Jason Jowers, Kyle Kostelecky, Barbara L. Kornblau, Vickie LaFollette, Rebecca Lombardi, Melody McDonald, Jenifer McGuire*

The Military Families Learning Network September 2018 three day virtual conference, Cultural Competency: Awareness, Action, and Advocacy featured six webinar sessions with 579 participants, storytelling journals and multiple interactive strategies.

Concurrent Session 6 – Diversity Impacts

Track: Committee

Presenter(s): *Lorrie Coop, Ines Beltran*

Members of the Diversity sub-committee will present a review of programs that aligned with the definitions of Diversity and Pluralism by reaching people from different cultures, classes and

ethnicity, and have helped them to have healthier and more productive lives by obtaining services such as insurance, financial, or health. Members also will share the results of these programs and future implications.

9:00 AM - 11:00 AM

Life Member Meeting

10:00 AM - 10:45 AM

Concurrent Sessions

Concurrent Session 1 – Financial Education Intervention in Human Services Organizations: An Approach with Significant Impact

Track: Financial Management

Presenter(s): *Michael Elonge, Priscilla Graves, Dorothy Nuckols*

The National Diabetes Prevention Program is a partnership of public and private organizations working to prevent type 2 diabetes. Learn about the program and PreventT2 an evidence-based, healthy-lifestyle change program.

Concurrent Session 2 – Food Handling Practices of Consumers, An Integrated Approach to Inform Message Development

Track: Food Safety

Presenter(s): *Benjamin Chapman, Christopher Bernstein, Chrystal Okonta*

Overview of a multi-year observational study of consumers' food handling behaviors compared to self-report, the effect of relevant communication interventions, and how these insights inform consumer food safety messages.

Concurrent Session 3 – Heart and Shield: Family Violence Prevention Program

Track: Trending Topics

Presenter(s): *Jill Baker-Tingey, Pamela Powell*

Heart and Shield: Family Violence Prevention Program targets adult domestic violence survivors and their children, strengthens family relationships, and fosters resilience to break the cycle of violence.

Concurrent Session 4 – Using Audio to Enhance FCS Programming

Track: Technology and Social Media

Presenter(s): *Samantha Kennedy, Les Harrison*

Audio can be a simple and effective tool for enhancing FCS programming by highlighting and reinforcing important concepts and allowing clientele to revisit important aspects of class presentations multiple times.

Concurrent Session 5 – #LHLW365 Texting for Health

Track: AWARD - Innovation in Programming

Presenter(s): *Lisa Barlage, Michelle Treber, Jami Dellifield, Tammy Jones, Beth Stefura, Pat Brinkman, Misty Harmon, Jenny Lobb, Lorrissa Dunfee, Amanda Bohlen, Danae Wolfe*

With over 95% of Americans using cell phones, text messaging is a common form of communication. A State Innovation Grant helped this team to pilot and implement wellness text messaging.

Concurrent Session 6 – The Feeding Young Children Study and Resulting Online Training

Track: AWARD - Program Excellence Through Research

Presenter(s): *Katherine Elizabeth Speirs*

The Feeding Young Children Study identified role modeling as an area where early care and education teachers were not meeting best practices and guided program development.

11:15 AM - 1:15 PM

Regional Business & Awards Luncheon

1:00 PM - 5:00 PM

Exhibitor Set-up/Silent Auction Set-up

1:30 PM - 5:30 PM

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

Buses will depart the Hershey Lodge at 1:30 PM and return by 5:30 PM, except for the Everything in the Kitchen Sink tour which will return at 7:15 PM.

In-Depth Session 1 – Before & After Milton S. Hershey

Track: Community Vitality, Entrepreneurship, Nutrition

This session will include stops at the Hershey Story Museum and Hershey-Derry Township Historical Society Museum and will give attendees a broader understanding of how Milton Hershey transformed the landscape of the town that bears his name. Participants will have the chance to sample warm drinking chocolates and take in HSM's many exhibits and features. The Hershey-Derry Township Historical Society Museum is home to over 50,000 artifacts and photos intent on preserving the history and architectural legacy of these two communities. During your tour and visit you'll learn about the early settlers of Derry Township and the community of Hershey before Milton H's arrival and what's transpired since he was at the head of Hershey Chocolates.

In-Depth Session 2 – Penn State College of Medicine Public Health Research

Track: Community Health & Wellness, Nutrition & Food Security

Public health is defined as the science of protecting the safety and improving the health of communities through education, policy-making and research for disease and injury prevention. Faculty and Staff at the Penn State College of Medicine are currently working on a number of projects that touch upon all facets of public health. This interactive session will explore the work being done in three project areas -- The Translation of Despair and Healthcare, The REACH (Racial and Ethnic Approaches to Community Health) Program, and The Hershey Community Garden. This latter segment will involve walking outdoors into the expansive garden area.

In-Depth Session 3 – Celebrating Nature's Bounty

Track: Entrepreneurship, Sustainable Agriculture, Food Security

This session will include stops at Finchbaugh's Orchard & Farm and the Moondance Winery, Cider Harvest & Tap Room. Finchbaugh's Orchard & Farm has been offering educational programs for both adults and children for years that include a guided walking tour, fun ag/nutrition lesson and a tasty seasonal snack (which you will experience yourself). They also have a corn maze, offer PYO and wagon rides, and operate a charming retail store. The Moondance Winery, Cider Harvest & Tap Room is housed in a spectacular French-style Chateau overlooking the Susquehanna River. Attendees will have the opportunity to sample some of

their award winning wines, ciders and brews and tour their production facilities (included in in-depth session ticket price).

In-Depth Session 4 – Using Historical Preservation to Revive Neighborhoods

Track: Community Vitality, Entrepreneurship

First stop in Harrisburg is a guided tour of the Pennsylvania Capitol Building, the grandest state capitol in America, long admired as a “palace of art.” See House and Senate chambers, Supreme Court chamber, and Capitol Rotunda. Next, participants will take a scenic route down Old Front Street, past historic mansions, “Governors’ Row,” and vistas of the Susquehanna River, stopping for a guided tour of the John Harris Mansion, 18th-century Colonial home of the founder of Harrisburg, today one of the leading house museums in Pennsylvania. The last stop will be free time in Historic Midtown. Attractions within a 2-block radius that may be explored, free of charge, (with map provided) include: Midtown Scholar Bookstore and coffeehouse, one of America’s top bookstores, Susquehanna Art Museum and gift shop, The Millworks, featuring 30 in-house artist studios, gift shop, and restaurant, Historic Harrisburg Resource Center, history exhibits in old bank building, A stroll down Broad Street, two blocks to Riverfront Park and Sunken Gardens, past picturesque restored rowhomes in the Old Midtown Historic District. This in-depth will utilize the bus between the different stops, but walking may be required among the different locations, so wear comfortable shoes.

In-Depth Session 5 – Experience Amish Life at the Plain & Fancy Farm

Track: Diversity, Food & Nutrition, Clothing & Textiles

Take in a nine-room Amish country homestead and one room schoolhouse, and shop at their charming country store. Participants will learn more about the Amish way of life during this unique look at how they live, work and worship. Your guide will explain Amish customs, dress, and adapting to life without electricity. It’s the county’s only designated “Heritage Site” Amish house tour. Sit at authentic Amish desks and learn how eight grades are taught in one room by one teacher! Shop their 5,000 square foot store for authentic Amish-made bonnets, dresses, wooden toys, dolls and crafts.

In-Depth Session 6 – Lititz -- the Coolest Small Town in America

Track: Community Vitality, Entrepreneurship, Food & Nutrition

Surrounded by rolling farmland and a rich cultural/historical heritage, you'll first tour the Julius Sturgis Pretzel Bakery (founded in 1861) where you'll get a hands-on lesson in pretzel twisting using a playdough mixture, followed by on your own stops at the Appalachian Brewery (which is housed in a 100 year-old refurbished building) and Wilbur Chocolates (which has been in business longer than Hershey Chocolates) -- both are within easy walking distance of the Pretzel Bakery. Lititz is also home to Linden Hall, the oldest all-girls boarding school in the country, which was founded by the Moravians in 1746. An abundance of retail shops, eateries and bookstores in a five-block area makes for a wonderful small town ambiance and close-knit community feeling.

In-Depth Session 7 – Everything --- and the Kitchen Sink!

Track: Diversity, Entrepreneurship, Food & Nutrition; Clothing & Textiles

This in-depth will start with a stop at the Lancaster History Museum which houses various collections that give you a glimpse into the rich cultural history of the area as well as the Louise Arnold Tanger Aboretum. You will take part in a 45-minute long white glove "turning" of six vintage quilts with a museum curator. No visit to Lancaster country is complete without a stop

at Kitchen Kettle Village -- a three generation family business with over 40 unique shops, restaurants & lodging in an historic PA Dutch Village setting. Attendees will participate in a Whoopie Pie Making Experience before heading off to watch Amish and Mennonite ladies "put up" jams and relishes in the canning kitchen; you can also take advantage of the opportunity to add on kitchen, cheese or quilt "chats" (for a small fee). If time permits, head over to the Old Country Store across the street where you'll find ample offerings of quilts, fabric, local crafts and wares including baked goods, kettle corn, fudge, candles and more! *NOTE: this in-depth returns to the Lodge around 7:15 pm!*

In-Depth Session 8 – Working Smarter Not Harder: Needs Assessments for Modern Times in the Changing Landscape of Urban, Suburban and Rural Environments

Track: Community Vitality, Leadership

Many times, Extension educators are called upon to help community organizations develop strategic plans or help them determine how effective their marketing or program outreach is being received by target audiences. During this interactive session, participants will learn how to better design, implement and analyze a community needs assessment; better understand the Institutional Review Board (IRB) process; get feedback from experts that have been through this procedure; and have questions answered during a short panel discussion.

In-Depth Session 9 – Addressing the Opioid Crisis: Evidence-informed Programs, Trauma-informed Efforts and Community Collaborations

Track: Life Span Development (Aging, Child & Human Development)

This session will explore what Pennsylvania is doing to battle the opioid and heroin epidemic from both a statewide perspective and local efforts. It will address research being done on the link between trauma and SUD (substance abuse disorder), the proposed efforts to become trauma-informed communities, the evidence-based strategies that PA/PSU supports, and the data behind them as well as the importance of community mobilization to prevention success. Strategies shared may be replicated or help augment efforts being taken to address this crisis across the country.

In-Depth Session 10 – Creating a Culture of Health One Community Coalition at a Time!

Track: Community Health & Wellness, Sustainable Living, Community Vitality

Well Connected Communities is an effort to cultivate wellness across the country. America's Cooperative Extension System, including 13 land-grant universities across the country, in partnership with National 4-H Council, is equipping volunteer leaders to help their neighbors be healthier at every stage of life. This initiative is supported by the Robert Wood Johnson Foundation. The focus of this session will be to share best practices and lessons learned around the community health coalition work. A panel of agents involved in this work will share their experiences as well as a summary of Extension system learnings, including barriers and benefits. Opportunities for other land-grant universities to become involved will also be shared.

In-Depth Session 11 – Teen Cuisine -- a Cooking and Nutrition Education Curriculum for Grades 6-12

Track: Nutrition, 4-H Youth Development

Teen Cuisine is designed to teach youth (grades 6-12) important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and

behavior change among teens. Food demonstrations will be included. Information on purchasing the curriculum will also be provided to attendees.

In-Depth Session 12 – Prepare for Retirement: Counting Down to Your Retirement Day

Track: Financial Management

Preparing for retirement is a process that ideally starts decades before the retirement date arrives. Whether your retirement is decades away or just around the corner, this session will cover key topics that should be considered as you plan for the big day and another phase of life. This session will increase participants' awareness on key considerations, financial and non-financial, related to planning for retirement. This information will also be valuable for those educators that teach about retirement planning.

2:15 PM - 4:30 PM

Ignite Sessions and World Café

*Sessions marked with (**) represents those that also include a Showcase of Excellence.*

The first hour will include Ignite Sessions, followed by an hour of World Café.

IGNITE/WORLD CAFÉ ROOM 1

What Extension Educators and Their Clients Need to Know About Income Taxes ()**

Track: Financial Management

Presenters: *Barbara O'Neill*

This Ignite Presentation will present content highlights and evaluation results from a worksite program about the Tax Cuts and Jobs Act. It will conclude with tax planning strategies for Extension educators.

Living Well Blogging Well ()**

Track: Technology and Social Media

Presenters: *Judy Corbus, Angela Hinkle, Amy Mullins, Laurie Osgood, Kendra Zamojski*

This District-wide Family and Consumer Sciences blog provides a reliable online source of research-based information on nutrition, food safety, health and wellness, and resource management topics to educate clientele.

Building Early Emotional Skills: Faith, Community, and Financial Empowerment: Faith Organization Volunteer Training ()**

Track: Financial Management

Presenters: *Dorothy Nuckols, Catherine Sorenson, Michael Elonge*

Financial stability is better achieved when financial skills are learned in a supportive environment. This faith-based organization program uses the social ecological "systems" model and the influence of relationships.

Training Guest Speakers for Home Buyer Education Workshops ()**

Track: Financial Management

Presenters: *Lisa Hamilton, Johanna Ramirez*

Guest speakers in home buyer classes need to learn HUD's rules and improve teaching skills to enhance participant learning. This session provides tips and tools for Agents.

Discover the Power of Text Messages in Wellness Programming ()**

Track: Technology and Social Media

Presenters: *Lisa Barlage, Pat Brinkman, Jami Dellifield, Tammy Jones, Beth Stefura, Michelle Treber*

Discover the power of Text Messages in your program. Increase your audience participation and their knowledge gained by adding powerful messages in a clear, concise and inspiring method.

Addressing the Financial Burden Impacting Cancer Patients ()**

Track: Trending Topics

Presenters: *Kendra Zamojski, Wendy Wood-Lynch, Michael Gutter, Giselle Navarro, LuAnn Duncan, Victor Harris, Jorge Ruiz-Menjivar, Natasha Parks, Sarah Ellis, Brenda Marty-Jimenez, Lisa Leslie, Karla Shelnutt, LaToya O'Neal, Sarah Szurek, Jodian Blake, Jean Marie Arick*

Newly diagnosed cancer patients receive intervention through online modules and interactive classes. The program's holistic design guides patients through the health care system from treatment expectations to financial implications.

College Students - Making Choices with a Financial Impact! ()**

Track: Financial Management

Presenters: *Jesse Ketterman*

Student loan decisions are often made without thinking about future implications. This educator partnered with a university to engage in discussions with freshmen students about student loan decisions.

IGNITE/WORLD CAFÉ ROOM 2

Fostering Lifelong Learning: Leadership Community of Practice ()**

Track: Administration/Leadership/Community and Economic Development

Presenters: *Teresa Byington*

The Leadership Community of Practice was designed to foster opportunities for leaders within the community to meet monthly to enhance their leadership skills. Learn how to replicate in your community.

Extension Educators Host Annual Family and Consumer Sciences Teacher In-Service Day

Track: Trending Topics

Presenters: *Patrice Powers-Barker, Melissa Rupp, Cheryl Spires, Susan Zies, Donna Green, Katie Schlagheck*

As one way to connect with local teachers, a team of Extension Educators offer professional development and resource sharing by planning, teaching and evaluating an annual FCS Teacher In-Service Day.

Best Practices for Using Evidence-Based Information for Family and Consumer Sciences Programming

Track: Trending Topics

Presenters: *Debra Stroud, Natalie Seymour, Rachel McDowell, Candice Christian, Shauna Henley, Sarah Kirby, Ben Chapman*

Family and Consumer Sciences professionals are responsible for providing communities with reliable, evidence-based information and programming. This interactive workshop will equip participants to understand importance and implementation of evidence-based programming.

Building and Maintaining Partnerships for Community and Statewide Programming

Track: Administration/Leadership/Community and Economic Development

Presenters: *Misty Harmon, Jami Dellifiled*

What are best practices to build and maintain successful partnerships? Learn how to build partnerships at the regional, community, and university level to increase program implementation and funding.

Teaching Critical Life Skills Through a Week Long Adulting Camp

Track: 4-H and Youth Development

Presenters: *Gayle Whitworth, Andrea Lazzari, Elizabeth Shephard*

To equip youth for adulthood, "Adulting: Are You Ready?", a week-long day camp, was designed for youth to introduce them to important skills that are needed when they leave home.

Connecting Citizenship and Valor

Track: 4-H and Youth Development

Presenters: *Kris Boulton*

How can youth learn the cost of freedom? One way is to provide learning opportunities that allow creativity while developing science, technology, engineering, math and language arts skills.

IGNITE/WORLD CAFÉ ROOM 3

Teaching Cooking Under Pressure: Hands-On Workshops

Track: Food and Nutrition

Presenters: *Amy Robertson, Surine Greenway, Becky Hutchings*

Cooking Under Pressure is a hands-on program that has taught over 400 participants how to safely and quickly prepare nutritious meals at home using an electric pressure cooker.

Impact of Colorful Trays on School Food Waste: A Case Study ()**

Track: Food and Nutrition

Presenter: *Jenna Smith, Whitney Ajie, Rachel Benn, Leia Flure*

Plate waste audits conducted by Extension staff revealed a reduction in elementary school food waste when lunch was served on new colorful trays.

Breakfast After the Bell: Does the program exceed student need? ()**

Track: Food and Nutrition

Presenter: *Jennifer Shukaitis*

Students from a low-income urban district that serves Breakfast After the Bell (BATB) were surveyed to determine if they were eating multiple breakfasts, and to measure students' opinions of BATB.

Keeping a Healthy Diet ()**

Track: Food and Nutrition

Presenter: *Karen Ensle*

How do we maintain good health for life? Do you follow fads or research? "Keeping a Healthy Diet" includes elements of increasing plant foods and decreasing dietary fat, salt, sugar.

Cooking Local Foods Made Simple: Agent Training to Increase Capacity for Foods and Nutrition Programming ()**

Track: Food and Nutrition

Presenter: *Jennifer Grable, Katrina Levine, Lorelei Jones, Emily Foley, Susan Chase, Suzanne Van Rijn, Zandra Alford, Jayne McBurney, Hayley Napier, Olivia Jones, Dara Bloom, Lindsey Haynes-Maslow, Carolyn Dunn, Emily Troutman, Peggie Garner, Elizabeth Odom*

Cooking Local Foods Made Simple is an intensive, three-part, 60-hour hands-on training specifically for FCS agents to improve confidence and develop food preparation skills for nutrition and local foods programming.

Field to Fork: Reaching Audiences with Nutrition and Food Safety Information in Novel Ways ()**

Track: Food Safety

Presenter: *Julie Garden-Robinson*

Ensuring safe, nutritious food is critical for the consumer and the local food industry. This project developed, implemented, and evaluated face-to-face and online field-to-fork nutrition and food safety educational materials.

Out of the Box Uses for Vegetables: Reframing the Old to Draw Interest and Improve Health ()**

Track: Food and Nutrition

Presenter: *Andrea Nikolai*

Learn about a way to spark interest about vegetables and help give participants the knowledge, skills, and inspiration needed to make healthier changes in their diet.

Walk Across Texas Youth ()**

Track: AWARD - Snap-Ed/EFNEP Educational Program

Presenter: *Alinda Cox*

Jack County focused the Walk Across Texas Program on the Jacksboro Elementary Students who walked over 2400 miles, increased their activity rate and started making healthier food and drink choices.

IGNITE/WORLD CAFÉ ROOM 4

Using Experiential Learning to Teach Food Safety ()**

Track: Food Safety

Presenter: Dianna Bowen

Food safety will come alive for youth and adults alike with the use of hands-on experiments to teach the food safety rules of clean, separate, cook, and chill.

Use of Ripple Effect Mapping to Show Impacts of High Obesity Prevention Program ()**

Track: Health

Presenter: *Jessica Vincent, Lisa Washburn, Addie Wilson*

This session will describe Ripple Effects Mapping as an evaluation method, how it can be used to capture health program impact, and share impacts discovered using this technique.

Addressing the Opioid Epidemic: A Call to Action for Cooperative Extension ()**

Track: Health

Presenter: *David Buys, Je'Kylynn Steen, Mary Nelson Robertson, Holli Seitz, Laura Downey, Alisha Hardman, Amanda Stone, Daniel Williams*

Cooperative Extension remains a trusted source of education for millions of people. This report addresses the important role that Extension may play in addressing this nationwide opioid epidemic.

A needs assessment to create a baseline of how often Extension Master Gardener Volunteers are asked food preservation questions during public events ()**

Track: Food Safety

Presenter: *Shauna Henley, Jon Traunfeld, Elizabeth Bukoski, Alicia Bembenek*

Extension Master Gardener Volunteers educate community residents. It is unknown how often food preservation questions arise. An online survey showed 65.5% (n=574) of Master Gardeners were asked food preservation questions.

Gaining Food \$ense By Building Healthy, Resilient Communities through Sustainable Partnerships ()**

Track: Health

Presenter: *Margaret A. Jenkins, Candace J. Heer, Nanette L. Neal, Carri J. Jagger*

The purpose of XX's Food \$ense Programs is to utilize partnerships between University Extension, faith-based food pantries, local healthcare and human service providers to address food insecurity and health disparities.

Using the Mindful Attention Awareness Scale to Evaluate an Extension Program ()**

Track: Health

Presenter: *Melinda Hill, Shannon Carter, Patrice Powers Barker, Pat Holmes, Kathy Goins, Marie Economos, Christine Kendle*

This presentation will share the results of using the Mindful Attention Awareness Scale with adult participants of Mindful Wellness, a program designed and taught by Extension Educators.

Fun with Fresh Food Rainbow Nutrition Program for Families ()**

Track: AWARD - Family Health & Wellness

Presenter: *MaryBeth Hornbeck*

The Fun with Fresh Food Rainbow Nutrition program is designed for families to improve attitudes and behaviors around fruit and vegetable consumption through a series of short, interactive food demos.

YOUTH AWARE OF MENTAL HEALTH: YAM EXTENSION ()**

Track: AWARD - School Wellness

Presenter: *Sandra Bailey, Jane Wolery, Julie Riley, Mary Anne Keyes, Jasmine Carbajal, Kelly Moore, Kendra Seilstad, Jesse Fulbright, Janelle Barber, Roni Baker, Juli Thurston, Tara Andrews, Lisa Terry, Alice Burchak, Brenda Ritchie, Josie Evanson, Teatta Plain Feather, Mary Ruth St. Pierre, Rene Kittle*

Youth Aware of Mental Health is an intervention for youth ages 14-16 offered in rural schools by Montana Extension. Evaluation results find reduced anxiety and depressive symptoms in participating youth.

Apprenticeship for Child Development Specialist ()**

Track: Child Care/Child Development/Parenting

Presenter: *Gwen Crum, Kerri Wade, Cheryl Kaczor, Terrill Peck, Andrea Hoover, Dana Wright, Tim Sayre*

ACDS is a training opportunity for those employed in childcare. Upon completion, apprentices receive a nationally recognized certificate from the U.S. Department of Labor/Office of Apprenticeship.

Dining with Diabetes and Walk with a Doc Partnership ()**

Track: Chronic Disease Prevention

Presenter: *Amy Meehan, Whitney Gherman, Candace Heer, Dan Remley, Rashelle Ghanem*

Come and learn about the emerging partnership between Dining with Diabetes and Walk with a Doc that would add a much needed physical activity component to Extension diabetes management programming.

An Ecological Approach to (EAT) Family Style Dining: A Child Care Training Program to Improve Children's Healthier Food Choices ()**

Track: AWARD - Early Childhood Child Care Training

Presenter: *Lisa Franzen-Castle, Dipti Dev, Holly Hatton-Bowers, Lynn DeVries, Tasha Wulf, LaDonna Werth, Ranae Aspen, Jaclynn Foged, Erin Kampbell, Paige Wernick, Beth Nacke, Lisa Poppe, Linda Reddish, Kayla Hinrichs, Emily Hulse, Donnia Behrends, Zainab Rida, Jean Ann Fischer, David Dzewaltowski, Saima Hasnin, Jasmin Smith*

The Ecological Approach to (EAT) Family Style Dining childcare program aims to improve childcare providers' mealtime feeding practices and children's (3-5 years) dietary intake to prevent childhood obesity.

Get Experience in Mindfulness ()**

Track: AWARD - Human Development/Family Relationships

Presenter: *Sarah Bercaw, Breanna Banks, Karen Johnston*

The Get Experience in Mindfulness program is a curriculum developed to increase individual's knowledge and skills in mindfulness and stress management. Participants learn stress coping techniques through hands-on activities.

What's Cooking Marketing Campaign ()**

Track: AWARD - Marketing Package

Presenter: *Olivia Jones and Sherry Lynn*

With a goal of reaching a broader audience a unique marketing campaign, "What's Cooking" was developed. Implementation resulted in a 97% increase in class participation of the last two years.

AWARD (Greenwood Frysinger) ()**

Track: TBA

Presenter: *TBA*

TBA

Educator of the Year ()**

Track: AWARD - Educator of the Year

Presenter: *Amy Peterson*

Since 1997, Amy Peterson designed, developed and presented food safety trainings to over 8,342 health care professionals, school food service, child care providers, state surveyors, teachers, 4-H staff, and youth.

IGNITE/WORLD CAFÉ ROOM 6

Food-tastic Youth Programs to Build Healthy Relationships with Food ()**

Track: 4-H and Youth Development

Presenter: *Elizabeth Shephard, Vanessa Spero, Andrea Lazzari, Angelika Keene, Gayle Whitworth*
Looking at utilizing multiple youth food programs to teach and reinforce healthy habits to youth and their families through summer camps, farmers market programs, and school lunchrooms.

Career Exploration and Workforce Development in Rural Texas ()**

Track: AWARD - Excellence in Teamwork

Presenter: *Lorrie Coop, Jerry Coplen, Jennifer Rolston, Cody Myers, Michael Bowman, Seth Hall, Thomas Boyle, Josh Kouns*

Working together, providing students with an experience that goes beyond the classroom, this team has conducted a unique program called Career Day involving 9 counties and 13 school districts annually.

Enhanced Food Safety Program Impact Using a Regional Approach to Program Evaluation ()**

Track: AWARD - Excellence in Multi State Collaboration

Presenter: *Susan Mills-Gray, Angela Shaw, Atina Rozhon, Barbara Ingham, Eileen Haraminac, Georgia Jones, Hope Kleine, Jeannie Nichols, Joellen Feirtag, Joyce McGarry, Julie Garden-Robinson, Lisa Treiber, Londa Nwadike, Megan Erickson, Michelle Jarvie, Shannon Coleman, Yaohau Feng*

The North Central Regional Food Safety Team was formed to address the diverse issues, and initial focus was food preservation evaluation. Collective data impact was used to strengthen programming efforts.

Home is Where Your Heart Is ()**

Track: AWARD - Extension Housing Outreach

Presenter: *Michelle Parrott*

Class participants are taught how to purchase a home, maintain a home, energy conservation, environmental concerns (radon, lead, mold) and the importance of green cleaning and recycling.

ALLIES: Agents Linking Leadership Inspiring Extension Solutions ()**

Track: Administration/Leadership/Community and Economic Development

Presenter: *Amy Ressler, Flora Williams, Tonya Poncik, Cameron Peters, Courtney Latour, Alfredo Alberto, Erika Bochat*

ALLIES: Agents Linking Leadership Inspiring Extension Solutions is a project designed to build relationships and engage in actions that strengthen the association, provide a support network, and improve employee experiences.

6:30 PM - 9:30 PM

Leadership Event (*Invitation Only*)
Hershey Conservatory & Gardens

WEDNESDAY, OCTOBER 2, 2019

7:00 AM - 8:00 AM

Wellness Activity – TBA

7:00 AM – 11:00 AM

Exhibitor Set-up/Silent Auction Set-up

7:00 AM - 4:00 PM

Registration Open

8:00 AM - 4:00 PM

FCS Program Leaders Meeting (*breakfast and lunch included*)

8:00 AM - 8:45 AM

Concurrent Sessions

Concurrent Session 1 – Developmentally Appropriate Practice Is the Guiding Star

Track: Life Span Development

Presenter(s): *Marie Economos, Marie Diniaco Economos, Heather Reister*

Connect Developmentally Appropriate Practice to effective teaching. Learn core considerations, guiding principles, guidelines for effective teaching, and strategies that support developmentally appropriate practice in early childhood education.

Concurrent Session 2 – Extension’s Role in Engaging with Military Service Members, Veterans & Families

Track: Trending Topics

Presenter(s): *Sara Croymans, Anita Hering, Tiffany Kovalski, Keith Tidball*

Familiarize yourself with the Military Families Learning Network and the Building Healthy Military Communities initiative. The connection between recent research, a military well-being model and Extension programming will be discussed.

Concurrent Session 3 – Finances of Caregiving: Workshop series for families

Track: Financial Management

Presenter(s): *Barb Wollan, Brenda Schmitt*

Learn how a five-session workshop series helped over 200 participants be better prepared to address financial and legal issues that come with caregiving, including protection of the caregiver’s financial future.

Concurrent Session 4 – Improving Preschool Teachers’ Confidence and Young Children's Knowledge of Fruit and Vegetables through Combined Practice Changes and Hands-on Education

Track: Health

Presenter(s): *Diane Bales, Caree Cotwright, Jung Sun Lee*

This project reduces obesity risk in preschoolers through teacher-led policy changes and nutrition activities. Project outcomes include increased teacher confidence and increased child willingness to try fruits and vegetables.

Concurrent Session 5 – Salsa Safety: Assessing Adherence of Weblogs to USDA Home Food Preservation Guidelines

Track: Food Safety

Presenter(s): *Kathleen Savoie, Jennifer Perry, Lisa Fishman, Kate McCarty*

Knowing that the public is accessing information via weblogs, research was conducted to assess the adherence of canned salsa recipes on these popular resources to USDA recommended food preservation guidelines.

Concurrent Session 6 – Learn, Grow, Eat & Go! AND Adult Latina Face-to-Face Entrepreneurship

Track: AWARD - Mary W. Wells Memorial Diversity

Presenter(s): *Louriseal McDonald, Claudann Jones, Jheri-Lynn McSwain, Liz Buckner, Joel Redus, Jennifer Pearman, Mandy Patrick, Holly Black, Cathy Pearson, Patrice Dunigan, Matt Garrett, Truman Lamb, Jamie Sugg, Jo Smith, Greg Grant, Corey Hicks, Feleshia Thompson, Tierney Tallant, Shannon Morrison, Grant Davis, Cary Sims, Ryann Merrell, Preston Sturdivant (Learn, Grow, Eat & Go!) and Surine Greenway and Jackie Amende (Adult Latina Face-to-Face Entrepreneurship)*

Learn, Grow, Eat & Go! - East Texas Agents united and fought childhood obesity by implementing Learn, Grow, Eat & Go! youth gardening curriculum that encourages youth to adopt a healthy lifestyle and build family relationships.

Adult Latina Face-to-Face Entrepreneurship - This Family & Consumer Sciences Team developed and implemented a face-to-face entrepreneurship program focused on building self-confidence, professional networking opportunities and empowerment in adult Latina entrepreneurs.

Concurrent Session 7 – National Partnership to Recruit, Prepare, and Support FCS Educators (2 hour session – 8:00 AM – 9:45 AM)

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

Presenter(s): *Dr. Jan Bowers, Dean of School of Education, Human Ecology and Sport Studies, SUNY Oneonta Carolyn Jackson, CFCS, CEO of American Association of Family & Consumer Sciences and Managing Director of the Alliance for Family & Consumer Sciences Dr. Lori Myers, CFCS, Sr. Director, Credentialing, Education and Research, American Association of Family & Consumer Sciences*

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

9:00 AM - 9:45 AM

Concurrent Sessions

Concurrent Session 1 – Leveraging Volunteers to Improve Health: An Evolving Role for Extension Professionals

Track: Health

Presenter(s): *Lisa Washburn, Andrew Crocker, JoAnne Leatherman*

Extension FCS professionals accustomed to working with traditional FCS volunteers may need new approaches to engage volunteers in health and wellness initiatives. Learn strategies for volunteer training and engagement.

Concurrent Session 2 – Night of the Living Debt: Zombies Help Youth and Adults Learn How to Build Credit

Track: Financial Management

Presenter(s): *Luke Erickson, Lyle Hansen, Barbara Chamberlin, Dorothy Sammons*

Adults like learning through games too! This presentation focuses on the iPad app/game Night of the Living Debt and its educational impacts with adult audiences.

Concurrent Session 3 – Occasional Quantity Cooks

Track: Food Safety

Presenter(s): *Kate Shumaker, Abigail Snyder, Lisa Barlage, Patricia Brinkman, Candace Heer, Christine Kendle, Amy Meehan, Michelle Treber, Treva Williams*

Handwashing, cooking and refrigerating are easy. Implementing food safety is hard. This up-to-date, engaging curriculum teaches safe food handling basics to non-foodservice workers involved in food preparation and service.

Concurrent Session 4 – Real Kids, Real Skills, Real Meals (r3)

Track: Food and Nutrition

Presenter(s): *Julie Balzan, Mary Evans, Marilyn McKinley*

Abstract: This session highlights the r3 project and evaluation of a 5–class series that taught meal preparation to 5-8th graders in an afterschool setting and modified for school nutrition educators.

Concurrent Session 5 – Teen Chef Academy

Track: AWARD - Innovative Youth Development Programming

Presenter(s): *Jean Ince, Carla Due, Terrie James, Janet Cantrell, Eva Langley*

Agents from six counties taught a multi-session hands-on cooking school for teens. The youth learned practical meal preparation skills, healthy meal planning, new equipment and tools, plus team building skills.

Concurrent Session 6 – Professional Development Committee

Track: Committee

Presenter(s): *TBA*

TBA

10:00 AM - 10:45 AM

Concurrent Sessions

Concurrent Session 1 – Building Resilient Communities to prepare and deal with climate change.

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

Presenter(s): *Lisa McCoy, Virginia Brown, Daphne Pee*

Americans are not aware of the impacts of climate change. In this session, participants will gain knowledge and resources on educating communities how to prepare and respond to climate change.

Concurrent Session 2 – Effective Elements for Organizing a Healthy Relationships Teen Retreat

Track: 4-H and Youth Development

Presenter(s): *Stacey MacArthur, Naomi Brower, Callie Ward, Amanda Christensen*

To support youth in developing healthy relationships, state and county staff collaborated to offer a statewide overnight teen retreat to teach healthy relationship and communication skills.

Concurrent Session 3 – Online Homebuyer Education Program – Its Educational and Financial Benefits to Extension Consumers Nationwide

Track: Financial Management

Presenter(s): *Marilyn Albertson, Stacy Abbott, Teresa Hunsaker, Lucy Delgadillo, Ellie Hansen*

An Interactive Extension online homebuyer education course can assist potential homebuyers nationwide to make better financial housing and consumer decisions, and qualify for financial savings in their home purchases.

Concurrent Session 4 – Strengthening Communities by Strengthening Families

Track: Life Span Development

Presenter(s): *Barbara Beaulieu*

A statewide preventative Extension program is creating stronger families to reduce substance use in youth. Parents and youth are engaged to develop positive family communications and youth develop peer-resistance skills.

Concurrent Session 5 – Three Generations in Extension: A Look at 85 Years in Family and Consumer Sciences Extension

Track: Life Member

Presenter(s): *Shannon Carter, Marilyn Sachs*

Explore 85 years of Extension family and consumer sciences through three generations of educators in one family and see how the intersection of generation and life stage impacts work/life choices.

Concurrent Session 6 – Cleaning with Care and Confidence in Your Day Care Center

Track: AWARD - Clean and Healthy Families & Communities

Presenter(s): *Sally Garrett, Dianne Gertson, Michelle Wright, Hannah Krebs, Gayle Bludau, Denise Goebel, Jenifer Boening, Julie Gould, Jodi Nerren*

The curriculum educates child care providers on proper cleaning, sanitizing and disinfecting practices critical for healthy child care environments. Providers are able to prevent the spread of infections plus create a sense of wellbeing for parents.

Concurrent Session 7 – Build Your Leadership Skills From Your State and Up!

(2 hour session – 10:00 AM – 11:45 AM)

Track: TBA

Presenter(s): *Roxie Price, Cindy Davies*

Successful organizations develop leaders from within their ranks. Identify the knowledge and skills needed to be a leader in NEAFCS, opportunities for leadership at the state and national level, including committee work and elected positions.

11:00 AM - 11:30 AM

Exhibitor Orientation

11:00 AM - 11:45 PM

Concurrent Sessions

Concurrent Session 1 – Emergency Messaging: Agent/Specialist Collaboration in Disaster Preparedness and Recovery

Track: Trending Topics

Presenter(s): *Sarah Kirby, Natalie Seymour, Debra Stroud, Rachel McDowell, Candice Christian, Toi Degree, Kimberly Allen, Ben Chapman*

Extension plays a vital role in disaster response, but perhaps none more important than sharing accurate messages to citizens regarding preparation and recovery.

Concurrent Session 2 – Federal Funding Opportunities for Community Collaborations

Track: Administration/Leadership/Community and Economic Development

Presenter(s): *Melissa Rupp, Jerry Braatz*

Grant opportunities can make the difference for local programming. This session introduces you to a grant resource that provides timelines, funding targets and program officer tips for successful grant proposals.

Concurrent Session 3 – Similarities and Differences in conducting a needs assessment in rural, urban, and suburban environments

Track: Food Safety

Presenter(s): *Shauna Henley, Beverly Jackey, Chenzi Wang, Teresa McCoy*

A needs assessment was used to inform an educator on food-safety community programming. Focus groups were conducted in urban to rural communities. The need outcomes were similar across geographic location.

Concurrent Session 4 – Technology Enhancing Exercise and Nutrition

Track: Technology and Social Media

Presenter(s): *Kimberly Burgess-Neloms, Tamara Warren, Darlene Minniefield, Chante Myles, A.Renee' Heard, Marchale Burton, Nkenge Hyter, Apriell Burgess, Pamela Irby, and Danielle Rudolph*

Technology Enhancing Exercise and Nutrition (TEEN) and Volunteers in Urban Programs (VIP) collaboratively engage teenagers in healthier eating and exercise through an interactive technology learning environment reducing obesity risk.

Concurrent Session 5 – The Garden Kitchen Big Changes Start Small Social Media Campaign

Track: AWARD - Social Media Education

Presenter(s): *Jennifer Parlin, Jazmin Lopez, Rachael Hearne, Kayla Williams, Anna Cosgrove, Sarah Whelan*

The Garden Kitchen has had transformative program results during the last year by employing a strategic marketing campaign, Big Changes Start Small, on Facebook, Instagram, and Mailchimp list serve.

Concurrent Session 6 – Logistics, Learning, and Language

Track: Committee

Presenter(s): *Diane Reinhold, Keishon Thomas*

Have you been contemplating writing an award? Are you looking to submit an award that shines? Then join us for “Logistics, Learning, and Language” to learn how to submit an awarding winning application.

12:00 PM - 5:30 PM

Exhibit Hall Grand Opening - Boxed Lunch Provided
Silent Auction Open

1:00 PM - 3:45 PM

Exhibit Forums

1:00 PM – 5:30 PM

Showcase of Excellence Open for Viewing

2:15 PM - 4:15 PM

Annual Business Meeting

3:15 PM – 4:15 PM

Dining with Diabetes

4:30 PM - 5:30 PM

Anniversary Celebration in the Exhibit Hall/Silent Auction Open

5:30 PM

State's Night Out

THURSDAY, OCTOBER 3, 2019

7:00 AM – 8:00 AM

Wellness Activity – TBA

7:00 AM - 2:00 PM

Registration Open

7:30 AM - 8:30 AM

2020 Annual Session Planning Committee Meeting

8:00 AM - 10:00 AM

Exhibit Hall Open (Continental Breakfast Provided)

Exhibit Forums

Showcase of Excellence Displays

8:00 AM – 2:00 PM

Marketplace

8:00 AM - 3:00 PM

FCS Program Leaders Meeting (*breakfast and lunch included*)

8:30 AM - 11:00 AM

Committee Meetings

10:15 AM - 11:00 AM

Concurrent Sessions

Concurrent Session 1 – A Multidisciplinary Approach to Explore Food Safety with Dairy Science

Track: Food Safety

Presenter(s): *Marie Arick, Jill Breslawski, Chris Decubellis, Colleen Larson*

Utilization of multi-disciplined agents provided the winning combination to teach Food Safety from the dairy farm to the kitchen. This diverse workshop incorporated career exploration with food safety and science.

Concurrent Session 2 – Building A Financial Capability Toolkit

Track: Financial Management

Presenter(s): *Lori Hendrickson, Rebecca Hagen Jokela, Sara Croymans, Sharon Powell, Antonio Alba Meraz, Jennifer Garbow, Shawna Thompson*

Community partners shared the need for tools to teach financial capability with their clients. In response to those requests, educators developed a financial capability toolkit including lesson plans, videos, activities.

Concurrent Session 3 – Healthy Communities are Thriving Communities

Track: Health

Presenter(s): *Pamela Pruett, Michelle Lombardo*

Highlights from a community-wide, replicable, proven project that promoted nutrition, physical activity and healthy living for children and caregivers using easy-to-replicate interventions in schools, Head Starts and other community-based organizations.

Concurrent Session 4 – Urban Versus Rural: Influences of Supplemental Nutrition Assistance Program Education

Track: Food and Nutrition

Presenter(s): *Melanie Jewkes, Brittany Bingeman, Elizabeth Davis, Mateja Savoie Roskos, Heidi LeBlanc, Jaqueline Neid-Avila*

An evaluation of the effectiveness of SNAP-Ed programming in [STATE] indicated significant differences in participants' intention to change four behaviors pertaining to cooking and nutrition between urban and rural participants.

Concurrent Session 5 – Social Recipes

Track: AWARD - Social Media Education & Video

Presenter(s): *Julia Wilson, Rachel Hance, Lynn Blankenship, Christy Ramey, Jamille Hawkins, Tracy Cowles, LaToya Drake, Janey Cline*

Recipe videos are popular on social media. The Mammoth Cave Area FCS Agents worked together to create overhead fast framed videos featuring Plate it Up! Kentucky Proud and Extension Recipes.

11:00 AM - 2:00 PM

Silent Auction Winners Announced/Pick-Up

11:15 AM - 12:00 PM

Concurrent Sessions

Concurrent Session 1 – Building blocks for working with third-party payers

Track: Trending Topics

Presenter(s): *Laura Anderson, Dawn Contreras*

This session focuses on third-party reimbursement as funding for Extension health programs. Participants will learn essential elements to acquire third-party funding and practice techniques for marketing their programs to payers.

Concurrent Session 2 – Food Allergy Awareness Training for the Food Service Industry

Track: Food Safety

Presenter(s): *Sandy Stoneman*

Food allergies: A growing concern for anyone in food preparation. Are you up to date? Learn how this new program could be an asset to your food safety educators' toolbox.

Concurrent Session 3 – Targeting Chronic Disease Prevention and Management through Interactive Webinar Education

Track: Chronic Disease Prevention

Presenter(s): *Julie England, Wendy Lynch, Wendy Dahl*

A multidisciplinary collaboration, targeting chronic disease prevention and behavior change, reaches a diverse audience through interactive webinar series.

Concurrent Session 4 – The Next Chapter

Track: Life Span Development

Presenter(s): *Cydney Martin*

The Next Chapter series celebrates the latter years of life! This curriculum empowers and provides strategies to live as healthy and independent older adults with peace of mind.

Concurrent Session 5 – Food Safety in the Workplace

Track: AWARD - Clean and Healthy Families & Communities

Presenter(s): *Lorrie Coop*

This worksite wellness program emphasizes the importance of handwashing when preparing, storing lunches and consuming foods on the job, for employees with no access to heat, refrigeration or handwashing facilities.

12:00 PM - 1:30 PM

Past National President Luncheon and Meeting (Off-site)

12:00 PM - 1:30 PM

Lunch on own

1:30 PM - 2:15 PM

Concurrent Sessions

Concurrent Session 1 – Creating a Healthier You: Finding Balance as an Extension Agent

Track: Trending Topics

Presenter(s): *Heather Janney, Becca Fint-Clark, Keri Gandy Hobbs, Margaret Miltenberger, Tonya Price*

The workshop will focus on developing balancing strategies to recharge and boost the careers of participants. The three areas of focus will include finding balance, goal setting, and time management.

Concurrent Session 2 – Digi_Life: A Curriculum About Managing Technology In Daily Living.

Track: Technology and Social Media

Presenter(s): *Heather Wallace*

“Digi_Life” is a free curriculum addressing the relationship between technology and daily living. Lessons focus on integrating and managing technology to enhance quality of life for individuals and families.

Concurrent Session 3 – Engaging Limited-Resource Participants in Financial Education Through Activity-Based Lessons

Track: Financial Management

Presenter(s): *Karen Poff*

Experience innovative activity-based lessons designed to assist volunteers (and staff) in assessing the needs of a small group and engaging limited-resource participants in learning. Lessons supplement Your Money, Your Goals.

Concurrent Session 4 – Cash in on Quilt Trails: An Affordable Path to Stimulating Community Economics

Track: AWARD - Community Partnership

Presenter(s): *Lynda Latta, Rhonda DeVor, Recia Garcia*

Oklahoma Barn Quilt Trails help highlight rural communities' culture, history and beauty while promoting tourism and economic development. Barn Quilt Trails promote community pride and entrepreneurship skills for families' economies.

Concurrent Session 5 – Small Savings Builds Big Dreams

Track: AWARD - Dean Don Felker Financial Management

Presenter(s): *Nancy Vance, Chelsea Wunnicke, Peggy Olive, Jill Cholewa, Katie Gellings, Jeanne Walsh, Amanda Kostman, Lilliann Paine, Paula Hella, Sandy Lang*

Wisconsin Extension Educators provide parents and grandparents of young children with easy-to-use information about saving for their child's higher education through the Small Savings Build Big Dreams financial education initiative.

Concurrent Session 6 – Submitting an Article to the Journal of National Extension Association of Family and Consumer Sciences: Tips and Tricks for a Successful Submission

Track: Committee

Presenter(s): *Megan Brothers, Dana Wright, Beverly Jackey, Ashley Dixon, Rebecca Hardeman*

This session provides a breakdown of the submission process for the NEAFCS Journal as well as tips for submitting a high-quality article.

Concurrent Session 7 – Financial Education

(2 hour session – 1:30 PM – 3:15 PM)

Track: Financial Management

Presenter(s): *TBA*

TBA

2:30 PM - 3:15 PM

Concurrent Sessions

Concurrent Session 1 – Enhancing & Extending Learning Through Innovative Wrap-arounds

Track: Technology and Social Media

Presenter(s): *Anita Harris Hering, Sara Croymans*

The Military Families Learning Network Family Transitions will introduce an innovative wrap-around strategy to extend and enhance learning and build engaged online communities before, during and after webinars.

Concurrent Session 2 – Exploring Alzheimer’s Association/Extension Partnership: Origins, Barriers, and Best Practices

Track: Health

Presenter(s): *Lynn James, Sara Murphy, David Buys*

Alzheimer’s disease is a growing concern in our society. In this session, we report on an emerging partnership between Extension and a national Health Association and discuss best-educational practices.

Concurrent Session 3 – Tools of the Trade: A Regional Effort to Evaluate Food Preservation Education

Track: Food Safety

Presenter(s): *Susan Mills-Gray, Julie Garden-Robinsn, Londa Nwadike, Barbara Ingham, Eileen Haraminac, Jeannie Nichols, Atina Rozhon, Shannon Coleman*

Implementing common evaluation tools showed collective impact from Extension home food preservation programs in 5 states, with 1,620 participants. Over 95% learned something new and planned to use Extension materials.

Concurrent Session 4 – What Do They Need? Using Focus Groups to Conduct a Health Needs Assessment for Planning Extension Programs

Track: Trending Topics

Presenter(s): *Beverly Jackey, Shauna Henley, Teresa McCoy, Chenzi Wang, Mona Habibi*

Conducting needs assessments periodically provides educators a better understanding on how to serve the changing needs of communities. Educators will learn the steps in conducting qualitative research and focus groups.

2:30 PM – 3:30 PM

2021 Annual Session Planning Committee Meeting

4:30 PM – 5:30 PM

President’s Reception

5:30 PM - 8:30 PM

Closing General Session & Awards Banquet

We Got the Chronic Disease Blues

Ann Albright, Ph.D., RDN

Director of the Division of Diabetes Translation

Do you know anyone with diabetes, heart disease, cancer, asthma or arthritis? It is highly likely that you do. Chronic diseases are common and costly. They are leading causes of death and disability. The good news is that many of these conditions can be managed and in some cases prevented or delayed. This requires effective interventions and the ability to access them. In this session, you will hear the state of chronic diseases and associated risk factor in the U.S. Evidence based interventions being supported by

the Centers for Disease Control and Prevention will be described. Opportunities for Extension professionals to become involved or connected to this work will be presented. As you consider all of those people in your life that have or are at risk for chronic diseases and the impact of chronic diseases on all sectors of society, you will not want to miss this session.

Learning Objectives:

- Describe the burden of chronic disease in the United States
- Explain two effective chronic disease interventions
- Identify one opportunity for Extension professionals to engage in the interventions presented

The Awards Banquet will take place immediately after Dr. Albright's presentation.