

GROWING OUR COMFORT ZONES

**FAMILY AND
CONSUMER SCIENCES**

2019 Conference

October 23-24

Columbus Zoo and
Fawcett Center



THE OHIO STATE UNIVERSITY



Welcome to the 2019 FCS Conference

Pat Bebo

Assistant Dean Outreach and Engagement, EHE; Assistant Director OSU Extension FCS, CFAES



Thank you for all the spirit, energy and commitment that each one of you brings to all programs in Family and Consumer Sciences. Each year I am amazed and gratified at the excellence and impact of the work you do.

This year's theme, *Growing Our Comfort Zones*, is important for both our work and personal lives. It creates growth, self-confidence, resilience, benefits mental health, creates a challenge for self-improvement and enhances one's joy and experience in life. In order to feel safe to step out of your comfort zone you must first have a comfort zone! A place where you can feel safe or at ease without stress. It is my sincere hope that this conference space becomes your comfort zone. A place where you can speak without being judged, a place where you feel comfortable to take some chances and stretch those boundaries whether during a session, at a break or after the day is done. Little steps can turn into positive changes. I hope you will start taking some little steps or giant leaps over the next day and a half to grow your comfort zone. Enjoy the conference!



FAMILY AND CONSUMER SCIENCES

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state and county governments, and private grants. FCS programs emphasize “empowerment through education.”

At-A-GLANCE

250+ Employees

Programs supporting 88 counties

Healthy Teams

- Finance
- People
- Relationships

15 Research Experts

Nutrition, finance and relationship specialists

Community Nutrition

436,272 participants during 2018

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.



CFAES



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Wednesday, **October 23**, Columbus Zoo

SCHEDULE

- 9:00-10:00** **Registration**
Lakeside Pavilion
- 10:00-10:30** **Welcome – *Jackie Kirby Wilkins***
Lakeside Pavilion
- 10:30-11:25** **Keynote – *Growing Our Comfort Zones***
 – *April Olt*, ImprovEdge
Lakeside Pavilion
- 11:30-11:40** **EFNEP 50th Celebration**
Lakeside Pavilion
- 11:45-11:55** **Physical Activity Break – *Donna Green***
 and *Candace Heer*
Lakeside Pavilion
- 12:00-1:25** **Lunch and “From Comfort Zone to**
 Growth Zone” – *Patrice Powers-Barker*
 and *Melissa J. Rupp*
Lakeside Pavilion
- 1:30-2:55** **Breakout into EFNEP/SNAP-Ed/FCS**
 EFNEP
 Lakeside Pavilion
 SNAP-Ed
 Lakeside Pavilion
 Family and Consumer Sciences
 Water’s Edge Boardwalk 1
- 3:00** **Zoo Exploration and safe travels**



Thursday, **October 24**, Fawcett Center

SCHEDULE

- | | |
|-------------|--|
| 7:30-8:30 | Breakfast
Grand Ballroom |
| 7:30-11:00 | Registration
Main Lobby |
| 8:00-3:00 | Biometric Health Screenings/Flu Shots
Delaware |
| 8:30-8:35 | Welcome – <i>Pat Bebo</i>
Grand Ballroom |
| 8:35-8:40 | Introduction to Workday – <i>Eric Bode</i>
Grand Ballroom |
| 8:40-9:25 | IGNITE Session (8, 5-minute presentations)
Grand Ballroom |
| 9:30-10:10 | Panel – <i>Kenya Baker, Cheryl Mahoney and Kayla Oberstadt</i>
Grand Ballroom |
| 10:15-10:25 | Physical Activity Break – <i>Tanner Cooper-Risser</i>
Grand Ballroom |
| 10:30-11:20 | Breakout Sessions (5, 50-minute sessions)
Clinton, Franklin/Hamilton, Hancock, Highland, Monroe |
| 11:30-12:40 | Lunch / Navigating for Success Recognition
Grand Ballroom |
| 12:45-1:35 | Poster Session
Main Lobby |
| 1:40-2:30 | Breakout Sessions (5, 50-minute sessions)
Ballroom D, Clinton, Franklin/Hamilton, Highland, Monroe |
| 2:40-3:30 | Breakout Sessions (5, 50-minute sessions)
Ballroom D, Clinton, Franklin/Hamilton, Hancock, Monroe |
| 3:30 | Safe travels |



WELCOME

Jackie Wilkins, **Wednesday, October 23**, Columbus Zoo
Pat Bebo, **Thursday, October 24**, Fawcett Center

KEYNOTE PRESENTATION

IMPROVEDGE

ImprovEdge is an award-winning training company that integrates improvisational techniques in the learning process. In the keynote presentation to be given by **April Olt**, you will learn and practice powerful behaviors of adaptability, flexibility and think-on-your-feet success – to make you better at collaboration, communication, risk, change and more! The behaviors present in high-performing teams are the same behaviors used by improvisers to be successful on stage. Improvisational exercises will be used as a catalyst for learning to think in a whole new way about how you are serving customers at every interaction and how your communication habits are influencing internal and external partners within the organization. You'll explore specific actions that will elevate your ability to influence, gain buy-in and have a better understanding of their roles.



Jacqueline K. Wilkins

**Interim Director and
Director of Operations
Ohio State University Extension**



Jackie Kirby Wilkins is the interim director of OSU Extension in the College of Food, Agricultural, and Environmental Sciences. She also serves as director of Operations for OSU Extension, and is primarily responsible for providing leadership to the statewide Extension operations, comprised of 88 counties, including all matters affecting personnel, finance, and business operations.

As interim director of OSU Extension, she will continue her leadership for the Operations team including supervision of staff; assume supervision of the OSU Extension administrative staff; and serve on the CFAES VP Cabinet and assist the VP/Dean and college leadership with college strategic planning and implementation of strategic priorities.

Jackie received her bachelor's degree in psychology from Ohio Dominican University and her master's and doctoral degrees in human development and family science from The Ohio State University. Jackie, an associate professor, began her career at Ohio State in 1994 as an Extension associate in the Department of Human Development and Family Science.



KEYNOTE SPEAKER

April Olt

Growing Our Comfort Zones

Improvisers think on their feet and manage well in changing situations.



In this interactive session, ImprovEdge Senior Facilitator **April Olt**, will lead attendees through improvisational exercises which will be used as a catalyst for learning how to think in a whole new way about every interaction and how your communication habits influence both your internal teams and your community partners. Participants will:

- Explore the Four Principles of Improvisation as seen in high performing teams
- Learn and practice methods for effective questioning, understanding body language and interacting effectively
- Engage in techniques to enable effective connections, communication and change management
- Have Fun!



PANEL MODERATOR

Danae Wolfe

Educational Technology Specialist
Ohio State University Extension

PANELISTS

Kenya Baker

Kenya Baker, community engagement manager, Gem City Market, was born in Detroit, Michigan and moved to Dayton during her childhood. She has worked as a teacher in Dayton public schools for the past 15 years. She is also a serial entrepreneur and author of several children's books. In 2017, Kenya was inspired by the Gem City Market project to join the cooperative movement. She believes in the power of community and worker ownership to transform Dayton's neighborhoods and residents' lives, and she works to get people involved in the Gem City Market and other cooperative projects. Kenya earned her MA of Education from the University of Dayton and her BS from Wilberforce University.





Cheryl L. Mahoney

Cheryl Mahoney is a licensed social worker, certified substance abuse professional and certified employee assistance professional with over 30 years of experience working in mental health and addictions.



Cheryl earned her MA in Health Promotion and Education at the University of Cincinnati and completed doctoral work at The Ohio State University. Her undergraduate work includes a BS in Human Development and an AD in Mental Health Technology.

She has completed the Zur Institute Professional Certification series: “Psychology of the Internet” and Dr. Kimberly Young’s “Restore-Recovery” training for treating internet addiction.

As a school-based therapist and mother of a 15-year-old, Cheryl is acutely aware of our youth’s cyber-culture, their dependence upon screens, and the overwhelming potential for harm. Cheryl began iWise as a resource for individuals, families, and communities to assist them in assessing screen use and promoting healthier use models. Her mission is to teach people to be wise about screen use by learning to: “Be Aware, Protect, Prepare, Respond.”



Kayla Oberstadt

Kayla Oberstadt is a program manager for Ohio 4-H Youth Development. In her various roles giving oversight to Older Youth Leadership Development and Ohio Military Kids, Kayla has made an intentional focus on creating safe spaces in Extension education. Through the LGBTQ+ Summit and Diversity Dialogue, she chaired a committee that has welcomed over 150 participants from 15 different states! These programs have been nationally recognized by ESP and NAE4-HA for diversity and multicultural impact.





BREAKOUTS AT-A-GLANCE

10:30 - 11:20 a.m.	Room
Blending eLearning and Traditional Learning for the Ohio EFNEP Pregnancy Training – <i>Amy Habig, Kristen Matlack, Yvette Graham and Amy Hollar</i>	Monroe
Cultural Competence, Relevance, and Intelligence: Strategies to Better Engage with Learners from Diverse Backgrounds – <i>Joseph Maiorano</i>	Hancock
Screentime & Digital Disorders – <i>Cheryl Mahoney</i>	Clinton
Strategies for Stigma Reduction on Substance Misuse and Mental Illness in your Community – <i>Karima Samadi, Jami Dellifield, Amanda Raines, Michael Schweinsberg, Tammy Jones, Lorrissa Dunfee, Lesley Workman and Amanda Bohlen</i>	Franklin/ Hamilton
Working with LGBTQ+ Youth and Families in Extension – <i>Kayla Oberstadt</i>	Highland



Thursday, **October 24**, Fawcett Center

1:40 - 2:30 p.m.	Room
Finding Resources for Audiences with Special Needs – <i>Suzanne Saggese</i>	Highland
“Sodium Shakedown”: New Youth-Focused Sodium Reduction Teaching Activities – <i>Carol Smathers</i> and <i>Theresa Ferrari</i>	Ballroom D
Voices for Food Ambassador Training – <i>Dan Remley</i>	Monroe
Cultivating Change through Relationships – <i>Aaron Fowler</i> and <i>Trevor Corboy</i>	Clinton
Junior Farmers Market: Creating Excitement About Fruits and Vegetables Among Youth – <i>Marcus McCartney</i> and <i>Amanda Bohlen</i>	Franklin/ Hamilton



BREAKOUTS AT-A-GLANCE

2:40 - 3:30 p.m.	Room
<p>How to Effectively Market and Promote Educational Programming in Family and Consumer Sciences: An Interactive Workshop – <i>Beth Hustead</i></p>	Hancock
<p>Collaborating for Success – <i>Jessica Lowe and Michelle Treber</i></p>	Clinton
<p>Community Engagement in an Era of Complexity – <i>Whitney Gherman</i></p>	Monroe
<p>The “Great Lakes Great Apple Crunch”: Opportunities for Teaching, Outreach and to Help Beat Michigan! – <i>Carol Smathers</i></p>	Franklin/ Hamilton
<p>IGNITE Breakout Sessions (five, 5-minute presentations)</p>	Ballroom D



BREAKOUT #1 Thursday, **10:30-11:20**

Working with LGBTQ+ Youth and Families in Extension – Kayla Oberstadt

In this workshop, Extension educators will participate in activities and group discussions to enhance their knowledge about delivering programs to LGBTQ+ audiences. Participants can expect to learn terminology, build awareness of best practices to support youth and adults in Extension programming, and recognize OSU's legal obligations in producing inclusive content. All participants will leave with steps to create an inclusive environment for their diverse audiences by providing positive education!

OHIO STATE UNIVERSITY EXTENSION

LIVESMARTOHIO

LiveSmartOhio.osu.edu



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Competence, Relevance, and Intelligence: Strategies to Better Engage with Learners from Diverse Backgrounds – *Joseph Maiorano*

This workshop begins with activities to help participants develop a better understanding of diversity, equity, and inclusion; cultures and identities; as well as bias and other less positive ways that some people respond to persons from diverse backgrounds. Next, I will facilitate a dialogue about why equity, inclusion, and access might be good business strategies for OSU Extension, in general, and FCS, in particular. I will conclude this workshop by introducing participants to three effective strategies for improving their engagement with learners from diverse backgrounds: cultural competence, cultural relevance, and cultural intelligence.



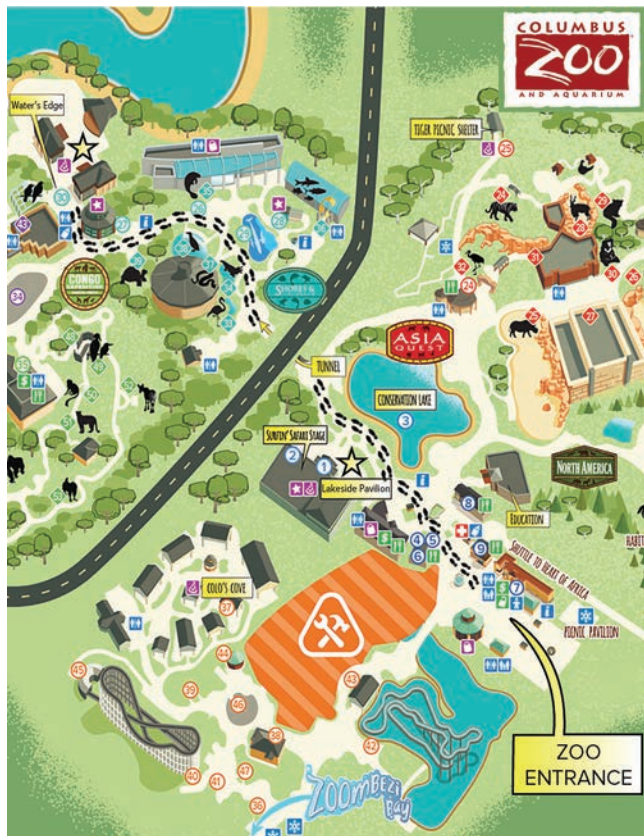
Blending eLearning and Traditional Learning for the Ohio EFNEP Pregnancy Training – *Amy Habig, Kristen Matlack, Yvette Graham and Amy Hollar*

Ohio has an infant mortality rate of 7.4 per 1,000 births, which is significantly higher than the national average. Some of the risk factors for infant mortality are not within our control, but many are preventable through improving maternal health, including maternal nutrition. For the pregnancy curriculum, Ohio EFNEP incorporated pregnancy and infant-feeding information into their existing 9-lesson curriculum, which is offered at community sites across Ohio. The pregnancy curriculum allows EFNEP to enhance the ability to connect with new audiences, strengthen collaborations, and participate in efforts to reduce infant mortality.

This presentation will cover aspects of the pregnancy curriculum, process of developing the training, and process and outcome evaluation results. Audience members will sample activities from the pregnancy curriculum and aspects of the online course.



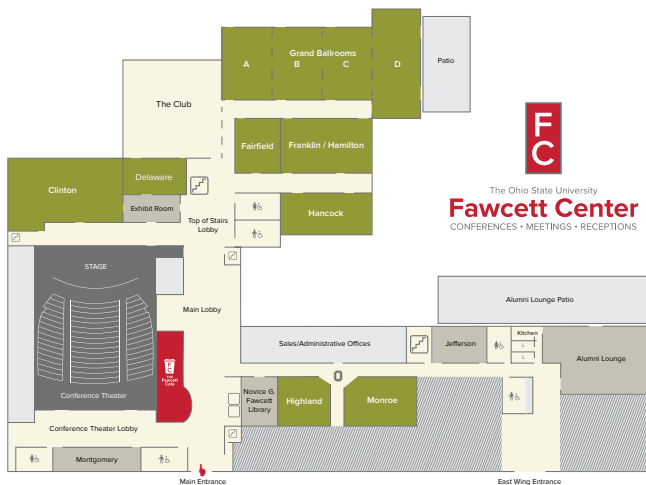
COLUMBUS ZOO



Columbus Zoo's Lakeside Pavilion and Water's Edge



FAWCETT CENTER



The Ohio State University
Fawcett Center
 CONFERENCES • MEETINGS • RECEPTIONS

FCS Conference Rooms

Ballroom D, Clinton, Franklin/Hamilton, Hancock, Highland and Monroe – *Breakout Rooms*

Delaware – *Biometric Screenings and Flu Shots*

Fairfield – *Planning Committee / Storage*

Grand Ballrooms (A, B, C and D) – *General Sessions and Lunch*

Main Lobby – *Poster Session*



Connect/share your experience on Facebook: facebook.com/OSUEExtension, Instagram and/or Twitter using **#2019allFCS**



Free wireless access at the Columbus Zoo is available by connecting to the network: **guest password: welcome2zoo**



Strategies for Stigma Reduction on Substance Misuse and Mental Illness in Your Community –

Karima Samadi, Jami Dellifield, Amanda Raines, Michael Schweinsberg, Tammy Jones, Lorrissa Dunfee, Lesley Workman and Amanda Bohlen

Substance misuse, addiction, and mental illness are challenging public health issues that are affecting families in our counties throughout the Ohio. Extension Personnel can help to reduce stigma and support recovery by sharing the stories, facts, and strategies with others in their community, and change the way these issues are talked about in your community.

Topics covered include:

- Exploring stigma and how it affects individuals and communities
- Myths vs. facts related to addiction and mental illness
- Ways that Extension educators can combat stigma
- Mental health in children and adolescents and how you should talk about it with them and with parents
- What Extension educators can do in their communities to support recovery
- Ideas and tools for developing a community awareness-building campaign to reduce stigma in your community
- Activities to engage your community team, drug coalition, or healthy communities taskforce to promote mental health awareness.



Screentime & Digital Disorders – *Cheryl Mahoney*

An interactive workshop on internet connected electronic screens (ICES) and their potential effects on physical, emotional, mental, and behavioral health.

After completion, participants will be able to:

- **Identify the roles** and impact of electronic screens and the internet in their own lives as well as the children they work with,
- **Describe biochemical responses** to popular screen activities,
- **Identify common industry practices** used to manipulate consumers,
- **Explain how FREE games** like Fortnite can bring in \$300 million a month,
- **Decrease potential harms** from the use of electronic screens and the internet,
- **Utilize resources** to educate self and others on healthier screen use,
- **Make a positive difference** in their own lives and the lives of those they care about.



BREAKOUT #2

Thursday, **1:40-2:30**

Finding Resources for Audiences with Special Needs

– *Suzanne Saggese*

The breakout session will identify various resources to assist in the delivery of programming to adult audiences with various special needs. As all Extension professionals are aware, OSU Extension is committed to providing the programming and knowledge of the University to diverse audiences across the state. However, there may be some hesitation in seeking out audiences who require special adaptations or resources due to a lack of knowledge of available resources.

During this session, participants will learn about resources provided by federal agencies, the University, as well as supporting agencies across the state. Resources for populations including visually and hearing impaired, developmental disabilities, and limited English proficiency or low literacy are included.

During the session, participants will be asked to look at scenarios for providing programming for populations with unique needs. They will be encouraged to develop solutions and discuss resources available within their own communities to assist in addressing those needs.



“Sodium Shakedown”: New Youth-Focused Sodium Reduction Teaching Activities – *Carol Smathers and Theresa Ferrari*

We all need to consume a small amount of sodium for our bodies to function, but most Americans consume more than the recommended limit of 2,300 mg (about 1 tsp) per day (Dietary Guidelines for Americans, 2015). High sodium intake leads to high blood pressure, and thus to heart disease and stroke, the first and fifth leading causes of death in our country. Reducing sodium intake lowers blood pressure, with greater effects among people with hypertension (CDC, 2017).

There are few resources available for teaching about sodium intake reduction to youth. To address this need, we created the Sodium Shakedown kit. The activities in the kit are designed for teen health leaders to use to teach others. The activities would also be suitable for adult audiences. The kit contains a lesson plan for activities; background information; worksheets, and food cards with nutrition information, including those picturing foods commonly eaten by youth.



Voices for Food Ambassador Training – *Dan Remley*

As part of the Voices for Food Project, the Voices for Food Ambassadors Training is intended for food pantry personnel, clients, and other community members, and provides instruction on nutrition, food safety and cultural competency. Participants in the training learn how to effectively promote nutrition and be proactive about their food concerns, preferences, and needs. Once trained, Voices for Food Ambassadors become champions for nutrition in their homes, food pantries and communities.

Cultural competency is a key skill for Voices for Food Ambassadors. Cultural competency is essential for fostering positive interactions and also creating non-judgmental, inclusive environments. An awareness of biases is the first step to building knowledge and skills that enable one to find common ground with different cultures. Biases can also negatively influence nonverbal communication and these unchallenged biases could be detrimental to the overall choice-pantry atmosphere and experience.



Cultivating Change through Relationships –

Aaron Fowler and Trevor Corboy

Successful partner relationships are built on trust, commitment, and communication. The Fairborn Digital Academy Garden project's success depended on all collaborators stepping out of their comfort zones to achieve a school garden and accredited gardening program for its students. In the first few attempts at implementing the project, there were many failures and missed opportunities. Over the last year and a half, we restructured and created a program that benefits the school, community, and the students. We acquired champions that helped revitalize the vision of a young SNAP-Ed program assistant and a determined principal. In this facilitated discussion, members of the Greene County Extension team will present our program and discuss our experiences in developing a successful collaboration between SNAP-Ed and ANR. We will discuss the barriers and shortcomings that we have faced and how we have ventured out to find solutions. Finally, we will discuss how this interactive method of teaching can be utilized in other counties.



Junior Farmers Market: Creating Excitement About Fruits and Vegetables Among Youth –

Marcus McCartney and Amanda Bohlen

This presentation will instruct educators on how to successfully implement a Junior Farmers Market program in their county. From obtaining funds, to working with schools, this presentation will deliver the step-by-step process needed to execute this program for local students.

Today, many kids do not get enough exercise or consume the recommended amount of fruits and vegetables. As a result, childhood obesity is at an all-time high. Nationally, Ohio ranks 6th in child obesity among 10 to 17 year olds, and 11th in adult obesity. Also, according to the CDC, nearly 40% of Ohio adolescents report consuming fruits and vegetables less than one time a day.

In general, Farmers Markets are a fun and exciting social event that differs greatly from the grocery store experience. The goal of the Junior Farmers Market is to give students an opportunity to experience this excitement and associate it with fruits and vegetables to establish long-term healthy consumers that buy their produce locally.



BREAKOUT #3

Thursday, **2:40-3:30**

How to Effectively Market and Promote Educational Programming in Family and Consumer Sciences: An Interactive Workshop – *Beth Hustead*

Programming in the Family and Consumer Sciences branch of Extension depends on effectively reaching audiences that will benefit most from the services we offer. Healthy people, finances, and relationships classes all have one thing in common: the need to effectively recruit specific community members with little to no marketing budget. Because our primary focus is on the content we teach, it's easy to overlook marketing and recruitment and the important role it plays in the success of our programs. Studies have shown that Extension programming promoted via advertising and marketing strategies using communication theory have higher enrollment and retention rates than those who rely solely on word of mouth (Varea-Hammond, 2004; Verma & Burns, 1995; Telg et al., 2007).

In this interactive workshop, participants will learn about the importance of marketing their programming at the community level, and how to do so effectively.



Collaborating for Success – *Jessica Lowe and Michelle Treber*

Working with others to create new programming can sometimes be challenging and not what we are used to doing. However, by reaching outside of our comfort zones to collaborate with partners, we can strengthen FCS efforts in the communities we work.

In this breakout presentation, we will share stories, strategies, and lesson learned when reaching outside of our comfort zones to work with others. The audience will have an opportunity to look at their own counties to determine ways they too could work together to strengthen FCS programming in their local communities.

IGNITE Breakout Session –

- **Are You Being Served?** – *Chris Kendle, Emily Marrison, Kate Schumaker, Courtney Woelfl and Samantha Schott*
- **Cooking with Kids - A Camp to Inspire Confidence in the Kitchen** – *Alisha Barton and Amanda Bennett*
- **Virtual Toolkit for Enhancing Aging Programming** – *Jim Bates*
- **Unpacking Tax Reform: Implications for Ohioans** – *Lauren Jones*
- **What to do When You Can't Control the Weather; Complete Wellness for the Extension Professional** – *Lorriisa Dunfee and Amanda Bohlen*



Community Engagement in an Era of Complexity – *Whitney Gherman*

In the modern era it is becoming increasingly important for land grant universities to offer learning opportunities that integrate the whole community. Too often education resembles an assembly line, a meaningless process of passing information from educator to class participants. In this mechanical model the community is regulated to an object of service, dependent on our institution for their well-being.

This workshop will help educators identify principles for equitable and inclusive civic engagement; develop strategies to tackle community problems by partnering with residents, and realize the role of race and equity in shaping community programs.

The fundamental questions we sought to answer was how do educators co-produce with residents and what are we doing in our programs when we use the language of diversity? A special emphasis will be placed on equity and inclusion in rural settings.



The Great Lakes Great Apple Crunch: Opportunities for Teaching, Outreach and to Help Beat Michigan! –

Carol Smathers

Did you know that over 50 varieties of apples are grown in Ohio? The Great Lakes Great Apple Crunch inspires healthy eating and draws attention to local apples and to schools' local food initiatives by encouraging classrooms and other groups to crunch local apples together during National Farm to School Month in October.

Whether you host an impromptu crunch in your office, take apples to a county commissioners meeting, or teach lessons about apples at local schools, you'll bring fun and awareness to your community. You'll also help Ohio beat Michigan in the friendly competition to register the most crunchers!

Session participants will:

- Test their knowledge of and learn new facts about Ohio apples.
- Recognize positive impacts related to past apple crunch and Farm to School activities
- Identify groups could benefit from the Apple Crunch
- Explore teaching activities and resources
- Describe three Apple Crunch activities to share in their county
- Taste and identify a range of Ohio-grown apples



IGNITE Session Thursday, **8:40-9:25**

Grand Ballroom

- **Diving In: Adapting Curriculum and Teaching for Refugee Populations** – *Tina Robbins*
- **Financial Coaching for Chronically Ill Individuals** – *Cäzilia Loibl*
- **Extension Educators Host Annual Family and Consumer Sciences Teacher In-Service Day** – *Donna Green, Patrice Powers-Barker, Melissa Rupp, Katie Schlagheck, Cheryl Spires and Susan Zies*
- **Successful Collaboration with Local Food Councils** – *Alisha Barton*
- **Nutrition Education for Adult Disabled Populations** – *Alisha Barton*
- **The Voices for Food Project** – *Dan Remley*
- **The Celebrate Your Plate: Ohio SNAP-Ed's social marketing campaign to increase fruit and vegetable consumption among low-income audiences** – *Beth Hustead*
- **Expanding Services in the Summer Food Program** – *Patrice Powers-Barker and Suzanne Saggese*



POSTERS

Thursday, **12:45-1:35**

Make it a point to stop by the FCS poster session in the **main lobby**. This is an excellent opportunity to give feedback regarding project research.

Redefining PSE for Application to the Family Context: Family rules, family relationships, and the home, and values – *Jim Bates and Erin Yelland*

Ohio EFNEP Programming in Adult Rehabilitation Centers – *Ayanna Terry*

Joint Council of Extension Professionals, Global Relations – *Elizabeth Varanese, Candace Heer and Chris Igodan*

WIC Perks: Expanding nutrition incentives beyond SNAP – *Courtney Woelfl and Amanda Osborne*

Using the Mindful Attention Awareness Scale to Evaluate an Extension Program – *Patrice Powers-Barker, Melinda Hill, Shannon Carter, Marie Economos, Patricia Holmes, Christine Kendle and Kathy Tutt*



Dining with Diabetes: A Culture of Wellness Growing Across American in Land Grant Universities – Shari Gallup

Efficacy of paid advertising in the promotion of fruit and vegetable consumption among low-income Ohioans: Year 1 of the Celebrate Your Plate social marketing campaign – Beth Husted

Power of Produce Club Clark County Expansion within Clark County – Laura Halladay, Laura Dillion, Andrea Myers Easton, Nancy Lyons and Kathy Tutt

Families Eating Affordably and Sustainability Together (FEAST) – Patrick Tegge

Stepping out of your comfort zone to increase Adult Programming in SNAP-Ed – Tanner Cooper-Risser

What Does FCS Have to Offer New Moms? – Jenny Lobb

Breakfast On The Farm – Melissa Rupp, Kayla Miller and Eric Richer

Using Non-Traditional Methods to Create New Expectations – Dennis DeCamp and Treva Williams



CONFERENCE COMMITTEE

Sydney Angle, office associate, state office

Stacey Baker, program specialist, state office

Alisha Barton, extension educator, Miami

Amanda Bohlen, extension educator, Washington

Debbie Carpenter, program assistant, Lawrence

Tanner Cooper-Risser, program assistant, Knox

Lorrissa Dunfee, extension educator, Belmont

Yvette Graham, program specialist, Mahoning

Donna Green, extension educator, Erie

Candace Heer, extension educator, Morrow

Lisa Kepler, program coordinator, Scioto

Cäzilia Loibl, associate professor, state office

Amy Meehan, program specialist, state office

Jared Morrison, program manager, ORG development

Alaina Niebauer, program coordinator, state office

Erin Polston*, program assistant, Montgomery

Patrice Powers-Barker, extension educator, Lucas

Amanda Rysz, program specialist, state office

ShaLise Simons, event planner, CFAES state office

Katie Varney, program coordinator, state office

Amanda Woods, program specialist, state office

**not pictured*

Names correspond with photos shown left to right.





BIOMETRIC HEALTH SCREENINGS AND FLU SHOTS

October 24, 8 a.m. to 3 p.m., Fawcett Center

All available time slots are filled. If you signed up, don't forget to stop by the **Delaware** room for your scheduled appointment. For your health, it is important that you Know Your Numbers. By knowing your BMI, blood pressure, cholesterol and blood sugar (either glucose and/or A1C) values, you can make changes to improve your health and reduce your risk of developing heart disease, diabetes and other serious illnesses.

For additional YP4H services, visit yp4h.osu.edu or for an overview of the university health programs, check OSUHealthPlan.com.





Family and Consumer Sciences

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College of Education and Human Ecology

College of Food, Agricultural, and Environmental Sciences

College of Pharmacy

College of Public Health

Ohio State University Extension

School of Health and Rehabilitation Sciences



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