



Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – April 2012

Dear Colleagues:

The focus of much of my time the last few months, and for the next few months will be around new employees including:

- Reviewing position descriptions for new job posts
- Screening applicants for county FCS positions and interviewing applicants for Family Wellness Field Specialist (interviews May 8th), Community Nutrition State Specialist (former Gail Kaye position - interviews in May), Food Safety State Specialist (former Lydia Medeiros position - applications currently being accepted), Leader, Community Nutrition (Joyce McDowell position - posting of position in the next few weeks) and Office Administrative Associate in FCS Administration (former Sandy Bryan position - search underway)
- Supporting Field Specialists and the other positions we are filling

This is an extremely important time for us in FCS because these hires will help to set the programming, leadership and impacts of our work for the short and long-term future. Please encourage strong candidates to apply for the positions, participate in screening/interview opportunities, and most importantly welcome and support these new colleagues as they join our team.

“We work as a TEAM to provide the HIGHEST QUALITY PROGRAMS that are ROOTED IN RESEARCH and as a result SUBSTANTIALLY IMPACT OHIOANS”

Karen

Karen Bruns, PhD

Ohio State University Extension

Assistant Director, Family and Consumer Sciences

Leader, OSU CARES

bruns.1@osu.edu

(614) 292-9613

IN THIS ISSUE . . .

- OSU CARES and Innovative Grant Proposals Due May 15
- CFAES Dean Search
- Healthy Finances Team Update
- County Wellness Initiative Update
- How Healthy is Your County?
- Marketing Committee Update
- Autism Spectrum Disorder
- 2013 Tri-State Diversity Conference Call for Proposals
- Ready.Save.Grow. Campaign
- Governor's Office of Faith-Based and Community Initiatives: Funding Categories
- New Curriculum Available for Communities Supporting Military Families (UK Extension)

- Kudos
- Personnel Updates & Welcome to the FCS Extension Family!
- Leadership Moments
- Dates to Remember
- Upcoming National Conferences
- Helpful Links

OSU CARES AND INNOVATIVE GRANT PROPOSALS DUE MAY 15

OSU CARES is again making available grants to support partnerships between OSU Extension and colleagues across Ohio State University to expand our outreach and engagement work. In addition, OSU Extension administration is making available Innovative Grants to support new and innovative programs. To streamline application, the grants are being advertised jointly, with similarities in the application to streamline the process. To learn more about the grants and to apply, visit <http://osucares.osu.edu/grantsprogram.htm>. If you have questions about the OSU CARES grants, contact Karen Bruns or Terri Fisher at osucares@osu.edu. For the Innovative Grants, contact Ken Martin at martin.1540@osu.edu.

CFAES DEAN SEARCH

The official website describing the search for the new Dean/VP of CFAES is now up and running: <http://cfaes.osu.edu/dean-search/>. The search committee requests your assistance in getting the word out to potential candidates and also thinking of colleagues and well-known leaders in the FAES world whom you might wish to nominate. All nominations should be sent to Paul Chou at Korn/Ferry International, via e-mail at osu-cfaes@kornferry.com. Between now and the end of April is the best time to nominate highly qualified individuals for this most important position. Please note, however, that nominations will remain open until a candidate is selected.

(Source: David B. Williams, CFAES Search Committee Chair)

HEALTHY FINANCES TEAM UPDATE

The Healthy Finances team celebrated projects completed and explored some new possibilities at their recent March meeting. The recently published **“Homebuyer’s Guide”** is a product of this team and the group discussed the marketing strategies being employed to help this guide meet up with prospective homeowners. **Real Money, Real World** is set for a facelift with the project guidance of Kathy Michelich. **AmeriCorps members** will be joining OSU Extension in August to support housing-related financial education programs across Ohio.

General discussion surrounding financial education within OSU Extension centered on the need for high-quality programming. For this to happen, it will be important for Extension professionals to seek out training and professional development opportunities that enhance their ability to present. An additional need for this group to work on is the evaluation method for all Extension professionals to use. It was determined that this work needs to yield composite evaluations of a variety of financial programs completed.

(Submitted by Nancy Stehulak & Caezilia Loibl, Healthy Finances Team Leaders)

COUNTY WELLNESS INITIATIVE UPDATE

In February, a team met to explore ways to offer support to the twenty-five County Employee Wellness teams who have grants from the County Employee Benefits Consortium of Ohio. Participants on the team are Gwen Wolford, Carol Miller, Dan Remley, Linnette Goard, Lisa Barlage, Michelle Treber, Liz Smith and Carol Chandler. FCS educators in eight of the counties in the CEBCO have been arranging meetings with the County Employee Wellness team contact to discuss how OSU Extension can support their goals. The information

collected is being considered as we look at opportunities to work with CEBCO counties who do not have an FCS presence. The team plans to partner with County Directors in those counties to offer Extension opportunities to their Employee Wellness teams. The Live Healthy, Live Well Spring Challenge will be presented to counties as an example of activities Extension can offer employees to encourage them to take personal responsibility for their health.

(Submitted by Carol Chandler)

HOW HEALTHY IS YOUR COUNTY?

[2012 County Health Rankings Highlight Healthiest and Least Healthy Counties in Every State](#) More than 3,000 counties and the District of Columbia can compare how healthy their residents are and how long they live with the 2012 *County Health Rankings*, an annual check-up that highlights the healthiest and least healthy counties in every state.

Posted online at <http://www.countyhealthrankings.org/> by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, the *Rankings* assess the overall health of nearly every county in all 50 states based on key factors that influence health, such as education rates, income levels, and access to healthy foods and medical care. This year's *Rankings* include several new measures, such as how many fast-food restaurants are in a county and levels of physical inactivity among residents. Graphs illustrating premature death trends over 10 years are new as well.

Also new this year, the *County Health Roadmaps* will help counties to mobilize and take action to create healthier places to live, learn, work and play. Finally, the call for applications for the *Roadmaps to Health* Prize that recognizes the efforts and accomplishments of communities in the U.S. working at the forefront of better health for all residents.

- [Read the news release.](#)
- [Learn about the Roadmaps to Health Community Grants funding opportunity.](#)
- [Learn what other communities are doing to improve the health of their residents and how your county can develop plans to address health challenges.](#)
- [Find out how factors like education and income influence diabetes rates in your county with the County Health Calculator.](#)

MARKETING COMMITTEE UPDATE

The Marketing Committee will be meeting May 2nd along with the team leaders to review the responses from the surveys sent out earlier this spring. The data from the three surveys have been compiled. The external survey alone had over 300 responses so there should be lots of valuable information for all FCS Professionals! Thank you for sending out the surveys to your external partners.

The Marketing Committee is also exploring ways to increase visibility. Kirk Bloir and Terri Fisher have produced the E-Store FCS Product flier. Distribute these when you see they may be useful for agencies or partners to order products (contact Terri at fcs@osu.edu to request a digital copy). The committee is also working on banners for each region and the state (with the 3 healthys on them), shirts for FCS/FNP and EFNEP, and tablecloths. Hopefully these will increase FCS visibility. We are always looking for ideas and suggestions. Please e-mail, text or call Liz Smith anytime.

(Submitted by Liz Smith)

AUTISM SPECTRUM DISORDER

The Centers for Disease Control and Prevention estimates that 1 in 88 children in the United States has been identified as having an autism spectrum disorder (ASD), according to a new study that looked at data from 14 communities. Autism spectrum disorders are almost five times more common in boys than girls – with 1 in 54 boys identified. CDC considers ASDs an important public health concern and is committed to providing essential data on ASDs, search for risk factors and causes, and develop resources that help identify children with ASDs as early as possible.

The CDC's "Learn the Signs. Act Early" program aims to improve early identification of children with autism and other developmental disabilities so children and families can get the services and supports they need as early as possible. The "Learn the Signs. Act Early" campaign (<http://www.cdc.gov/ncbddd/actearly/index.html>) has developed free, easy-to-use information and resources about:

- Developmental milestones;
- The importance of monitoring children's development;
- Warning signs of developmental concern;
- Tips for talking to families about concerns; and
- The importance of acting early so children and families get the help they need.

These materials can be downloaded or ordered for free at <http://www.cdc.gov/ncbddd/actearly/index.html>. All materials are research-based, easily accessible, free to all, and can be co-branded and customized with your contact information or that of other community providers in your area. CDC can help you co-brand these products with individual logos and contact information; request this by emailing ActEarly@cdc.gov.

(Source: CDC)

2013 TRI-STATE DIVERSITY CONFERENCE CALL FOR PROPOSALS

The 9th annual Tri-State Diversity conference will be held at the Marriott Hotel in Hebron, KY near the Greater Cincinnati/Northern Kentucky International Airport February 21 & 22, 2013. The theme for 2013 will be:

Bridges to Cultural Inclusion. The conference committee seeks seminar proposals that schools, corporations, hospitals, other universities, industry and corporation professionals could use as staff training since so many attend the conference (in addition to extension personnel). The seminar proposal information will be available from April 16 to May 30 on the Tri-State Diversity Conference website

<http://ces.ca.uky.edu/tristatediversityconference/>. May 31 is the submission deadline.

(Source: Jim Jordan)

READY.SAVE.GROW. CAMPAIGN

With millions of people indicating they need a safe and convenient way to save for their long-term goals, the U.S. Department of the Treasury has launched a public education initiative, **Ready.Save.Grow**. The campaign will provide information and access to affordable, safe and convenient Treasury savings options that can help people take control of their future. American Savings Education Council (ASEC), along with three ASEC Partners, AARP, Center for Financial Services Innovation, and the Consumer Federation of America, are partnering with the Treasury Department in promoting this new campaign.

The Treasury Department has created a user-friendly website, <http://www.treasurydirect.gov/readysavegrow>, offering turnkey resources for organizations so they can educate their community members and other stakeholders on ideas for growing their savings. Follow the campaign on their Twitter site at

<https://twitter.com/#!/ReadySaveGrow>

(Source: Ken McDonnell, Director, American Savings Education Council)

GOVERNOR'S OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES: FUNDING CATEGORIES

General Link:

<http://www.governor.ohio.gov/PrioritiesandInitiatives/FaithBasedandCommunityInitiatives/GrantFundingOpportunities.aspx>

- Human Services <http://www.governor.ohio.gov/Portals/0/pdf/FaithBased/Human%20Services.pdf>
- Better Neighborhoods and Environment
<http://www.governor.ohio.gov/Portals/0/pdf/FaithBased/Better%20Neighborhoods%20and%20Environment.pdf>
- Criminal Justice and Reentry
<http://www.governor.ohio.gov/Portals/0/pdf/FaithBased/Criminal%20Justice%20and%20ReEntry.pdf>
- After-School Programs and Education <http://www.governor.ohio.gov/Portals/0/pdf/FaithBased/After-School%20Programs%20and%20Education.pdf>
- Job Skills and Technical Training
<http://www.governor.ohio.gov/Portals/0/pdf/FaithBased/Job%20Skills%20and%20Tech%20Training.pdf>
- Youth Services <http://www.governor.ohio.gov/Portals/0/pdf/FaithBased/Youth%20Services.pdf>

NEW CURRICULUM AVAILABLE FOR COMMUNITIES SUPPORTING MILITARY FAMILIES (UK EXTENSION)

The University of Kentucky Cooperative Extension Service has released a curriculum to support community organizations who desire to serve Members of the Armed Forces and their families. A description of the curriculum and links to program materials are provided below. Please feel free to share with your networks.

Communities Support Military Families Curriculum is a comprehensive yet concise program that encourages community residents and helping agencies to be good neighbors in support of military families in their midst. Almost every community includes families with service members deployed in National Guard or Reserve units. Recent research tells us that partnerships formed by caring community residents and local helping agencies create a force for strengthening family resilience that is more effective than any of us can do on our own. Program objectives are to build knowledge of the structure and mission of the military branches, create awareness of the presence and needs of “suddenly military” families, develop understanding of the emotional cycle of deployment, and suggest practical, appropriate ways for community residents and agencies to reach out to such families and their children. Developed by the University of Kentucky Cooperative Extension independently of the Extension Military Partnership, Communities Support Military Families is national in scope; its materials contain no state-specific references and can therefore be immediately used by anyone.

Resources available with this program are:

-Communities Support Military Families <http://www.ca.uky.edu/agc/pubs/fcs7/fcs7199/fcs7199.PDF>

-Communities Support Military Families – Facilitator Guide

<http://www.ca.uky.edu/agc/pubs/fcs7/fcs7199fg/fcs7199fg.PDF>

-Communities Support Military Families – Instructional PowerPoint Presentation

http://www.ca.uky.edu/hes/internal/Military_Family/Military_Families_Communities_Support_Military_Families.ppt

KUDOS

Congratulations to Carolyn Gunther, Human Nutrition, **Julie Kennel**, Human Nutrition & Extension Program Director, and team who received \$47,554 from the American Dairy Association Mideast to study, "Determining the impact of milk vending purchases on milk and calcium intake in college students."

PERSONNEL UPDATES & WELCOME TO THE FCS EXTENSION FAMILY!

Updates

Pat Holmes, FCS educator, moved from Preble to Montgomery Co., effective April 1.

Besty DeMatteo, Program Coordinator in Hamilton Co., began working as a 2nd FCS educator in Hamilton Co. April 1.

Kathy Mujumdar, Program Coordinator in Butler Co., began working as the FCS educator in Butler Co., April 1.

Patrice Powers-Barker, Program Coordinator in Lucas Co., begins working as the FCS educator in Lucas Co., May 1.

Welcome!

Katrina Bleininger, FNP Program Assistant, Jefferson Co., February 6

Belinda Meyer, FNP Program Assistant, Mahoning Co., March 12

Karima Samadi, EFNEP Program Assistant, Greene Co., March 12

Ashley Glass, EFNEP Program Assistant, Montgomery Co., March 12

Felicia Lonas, EFNEP Program Specialist, Lucas Co., April 1

Julie Dye, FNP Program Assistant, Clermont Co., April 9

Elizabeth Jarvis, Development of Living Skills, Butler Co., April 16

EXCELLENCE IS...

From: Peters, T. (2010). The little big things: 163 ways to pursue excellence. New York: Harper Studio.

Excellence Is...

- the best defense
- the best offense
- the answer in good times
- the answer in tough times
- about the big things
- about the little things
- a relationship
- a philosophy
- an aspiration
- immoderate
- a pragmatic standards
- an execution
- selfish
- selfless
- what keeps you awake
- what lets you sleep well
- is a moving target
- that which...knows no bounds
- EXCELLENCE. Always
- If not EXCELLENCE, what?
- If not EXCELLENCE now, when (Peters, p. 15)?

DATES TO REMEMBER

- May 14 EFNEP WebEx – cancelled due to proximity to Mid Year Conference
- June 11 EFNEP WebEx - *Food to Grow On*
- July 9 EFNEP WebEx - *Carbs: Simply Complex*
- November 13-14 All FCS Extension Conference - Ohio Union

UPCOMING NATIONAL CONFERENCES

- April 30-May 2 North Central Leadership Conf., The Hyatt Lodge, Oak Brook, IL
- September 24-28 NEAFCS Annual Conference, Columbus, OH
- Oct. 1-4 National eXtension Conference, Renaissance Hotel, Oklahoma City, OK
- October 6-10 ESP 2012 National Conference, Mobile, AL
- Feb. 20-22, 2013 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- Sept. 15-19, 2013 Galaxy IV Conference, Pittsburgh, PA

HELPFUL LINKS

- Extension Family and Consumer Sciences - <http://fcs.osu.edu/>
- OSUE FCS Facebook Page - <https://www.facebook.com/osuefcs>
- Community Nutrition Programs (EFNEP & FNP) - <http://fnp.osu.edu/> and <http://efnep.osu.edu>
- Occasional Quantity Cook - <http://www.ag.ohio-state.edu/~oqc/>
- Universal Design - <http://ehe.osu.edu/ud/>
- Extension Intranet Calendar - <http://intranet.ag.ohio-state.edu/calendar/>
- OSU Extension Communiqué - http://www.ag.ohio-state.edu/~intranet/news_matrix.php?newsletter=1
- Extension Policy & Procedure Handbook - <http://extadmin-cms.ag.ohio-state.edu/policy-handbook>
- eXtension - <http://www.extension.org/>
- Dining with Diabetes – <http://diabetes.osu.edu>
- NewStart – <http://newstart.osu.edu>
- Real Money, Real World - <http://realmoneyrealworld.osu.edu/>

Marketing

- Communication & Technology - <http://commtech.ag.ohio-state.edu/>
- Templates - <http://commtech.ag.ohio-state.edu/resources>

OSU Resources

- EBSCOhost literature search database - <http://library.ohio-state.edu/record=e1000149~S7> (be sure to use the off-campus sign in link)
- IRB - <http://orrr.osu.edu/irb/about/>
- OSU CARES - <http://osucares.osu.edu/>

Professional Associations

- American Association of Family & Consumer Sciences - <http://www.aafcs.org/>
- National Council on Aging - <http://www.ncoa.org/>
- National Council on Family Relations - <http://www.ncfr.org>
- National Extension Association of Family & Consumer Sciences - <http://www.neafcs.org>
- ESP - <http://www.espnational.org/>
- OAEP - <http://oeaa.osu.edu/>

Journals

- Journal of Extension - <http://www.joe.org/>
- The Forum for Family and Consumer Issues - <http://ncsu.edu/ffci/>

Blogs

- Eat, Save and Be Healthy - <http://osufcs.wordpress.com/>
- Safe Food Handling & Preservation - <http://safefoodforyourfamily.wordpress.com/>
- Live Healthy, Live Well - <http://livehealthyosu.com/>

Other

- CYFERnet (Children, Youth, Family Educational Resource Network) - <http://www.cyfernet.org/>

- MyMoney.gov - www.mymoney.gov
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>

Family and Consumer Sciences

Ohio State University Extension

College of Education and Human Ecology and

College of Food, Agricultural and Environmental Sciences

381 Campbell Hall, 1787 Neil Avenue, Columbus, Ohio 43210

Off: (614) 688-5378 | Fax: (614) 292-7478