



Healthy People  
Healthy Finances  
Healthy Relationships



## FCS e-Connection – April/May 2013

Dear Colleagues:

In 1982 I started as an OSU Extension educator. When I left Tuscarawas County, the first county in which I worked, a friend told me about the impression the community leaders had when I attended my first meeting with them: they stood in the parking lot after the meeting, looked at each other and agreed, “she’ll be good, but she has a lot to learn.” That statement stuck with me. It challenged me to think about my work, and lately it has been haunting me – what have I really learned in all these years and how has it changed my work?

Like we have discussed many times in FCS, our work is not just about people learning something new, it is about people putting what they learn into practice. So, when I reflect about the lessons learned over the years, these are the key lessons I am trying to put into practice today:

- **Think of Extension as 1 program.** I spent a lot of time solely focused on worrying and expelling energy on how I expanded and strengthened FCS. Today I spend most of my day focusing on building the FCS subject matter area BUT I ALSO think about how we use FCS’s assets in partnership with the other “subject matter” areas in Extension to deliver one dynamic, innovative and impactful Extension program that is changing the lives of Ohioans. We need to strengthen all aspects of Extension and then combine all those efforts into one program (called Extension). When we think of our work as 1 program (called Extension) with 4 subject matter areas that shape that program, we can all be so much more impactful in the community!
- **Get a better handle on the research as I work with coalitions and develop initiatives.** I think about all the teen pregnancy prevention boards I sat on over the years. We developed programs and efforts, but I wish I had spent more time reading journal articles about the issues and the research of what worked and didn’t work. I could have contributed so much more to the coalitions and to the communities if I had spent more time reading and reflecting on the literature, the county situation and how we could be innovative to create change. Today I find myself asking questions and spending more time looking at the literature to see what we have learned about what works and the issues.
- **Ask more questions.** By asking thoughtful and challenging questions we could have identified the deeper issues that were impacting the community. Then, by partnering with colleagues to do research to get the answers to those questions we could have been more thoughtful and innovative in our work. Today, I hope you challenge me with questions, and that I am challenging you with questions that help you think more deeply about your work.
- **Think of my work as a puzzle needing to be put together.** My whole reason for being in Extension is to help people have better lives. All the little pieces that contribute to the quality of someone’s life can be put together as a jumbled mess or as a smooth, beautiful picture. The same can be said of our Extension work. As an FCS professional, I find myself constantly trying to aligning all the pieces (whether it is classes, educational activities, coalition work and media work or in my role as AD, policies, decisions, communications, resources) into a comprehensive “picture” that will allow me (and Extension) to help people have better lives.

Sometimes these lessons were learned the hard way, and sometimes hindsight is 20-20! Either way, these lessons have been valuable in helping me think about how we need to shape FCS and Extension for the future. What lessons have you learned in your career? How have those lessons changed how you do your work? Please share them with me and your colleagues so that we can all learn from each other, and as a result, better serve the people of Ohio.

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

*Karen Bruns, PhD*

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## 2013 PROFESSIONAL DEVELOPMENT OPPORTUNITIES

For your benefit, we have put together a spreadsheet of professional development opportunities available for 2013. Please take a moment to view the [schedule](#), which has been posted to the FCS website. The PDF file is located on the “For FCS Extension Professionals” tab, under “Resources” and should be the very first link on the page. We hope this will be useful when looking for opportunities and getting more information.

## PERSONNEL UPDATES

As of April 1<sup>st</sup>, **Carol Smathers** started with us as the new Youth Nutrition and Wellness Field Specialist. Her email address is [smathers.14@osu.edu](mailto:smathers.14@osu.edu) and phone number is 614-688-1801. Please help us welcome Carol, it’s great to have her on our team!

We would also like to welcome **Melissa Welker**, FCS Educator for Fulton County. She can be contacted at [welker.87@osu.edu](mailto:welker.87@osu.edu).

Starting July 1<sup>st</sup>, **Jamie Seger** will be working as our Interim Educational Technology Specialist, serving as a primary contact for FCS. Congrats to Jamie on being our representative!

## STATE SPECIALIST POSITIONS

The search is underway for three new state specialists including Consumer Financial Policy, Family Decision Making and Policy, as well as Food Security. The search committee for Consumer Financial Policy includes Chair Caezilia Loibl, Greg Davis, Dean Lillard, and Betsy DeMatteo. For Family Decision Making and Policy, search committee members include Chair Tasha Snyder, Jim Bates, Amy Bonomi, and Kara Newby. The Food Security State Specialist Position, co-chaired by Mark Failla and Karen Bruns, includes Carolyn Gunther and Dan Remley. We hope to have all three of these positions filled soon, but in the meantime the search committee is working hard on selecting the best candidates. On campus interviews will occur June 6-7 and June 10-11. Please watch your email for seminar session details for you to attend.

## OSUE INNOVATIVE GRANT PROPOSALS

OSU Extension Administration is again making available grants to support innovative outreach/engagement work with Ohioans; interdisciplinary work; and initiatives that once seeded through this funding, will expand Ohio State's engagement and OSU Extension's work with the community.

Click on the following link for information regarding submitting a proposal. Proposals are due **May 15<sup>th</sup>**:  
<http://extensionstaff.osu.edu/policy-and-procedures-handbook/ii-administrative-and-program-resources/extension-innovative-grant>

If you have questions regarding the innovative grants, you may contact Ken Martin at [martin.1540@osu.edu](mailto:martin.1540@osu.edu) or phone 614-292-8793.

### CFPB POLICY RECOMMENDATIONS FOR ADVANCING K-12 FINANCIAL EDUCATION

As some of you may already be aware, the Consumer Financial Protection Bureau has released "Transforming the Financial Lives of a Generation of Young Americans: Policy Recommendations for Advancing K-12 Financial Education" White Paper. I am pleased to report that USDA/NIFA Family and Consumer Sciences and Youth and 4-H Divisions attended the conference and assisted with this White Paper. A link to the report can be found [here](#) for your convenience.

### NEW-JOURNAL OF HUMAN SCIENCES AND EXTENSION

Check out this new [Journal of Human Sciences and Extension](#), an interdisciplinary, peer-reviewed, online journal. Look for its first issue in June 2013 from Mississippi State, which will be published three times a year.

### SOCIAL MEDIA WORKSHOPS VIA COMMTECH-SAVE THE DATE

Have you been thinking about using social media to extend your reach? Are you wondering if it's worth your time? Not quite sure where to begin? Save the date because CommTech is bringing you four opportunities to learn the strategy you need to get started.

July 31 – Wooster  
Sept 3 – Columbus  
Oct 16 – Lima  
Nov – Piketon

Digital technology has changed the way everyone finds and uses information. Each session will start with a keynote address from Mindset Digital entitled "The New Realities." The session will examine the shifts that have occurred in the way people find and use information. Understanding these shifts will help you get noticed by a distracted audience that is often overwhelmed by the amount of information coming at them daily.

Other sessions include:

Developing a social media strategy  
Guidelines and best practices for Facebook, Twitter, and blogs  
Hands on time to plan and discuss your social media strategy  
What other social media channels should I consider?  
The cost is \$15. Lunch is provided. Watch for more information on how to register.

### UPDATED RECORDS RETENTION SCHEDULE

The Business Office has updated the filing and records retention guidelines and has posted to their site [here](#). Please check it out to see some of the changes recently made. Some general guidelines include:

- When in doubt – keep the paperwork. It is better to have something too long than to destroy something too early. As a general rule of thumb if you can't find records retention or discard dates for your document keep it for 8-10 years and then destroy.
- When in doubt – file by date. Most items should be filed by date. This creates an easy filing process for archiving (i.e. moving to boxes) and makes it easy when you are getting ready to destroy items that are past retention guidelines.

- Don't forget about the University Archives. The University has an Archives department which is in charge of documenting things that are of historical significance for the University. Most of the financial records you deal with wouldn't fall into this category, but some of your programmatic records might. When in doubt Ask an Archivist.  
<http://library.osu.edu/sites/archives/askanarchivist.php>.
- Most records need to be destroyed. Most records require that you destroy them, i.e. shred them instead of just throwing away. Use the general schedule link above to find out what can be thrown away and what must be destroyed.
- There is a FORM! Don't forget the University has a form for everything, even getting rid of stuff. Once you have sorted through your files and are ready to destroy you should complete the Certificate of Records Destruction Form and then WAIT for them to reply that it is ok to destroy your items. They usually reply fairly quickly – within a week or two, but wait until you get the approval before moving forward. The form can be found [here](#).

## WEBINAR RECORDING NOW AVAILABLE: STARTING EARLY: FINANCIAL PREPARATION FOR DISASTERS AND EMERGENCIES

Did you know that April is Financial Capability Month? In partnership with the U.S. Treasury Department's Financial Literacy and Education Commission (FLEC), U.S. Department of Agriculture, the Consumer Finance Protection Bureau and Operation Hope, FEMA will hosted a free webinar entitled "Starting Early: Financial Preparation for Disasters and Emergencies." Financial experts provided information and strategies on how to incorporate current and upcoming financial preparedness tools into local disaster preparedness education efforts and how to get the community involved to start preparing for emergencies early. Participants learned more about financial tools and guidance that protects consumer rights as disaster survivors. Financial experts provided updates on new tools and resources and previews of financial preparedness tools under development. To take action today to learn how financial preparedness will help you recover faster after a disaster, please view the presentation recording [here](#).

## INTRODUCING CARMENCONNECT

With the transition from WebEx to CarmenConnect, we hope everyone has had a chance to set up an account and log in to practice hosting a meeting. There are multiple resources available to help you become more familiar with using this new tool to host and participate in online meetings. Please take a minute to [view](#) the recording of Ken Kulka's CarmenConnect Intro. Some other helpful resources include the [OCIO](#), [CarmenConnect](#), and [Adobe](#). We encourage you to view the recording so we can make the transition as smooth as possible.

## LEARNING OPPORTUNITIES THROUGH eXTENSION

Many different learning events are listed at [Learn.extension.org](#) for your own learning or for you to share with your audiences. By participating in an event you can extend your knowledge and keep more up-to-date on conversations in your areas of expertise and interest.

Everyone is welcome to participate in the sessions listed at Learn ([learn.extension.org](#)). Review the full listing of online events. Log in with your eXtensionID to Follow, and plan to attend. Share links to online events in your area of expertise so that others can learn with you. Encourage your customers to also sign in with their Facebook, Twitter or Gmail account to Follow, and plan to attend. Additional sessions may be added at any time, so check back to see what's new, or add your web-based sessions. Please see some you might be interested in below.

- Paying for Post-Secondary Education Expenses-part 1- 5/21/13 11am EDT
- Sensitive Conversations with Military Families: Communicating Well When It Matters Most- 5/21/13 2pm EDT
- Paying for Educational Expenses and the GI Bill-Part 2- 5/23/13 11am EDT
- Moodle Meet-Up- 5/29/13 2:30pm EDT
- Debt Basics & Advanced Strategies- 6/19/13 11am EDT
- Moodle Meet-Up- 6/26/13- 2:30pm EDT
- Know the Flow-My Money and Me (Part 1 of 4)- 9/11/13 11:30am EDT

## 2010 US CENSUS MAP

Check out [this](#) data from the US Census Bureau. It is communicated in an easily read and followed form. Just click on the county in a state and population data pop up. Go to the left panel and select a state. You will see a close up and, in some states, you can get data for specific tracts. Also, go to the section just above the state where is says other maps. Click on

the information you want, i.e. households with one resident, and you will get data on how many households in a county, etc. meet the criteria selected.

(Source: *NY Times*)

## CAMPUS CAMPAIGN UPDATE

Thanks to everyone who made contributions last month to help support CFAES; the college was at 27% participation.

### Extension's participation percentage

North East Region: 18%

South Central Region: 27%

State Faculty and Staff: 55%

West Region: 18%

Winners of the prizes will be announced through email once the final report is received from the development office.

## KUDOS

Check out this month's [Communique](#), in which Field Specialist Jim Bates is featured. Congrats go out to him and his team on a CYFAR (Children, Youth, and Families at Risk) grant they are receiving from the USDA.

## DATES TO REMEMBER

- May 14 FCS Adobe Connect Meeting
- May 15-16 EFNEP Spring Conference-Hilton Garden Inn, Columbus
- May 23 Healthy Finances in-service, Ag. Admin. Auditorium
- August 27-28 Annual FNP Business Meeting
- October 2 PAT/Internal Advisory Committee Retreat
- October 10 Live Healthy, Live Well Through Workplace Wellness in-service
- November 6-7 Community Nutrition/FCS Extension Conference
- December 4 Extension Annual Conference

## UPCOMING NATIONAL CONFERENCES

- May 20-23 National Extension Conference on Volunteerism, Frankenmuth, MI
- June 4-5 Pathways to Financial Security, Madison, WI
- Sept. 15-19 Galaxy IV Conference, Pittsburgh, PA
- Oct. 8-9 Conference of the Engagement Scholarship Consortium, Lubbox, TX

## 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://extensionstaff.osu.edu/events>
- OSU Extension Communiqué - <http://extensionstaff.osu.edu/communique>
- Extension Policy & Procedure Handbook - <http://extensionstaff.osu.edu/policy-and-procedures-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

- OSU Library - <http://library.osu.edu/>
- IRB - <http://orrrp.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/>
- OAEF - <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](http://www.mymoney.gov)
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>

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