

Family and Consumer Sciences e-Connection – August/September 2013

Dear Colleagues:

As you know, Kirk Bloir will be on special study assignment from September 1 through December 31. In the meantime, Betsy DeMatteo will work with the Marketing Committee, the blind peer review process (please follow the guidelines for the review process) and the annual FCS awards. Several other people will be working with standing committees that Kirk is currently representing our office on. If there are other requests and conversations you would normally go to Kirk on, please contact me until Kirk returns on January 1.

We are sad to share that Jonathan Tascoe, systems developer who provided our web and technical support in FCS through EHE has taken a new role in EHE. We are pleased that Jonathan will continue to work with us in his new capacity, but in a different role. In the next week or so you will see the posting of that position and we look forward to having a new member join our team. In the meantime, if you have requests related to the FCS website, please contact Amanda.

I hope you all have a wonderful Labor Day weekend. Although this weekend seems to signify the end of summer, it also is the start of fall and school activities and new Extension programming. I look forward to hearing from you throughout the fall about the programs you conduct, the ideas you develop for new programming, and celebrating your successes through Galaxy and other events.

“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

Ohio State University Extension
Assistant Director, Family and Consumer Sciences
Leader, OSU CARES
bruns.1@osu.edu
(614) 292-9613

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SPOT THE COW/CALCIUM KEEPS YOU MOO-VING DAIRY CAMPAIGN

Carolyn Gunther, assistant professor of human sciences, and Jamie Seger, educational technology specialist with OSU Extension family and consumer sciences, are spearheading a campus wide initiative to educate early college students at Ohio State about the importance of including the recommended amount of dairy and calcium into their diets. The #SpotTheCow/Calcium Keeps you Moo-ing campaign will be promoted via social media, campus posters featuring OSU athletes, and during campus events. Follow the campaign using the #SpotTheCow hashtag on Instagram and Twitter, or visit the Facebook fan page at facebook.com/CalciumKeepsOsuMooVing.

MARILYN R. SPIEGEL & PROFESSIONAL DEVELOPMENT AWARDS

Nominate a Colleague! The Marilyn R. Spiegel Excellence in Family and Consumer Sciences Award recognizes an FCS Extension professional for their successful FCS programming. Consider who you or your team will nominate and begin to work on putting the application together. Keep your efforts secret though, as we'll surprise the recipient at Annual Conference.

Nominate Yourself! The Healthy Program Area Professional Development Awards provide up to \$500 in funding to FCS Extension professionals, one in each Healthy area - People, Relationships, Finances - to support professional development.

The submission deadline for both is midnight, **November 3**. You'll find a list of past award winners and nominations forms on the FCS website under For FCS Extension Professionals-Resources-FCS Award Nominations.

MINDFULNESS IN MOTION-PROGRAM TRAINERS

Mindful Extension: A Guide to Practical Stress Reduction Strategies, is a pragmatic 4-week program developed by Dr. Maryanna Klatt at The Ohio State University College of Medicine that can be easily implemented in the workplace to reduce daily stress and increase productivity. Program participants learn mindful awareness principles, rehearse mindfulness as a group, and complete a daily individual 20-minute guided practice. Participants receive a set of guided mindfulness practice tracks and 1 yoga video to maximize the benefits of the program. The content and structure of the weekly sessions emphasizes bodily relaxation preceding the discussion of mindful awareness of cognitive habits. The cost of the 4-week program, including audio, video and print materials is \$100 per person. The following 10 individuals are trained and authorized by Dr. Klatt to deliver *Mindful Extension: A Guide to Practical Stress Reduction Strategies*:

- Terri Worthington (Geauga)
- Jamie Seger (Miami)
- Patrice Powers-Barker (Lucas)
- Chris Kendle (Tuscarawas)
- Pat Holmes (Montgomery)
- Melinda Hill (Wayne)
- Kathy Green (Butler)
- Marie Economos (Trumbull)
- Shannon Carter (Fairfield)
- Kirk Bloir (FCS Admin)

USDA ON YOUTUBE UPDATE

The USDA's annual report of child rearing expenses shows that the cost of raising a child went up last year, but not as much as in past years. Check out the video with Acting Executive Director, USDA CNPP Dr. Robert Post [here](#).

(Source: US Department of Agriculture)

HEALTH CARE REFORM AND THE OHIO HEALTH INSURANCE MARKETPLACE

Beginning October 1, 2013, uninsured individuals and small businesses will be able to purchase health care insurance through the federally facilitated Health Insurance Marketplace (exchange). These marketplaces are slated to open Oct. 1st, and the individual mandate to purchase insurance goes into effect January 1, 2014. The following short (6 min) video from the Kaiser Family Foundation gives an overview of what the law requires: <http://kff.org/health-reform/video/youtoons-obamacare-video/>.

Open enrollment in the Health Insurance Marketplace begins on October 1 and coverage takes effect in January, 2014. <http://www.Healthcare.gov> is available to help individuals and small businesses make decisions that are right for them, whether they are in need of coverage or already have it.

NAVIGATORS FOR HEALTH INSURANCE MARKETPLACE

The U.S. Department of Health and Human Services recently awarded grants to support organizations and their staff. The Navigators "will serve as an in-person resource for Americans who want additional assistance in shopping for and enrolling in plans in the Health Insurance Marketplace this fall." The five agencies receiving funding are:

- Ohio Association of Food Banks
- Children's Hospital Medical Center
- Clermont Recovery Center, Inc.
- Helping Hands Community Outreach Center (Dayton area)
- Neighborhood Health Association (NW Ohio)

For more information on this program, see <http://www.hhs.gov/news/press/2013pres/08/20130815a.html>.
(Source: US Department of Health and Human Services)

NEW REPORT ON FOOD SYSTEMS AND NUTRITION

The Food and Agriculture Organization (FAO) of the United Nations has issued its 2013 report. "The State of Food and Agriculture 2013: Food Systems For Better Nutrition" provides thought provoking insight into the role of food systems on health locally and internationally. The actual report can be found [here](#).
(Source: Food and Agriculture Organization)

EXTENSION UPDATE

Although you should have all seen this in the eXtension newsletter, we wanted to bring these valuable FCS related resources to your attention. There is a new [resource](#) for the new healthy food choices initiative, helping schools, teachers and parents to encourage kids to make healthier food choices. eXtension has also redesigned their website, making it easier to navigate while emphasizing content development and delivery of many social media links. Check out the new look and feel [here](#). Another resource available through eXtension is the growing Military Family Learning Network. In the coming months, it plans to concentrate highly on family development in regards to family violence. To read about more of their upcoming plans, visit the [article](#).

LIVE HEALTHY LIVE WELL IN-SERVICE SAVE THE DATE

Be sure to reserve 10/10/13 on your calendar for the first Live Healthy Live Well in-service. This will be an all-day event and lunch will be included. Keep an eye out for registration and RFP details, which should be coming soon. For additional information, please contact Lisa Barlage barlage.7@osu.edu or Michelle Treber treber.1@osu.edu.

USDA TV FEATURE: FOOD PRICES RISING AT SLOWER RATE THAN EXPECTED

While the inflation rate for food was expected to be around 3-4% more this summer according to Ricky Volpe, USDA Economic Research Service, he said on average they will not be going up as much as originally estimated. Although some areas will be going above the average increased amount including beef and chicken, others including dairy will only see moderate increases. For a link to the video with Ricky click [here](#).
(Source: US Department of Agriculture)

KUDOS

Kudos to State Specialist **Carolyn Gunther** on presenting a poster this month at the Society for Nutrition Education and Behavior Conference in Portland, Oregon on data from Simple Suppers.

Cindy Shuster, **Lisa Barlage**, and **Michelle Treber** authored "Using Technology to Encourage Healthy Lifestyles," which was accepted into the inaugural issues of the [Journal of Human Sciences and Extension](#). Kudos to them on a job well done!

Congrats to Linnette Goard, Melinda Hill, and Kate Shumaker on being recognized in the August *Journal of Extension*. Their work with home food preservation training is highlighted at <http://www.joe.org/joe/2013august/tt7.php>.

Caезilia Loibl and **Tasha Snyder** have received a \$250,000 grant from the Center for Poverty Research at the University of Kentucky, to study if participating in money saving programs increases the food insecurity of a child in a low-income family. Kudos to them on their award!

PERSONNEL UPDATES

We would like to welcome Sanja Ilic, PhD as food safety state specialist. Sanja's office is in 313B Campbell Hall and she can be reached at ilic.2@osu.edu.

On September 1, Mike Betz is joining us as the new family policy state specialist and Irene Hatsu is joining us as the new food security state specialist.

Welcome also to Stephanie Wheeler, Stark County EFNEP Program Assistant, Sheryl Trost, Cuyahoga County EFNEP Program Assistant, Amberlyn Rhodes, Stark County EFNEP Program Assistant, and Nadia Abuamsha, Cuyahoga County EFNEP Program Assistant.

We would like to wish Jonathan Tascoe well as he will be starting a new position with EHE on September 1.

LEADERSHIP MOMENTS: FIFTEEN STEPS FOR EFFECTIVE COMMUNICATION

From: Cloke, K. & Goldsmith, J. (2011). *Resolving conflicts at work: ten strategies for everyone on the job* (3rd Ed). San Francisco: Jossey-Bass.

1. Let go of your own ideas, role, and agenda and try to understand what the other person is saying.
2. Become curious about what makes them tick.
3. Before you speak, draw out the other person's ideas.
4. Search behind the words for the other person's meaning. Especially if he or she disagrees with you.
5. Discover and manage your listener's unspoken expectations.
6. Respond respectfully and nondefensively acknowledging and addressing the other person's concerns first.
7. Choose an appropriate form of communicating.
8. Speak respectfully, empathically, and responsively.
9. Demonstrate that you heard the other person's deeper needs and feelings.
10. Anticipate objections and address them before they are raised.
11. Clarify and emphasize our agreements.
12. Acknowledge differences and restate issues positively.
13. State your interests instead of your positions.
14. Ask for feedback.
15. Compliment the other person for listening (Cloke & Goldsmith, 2011, p. 51-54).

Resolving Conflicts at Work is available from the OSU Leadership Center. Click [here to borrow this resource or any other resource](#). Once you are on our website, click on the Spectrum icon.

DATES TO REMEMBER

- September 3 CFAES Social Media Workshop
- September 10 FCS CarmenConnect
- September 30 Annual SNAP-Ed Business Meeting, 10-12
- October 1 Annual SNAP-Ed Business Meeting, 1-3
- October 2 PAT/Internal Advisory Committee Retreat
- October 10 Live Healthy, Live Well Through Workplace Wellness in-service
- October 16 FCS CarmenConnect
- October 16 CFAES Social Media Workshop
- November 6-7 Community Nutrition/FCS Extension Conference
- November 14 CFAES Social Media Workshop
- December 4 Extension Annual Conference

UPCOMING NATIONAL CONFERENCES

- Sept. 15-19 Galaxy IV Conference, Pittsburgh, PA
- Oct. 8-9 Conference of the Engagement Scholarship Consortium, Lubbox, TX
- Oct. 19-22 Academy of Nutrition and Dietetics: Food & Nutrition Conference & Expo, Houston, TX
- Nov. 6-9 National Council on Family Relations Annual Conference, San Antonio, 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/>
- 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/>



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College of Education and Human Ecology
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