

SEPTEMBER 10, 2015

IN THIS ISSUE

- *Land-Grant Partnership*
- *Blog Authors Workshop*
- *Grandfathers Needed*
- *FCS All Programs Conference*
- *Million Hearts Curriculum*
- *College Sponsorship Guidelines*
- *New Hires*
- *Workshops*
- *Events and more...*

NEWSLETTERS[Communique](#)[Continuum](#)[DHS Update](#)[EHE News](#)[Chow Line](#)[Family Fundamentals](#)[onCampus](#)**RESOURCE LINKS**[CFAES](#)[CFAES Brand Templates](#)[Dining with Diabetes](#)[EFNEP](#)[EHE](#)[Extension](#)[Extension Calendar](#)**FCS News****Land-Grant Partnership**

In early August, Central State University (CSU) and The Ohio State University entered into an official partnership to advance the land-grant mission in Ohio. Presidents from Ohio State and CSU met in Wilberforce to formally recognize the partnership through a signing ceremony. The signed Memorandum of Understanding states that both institutions are designated to carry out Extension work in Ohio, and it highlights that the two entities will work together over the next five years to "provide a single comprehensive state program."

OSU Extension and Central State will collaborate in the planning, delivery, and evaluation of educational programming designed to address needs of Ohio's most populated communities. Central State Extension has plans to co-locate county educators with OSU Extension in three counties initially (Cuyahoga, Franklin and Hamilton). Second-tier counties include: Greene, Lucas and Montgomery. The timing of these collaborations will be announced after the operating guidelines are completed.

Family and Consumer Sciences All Programs Conference

In just a little over a month, it will be time for the 2015 FCS All Programs Conference! The conference is being held October 13-14 at the Ohio Union in Columbus. The conference theme is *Putting the Puzzle Together: Solidifying Our Purpose & Value for the Future*. Check the [conference website](#) for details and information.

Million Hearts Curriculum

FCS educators are encouraged to teach [Million Hearts](#)® curriculum this fall or early 2016. **Pat Brinkman**, Fayette County Extension educator, can arrange medical screening with OSU nursing students if dates are provided at least four weeks in



[eXtension](#)

[Grants and Contracts](#)

[Live Smart Ohio](#)

[Mindful Extension](#)

[Ohio 4-H Center](#)

[OSU CARES](#)

[Outreach and Engagement](#)

[Policy and Procedures](#)

[Real Money. Real World.](#)

[SNAP-Ed](#)

[Universal Design](#)

CONTACT US

eCONNECTION accepts news and events relevant to FCS. Publication dates are the second Wednesday of each month. The news submission deadline is the Monday before publication date. [Submit Info](#)

TIP OF THE DAY

Apple's Boost Energy Need an extra energy boost at work or while driving? Eat an apple. Apples offer major benefits to the body including vitamin C, fiber and about 13 grams of sugar. Best of all, once an apple is in your system it'll wake you up and keep you awake. Additionally, there's no crash either, which makes the benefits of the apple far outweigh those of coffee. ([Source](#))

advance. Million Hearts® is a national initiative of the Department of Health and Human Services to prevent one million heart attacks and strokes by 2017. For details, contact brinkman.93@osu.edu.

Stark County Office Move

The OSU Extension office in Stark County has relocated from the USDA Service Center to the RG Drage Campus. The new address is:

Ohio State University Extension
Stark County
RG Drage Campus
2800 Richville Drive SE, Suite 100
Massillon, OH 44646
Phone: 330-832-9856 or 800-372-4322

Fingerprint Background Checks

The Office of Human Resources (OHR) is now handling all OSU Extension volunteer fingerprint background checks for all program areas: 4-H, Agriculture and Natural Resources (ANR), Master Gardener Volunteer (MGV), Ohio Certified Volunteer Naturalists (OCVN), FCS and Community Development (CD). If you have questions specific to:

- Background check process/concerns with BCI, contact the OHR Background Check Team at hr-backgroundchecks@osu.edu
- 4HOnline, contact **Tracy Grody** at grody.2@osu.edu
- MGV's, contact **Denise Johnson** at johnson.2924@osu.edu
- OCVN's, contact **Anne Baird** at baird.41@osu.edu

In the News

Julie Kennel, a registered dietitian and clinical assistant professor, Human Sciences Administration, College of Education and Human Ecology, was quoted in "[Soda infographic goes viral: How does cola really affect the body?](#)" regarding the negative effects of caffeine (August 3, 2015).

Michael Betz, state specialist, Family Policy, was quoted in "[New college graduates want to live in big cities](#)," July 5, 2015; The Cheat Sheet's "[Why 90s Kid's Don't Understand this Kind of Economic Struggle](#)," June 5, 2015; The Pacific Standard's "[The Futility of Trying to Attract \(and Retain\) College Graduates](#)," June 4, 2015; [EurekaAlert!](#), [Newswise](#) and [PHYS ORG](#) regarding "Why the 'cool factor' won't lure college grads to your city". June 2015.



Sanja Ilic, OSU Extension, food safety specialists, was quoted in the [Columbus Business First](#), [the Columbus Dispatch](#) and [Barfblog](#) regarding Jeni's Splendid Ice Cream's Listeria contamination, April - May 2015.

Grandfathers Needed

Field Specialist **Jim Bates** has created a series of Ohioline Fact Sheets regarding [grandfathers](#) for his research project. A current offering is *Grillin' with My Grandchild*, a three-session educational series for Delaware County grandfathers and grandchildren. He seeks participants for the free classes and grandfather and grandchild will grill a meal together and create an electronic memory book. Times and dates are 5-7 p.m. on September 28-30, October 7-9, and 21-23. Registration is required at go.osu.edu/grilling. For details, contact Jim at bates.402@osu.edu.



Support A Friend in the Hospital

A good friend is in the hospital and you want to know how to best support him/her - flowers, cards, a visit? Well, *CaringBridge* families, experts in the field, suggest six best ways to make a friend's hospital stay even better: *Ask before visiting, Help out without being asked, Give a goodies bag & small gifts, Bring reminders of home, Feed them, and/or offer notes and well wishes.* Visit CaringBridge.org for details.

Volunteers Needed



Volunteers are still needed to help in the [Universal Design](#) exhibit before or during the September 22-24 [Farm Science Review](#). Volunteers will help tour visitors through the Universal Design exhibit from 9 a.m. to 4 p.m. Choose the day and hours (2, 4 or all day) that work best for you. To volunteer, contact FCS Educator **Kathy Green** (Clark County) at green.1405@osu.edu or 937-521-3863. If you or a group from your county want to **tour the exhibit in advance**, contact Kathy to make arrangements for date/time/group size.

If you are not available to help during Farm Science Review, please consider one of these ways [you can help...](#)

Blog Authors Workshop

County educators, it is time to register for the Live Smart Ohio Blog Authors workshop, September 15-16, at the 4-H Center, 2120 Fred Taylor Drive. Attendees will hone social media skills plus receive hands-on training and writing assistance. Workshop dates and times are September 15, 9:30 a.m. to 4:30 p.m., and 9 a.m. to 4 p.m. on September 16. Registration is open through September 11 and the \$40 fee includes lunch both days. To register, contact **Marcy Payne-Lavigne** at payne-lavigne.1@osu.edu

Charities

Looking to make a charitable donation or help those in need? The following links provide sample listings of county organizations that make a difference: [Akron](#), [Canton](#), [Cincinnati](#), [Cleveland](#), [Columbus](#), [Dayton](#), and [Toledo](#).

College Sponsorship Guidelines

The College of Food, Agricultural, and Environmental Sciences have developed guidelines for departments, units and programs to utilize when considering a sponsorship for an external event or activity. These guidelines follow the development of a comprehensive approach adopted at the university level last year. Should you receive a request to sponsor an event or activity, please review the CFAES Sponsorship Guidelines found on the college [website](#).

Kudos

Congratulations to **Lindsay Millard**, Summit County EFNEP program assistant, who performed August 15 on the same stage as Willie Nelson at Nelson Ledges, Nelson Township, Garrettsville. Lindsay said, "Thanks everyone! We were so honored to perform on the same stage as Old Crow and Willie Nelson. To be on the same stage, even though it was the next day, with a living legend seemed highly under-serving, but we were super excited!! Thanks to **Clint Elston**, Trumbull County SNAP-Ed program assistant, for making it all happen."

Personnel

New hires. **Amanda Bohlen**, FCS extension educator, Washington County; **Holly Eckert**, SNAP-Ed program assistant, NE Region; **Tammy Jones**, FCS Extension educator, Pike County; **Cheryl Mickley**, FCS Extension educator, Carroll County; **Amanda Rysz**, FCS program specialist, state office; **Cyndi Renn**, FCS program assistant, state office; **Brooke Distel**, SNAP-Ed program assistant, Wyandot County.

Presentations

Patricia Brinkman (Fayette County Extension director), **Cynthia Shuster** (Perry County), **Lisa Barlage** (Ross County) and **Michelle Treber** (Pickaway County) presented *Utilizing Technology to Influence Wellness in Youth* at the Society of Nutrition Education and Behavior Conference, July 25-28, Pittsburgh, PA. [SNEB conference details...](#)

Carol Smathers and **Theresa Ferrari** (Extension specialist, 4-H) presented “Water First for Thirst: Engaging Teen Leaders as Advocates for Healthy Living” at the Health, Wellness, and Society Conference, September 3-4, Madrid, Spain. [Read more...](#)

County Extension Educator **Pat**

Holmes (Montgomery County) will be the featured speaker during the September 10 Catholic Social Services of the Miami Valley, Center for Families' (Dayton) staff Lunch & Learn about Helping Families When Money Questions Arise. Pat will present the Preventing Home Foreclosures program and resources such as Your Money, Your Goals available through Ohio State University Extension *re: Healthy Finances, Healthy People, and Healthy Relationships*. Her talk is from noon to 1 p.m.



Training

Know Thy Self

The Office of Human Resources is hosting a Self-Awareness and Emotional Intelligence workshop on October 15 that focuses on how to read our emotions and recognize the impact they have on performance. The training opportunity is open to all staff and faculty. The OHR offers a host of other free workshops from diversity to retirement choices. Details and registration is available at hr.osu.edu/ole/HRStaffPD. For questions, contact ohrc@hr.osu.edu or 614-292-2800.

Video Spotlight

Divorce is hard on everyone, especially when kids are involved. Take a look at the thought provoking video, Successful Co-Parenting A Child's View, created by Program Director **Jamie Seger** and featured in the Successful Co-Parenting curriculum by Field Specialist **Jim Bates** and Extension Educator **Carmen Irving** (Union County). View this [video](#) and other OSU Extension videos at youtube.com.

Upcoming Events

Live Smart Ohio Blog Author Workshop

September 15-16, Nationwide and Ohio Farm Bureau 4-H Center

[All FCS Annual Conference](#)

October 13-14, Ohio Union

[Farm Science Review](#)

September 22-24, Molly Caren Agricultural Center near London, OH

New OSUE Employee Welcome Festival

October 22, Place TBA

Extension Annual Conference

December 8-9, Ohio Union



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