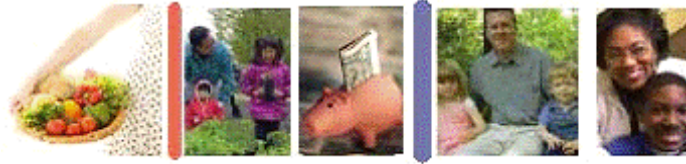




Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – February 2012

Dear Colleagues:

March 15th – An Important Date for FCS Programming! FCS Teams Working meeting at Ohio Union and the deadline date for discussing Signature Program proposal ideas with Ken Martin.

With the retirement, loss and moves of 14 FCS educators in the past year, changes have occurred in the sizes of our teams, the formal and informal leaders of those teams, and our capacity within teams. This prompted much conversation last summer and fall among all of us. Based on what we heard from you, we've mapped out a plan to support the teams by creating the 3 focus area teams (Healthy People, Healthy Finances and Healthy Relationships). Those focus teams will each meet three times a year with specialization sub-teams that are working on specific programs. Many of those specialization sub-teams will be the high performing teams with which you are currently actively engaged. The focus teams will provide us with the leadership, communication and synergy across teams that we heard very strongly from you was needed for us to move forward. The March 15th meeting will be a time for us to learn about the types of initiatives the teams have underway and how we can bring additional synergy and communication to our team work. It will also be a time in which we can consider how we streamline and bring efficiency to our teams as a result of our changes in staffing.

Kirk is in the process of summarizing the specialization survey that you completed last week. It is invaluable information that we are already using to answer questions about the types of professional development needed, our capacity to deliver programs and to see where we have programming gaps. This will be very useful information for all of us as we meet on March 15th.

March 15th is also the date prospective new Signature Programs need to share their proposal outline with Ken Martin. The Signature Programs are a core part of the educational programming we provide. Dining with Diabetes, New Start and Real Money Real World have documented impacts of how education through the three "Healthy's" is helping people learn and grow. The Signature Programs have impacted us as an organization too. They have been a visible tool of how we are operationalizing our strategic plan from demonstrating our focus on important issues impacting Ohioans, to expanding our marketing of Extension through highly visible programs. As you are aware, the guidelines for the development of new Signature Programs was sent to all Extension this week. I encourage you to work with your colleagues to develop proposals for this new round of Signature Programs.

"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 . . .

- FCS “Healthys” Team Leadership
- Website Presence
- Join Ohio Action for Healthy Kids Webinar
- 2012 Ohio Stroke Forum – May 11, 2012
- CYFAR Stakeholder Input Sessions
- Outbreak of Salmonellosis Associated with Pet Turtle Exposure
- Aging News at Ohio State
- Ohio Action for Healthy Kids
- February Monthly Obesity Brief
- Save the Dates
- Kudos
- Happy Retirement
- Welcome to the FCS Extension Family!
- Aim for the Heart
- Dates to Remember
- Upcoming National Conferences
- Helpful Links

FCS “HEALTHYS” TEAM LEADERSHIP

Healthy People – Dan Remley and Julie Kennel
Healthy Finances – Căzilia Loibl and Nancy Stehulak
Healthy Relationships – Kara Newby and Carol Chandler

WEBSITE PRESENCE

Having website presence in counties is very important for promoting awareness and visibility for FCS programs. The FCS marketing committee is working on identifying audiences and agencies that might be interested in purchasing products or grants/contracts with FCS professionals. One no cost, easy method of being more visible, is making sure FCS is seen on the front page of county websites. For example, if you are offering a *Dining with Diabetes* or *ServSafe* class, fit it in under Top Stories, Announcements or County News. This is just one more way to highlight your great FCS programming.

JOIN OHIO ACTION FOR HEALTHY KIDS WEBINAR

Register for this 1 hour OAFHK webinar, *Ohio Kids on the Move: PA Guidelines for After School Programs* on February 23, 2012, 10 - 11 a.m. Participate in the Webinar to learn about:

- PA guidelines for after school programs

- OAFHK PA toolkit to assist after school programs with implementation of physical activities that meet the PA guidelines.
- Opportunities for zones to participate in trainings for after school programs.

After registering you will receive a confirmation email containing information about joining the Webinar. **Space is limited.** Reserve your Webinar seat now at: <https://www2.gotomeeting.com/register/984340434>
(Source: Jan Ritter, State Coordinator, [Ohio Action For Healthy Kids](#))

2012 OHIO STROKE FORUM – MAY 11, 2012

OhioHealth, the American Heart Assn/American Stroke Assn., and Ohio Dep't of Health Coverdell Acute Stroke Registry Program are please to present the 2012 Stroke Forum, May 12, 2011 at the Conference Center at Northpointe, Lewis Center, OH. Please register on or before May 1, 2012 at <http://ohiohealth.com/classes>. Choose **Register for Ohio Health Events**. Then choose **Search by Class or Event Title** – click on the drop down menu and choose **2012 Stroke Forum Non-Physicians**. Register early as space is limited and registrations will be processed as they are received. There is a \$50.00 fee for this conference (for nurses, EMS and other healthcare professionals) which helps to cover the cost of lunch and materials, and CEU hours will be available.

CYFAR STAKEHOLDER INPUT SESSIONS

The National Institute of Food and Agriculture, USDA is seeking general input regarding the Children, Youth, and Families at-Risk (CYFAR) Program. We will also look at the structure of the professional development and technical support of the CYFAR program for federal fiscal year 2013. Webinar sessions will be held 2:00—3:30 P.M on both Feb. 22nd and Mar. 9th.

To register for ONE of these sessions, click:

- For February 22 - <http://cyfarstakeholderinput2.eventbrite.com/>
- For March 9 - <http://cyfarstakeholderinput3.eventbrite.com/>

Because of the limited number of lines, please only register for **one session**. Participation will be granted on a first-come, first-served basis. Once all lines are filled, a waiting list will be created. Discussion questions will be sent before sessions are held. If you're unable to join a stakeholder input session and would like to give input on this funding stream, please email cyfar@nifa.usda.gov by March 9, 2012. These comments will be reviewed by the team at NIFA, USDA.

OUTBREAK OF SALMONELLOSIS ASSOCIATED WITH PET TURTLE EXPOSURES

The CDC just released a new report entitled “[Outbreak of Salmonellosis Associated with Pet Turtle Exposures — United States, 2011](#)”. This report describes an outbreak of 132 human *Salmonella* infections between August 2010 and September 2011 associated with exposure to small turtles (those with shell lengths < 4 inches). Many of these infections occurred in young children, whose illness can be severe and cause hospitalization. Despite a three decade ban on the sale of small turtles, these infections continue to occur. CDC reported similar outbreaks in 2007 and 2008. Increasing enforcement of existing regulations, increasing penalties for illegal sales and emphasizing regulations can assist in decreasing infections acquired from these reptiles. Turtles are not appropriate pets in households with young children or other high risk individuals (pregnant women, older persons and the immune-compromised). Please follow [this link to educational materials](#) on human *Salmonella* infections associated with small

turtles and other reptiles. Also, a web-friendly flyer is located at the following website so other organizations can link to it online: <http://www.cdc.gov/healthypets/resources/posters.htm>. We are asking for your help to further distribute this educational flyer to help convey the important prevention messages to any individuals, groups, or organizations involved with turtles and other pet reptiles. We recommend that these flyers be displayed where young children may come into contact with small turtles, like pet stores, flea markets, day care centers, and schools.

(Source: Jennifer Mitchell, MPH, CHES, Centers for Disease Control and Prevention)

AGING NEWS AT OHIO STATE

The Winter Quarter edition of the “Aging News at Ohio State,” published by the OSU Office of Geriatrics and Gerontology, is now available on-line at <http://ogg.osu.edu/newsletter/>. This issue contains information on the Specialization in Aging and the semester conversion, a research study on equine animal assisted therapy for older patients with dementia, several conference and event announcements, and more.

Please feel free to share the newsletter with other colleagues who may have interest in its contents. For further information or to receive future newsletters, please contact Michelle Myers at michelle.myers@osumc.edu.

(Source: Michelle R. Myers, MA, Program Coordinator, Office of Geriatrics & Gerontology, OSU Medical Center)

OHIO ACTION FOR HEALTHY KIDS

Ohio Action for Healthy Kids is part of a [nationwide initiative](#) dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation’s epidemic of overweight, sedentary, and undernourished children and adolescents. Healthy schools produce healthy students — and healthy students are better able to learn and achieve their true potential. To sign up for their monthly e-newsletter, click on:

<http://www.ohioactionforhealthykids.org/>.

FEBRUARY MONTHLY OBESITY BRIEF

Information and links of interest for Ohio FCS Extension Professionals . . .

Competitive Food Sales in Schools and Childhood Obesity

This longitudinal study looks at the possibility of a link between competitive food sales (chips, candy bars, soda) in schools and the growing rates of childhood obesity in the country. Findings of the study revealed the actuality of the situation – the relationship between competitive food sales and childhood obesity is insignificant, and children’s food preferences and dietary patterns begin in the home.

To view the entire research report you will need to log in using your OSU username and password -

<http://soe.sagepub.com.proxy.lib.ohio-state.edu/content/85/1/23.full.pdf+html>

Ohio State is “Tackling Obesity”

A new web page highlighting the involvement OSU researchers have with the addressing the causes and issues of obesity is now available. Research topics and information range from parent-toddler relationships to the mathematical research behind what causes the birth of a fat cell.

Read more at: <http://www.osu.edu/features/2012/obesity>

SAVE THE DATES . . .

- **All FCS Extension Conference**, November 13 & 14, 2012, Ohio Union (All FCS Educators and Community Nutrition Professionals should plan to attend.
- ***Just What the Doctor Ordered . . . Improving Patient Adherence through Engagement*** conference on April 26, 2012 8 a.m. to 3 p.m. at the Ohio Union Senate Chamber at OSU. The program includes:
 - **Motivational Interviewing/Patient Activation** - What strategies activate and engage people in their own care
 - **Culture and Patient Adherence** - What adherence means to different cultures
 - **Panel of Experts** - Panel discussion of medication adherence, telehealth coaching for wellness, adherence strategies used in case management of CHF
 - **Keynote Speaker: Doug Seubert**, Health Communications Consultant, Advantage Consulting Services, Marshfield, WI, *From Understanding to Action: An overview of the connection between health literacy, patient engagement, and adherence*. For more information, contact: Barbara Sweeney, sweeney.132@osu.edu or 614.292.4450

KUDOS

Dan Remley, Butler Co. FCS Educator in Miami Valley, was one of three featured speakers for the Ohio Nutrition Council earlier this month on food insecurity issues. Dan shared his most recent work with food pantries.

Carol Chandler, Union Co. FCS Educator in Top of Ohio, recently learned that the Union County team of their local Community Action Organization, Fairbanks Schools and OSUE received the John Glenn Institute Best Practice Award for their “Right on the Money” program! This award is designed to highlight best practices for Community Action Organizations and selection is based on the national community action goals. The John Glenn Institute expressed their delight that OSUE was a partner in this effort.

HAPPY RETIREMENT!

Judy Pohl has announced her retirement from the Lucas County Extension Unit/ Expanded Food and Nutrition Education Program effective February 29, 2012. Judy began her career in with Lucas County EFNEP on February 2, 1987. She will retire with 25 years of service to the Extension Organization. We wish Judy the best in her retirement and know she will enjoy time with her husband, her 2 daughters and sons-in-law and her wonderful grandchildren.

WELCOME TO THE FCS EXTENSION FAMILY!

- **Sarah Drakulich**, EFNEP Program Assistant in Montgomery County, January 17
- **Kimberly Stover**, 4-H/ANR Program Assistant in Fayette County will be moving to Richland County as the FNP Program Assistant after February 17
- **Jenny Roar**, FNP Program Assistant, Ashland County, February 13
- **Sarah Hameed**, FNP Program Assistant, Greene County, February 13

AIM FOR THE HEART

Kotter, J. (2008). *A sense of urgency*. Boston: Harvard Business Press.

For centuries we have had the expression in English, “Great leaders win over the hearts and minds of others.” The expression is not, “Great leaders win over the minds of others.” More interesting yet, the expression is not that great leaders win the minds and hearts of others. Heart comes first.

History is filled with examples that support this conclusion. Martin Luther King Jr. did not reduce anger among blacks and contentment or anxiety among whites by announcing on the Washington Mall, “I have a strategic plan.” King’s speech pounded away at people’s gut-level feelings with poetic rhetoric and passionate words about justice and morality. He hit hearts in a way that converted anger and anxiety into a commitment to move, do the right thing, and now. (Kotter, p. 45-46)

A Sense of Urgency is available on loan from the Ohio State University Leadership Center. To borrow this resource or any other resource, please go to the resource search page <http://164.107.48.88/winnebago/index.asp?lib=???>

(*Leadership Moments* is reprinted with permission from the OSU Leadership Center.)

DATES TO REMEMBER

- March 15 FCS Educators Teams In-Service – Ohio Union
- March 23 FNP South Central Region In-Service - Ross County Extension Office
- November 13-14 All FCS Extension Conference - Ohio Union

UPCOMING NATIONAL CONFERENCES

- February 16-17 Tri-State Diversity Conference, Hebron KY
- April 10-12 Priester National Extension Health Conference, Washington D.C.
- April 15-18 PILD Conference, Westin, Alexandria, VA
- April 30-May 2 North Central Leadership Conf., The Hyatt Lodge, Oak Brook, IL
- September 24-28 NEAFCS Annual Conference, Columbus, OH
- October 6-10 ESP 2012 National Conference, Mobile, AL
- 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/>
- FCS Blog “Eat, Save and Be Healthy” - <http://osufcs.wordpress.com/>
- 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://orrrp.osu.edu/irb/about/>
- OSU CARES - <http://osucares.osu.edu/>

Professional Associations

- American Association of Family & Consumer Sciences - <http://www.aafcs.org/>
- ESP - <http://www.espnational.org/>
- National Council on Aging - <http://www.ncoa.org/index.cfm?bType=ie4>
- National Council on Family Relations - <http://www.ncfr.org>
- National Extension Association of Family & Consumer Sciences - <http://www.neafcs.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