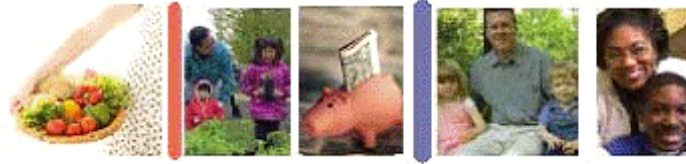




Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – January 2012

Dear Colleagues:

With the ending of one year and the start of a new year, it is always a time for reflection...something I have done a good bit of these last few weeks. Just a few of thoughts about OSU Extension and the FCS program as I have been thinking about the past year and the year ahead ...

- **The unique niche of OSU Extension is the interdisciplinary aspect of Extension...and that is the power of Extension.** What other organization in our society addresses the importance of food from “production to consumption”? Who else uses education to empower individuals of all ages AND communities to secure and effectively manage resources to address basic needs (food, shelter, employment, life skills)? We need to continue to celebrate and build upon our interdisciplinary work.
- **Change is not bad...it is just different.** We have refined our structure within Extension through the further implementation of our strategic plan. It has created challenges, some sleepless nights and some lively discussions. But through the educational offerings listings we have more clearly stated the value FCS brings to the community. The refinement has given us options to keep positions that may have been lost. It is engaging our stakeholders in new and valuable ways. We have a different way of doing business that is strengthening Extension.
- **We can achieve anything in OSU Extension.** My family mantra as I was growing up was “can’t isn’t a word” and I have seen that hold true repeatedly this past year in Extension. We could have looked at the challenges of the federal, state and county budgets and said we “can’t” deal with this. Instead we approached the county commissioners and said how “can” we work together to address the budget situation. We looked at the FCS program and rather than saying “we can’t” we are asking questions about how we “can” do programming in new ways. Looking at the world from the perspective of “can” rather than “can’t” makes us more successful.

2012 will have its challenges, but I see many more great opportunities than challenges ahead. The Field Specialists will begin their work. New programming will expand our work --- like the AFRI Childhood Obesity Grant, Americorps and SNAP-Ed opportunities listed in this newsletter. We will reach new audiences through the efforts of our Marketing Committee, promotion of our health and wellness work with County Commissioners, new grants and revised efforts of our Healthy People, Healthy Finances and Healthy Relationships teams. I look forward to working with all of you as we move ahead in 2012.

“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

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COMMUNITY COACH POSITION AVAILABLE

Interested in working part time with a community coalition as a “coach” to help the coalition address the issue of childhood obesity? We have a part-time appointment available through the “Communities Preventing Childhood Obesity” AFRI grant for an educator to work part time with a community coalition in Ohio. The position is funded for up to four years. If you are interested in learning more about this opportunity, contact Karen at bruns.1@osu.edu or call 614.292.9613 by January 25th.

OSU:PRO REPORTS FOR FCS EDUCATORS

By January 31, all FCS Educators must email a copy of their 2011 Extension Annual Performance Report PDF file to Karen Bruns [bruns.1@osu.edu] with a cc to Sandy Bryan [sbryan@ehe.osu.edu] so that the AD portion of the performance review process can be completed. Please ensure that you select 1/1/2011 as your start date and 12/31/2011 as your end date for the report or your data will not display properly. OSU:pro will generate an un-editable PDF of your report. Use “File...Save As” to save the report PDF

file to your computer (remember where you put it) with the filename "Performance Report_2010_Your Last Name_Your First Name" (inserting your name, of course). Many thanks for your prompt attention to this necessary performance review requirement.

SNAP-Ed (FNP) OPPORTUNITIES FOR FY2013

If your county does not participate in the FY2012 Ohio Family Nutrition Program Project (also known as Supplemental Nutrition Assistance Program Education, SNAP-Ed) and you would like information about applying for the FY2013 project, e-mail your name and contact information to Joyce McDowell, Leader, Community Nutrition Projects <mcdowell.1@osu.edu>. Joyce will add you to the listserv that includes dates for training about the proposal and dates for submitting a proposal. The FY2013 Family Nutrition Program budget will not require cost share match. The Ohio Family Nutrition Program proposal is approved by the Ohio Department of Job and Family Services, and then by the USDA Food and Nutrition Service. Approval of the OSU Extension proposal and its "unit projects" is based in part upon available Ohio SNAP-Ed funding, county Department of Job and Family Services support, and quality of the proposed project as related to the SNAP-Ed guidance.

CALL FOR PROPOSALS – 2012 PRIESTER CONFERENCE

The 15th Annual Priester National Extension Health Conference, *Leveraging Partnerships to Improve the Health of the Nation*, will take place April 10-12 at the Marriott Renaissance hotel in Washington D.C. This year's conference will bring together Extension health educators and public health professionals to celebrate the many successes accomplished through research and community partnerships, and to explore new ways of working together to improve health outcomes of the people of our nation. **The deadline for submission of proposals is 5pm EST, January 23.** Learn more at: <http://priesterconference.org/>.

2012 JEANNE M. PRIESTER AWARD

Sponsored by the National Priester Extension Health Conference, the Jeanne M. Priester Award honors the accomplishments and contributions of Jeanne M. Priester to the Cooperative Extension System. The purpose of the award is to honor Extension programs that are positively impacting the health of people across the United States, and that are providing the leadership to expand Extension's capacity to effectively implement health programs. The Priester Award will recognize sound and innovative health education programs on the county, state and national level. Two awards will be given. A nomination can be for either a Statewide/Multi-state Program or County/Multi-county Program. Any Extension employee may make nominations. Self-nominations are acceptable. Project Leaders must have an Extension appointment and programs must be ongoing to be nominated.

These awards will be presented at the 2012 National Priester Extension Health Conference to be held April 10-12, 2012 in Washington, DC. Award winners will be notified prior to the conference. It is expected that award winners will be present to receive their award.

All materials must be received via email under one cover by **February 10, 2012**. No late materials will be reviewed. Send the nomination packet by email to: Anna Mae Kobbe at amkobbe@aol.com. Please

use "Priester Award" as the subject header. For more information, go to:

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

(Source: Cindy Reeves, PhD, MPH, National Health & Wellness Program Leader)

WOMEN IN AGRICULTURE EDUCATORS NATIONAL CONFERENCE

The 2012 Women in Agriculture Educators National Conference will bring together private and public sector educators, crop insurance agents, lenders, and other agricultural professionals who are engaged in outreach education, to share ongoing and emerging successful risk management education efforts directed toward women who are involved in production agriculture. Conference participants will learn about educational efforts that assist women producers and their families to effectively manage financial, production, marketing, legal and human resource risks associated with their agribusinesses.

Concurrent session and poster presentations are being solicited which highlight successful risk management education programming. Abstract submission is encouraged from any public or private entity involved in risk management education for agricultural producers, regardless of whether the project was funded through a regional Extension Risk Management Education Center. Proposals for panel presentations, professional improvement track sessions, and/or multi-region presentations are also encouraged.

Complete details for proposal submission are available at:

<http://www.extensionrme.org/conferences/2012/CallForPresentations.aspx>

BOARD ON HUMAN SCIENCES CONFERENCE AND YOUTH OBESITY PREVENTION SUMMIT

The **March 2012 Board on Human Sciences Conference and Youth Obesity Prevention Summit** will be hosted at the Crowne Plaza Hotel, near Washington National Airport. BoHS members have worked diligently to plan an exciting and relevant program. Outstanding speakers will inform and inspire members and their guests. We begin on Wednesday, March 7 at 11:00 a.m. with the opening session of the Youth Obesity Prevention Summit and conclude on Friday at 12:00 noon. Details regarding the schedule are on the new BoHS web site at www.thebohs.org <<http://www.thebohs.org/>>

If you prefer, you may wish to register just for the Youth Obesity Prevention Summit. We are encouraging collaborators in Family and Consumer Sciences Extension, the Family and Consumer Sciences Alliance, youth development and 4-H, public health and related fields to join us. **Space is limited, so register now!**

OPPORTUNITY TO HOST AMERICORPS VOLUNTEERS

With funding from an AmeriCorps Grant, OSU County Extension offices will have the opportunity to host AmeriCorps volunteers for one year starting this August. The AmeriCorps volunteers will (1) actively engage in community-based outreach to inform troubled homeowners about foreclosure mitigation programs in Ohio, and (2) assist homeowners who have received assistance through Ohio-wide foreclosure mitigation programs, such as Restoring Stability, with financial management to prevent re-default. In addition, the volunteers will help with general financial education programming.

Ideally, we would like to assign volunteers to locations in pairs to create working teams. Extension offices will need to provide work space, access to office equipment, a few supplies, and minimal supervision. The volunteers will arrive at your offices trained and ready to begin work on this project.

Staska Keefer, the new grant-funded program manager working with Caezilia Loibl, Consumer Sciences State Specialist, will coordinate this project and supervise the AmeriCorps volunteers. Staska will ensure the volunteers are trained and not a burden to your offices, but a fantastic resource for your communities. We plan to hire the AmeriCorps volunteers through the national AmeriCorps database, unless you have suitable candidates in the area you would recommend.

If you are interested in hosting a team of two AmeriCorps members (or even just one), please email Staska <keefer.52@osu.edu> ASAP.

OUTREACH AND ENGAGEMENT GRANTS AVAILABLE

Requests for Proposals (RFPs) are now available for the 2012 Engagement Impact Grants (up to \$75,000 over a two-year period) to establish and/or expand innovative, creative, scholarly outreach and engagement initiatives that can have a substantial impact within the university and community. The submission deadline is 2:00 PM March 9. For questions on the Engagement Impact Grants, contact outreach@osu.edu or 614-688-3041. Visit <http://outreachgrants.osu.edu/> for the RFP and additional information.

SUPERTRACKER LAUNCHED

If you haven't already, check out the new USDA online nutrition SuperTracker--a web-based tool designed to help consumers make healthy food and physical activity choices. Visit the following for more details:

- News Release:
http://www.usda.gov/wps/portal/usda/usdahome?contentid=2011/12/0518.xml&navid=NEWS_RELEASE&navtype=RT&parentnav=LATEST_RELEASES&deployment_action=retrievecontent
- USDA Secretary Tom Vilsack's intro on YouTube:
<http://www.youtube.com/watch?v=Nzc2pi5dpH8>

To access SuperTracker: <https://www.choosemyplate.gov/SuperTracker/default.aspx>

JANUARY MONTHLY OBESITY BRIEF

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

Census Shows that 1 in 2 Americans are Poor or Low-Income

A record number of Americans are now considered to be low-income, and the middle-class is still shrinking according to newly released Census data. Factors contributing to this increase include the rising cost of housing expenses, as well as job loss or pay cuts. Housing and child-care costs now consume up

to half of a family's income, putting increasing pressure on families who may have already been struggling financially before the recession. By age, children were most likely to be poor or low-income — about 57%— followed by seniors over 65. By race and ethnicity, Hispanics topped the list at 73%, followed by blacks, Asians and non-Hispanic whites. The article further explains the important impact food assistance programs are having for poor or low-income families.

For more information, visit:

http://start.toshiba.com/news/read.php?rip_id=%3CD9RKOHO00%40news.ap.org%3E&ps=1011&page=2

Ideas of Acceptable Weight Later in Life Form During Early Childhood

British researchers have found that an individual's concept of acceptable weight is formed during childhood and is not significantly influenced by later social networks. Because of this, they suggest obesity prevention strategies should be implemented in early childhood and at the household level if they are to be effective.

Read more at: http://www.upi.com/Health_News/2011/12/15/Ideas-of-acceptable-weight-form-early/UPI-55391323980104/#ixzz1iyXQmgPJ

Breastfeeding Promotes Healthy Growth

A PhD project from the Life Sciences department at the University of Copenhagen has shown that breastfed children follow a different growth pattern than non-breastfed children. Breastfeeding lowers the levels of the growth hormones IGF-I and insulin in the blood, which means that growth is slightly slower. This is believed to reduce the risk of overweight and diabetes later in life. Additionally, there was a correlation between how long the child was breastfed and their weight at 18 months.

For more information, visit: <http://www.sciencedaily.com/releases/2011/12/111220133907.htm>

Poor Kids Miss out on Playtime, Pediatricians Say

Children in poor urban neighborhoods are missing out on old-fashioned playtime in their daily lives (both indoors and outdoors.) The new reports from the American Academy of Pediatrics (AAP), follows another from the AAP a few years ago, which argued that U.S. suburban children are "overscheduled" with formal classes and lessons, leaving them little time for simple play. For poor children, in cities in particular, the problems are a lack of safe places to play, parents who are busy trying to pay for housing and other basics and schools that are cutting out recess and physical education to make more time for academics.

For more information, visit: <http://news.yahoo.com/poor-kids-miss-play-time-pediatricians-174920095.html>

AMERICA'S BEST INTERGENERATIONAL COMMUNITIES

Generations United and MetLife Foundation want to honor the cream of the crop of communities that, through forward-looking programs, policies, and services, honor and serve all generations -- and serve them well! Their "Best Intergenerational Communities" awards program is the first awards program to recognize communities that are on the cutting edge of intergenerational planning and living. If you think your community meets the criteria, [apply online at](http://www2.gu.org/OURWORK/Programs/BestIntergenerationalCommunitiesAwards.aspx)

<http://www2.gu.org/OURWORK/Programs/BestIntergenerationalCommunitiesAwards.aspx> . **The application deadline is January 31, 2012**, so time is of the essence. Questions? Contact Leah Bradley at lbradley@gu.org.

KUDOS

Congrats to **Hugo Melgar-Quinonez**, State Specialist and Assoc. Prof. Human Nutrition, who will be giving an invited presentation of his research, “Household Food Security Measurement in Bolivia and Guatemala: Generating Information for Public Policy and Program Evaluation” at the United Nations' Food and Agriculture Organization *International Scientific Symposium on Food & Nutrition Security Information: From valid measurement to effective decision-making* in Rome, Italy this week. Hugo is the lead author on this presentation, which was done in collaboration with colleagues at several agencies and institutions, such as: Food and Agriculture Organization, Regional Office for Latin America and the Caribbean and Guatemala Representation's Office, and the National Food Security and Nutrition Councils in Guatemala and Bolivia. The webpage with more information about this conference is <http://www.foodsec.org/web/newsevents/iss/home/en/>.

Congrats to the following FCS professionals who received 2012 Ohio 4-H Foundation grants:

- **Carol Chandler**, Top of Ohio, \$5000
- **Pat Brinkman**, Heart of Ohio, \$1000
- **Joyce Shriner**, Buckeye Hills, \$1,750
- **Cindy Shuster**, Crossroads, \$5,500.

Congratulations to all of our FCS colleagues who received awards at this year's Annual Conference...we have so many we hope to have them all listed here, but in case we missed anyone, you can find a full listing at: <http://oaep.osu.edu/OAEPRecognition.htm>

OAEP Achievement Awards and NEAFCS Awards . . .

- *NEAFCS Distinguished Service Award: **Cheryl Barber Spires***
- *NEAFCS Continued Excellence Award: **Nancy Stehulak***
- *OAEP State Achievement Award - 2 - 10 Years: **Chris Kendle, Melinda Hill***
- *OAEP Regional Achievement Awards – 2-10 Years: **Polly Loy, Chris Kendle, Barb Hennard***
- *OAEP Regional Achievement Awards - 10 Years & Over: **Cindy Shuster, Melinda Hill, Jennifer Even***

Annual Conference FCS Award recipients . . .

- **Carol Miller** received a *John Stitzlein Diversity Award*
- **Jane Thoman** received the *Mary King FCS Professional Development Award*
- **Linnette Goard** received the *Marilyn R. Spiegel Excellence in Family and Consumer Sciences Award*

ESP Team Teaching Awards . . .

- Multi-Disciplinary – 2-4 members:
2nd Place Team: *Got Your Buzz On* – **Donna Green, Dawn Winkle, Karen Robinson**
- Multi-Disciplinary - 5 or more members:
2nd Place Team: *From Plant to Plate* – **Barbara Northrup, Patrice Powers-Barker, Any Stone, Lee Richter, **Susan Zies**,**

3rd Place Team: MOMS2B – Marilyn Rabe, Susan Colbert, Dr. Pat Gabbe, Twinkle French, Thelma Patrick, Jennifer Dulaney, Cara Gorman

3rd Place Team: Get Fit, Don't Quit – Lisa Barlage, Michelle Treber, Joyce Shriner, Cindy Shuster, Kim Bahnsen, Debby Lewis

ESP Creative Works Awards . . .

- *Personal Column: 3rd - Donna Green*
- *Television Interview: 1st – Marilyn Rabe*
- *Video/CDs/DVDs/Podcast: HM – Dan Remley, Barb Brahm, Pat Brinkman, Shari Gallup, Barb Hennard, Cheryl Barber Spires, Susan Zies, Stephen Wright*
- *Transparencies, Computer Generated Presentations: 2nd – Monadine Matthey, Julie Evans*
- *Educational Exhibit - Professionally Assisted: 1st – Monadine Matthey, Shari Gallup, Julie Evans, Kate Shumaker, Susan Zies*
- *Promotional Exhibit - Internally Produced: 1st - Becky Barker, Dana Brown, Lee Ann Leonhard, Jeff McCutcheon*
- *Promotional Flyer - Internally Produced: 1st – Demetria F. Woods, Jamie Seger*
- *Factsheet: 3rd – Bruce Zimmer, Mike Lloyd, Beth Gaydos*
- *Project Book: 2nd - Pat Brinkman, Deb Angell, Ann Golden, Laryssa Hook, Marcia Jess, Mary Longo, Heather Gates, John Victor, Kim Winteringham, Jane Wright*
- *Home Page on the World Wide Web: 2nd – Myra Moss, Kara Newby, Brian Weaver, Bill Grunkemeyer, Cindy Bond-Zielinski, Vickie Snyder, Don Ordaz*
- *Blogs: 1st – Lisa Barlage, Linnette Goard, Michelle Treber, Elizabeth Smith, Jennifer Even, Pat Brinkman, Doris Herringshaw, Marcia Jess, Cynthia Shuster, Marilyn Rabe*

FCS PERSONNEL UPDATE

The following FCS personnel changes have or will be taking place around the state:

- **Goard, Linnette** - Lorain Co. FCS and County Director . . . to Food Safety, Selection & Management Field Specialist, Medina Co. office, February 1.
- **Hennard, Barb** - Mercer Co. FCS . . . also Auglaize Co. FCS, January 1.
- **Jelley, Kathy** - Adams/Brown/Highland Co. FCS and Counties Director . . . to Brown Co. 4-H and County Director, January 11.
- **Longo, Mary** – Marion Co. FCS and County Director . . . to Marion Co. 4-H and County Director, January 1.
- **Remley, Dan** - Butler Co. FCS and County Director . . . to Food, Nutrition & Wellness Field Specialist, Piketon, March 1.
- **Zies, Susan** - Lucas Co. FCS & EFNEP . . . to Wood Co. FCS, January 1.

HAPPY RETIREMENT!

Wishing the following FCS professionals the very best in their retirement . . .

- Robin Blair, Cuyahoga Co. EFNEP Program Assistant, December 23
- Judy Pohl, Lucas Co. EFNEP Program Assistant, February 29

FAREWELL

- Delores Kerber, Clermont Co. FNP Program Assistant

- Donna Mitchel, Jefferson/Harrison Cos. FNP Program Assistant

WITH SYMPATHY

OSU Extension is deeply saddened by the loss of Karen Lavender, long-time Butler County Development of Living Skills Program Coordinator. Karen began her career with us in 1985, and worked with Extension Agent Peggy Shear to found the Development of Living Skills (DLS) Program, which provides comprehensive family life and parenting education to referred families of Butler County Children Services. In 2005, Karen took over director responsibilities of DLS. Karen leaves behind an accomplished and well-recognized program that serves over 150 families annually.

WELCOME TO THE FCS EXTENSION FAMILY!

- Candace Heer, FCS Program Assistant, Delaware County, August 2011.

THINGS THAT REALLY MATTER

From: Kilts, J.M. (2007). *Doing what matters: how to get results that make a difference - the revolutionary old-school approach*. New York: Crown Business.

On a day-to-day basis, there are literally dozens of things that seem important. Often in the whirl of action, with loads of conflicting advice and mountains of information to sort through, it is difficult to know what matters. Well, after more than thirty years of a full and challenging career, here's my list of some of the things that have really mattered to me.

- Growth matters
- Relationships matter
- Loyalty matters
- Small moments matter
- Timely decisions matter
- Doing what you enjoy matters
- Life's early lessons matter
- The right team matters
- Confronting reality matters (Kilts, 2007, p. 293-295).

Doing What Matters 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

- January 15 OSU:pro data entry due
- January 27 FNP North Central Region In - Service - Wayne Co. Extension Office
- February 1 FNP West Region In-Service - Shelby County Extension Office
- March 15 FCS Educators Teams In-Service – Ohio Union
- March 23 FNP South Central Region In-Service - Ross County Extension Office

UPCOMING NATIONAL CONFERENCES

- February 7-9 JCEP Leadership Conf., Crowne Plaza Riverwalk, San Antonio, TX
- 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

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College of Food, Agricultural and Environmental Sciences

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