



Healthy People  
Healthy Finances  
Healthy Relationships



## FCS e-Connection – January/February 2013

Dear Colleagues:

The New Year is a time for resolutions that result in change. I must admit I did not make any resolutions for 2013, but there has not been a lack of change happening since January 1!

- As you are aware, Pat Bebo has been busy working with Ana Claudia Zubieta and the FNP team to address the reduction in SNAP Ed allocation. We appreciate all your patience and commitment to the program as we worked through those changes in January.
- Congratulations to Sharon Seiling who after 25 years, with Ohio State University Extension as state specialist, started her retirement, January 31<sup>st</sup>. Please join me in congratulating Sharon. If you have not done so already, please send her your greetings at <http://people.ehe.osu.edu/sseiling/>.
- Julie Kennel accepted a new career opportunity requiring her to give up her 25% OSU Extension appointment. Julie will continue her leadership of the Human Sciences Dietetic Internship program and has taken on new responsibilities leading nutrition services with Nurse Practitioners at The Total Health and Wellness Clinic. We will miss Julie's support.
- Welcome to Betsy DeMatteo who will be on a 0.5 FTE appointment with FCS Administration for the next year. In Sharon's absence, Betsy will work with the Healthy Finances team, the department and our offices to help move forward our financial education programming.
- In the College of Education and Human Ecology, the Human Nutrition, Consumer Sciences and Human Development and Family Sciences departments combined January 1 to form one department known as Human Sciences. This integration creates an amazing opportunity for interdisciplinary approaches to issues impacting families.
- In partnership with the Department of Human Sciences we are working on filling three departmental/state specialist positions including 1) Food Security, 2) Consumer Policy, 3) Family Decision making. As a cohort of specialists, there are great opportunities for interdisciplinary work that can impact Ohio's families related to very complex issues. We are also moving forward on filling the Food Safety state specialist position and hope to have that announced soon.
- Check out the new Workplace Wellness webpage - <http://fcs.osu.edu/workplace-wellness>. This new page allowed us to try some new things 1) come to consensus on cost recovery for some programs, 2) list program pricing in our marketing material, and 3) add a friendly search feature to our webpages.

This past month demonstrates that change is good --- just depends on your perspective. We will miss Sharon and Julie, but the good change is that they continue to be ambassadors, supporters and champions of Extension work. Changes in structure are allowing us to try new things and be innovative in our staffing. We will see more changes in 2013 because change is a permanent part of our work and lives. And as a result, we will have plenty of opportunities to be innovative and creative.

*“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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## ACSM FIT SOCIETY PAGE

The American College of Sports Medicine has now made their Fit Society Page e-newsletter available as a resource for physical activity [here](#). This quarter's issue includes physical activity benefits and suggestions for bariatric surgery patients as well as a question and answer section on nutrition and injuries. To view other recent issues, click [here](#). To subscribe to the Fit Society Page e-newsletter, just send an email to [publicinfo@acsm.org](mailto:publicinfo@acsm.org) and include your name and preferred email address.

## JCP CALL FOR PAPERS

The Journal of Community Practice announces a call for papers to appear in a special issue of the journal related to the theme " Interdisciplinary Scholarship for Community Practice," guest edited by Lorraine M. Gutierrez, Larry Gant and Katie Richards Schuster at the University of Michigan. Gutierrez writes:

“At the turn of the 21st century, we would not have envisioned the challenges and opportunities that exist today in our nation and the world. In 2000, we would not have predicted the degree to which global and domestic terrorism, economic adjustments, natural disasters, migration and immigration, new and emerging technologies, globalization and other phenomena would impact the structure and substance of our lives. The conditions of this past decade have affected us all. Economic trends have taken a significant toll on the lives of those who are most vulnerable. These challenges are not unique to the US and are mirrored around the globe.

But with these challenges, the 21st century also offers opportunities that are possible in an increasingly technological and interconnected world that can create possibilities for multicultural, intergenerational participation, innovative models of community organization, cross-sector collaboration, participatory media, and new forms of knowledge development. What is the role of community practice in this environment?

We are interested in scholarly papers focused on the continuing evolution of community practice for meeting the needs of an increasingly changing world. We are particularly interested in papers that focus on the implications of emerging demographic trends and social conditions, the emergent research methods, and the use of innovative methods, such as the arts or information technology, in community practice. As an

interdisciplinary journal grounded in social work, we encourage papers that demonstrate interdisciplinary collaboration and community-based scholarship.”

Submission: Manuscripts should be submitted online by **April 1, 2013** and labeled **FOR SPECIAL ISSUE** for consideration by the special issue editors. Submission is via <http://mc.manuscriptcentral.com/wcom>. Manuscripts may be approximately 25 typed pages double-spaced (including the abstract, references, tables and figures). Please contact Lorraine Gutierrez ([lorraing@umich.edu](mailto:lorraing@umich.edu)) with any questions about this special issue.

### **LAUNCH OF SORTABLE STATS 2.0-YOUR INTERACTIVE DATABASE FOR BEHAVIORAL RISK FACTORS AND HEALTH INDICATORS**

Would you appreciate having data on death rates, risk factors, and other public health indicators for a state/region at the click of your mouse?

The updated Sortable Stats 2.0 site (<http://www.cdc.gov/sortablestats/>) provides users with easy access to extensive public health data on a state/region and enables comparison with other states/regions and the nation. Sortable Stats is an interactive database with data on 31 behavioral risk factors and health indicators.

With Sortable Stats 2.0, users can:

- View, sort, and analyze data at the state, regional, and national levels.
- Sort indicator data by demographic categories (e.g., race, gender, age) and historical trends.
- View data in graphs, tables, and maps.
- Easily export data to Excel spreadsheets, PowerPoint, or for use in other materials.

Please share the application widely and let the Office of the Associate Director for Program ([ADProgram@cdc.gov](mailto:ADProgram@cdc.gov)) know if there are updates or expansions that would better meet your needs.

### **COURSE ANNOUNCEMENT: CREATING OPPORTUNITIES FOR HEALTHY COMMUNITIES**

Please check out this free online training about planning and implementing strategies to create environment that support healthy choices. We hope that Extension professionals who have an opportunity to go through this training will find it worthwhile. Please [see the official course announcement](#) or visit <https://www.cphplearn.org/> for more details.

### **CALL FOR PAPERS-JOURNAL OF HUMAN SCIENCES AND EXTENSION**

The School of Human Sciences at Mississippi State University is sponsoring a new online, open access peer-reviewed journal, Journal of Human Sciences and Extension.

The editors are seeking high quality research and/or effective applied techniques related to human sciences. Researchers and professionals across the following disciplines are asked to submit manuscripts: human development; family studies; agricultural education; leadership development; extension; health and wellness; apparel, textiles, and merchandising; agricultural economics; nutrition and dietetics; family resource management; and program planning and evaluation. Authors who wish to have their manuscript reviewed in time for the first publication date must submit it to the editor no later than **March 1, 2013**.

For more information, please visit: <http://jhse.msstate.edu/>

Source: NCFR 1/14/13 Zippy News

### **FCS FACEBOOK STATS UPDATE**

In 2012, the Extension Family & Consumer Sciences Facebook fan page reached more than 175,000 visits and added 278 new page fans.

More and more, people are turning to social media for information. If Twitter were a country, it would be the 12th largest in the world, with 750 tweets sent every second. Facebook has more than 1 billion active users. LinkedIn has 161 million members in 200 countries. Reporters from major media outlets use social media to find sources and story ideas. Educators, like you, are using various tools to raise awareness, share important information, and engage stakeholders and clientele in new ways.

Clearly, this is a space where OSU Extension must grow our engagement. If you are not already engaged, I want to strongly encourage you to explore this method for extending knowledge, information and engaging stakeholders and clientele. To assist you, CFAES Communications & Technology will be hosting training events in the coming year. Watch for them. If you have social media ideas you'd like to explore, please contact Mitch Moser, [moser.26@osu.edu](mailto:moser.26@osu.edu).

### **SEARCH FOR CHAIR, HUMAN SCIENCES DEPARTMENT**

The College of Education and Human Ecology is seeking a visionary leader for its newly-created Department of Human Sciences, an initiative that is as diverse and multi-faceted as the human experience itself. The Department of Human Sciences is the realignment of the existing units of Nutrition, Kinesiology, Human Development and Family Science, and Consumer Sciences.

The Department of Human Sciences provides a significant linkage to the College of Education and Human Ecology's core mission of improving the way humans live and learn. On a broader scope, this department will also find itself at the convergence of the university's Discovery Themes, and as a result will be uniquely positioned to yield significant impact and influence on those significant initiatives. These Discovery Themes – Health and Wellness, Food Production and Security, Environment and Energy – are priorities for future faculty hiring at The Ohio State University and direct us toward research, teaching, and engagement programs intended to help solve critical problems facing our world. Each has a significant overlap with the mission of the Department of Human Sciences. And, Ohio State provides unique adjacencies of these entities; geographic, philosophical, and academic, to facilitate significant progress toward these initiatives. In fact, the close proximity to our medical school and other allied health and professional schools create an unparalleled environment for success.

If you or someone you know is interested in applying, please visit <http://www.humanscienceschair.com/> for more information. Here you can find the complete performance review and details on how to submit your application before **March, 24, 2013**.

### **ENGAGEMENT SCHOLARSHIP CONSORTIUM-CALL FOR PROPOSALS NOW OPEN!**

The [Call for Proposals](#) is now open for the [14th Annual Conference of the Engagement Scholarship Consortium \(ESC\)\\*](#). This year's event is hosted by ESC's Western Region and will be held at **Texas Tech University in Lubbock, Texas, October 8 & 9**. The 2013 meeting of the Engagement Scholarship Consortium (formerly the National Outreach Scholarship Consortium) will explore Engaged Scholarship across Disciplines, Communities and Geography. Proposal submission requirements are listed below.

- Presentation title (10-word maximum)
- Presentation format
- Abstract for conference program (50-word maximum)
- Presentation description (300-word maximum)
- Presentation track
- Presentation technology needs
- Primary presenter contact information

- Contact information for up to five co-presenters

Click [here](#) to submit a proposal. Deadline for proposal submissions is **March 15, 2013**. For further questions, send an e-mail to Bridget Julian at [vpeweb@colostate.edu](mailto:vpeweb@colostate.edu).

### **2013 NATIONAL URBAN EXTENSION CONFERENCE-REGISTRATION OPEN**

Join nearly 300 extension professionals at the National Urban Extension Conference in Overland Park, Kansas on May 6-9, 2013. Register by **March 31** to receive a discount.

#### **Conference highlights:**

- *Collaborating to Improve the Quality of Life in Urban Communities* – Chris Rodgers, National Association of Counties
- *Partnership and Coalition Building* – Eleanor Dunlap, LiveWell Greenville and SE Consulting, Inc.
- *The Vital Role of Extension in Under-served Communities* – J. D. Rios, Kansas City, Kansas Public Schools
- *You Can Be a Part of Policy Solutions!* – Jessica Donze Black, Kids Safe and Healthy Food Project
- More than 50 concurrent sessions, including two “Workshops on the Move”
- More than 30 posters related to conference goals
- Evening reception at Sporting Park, home of the Kansas City Wizards soccer team

#### **Pre-conference highlights:**

- *Building Organizational Strength through Cultural Transformation* – Sonny Ramaswamy, National Institute of Food and Agriculture
- *University of Minnesota Urban Research and Outreach-Engagement Center* – Makeda Zulo-Gillespie, University of Minnesota UROC
- *Advantages of Diversity and Inclusion to Education, Urban and Community Development and the Cooperative Extension System* – Edward Bullock, Bullock Innovation Group (B.I.G.)
- *The Power to Change Anything* – George Okantey, Purdue Extension Marion County
- Facilitated discussions and morning table talk
- Evening reception at the new Kansas State University Olathe campus, with remarks from K-State Olathe CEO, Dr. Dan Richardson

Hosted by K-State Research and Extension <<http://www.ksre.ksu.edu>>

Register Now <<https://outreach.ksu.edu/etrakWebApp/Registration.aspx?MeetingCode=241303>>

Conference website: <http://www.dce.k-state.edu/conf/urban-extension/>

### **AGING NEWS FROM OHIO STATE**

The winter edition of “Aging News at Ohio State,” published by the OSU Office of Geriatrics and Gerontology, is now available on-line at <http://ogg.osu.edu/2013/01/>. Interested in taking a free on-line course from our new Topics in Gerontology Program? Want to learn more about employment programs for older adults? Haven’t found a New Year’s Resolution yet? Learn about these issues and more in our winter newsletter!

Of course, please feel free to share the newsletter with other colleagues who may have an interest in its contents. For further information or to receive future newsletters, please contact Michelle Myers at [michelle.myers@osumc.edu](mailto:michelle.myers@osumc.edu).

### **THE AFFORDABLE CARE ACT WEBSITE**

The official website for the Affordable Care Act is at: <http://www.healthcare.gov/law/index.html>.

You can read about key features of the law to learn more about your rights and protections, insurance choices, and insurance costs.

You can learn more about how the health care law benefits you, how the law helps young adults, families, seniors, small business owners, and more. There are also audience-specific resources, videos, and top things to know, and a timeline that highlights what's changing when. And if you really want to, you can even read the full text of the Affordable Care Act or browse and download parts by section.

### **APPLY FOR GRANTS TO SUPPORT OUTREACH AND ENGAGEMENT WORK**

Requests for proposals (RFPs) are now available for the 2013 Engagement Impact Grants, OSU CARES/OSU Extension Seed Grants and Service-Learning Grants. The grants aim to establish and/or expand innovative, creative, scholarly outreach and engagement initiatives that can have a substantial impact within the university and community. As many of you are aware, the OSU CARES grants, under the leadership of OSU Extension, support partnerships between OSU Extension and other departments at Ohio State. These grants have provided seed dollars for a number of well-established programs throughout Ohio and give great opportunity for many of our OSU Extension teams to strengthen programming. The submission deadline for all three grants programs is **Friday, March 8th** at 4:00 pm. Visit <http://outreachgrants.osu.edu> to access the RFPs and more information on each grant.

### **SEE HOW YOU CAN BENEFIT FROM A WELCOA MEMBERSHIP**

The ultimate goal of WELCOA membership is to help you be successful in designing a results-oriented wellness program. WELCOA's Member Benefits are designed to provide you with the tools, information, and resources necessary to better contain costs, improve employee health, and increase participation. More than 5,000 companies nationwide are WELCOA members, and OSU Extension professionals are able to join at the reduced rate of \$125. For more information on the benefits you can receive by becoming a member, please visit <http://www.welcoa.org/member/benefits.php>. To sign up today, contact Bill Kizer at [membership@welcoa.org](mailto:membership@welcoa.org) or at [bkizer@welcoa.org](mailto:bkizer@welcoa.org) and be sure to mention you'd like to join under Michelle Treber's OSU Extension membership.

### **KUDOS**

The South Central Region Endowment Committee recently reviewed the many applications that were received this year and we are proud to announce the following recipients for 2013:

Program Support Applicants -

- **Amy Habig** (Adams/Brown/Highland Counties) - I Can Cook!

Professional Development Applicants -

- **Michelle Treber** (Pickaway County) - Ohio Society for Public Health Education and Health Educator Institute

Also check out last month's issue of *OnCampus* newspaper to see **Shari Gallup** featured for presenting Dining with Diabetes at November's Global Diabetes Summit at Veteran's Memorial. Great job, Shari!

### **PERSONNEL UPDATES**

At the end of December, Erica Twersky took another position in the university. Please join us in wishing her the best in her new position and thank her for the work that she has done with EFNEP. Thank you Erica!

Farewell to Sharon Seiling and Julie Kennel; it was a pleasure working with both of you in Extension. We wish you the best of luck in your new adventures!

### **LEADERSHIP MOMENTS: SEVEN DEMONSTRATABLE ACTS OF ENGAGEMENT**

From: Anderson, R., & Billings-Harris, L. (2010). *Trail blazers: how top business leaders are accelerating results through inclusion and diversity*. Hoboken, NJ: John Wiley & Sons.

1. Share your stories.
2. Become an active mentor.
3. Support your organization's employee resource groups.
4. Make inclusion and diversity updates a standing agenda item at your regular leadership team meetings.
5. Seek opportunities to include messages of the business imperative and the impact of inclusion and diversity to your company's bottom line in every speech you give and every meeting you hold - internally and externally.
6. Build diverse leadership teams.
7. Monitor, measure, and reward evidence of inclusion and diversity progress (p. 37-38).

*Trail Blazers* 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

- March 7 FCS Educator WebEx
- March 13 Farm to School Conference-4-H Center
- March 22-23 Ohio Association of FCS Annual Meeting-Cambridge, OH
- April 30 Summer Food Service Program-all FNP SFSP counties WebEx
- May 2-3 Home Food Preservation In-Service-Ag. Admin. Auditorium
- August 27-28 Annual FNP Business Meeting

### UPCOMING NATIONAL CONFERENCES

- Feb. 12-14 JCEP Leadership Conference, Memphis, TN
- Feb. 20-22 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priestler Health Conference, Corvallis, OR
- May 6-9 National Urban Extension Conference, Overland Park, KS
- 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://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

- 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](http://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

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