

Family and Consumer Sciences e-Connection – January 2014

Dear Colleagues:

Over the last few months I have been reading about the early years of Extension's family and consumer sciences work. Several key concepts seem consistent across what I read.

- **Our work was reflective of the needs of the time.** We addressed issues based on what was happening in communities and society, just like we do today.
- **We were founded to contribute to the economic wellbeing of communities.** A 1927 circular from the USDA talked about the first 10 years of Home Management Extension, stating "the ultimate goal in any agricultural and home economics extension program has been to make possible a better standard of living for the farm family by the full capitalization of the material resources at its command." That is still our role today, to make sure families have a better standard of living because they are managing their economic and personal resources.
- **Our work was rooted in social movements.** In the early 1900's there were major movements to address health and sanitation. We were there educating families about handling food and caring for their homes. During World War 1 the country was committed to supporting the soldiers in Europe, and we were doing our part by helping families prevent food waste so the soldiers would have enough in Europe. The Women's Suffrage movement was swelling, and we were supporting the education of women and girls to be stronger contributors to the economic success of their family's farming enterprise. Today, we are leaders and partners in such movements as those around local foods, prevention of childhood obesity, homeownership, and food security.

As we go into celebrating the centennial, it is important to celebrate the past, but more important that we look to the future. I challenge you to celebrate our future throughout the year, highlighting how we are still being reflective of our times, contributing to the wellbeing of communities, and helping society move forward.

Please share the ways you are celebrating the centennial and showcasing Family and Consumer Sciences. The celebration plans will be shared at <http://go.osu.edu/OSUEcentennial>. Send your plans to Cheryl Buck buck.19@osu.edu.

Here are upcoming plans Patrice Powers-Barker in Lucas County recently shared:

- To highlight Extension's centennial, OSU Extension, Lucas County will be promoting healthy celebrations for families throughout the year. A Master of Public Health student is partnering with OSU Extension, Family and Consumer Sciences to create a 3-class series for families in Lucas County in March 2014. The title of the program is "Celebrating Fun and Fit Families." Families will learn about healthy habits and make goals to plan their own family celebrations in easy, fun, healthy ways. With the help of the Public Health intern, the Lucas County Family and Consumer Sciences team (including FCS, EFNEP and SNAP-Ed) is creating a handout for families about healthy celebrations and tying in the 100 years of Extension. This handout will be used at classes and at displays throughout the year promoting the Extension's 100 years. In 2014, the Lucas County fair will have a special competition promoting healthy celebrations. The competition will be similar to the current Senior Fair "Table Setting for Two" but in addition to the table setting, participants will also highlight their healthy meal menu as part of the display. At the fair in July, Extension will have displays, FCS (as well as other program areas) will give community presentations and the 100 year (healthy) celebration for Extension will be part of the fair ceremonies.

"We work as a TEAM to provide the HIGHEST QUALITY PROGRAMS that are ROOTED IN RESEARCH and as a result SUBSTANTIALLY IMPACT OHIOANS"

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KUDOS

Kudos to State Specialist **Mike Betz**, who presented “The Winners and Losers of Coal Mining in Appalachia: An Instrumental Variables Investigation” on Nov. 16 at the 60th Meeting of the North American Regional Science Council in Atlanta.

Congrats go out to everyone who received awards at last year’s Extension Annual Conference:

2013 Marilyn R. Spiegel Award: **Melinda Hill**

NEAFCS Distinguished Service Award: **Kate Shumaker**

NEAFCS Continued Excellence Award: **Lisa Barlage**

FCS Early Career Award: **Michelle Treber**

FCS Mid Career Award: **Kirk Bloir**

FCS Distinguished Service 20+ Years Award: **Karen Bruns**

ESP Distinguished Team Award: **Linnette Goard, Lisa Barlage, Cheryl Barber Spires, Jennifer Even, Pat Brinkman, Michelle Treber, and Marilyn Rabe**

Team Teaching Multi Disciplinary 5+ Members-Second Place: Extension’s Place at the Local Foods Table: **Kate Shumaker, Linnette Goard,** and Eric Barrett

Team Teaching One Program Area 5+ Members-First Place: Kick Off the Pounds Wellness Challenge:

Michelle Treber, Susan Zies, Cheryl Barber Spires, Jennifer Even, Marilyn Rabe, Pat Brinkman, and Lisa Barlage

Team Teaching One Program Area 5+ Members-Fourth Place: Dining with Diabetes: Beyond the Kitchen:

Cheryl Barber Spires, Dan Remley, Barb Hennard, Susan Zies, and Shari Gallup

Team Teaching One Program Area 2-4 Members-First Place: Home Food Preservation In-Service: **Kate Shumaker and Linnette Goard**

Healthy Relationships Professional Development Award: **Carmen Irving**

Healthy Finances Professional Development Award: **Melanie Hart**

Kudos also to **Karen Bruns**, who completed 2013 term as APLU outreach chair of the Council on Engagement and Outreach (CEO) for the Association of Public and Land-grant Universities. The CEO is composed of university administrators and staff responsible for extension, continuing education and public-service functions at APLU member institutions and systems. Activities include outreach, engagement, extended education, public, and government relations, regional and economic development.

Congratulations to **Carolyn Gunther** and Julie Kennel for being awarded \$46,950 by the Cardinal Health Foundation for "Simple Suppers Scale-Up: A Nutrition Education and Cooking Program Delivered in the Daycare Setting Designed to Improve Diet Quality and Weight Status in Preschool-Aged Children." Simple Suppers is a healthy cooking and nutrition education program for families. The curriculum supports parents and their preschool-age children enrolled at the Schoenbaum Family Center at Weinland Park.

PERSONNEL UPDATES

We'd like to wish great success to **Kirk Blair**, who has been with FCS for six years, and seven years in HDFS before that. Kirk has been such a prominent fixture in FCS for a long time and will truly be missed. We wish him well and good luck as he takes time to work on the OSUE strategic plan and his dissertation.

We would also like to welcome **Thuan Nguyen** as our FCS web developer. She is taking on Jonathan Tascoe's responsibilities and looks forward to working with us. She can be contacted at nguyen.789@osu.edu.

PLEASE SHARE! OSU EXTENSION FCS VOLUNTEER SURVEY

As you may have heard, Family and Consumer Sciences is in the process of developing a Master Volunteer Program. This program will create new opportunities for acquiring volunteers, delivering training, and providing recognition for the outstanding work that our volunteers provide.

In order to advance the program, we would like to learn more about our current volunteer base. This is where we need your help!

Below, you will find a link to a survey to be shared with all current volunteers providing service to Family and Consumer Sciences. We know many of you already have a great pool of volunteers assisting you, and we would love to hear more about their work! Please take a moment to distribute this survey link to all of your volunteers.

https://casosu.qualtrics.com/SE/?SID=SV_2c3sv06dUWdP22F

If a hard-copy of the survey would better suit your volunteers, please email Bridgette Kidd at kidd.149@osu.edu for further instruction.

Thank you in advance for your assistance in distributing this survey! We would appreciate having all responses by January 31st, 2014.

FCS PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Check out 2014 professional development opportunities on the FCS website at <http://fcs.osu.edu/fcs-extension-professionals>. There is now a calendar underneath the Resources section with all of this year's FCS internal events. When planning an event, feel free to take a look at this calendar to see what other FCS are also going on.

BRANDING RESOURCES FOR OSU EXTENSION FCS

FCS Colleagues can log into the <http://fcs.osu.edu/fcs-extension-professionals> "Resources" page and scroll down to "Marketing and Branding Tools" for general branding guidelines, as well as a PowerPoint template including both of our colleges. Also, take a look at the Universal Design resources page at <http://fcs.osu.edu/resources/universal-design/educational-resources> for more ideas. Most of the items here have been re-branded - just look for the red Extension strip at the top to ensure that current branding has been

applied, and feel free to use it to model your next project. Contact Terri Fisher at fisher.456@osu.edu or CommTech at CFAES-CommTech@osu.edu with further questions.

NEAFCS CALL FOR PROPOSALS

The NEAFCS Program Development Committee invites NEAFCS members to submit proposals for Concurrent Sessions and Showcases of Excellence. You may submit only ONE Concurrent Session and ONE Showcase of Excellence (poster session) Application as an individual or contact person of a team. The proposal should address one of the NEAFCS Program Tracks.

Only NEAFCS members may submit an application for the Showcase of Excellence. Members selected to present will be required to register for the Annual Session. To apply, complete application, program description and program abstract online by the deadline date below. Applicants will be notified of the Selection Committee's decision around March 15. If you have questions or concerns, contact the NEAFCS National Office at jody@neafcs.org or (561) 477-8100.

Here are the Important Dates:

Close Date: February 1, 2014

Submissions Reviewed: February 1-March 1

Selections Made: Around March 15

OHIO JCEP PROFESSIONAL DEVELOPMENT SCHOLARSHIPS

For the first time there will be 3 application deadlines for Ohio JCEP Professional Development Scholarships – February 15, May 1, and September 1, 2014.

Current members of Ohio JCEP may apply for up to \$750 to support participation in educational events/conferences/or online trainings, pursuit of an advanced degree, or special study assignments. Up to \$2000 is available in February. Preference is given to applicants who haven't received funding in the previous 2 years. The application is available at <http://extensionstaff.osu.edu/ohio-jcep-scholarships-grants-and-recognition-committee/ojcep-scholarships>. It must be signed by a supervisor (usually a Regional Director or appropriate Assistant Director).

Completed forms should be sent to me by email (barlage.7@osu.edu) or fax 740-702-3209 no later than February 15. Supervisors' approval can be emailed to me. A subcommittee of the Ohio JCEP Scholarship, Grants and Recognition Committee will make selections based on award criteria and members will be notified in early March.

Email any questions and the Committee will do our best to assist you.

CONSUMER POLICY STATE SPECIALIST INTERVIEWS

February will kick off a new round of interviews for the Consumer Policy State Specialist position. Their seminars will be held in-person in Campbell Hall on the dates below.

Nilton Porto-Tuesday, February 4

Tia McDonald-Tuesday, February 11

Lauren Jones-Thursday, February 20

CAMPUS TRANSPORTATION UPDATE

The university is developing a comprehensive transportation, traffic management, and parking plan as a follow-up to the One Ohio State Framework plan. The goal is to develop a system that safely and efficiently accommodates bikes, pedestrians, cars and buses while also planning for the future campus development. OSU's Physical Planning and Real Estate office is seeking feedback from the broader OSU community. They want to know what you think works, your transportation choices, reasons behind these choices, and ideas for the future. Please share your feedback at [the link here](#). New questions will be posted throughout the planning phase, which is expected to last through May 2014.

NEW TOUGH WORK CURRICULUM

A new curriculum titled Tough Work, Understanding and Serving People in Poverty while Caring for Yourself addresses the needs of volunteers and staff working with people in poverty. The curriculum was released in the fall 2013 and is available through eStore.

The four hour training addresses four topics:

1. **Persistent Poverty: Definitions, Causes and Beliefs**
2. **Working with People in Poverty**
3. **Caring for Yourself**
4. **Lead Partner Agencies: Tapping Into Local**
5. **Resources**

Click on the email attachment for more information.

PROPOSALS SOUGHT FOR OUTREACH AND ENGAGEMENT FORUM

Poster proposals are being accepted for the 2nd Annual Outreach and Engagement Forum, set for Thursday (5/1) from 1-3 p.m. in the Ohio Union Archie Griffin Ballroom. Complete the online proposal submission form at go.osu.edu/oeforum by Friday (2/21). The forum is an opportunity for faculty, staff and students to interact with Ohio State's outreach and engagement community, share your work and make connections with potential collaborators.

A HOSPITAL PANTRY OFFERS PRESCRIPTIONS FOR HEALTHY FOOD

An interesting article for any of us interested in food security issues: At first, [Boston Medical Center's Preventative Food Pantry] provided about 500 patients a month with "prescriptions" for healthy food and resources that fit dietary restrictions and lifestyles. In October, the pantry set a new record by serving 8,036 people in a month, which it shattered last month, falling eight patients shy of 9,000. Read the full article [here](#). (Source: *Boston Globe*)

ALLEVIATING POVERTY THROUGH ENTREPRENEURSHIP SUMMIT

(APTE) Alleviating Poverty Through Entrepreneurship is a student-lead community development organization at the Ohio State University. Our annual Summit is the largest, free, student-run social entrepreneurship conference in the midwest. Hosted on the campus of the Ohio State University, we aim to work with the Columbus community to facilitate social enterprise development. This year's summit will be held March 22 from 12-5 at Wexner Center for the Arts and will focus on methodologies and skills for successful social entrepreneurship. For free tickets, visit the [registration page](#).

SNAP PARTICIPATION AND DIET OUTCOMES

An analysis of the effect of SNAP participation on diet quality yielded mixed results, showing that participants had slightly lower overall diet quality than low-income nonparticipants but better nutritional outcomes for some dietary components. For the full article, visit the [USDA's website](#). (Source: *USDA*)

RECENT ESTIMATES OF THE COST OF FOODBORNE ILLNESS ARE IN GENERAL AGREEMENT

Recent studies by ERS, University of Florida, and Ohio State University researchers agree that Salmonella and Toxoplasma gondii are the first and second most costly foodborne pathogens in the United States in terms of medical care, lost time from work, and losses due to premature death. Read about the details [here](#). (Source: *USDA*)

USDA AWARDS GRANTS FOR NEW SCHOOL FOOD SERVICE EQUIPMENT TO HELP SCHOOLS IMPROVE THE QUALITY OF MEALS

In addition to the District of Columbia and Guam, 14 states were selected to receive grants based on free- and reduced-price participation in the National School Lunch Program and greatest unmet need. They are Arkansas, California, Illinois, Maine, Michigan, Mississippi, Missouri, New Mexico, Oklahoma, Oregon, Tennessee, Texas, Virginia, and Washington. States will competitively award the funds to school districts to purchase needed equipment, with priority given to districts serving a high percentage of low-income children. Click [here](#) to read the full news release.

(Source: USDA)

EARNED INCOME CREDIT AND CHILD TAX CREDIT FROM EITCOUTREACH.COM

Thousands of families miss out every year on tax credits that they have earned through working – families who could use a boost to their income. For free promotional and educational materials, go to www.eitcoutreach.org. If you would like a complete kit mailed to you with information and posters in both English and Spanish, go to <http://eitcoutreach.org/home/eitc-outreach-kit-full-pdfs/> and click “Join Our Mailing List.”

LEADERSHIP MOMENTS: WHAT COLLABORATIVE RELATIONSHIPS LOOK LIKE

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, Inc.

- Being influential, effective, trusted, and respected by others
- Exhibiting a capacity to gather unrelated individuals/groups to establish alliances needed to drive results
- Acting as a thought partner to the CEO and key stakeholders to develop strategies to address inclusion and diversity dilemmas in the organization and marketplace
- Connecting the dots
- Seeking and valuing different ideas, opinions, and perspectives as part of key decision-making processes that impact the entire organization
- Building organizational commitment through demonstrated understanding of the business and effective solutions to address future needs
- Leading with "street cred" (external marketplace credibility) (p. 48)

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.

Learn how the Ohio State University Leadership Center is inspiring others to take a leadership role that empowers the world at <http://leadershipcenter.osu.edu>

DATES TO REMEMBER

- February 7 Diversity Leadership Symposium
- February 20 Monthly FCS Call
- February 20-21 Tri-State Diversity Conference, Hebron, KY
- March 7 Appalachian Health Summit

UPCOMING NATIONAL CONFERENCES

- April 28-30 North Central Leadership Conference, Omaha, NE
- May 4-7 National Urban Extension Conference, Atlanta, GA
- June 26-30 Groves Conference on Marriage and Family, State College, 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/>
- 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://orpr.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/>



THE OHIO STATE UNIVERSITY

College of Education and Human Ecology
College of Food, Agricultural, and
Environmental Sciences