



Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – June 2012

Dear Colleagues:

As we head into the second half of 2012, we have much to celebrate!

- We have hired: 7 FCS Educators, 2 EFNEP Program Specialists, 4 EFNEP Program Assistants, 8 FNP Program Assistants, 3 FCS Field Specialists, are in process of conducting national searches for a Food Safety State Specialist, a Community Nutrition State Specialist, and have just posted the Leader, Community Nutrition Program position.
- We have received many awards and recognitions; most recently, Tasha Snyder, State Specialist and Assoc. Prof., Human Development and Family Science, received the Dean's Distinguished Service Award from Dr. Cheryl Achterberg at second annual College of Education and Human Ecology Distinguished Faculty and Staff Awards event.
- We have reaffirmed and revitalized our FCS Extension state-wide teams: Healthy People, Healthy Finances, and Healthy Relationships.
- We were awarded nearly a million dollars in external grant funding to conduct applied research and implement research-rooted programming.
- We migrated our old FCS Extension website into the new Drupal template and are embracing social media platforms as opportunities to achieve broader reach and deepen our impacts.
- We are kicking-off a new round of "Navigating for Success" training, choosing to invest time and resources to ensure we provide the highest quality educational engagements with clientele.
- We are moving full speed ahead planning the best NEAFCS Annual Session ever—"Exploring our Strengths, Discovering our Potential, Leading the way to our Future."
- And we could go on . . .

I intentionally use "we" in this short listing of accomplishments because *it takes all of us working together* as one comprehensive and cohesive Ohio State University Extension Family and Consumer Sciences program to achieve, document, and share the many significant, positive impacts we have everyday. Our Ohio funders, stakeholders and clientele deserve no less.

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

Thanks for all you do,

Karen Bruns, PhD

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FNP co-PIs

The FY2013 (October 1, 2012 to September 30, 2013) Family Nutrition Program co-PI leadership will transition from EERA co-PIs to Regional co-PIs. FCS Educators and Educators with FCS training in FNP counties will continue as co-investigators (co-Is), including being the Level 1 approvers, of the project. Counties without an FCS Educator and who have had reciprocal agreements or pay for service agreements with an EERA FCS Educator are expected to continue comparable support for FCS programming in the county.

SAVE THE DATE - GLOBAL DIABETES SUMMIT

Ohio State's Diabetes Research Center presents the Second Global Diabetes Summit: Focus on Health and Wellness: Life Choices. Please mark your calendars for November 17, 2012. The event will be held at Veteran's Memorial, 300 West Broad Street, Columbus, Ohio. The Summit will feature Free Health Screenings, Ask a Health Expert, Workshops, and Special Guests.

CES4HEALTH.INFO

CES4Health.info is a free, online mechanism for peer-reviewing, publishing and disseminating products of health-related community-engaged scholarship that are in forms other than journal articles.

On their website (<http://CES4Health.info>) you will find high quality tools and resources that can be directly downloaded or obtained from the author, typically free-of-charge. All products posted on CES4Health.info have been reviewed and recommended by expert academic and community reviewers.

Early CES4Health evaluation findings were published in the March 2012 community-engaged scholarship themed issue of the *Journal of Higher Education Outreach and Engagement*:

CES4Health.info: A Web-Based Mechanism for Disseminating Peer-Reviewed Products of Community-Engaged Scholarship: Reflections on Year One by Catherine Jordan, Sherril Gelmon, Katherine Ryan, Sarena D. Seifer

The paper reports on an online survey of contributing authors, reviewers, and users of published products, conducted one year after CES4Health was launched. Early evidence suggests that CES4Health may be helpful for recognizing community-engaged scholarship in promotion and tenure processes and for providing communities with resources to address community health concerns. The paper can be downloaded at <http://bit.ly/zdsj2y>. The complete issue can be accessed at <http://bit.ly/aAZuc1>

Stay on top of the latest CES4Health.info news by following them on Twitter: <http://twitter.com/CES4Health.info>

(Source: Teresa Roark, Public Engagement, Children Youth and Family Consortium)

MONTHLY OBESITY BRIEF

[“Developing Healthy Childhood Eating Habits and Physical Activity Patterns in Early Childhood” CYFAR Recorded Webinar Now Available!](#)

In April, CYFERnet’s Early Childhood Education Board sponsored a virtual session by Laura Bellows, Assistant Professor and Extension Specialist at Colorado State University. Dr. Bellows’ presentation highlights the importance of developing healthy eating and physical activity habits in children at a very early age and even includes many tools, tips, and helpful information for Extension professionals as well as parents.

Listen to the recording at the following link: <http://www1.cyfernet.org/onlinepd/04-12-nutrition.html>

[USDA 2010 Nutrition Guidelines Communication Calendar](#)

Did you know the USDA has created a schedule for specific consumer themes through the year 2013? This timeline is available for viewing at the link below. Also, selected guideline highlights for consumers are included in this fact sheet. The consumer theme for May – August of 2012 is “Foods to Reduce” with the selected key message of “drink water instead of sugary drinks.” FCS Extension professionals can help promote this theme during their programs as well as virtually via social media tools.

For more information, please view the fact sheet and message schedule at the following link:

<http://www.cnpp.usda.gov/Publications/MyPlate/CommunicationsMessageCalendar.pdf>

(Compiled by Jamie Seger)

REDESIGNED FCS EXTENSION WEBSITE

As you’ve probably seen, <http://fcs.osu.edu> has a new look and feel. Part of the larger effort to unify and provide consistency across all OSU Extension program area websites, our webpages conform to the recently updated OSU Extension web template. While the initial migration to the new template is complete, we recognize we still have work to do to continually update and improve the website. Should you find that something is missing, or you can’t seem to find what you’re looking for, email or call Kirk Bloir (bloir.1@osu.edu; 614-247-6524). We also ask that you email any programs/events that you would want advertised on the upcoming events section to fcs@ehe.osu.edu.

OJJDP UPDATES STATISTICAL BRIEFING BOOK

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has updated its Statistical Briefing Book (SBB) <http://www.ojjdp.gov/ojstatbb/default.asp> to include the latest data on FBI arrests and victims of domestic violence, a redesigned Compendium of National Juvenile Justice Data Sets <http://www.ojjdp.gov/ojstatbb/Compendium/>, and new Frequently Asked Questions (FAQs) <http://www.ojjdp.gov/ojstatbb/faqs.html> on:

- teen mothers <http://www.ojjdp.gov/ojstatbb/population/faqs.asp#3>,
- juvenile educational characteristics <http://www.ojjdp.gov/ojstatbb/population/faqs.asp#5>,
- child maltreatment victims <http://www.ojjdp.gov/ojstatbb/victims/faqs.asp#1>,
- and school crime victimization <http://www.ojjdp.gov/ojstatbb/victims/faqs.asp#2>.

The SBB offers easy access to online information about juvenile crime and victimization and about youth involved in the juvenile justice system. Developed for OJJDP by the National Center for Juvenile Justice, the SBB provides timely and reliable answers to questions OJJDP most frequently receives from media, policymakers, and the general public.

Resources: To view the OJJDP Statistical Briefing Book, visit <http://www.ojjdp.gov/ojstatbb/>.

AGING NEWS AT OHIO STATE

The Spring Quarter 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/newsletter/>. This issue contains information about the new Administration for Community Living, conferences and aging education training session announcements, information on caregiving, and more. Feel free to share the newsletter with other colleagues who may have an interest in its contents. For further information or if you have a news item for a future newsletter, contact Michelle Myers at michelle.myers@osumc.edu.

(Source: Michelle R. Myers, Program Coordinator, OSU Office of Geriatrics and Gerontology)

COMMUNITY FRAUD FORUMS PRESENTED BY OHIO ATTORNEY GENERAL'S OFFICE

Every day scammers are taking advantage of hardworking consumers and businesses struggling to make ends meet. To keep Ohioans informed of the latest scams, the Ohio Attorney General's Office is hosting regional Community Fraud Forums. The forums provide information about programs and services the office provides to help communities fight back against financial predators and to hear your concerns and experiences with financial issues. The forum will include a moderated panel discussion and three concurrent breakout sessions. One hour of continuing education credit (CEU) may be provided to social workers. The forums will take place:

Western Ohio
June 28, 1-4pm
Sinclair Comm. College
Charity Early Auditorium
444 W. Third St.
Dayton, Ohio 45402

Southwest Ohio
July 31, 1-4pm
Great Oaks-Main Campus
3254 East Kemper Road
Cincinnati, Ohio

Northwest Ohio
August 16, 1-4pm
Toledo Main Library
325 North Michigan St.
Toledo, OH 43604

Central Ohio
September 13, 10am-1pm
Columbus Police Academy
1000 N. Hague Ave.
Columbus, Ohio 43204

More information, including how to register is at: [http://www.ohioattorneygeneral.gov/Briefing-Room/events/Meetings/Regional-Community-Fraud-Forum-\(1\)](http://www.ohioattorneygeneral.gov/Briefing-Room/events/Meetings/Regional-Community-Fraud-Forum-(1))

COMING SOON....DINING WITH DIABETES IN-SERVICE

Please save the date of October 25, 2012 for this meeting, to be held at the 4-H Center. The training will provide updated curriculum, lessons, teaching strategies, and resources, developing partnerships and how to conduct evaluation with ease using the new IRB evaluation form. All new and seasoned educators are encouraged to attend in order that we might simplify teaching this program across the state.

EXTENSION LEARNING OPPORTUNITIES

Military Families

9 Skills for Couples Communication About Money, 2:00 PM, June 26, 2012 EDT, 90 minutes.

<http://learn.extension.org/events/529>

OHIO 4-H VOLUNTEER CONFERENCE & OHIO 4-H TEEN CONFERENCE PROPOSALS

On Saturday, March 9, 2013 the Ohio 4-H Volunteer Conference (OVC) and Ohio 4-H Teen Conference (OTC) will again be held simultaneously at the Greater Columbus Convention Center. We invite all Extension Professionals to consider sharing their expertise, and submit proposals as they see appropriate. This is definitely a multi-disciplinary opportunity. Additionally, we encourage Extension Professionals to share this information with highly qualified volunteers and teen leaders and encourage them to submit proposals.

Please know that proposals must be submitted by **August 31st** online at:

<http://www.zoomerang.com/Survey/WEB22FZQ7C3WLC/>. This link and the learning tracks can also be found at: <http://www.ohio4h.org/volunteerconference>. This year a separate survey will be launched for poster session proposals. Watch for this link to be available soon at the Ohio 4-H Volunteer Conference website.

KUDOS

Hearty Congratulations to **Tasha Snyder**, State Specialist, HDFS, who received the College of Education and Human Ecology Dean's Distinguished Service Award.

Congratulations to Carolyn Gunther, Human Nutrition, **Julie Kennel**, Human Nutrition & Extension Program Director, and team who received \$47,554 from the American Dairy Association Mideast to study, "Determining the impact of milk vending purchases on milk and calcium intake in college students."

Caezilia Loibl was an invited presenter at the RAND Behavioral Finance Forum meeting Washington D.C. Caezilia and **Tasha Snyder**, state specialist in human development and family science received a \$250,000 grant from the [Center for Poverty Research](#) at the University of Kentucky to Examine How Savings Programs Affect Childhood Hunger.

Congratulations to **Betsy DeMatteo**, Extension Educator, Hamilton County, who has been awarded a [Critical Difference for Women](#) grant to pursue the Accredited Financial Counselor certification.

WELCOME TO THE FCS EXTENSION FAMILY!

Shannon Carter, FCS Educator, Fairfield Co., June 18 (.5 FTE)

Kristen Corry, FCS Educator, Noble/Monroe Co's., June 18

Amy Habig, FCS Educator, Adams, Brown, Highland Co's., June 1

Kristen Matlack, EFNEP Program Specialist, Cuyahoga Co., May 1

LEADERSHIP MOMENTS: PROVIDE EXTRAORDINARY VALUE

From: Schantz, M. (2008). *75 principles of conscious leadership: inspired skills for 21st century business*. Bandon, OR: Robert D. Reed Publishers.

Extraordinary value is defined as giving clients or customers three to ten times the amount of value as our fee would dictate. Leaders who embrace this practice enjoy a superb competitive advantage. They know that if their organizations provide this exceptional value to clients, they will have few real competitors.

The spirit of service is the ability to make a contribution. The greater the contribution, the greater the value received. Companies that deliver extraordinary client service care about clients' businesses as much as they do. As clients receive extraordinary value, they become continual sources of referrals. Person-to-person referrals are often believed to be the most effective form of new business creation (Schantz, p. 83).

75 Principles of Conscious Leadership 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. (*Leadership Moments* is reprinted with permission from the OSU Leadership Center <http://leadershipcenter.osu.edu>.)

DATES TO REMEMBER

- July 9 EFNEP WebEx - *Carbs: Simply Complex*

- July 30 Healthy People face to face Meeting - time and location TBA
- October 25 Dining with Diabetes In-Service - 4-H Center
- October 31 Healthy People WebEx 10-11:30am
- November 13-14 Fall Community Nutrition/All FCS Extension Conference - Ohio Union
- December 5 OSU Extension Annual Conference – Ohio Union
- December 18 P&T Training Session – 4-H Center
- January 16 P&T Training Session – 4-H Center

UPCOMING NATIONAL CONFERENCES

- September 24-28, 2012 NEAFCS Annual Conference, Columbus, OH
- Oct. 1-4 National eXtension Conference, Renaissance Hotel, Oklahoma City, OK
- October 6-10 ESP 2012 National Conference, Mobile, AL
- October 15-16 Financial Literacy Leadership Conference, Washington, DC
- Feb. 20-22, 2013 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priester Health Conference, Corvallis, OR
- 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/>
- 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://orpp.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/>

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