

Family and Consumer Sciences e-Connection – March/April 2014

Dear Colleagues:

The extensive and meaningful work that you are all doing is quite impressive. On any given day there are a variety of community programs being taught, community meetings being held and team/state meetings underway. One of our biggest challenges in FCS is for all of us to stay attuned to what is happening. By knowing what is happening, we can avoid overscheduling regional/state meetings and can promote and capitalize on what we are doing in our individual areas.

To support this continued communication between all of us below I have highlighted a few items....

- Watch for the Survey on Advisory Committees – On one of our conference calls we discussed doing an FCS Programs Advisory Committee survey. Our survey questions will be part of a survey concerning all advisory committees in Extension. Please watch for an email on this in early May and take a few minutes to report on how you have structured FCS, SNAP-Ed and EFNEP advisory committees.
- Calendar – I encourage you to regularly check the FCS calendar in the “For FCS Professionals” section of the fcs.osu.edu website. Please check the site before planning statewide and team meetings, and share your meeting dates through this calendar.
- Share Your Program Impacts - Please regularly share with me and others your work. The Live Healthy, Live Well team just shared that you all have almost 3,700 people signed up for the current email challenge. Congratulations!!! A number of you cc me on your county impact reports. Several of you cc me on the monthly reports you share with your regional directors. I appreciate all of this so that we are better able to share with others your work.
- Please share updates in this newsletter and on our monthly calls. Amanda will be emailing you this week with more details on how you can share the work that you are doing.

This is a week that in many religions we celebrate family and life. I hope you find time this week to spend time with family and friends and to let spring rejuvenate you.

“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

Ohio State University Extension
Assistant Director, Family and Consumer Sciences
Leader, OSU CARES
bruns.1@osu.edu
(614) 292-9613

IN THIS ISSUE . . .

- Personnel Updates
- Kudos
- Forum of Family and Consumer Sciences
- Ohio’s Plan to Prevent and Reduce Chronic Disease: 2014-2018 is now out!
- News Release for Local Use on FCS and Extension Centennial
- Regional Farm to School Training Opportunities
- Nutrition Facts Label: Proposed Changes Aim to Better Inform Food Choices
- Last Call for Boot Camps
- eXtension Learning Opportunities
- Leadership Moments: Manage Yourself Lead Others

- Dates to Remember
- Upcoming National Conferences
- Helpful Links

PERSONNEL UPDATES

We'd like to wish **Cheryl Lyte** farewell as she pursues a new position in Indiana. Good luck Cheryl, and thanks for the time you spent working with us in SNAP-Ed.

KUDOS

Congratulations to **Carolyn Gunther**, who coauthored "Determining the Feasibility and Acceptability of a Nutrition Education and Cooking Program for Preschoolers and Their Families Delivered Over the Dinner Hour in a Low-Income Day Care Setting," *Infant, Child and Adolescent Nutrition* (2014) along with Julie Kennel, Michelle Battista-Hesse, Carla Miller, Robert Murray, Angela Rose, Jacqueline Pennywitte, and Allan Wagner.

We'd also like to congratulate **Carolyn Gunther** on being appointed to be the American Society for Nutrition representative on the Nutrition Educator Competency Task Force within the Society of Nutrition Education and Behavior. The job of the task force is to review/revise the core competencies of nutrition educators.

Kudos also go out to **Pat Brinkman** and **Michelle Treber**, who, along with Ann Golden, Laryssa Hook, Christy Leeds, and Mary Longo, were recently recognized when *Beyond the Grill*, an Ohio 4-H project book, earned the National 4-H Peer Review designation. *Beyond the Grill* guides youth as they explore a variety of outdoor cooking skills while finding easy ways to follow the USDA's MyPlate guidelines.

FORUM OF FAMILY AND CONSUMER SCIENCES

Check out these great articles in the Winter publication of the Forum of Family and Consumer Sciences <http://ncsu.edu/ffci/publications/>.

- [Personal Finance "Hot Topics": A Comparison between Educators and Non-Educators](#)
- [Dietary Adaptation among Latino Immigrants: Impressions from Mothers of Adolescents](#)
- [An International Study of College Students' Personal Financial Wellness Perceptions](#)
- [Healthy, Happy Families Evaluation: Integrating Parent Education into Child Obesity Prevention with Low-Income Parents of Young Children](#)
- [Young Adult Access to Higher Education: A Multidisciplinary Extension Approach](#)
- [The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Dr. Daniel Siegel and Dr. Tina Payne Bryson](#)

OHIO'S PLAN TO PREVENT AND REDUCE CHRONIC DISEASE: 2014-2018 IS NOW OUT!

The New Ohio Chronic Disease Management Plan was unveiled in March. Although this is a state level-plan, it will align with county health improvement plans. The etiology of chronic disease is extremely complex, and interventions need to be multi-faceted, addressing social and environmental influences. Collaborations, at the community and state level, offer the opportunity to mobilize a variety of skills and resources to collectively impact chronic disease and its determinants. Extension Family and Consumer Sciences programs, such as Dining with Diabetes, Live Healthy Live Well, Million Hearts, and Community Nutrition programs play an important role in all of this. As you look through the plan, you will see that there are several initiatives that OSU Extension will be leading or collaborating on including Farm to School, Farmers Market EBT, and Diabetes Prevention and Control. Feel free to join one or more of these initiatives, or at least be aware of them so that you can contribute to your county plan. Carol Smathers, Pat Bebo, and Dan Remley are currently on the state level collaboration. Please call if you have any questions. The following is from Dr. Andrew Wapner, leader of the Ohio Chronic Disease Collaborative regarding the Chronic Disease Management Plan.

From Dr. Andrew Wapner:

I wanted to let you know that Ohio's Plan to Prevent and Reduce Chronic Disease: 2014-2018 is now available at www.healthy.ohio.gov/CDPlan. This Chronic Disease Plan is a five-year, priority-driven guide designed to achieve one goal: to prevent and reduce the burden of chronic disease for all Ohioans. It includes cross-cutting

objectives to impact the policies, systems and environments influential to chronic disease outcomes and health behavior change. Its purpose is to guide stakeholders within each sector—schools and universities, community organizations, state and local governments, worksites, and healthcare systems—in aligning activities and leveraging resources to build communities that support health.

The Chronic Disease Plan represents the collective efforts of experts from multiple sectors throughout the state who used national guidelines and state and local data to develop a coordinated approach to chronic disease prevention and health promotion. Your organization can use the plan to align with this statewide effort by identifying the evidence-based objectives that best fit your specific community's needs.

The plan will be implemented by the Ohio Chronic Disease Collaborative, a group consisting of partners from community organizations, schools and universities, health care, worksites, government and public health—working together for a common purpose. The collaborative is open to all organizations with an interest in reducing the burden of chronic disease and improving population health in the community and across the state.

You can find out more about the Chronic Disease Plan and the Ohio Chronic Disease Collaborative at www.healthy.ohio.gov/CDPlan.

(Source: Ohio Department of Health)

NEWS RELEASE FOR LOCAL USE ON FCS AND EXTENSION CENTENNIAL

As the Centennial year continues, it is the perfect opportunity to promote our dynamic Family & Consumer Sciences program: Better Lives, Stronger Communities. Martha Filipic has written a fantastic FCS Centennial press release that is available for you to add your contact information and use in your community outlets. Let's be sure to capitalize on the Centennial excitement! The news release template has been added to the *Resources* section of the FCS website under the *Marketing and Branding Tools*.

REGIONAL FARM TO SCHOOL TRAINING OPPORTUNITIES

Five regional Farm to School workshops have been scheduled this year and another is being planned for Cleveland. You are encouraged to attend these workshops and promote them to local producers and school personnel. Dates, locations, and contact information can be found below.

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|------------|--|-----------------------|
| • 4/29/14 | Northwest, Hilton Garden Inn, Perrysburg | Patrice Powers-Barker |
| • 4/30/14 | Southwest, Mt. Orab Elementary School | Jennifer Even |
| • 6/3/14 | Southeast, Hocking College | Dan Remley |
| • 9/26/14 | Northeast, Walsh University | Heather Neikirk |
| • 10/24/14 | Central, 4-H Center | Mike Hogan |

NUTRITION FACTS LABEL: PROPOSED CHANGES AIM TO BETTER INFORM FOOD CHOICES

On February 27, the Food and Drug Administration proposed an updated version of the Nutrition Facts label. Since the relationship between nutrients and the risk of chronic diseases is clearer, a number of changes have been suggested to the design and content of the Nutrition Facts Label. Changes include:

- Bigger emphasis on calories
- Including Added Sugars
- Removing Calories from Fat
- Making serving sizes more prominent
- Updating serving size requirements
- Updating Daily Values for various nutrients
- Including amounts of potassium and Vitamin D

To read the full article, visit the [FDA website](#).

(Source: Food and Drug Administration)

LAST CALL FOR BOOT CAMPS

The pilots of the Boot Camps (Journal Writing, Curriculum Development, and P & T) were very successful and, as a result, we will be making them available state-wide this year. Each boot camp has six – 5 hour sessions (9am-3pm). Every session includes training and technical support for participants as they complete a personal work session. The goal is to prepare professionals to be successful in developing publications, designing formal curriculum and developing strong dossiers. The cost will be \$120 per participant to cover the cost of materials and food. If you are interested in participating, please send an email to Vicki Myers at: myers.26@osu.edu. Just let her know which boot camp interests you (sorry only 1 per year).

Boot Camps Schedule – 2014*

Journal Writing	Curriculum Development	P & T
		July 11 th
May 13 th	May 20 th	August 8 th
June 10 th	June 17 th	September 12 th
July 8 th	July 15 th	October 10 th
August 12 th	August 19 th	November 14 th
September 9 th	September 30 th	December 12 th

*Dates subject to change with advanced notice

EXTENSION LEARNING OPPORTUNITIES

See the eXtension webinars below for professional development opportunities and up-to-date conversations in areas of your expertise and interest. Everyone is welcome and invited to participate at <https://learn.extension.org/>.

- Fathers, Work & Family Life- May 29, 11am
- The Culture of Personal Finance- June 5, 11am
- What Young Adults Need to Know About Money- June 5, 1:30pm

LEADERSHIP MOMENTS: MANAGE YOURSELF LEAD OTHERS

From: Gitomer, J (2011). Jeffrey Gitomer's little book of leadership: the 12.5 strengths of responsible, reliable, remarkable leaders that create results, rewards and resilience. Hoboken, NJ: Wiley and Sons.

Want to be a better leader? Here's what it takes:

Maintain a Positive Attitude

Solution oriented. Action oriented. People oriented. Your enthusiasm begets success.

Embrace Change.

Change is certain. Followers tend to resist change. It is the mark of a leader to embrace change and take advantage of the opportunity it presents.

Deploy Courage.

Douglas MacArthur said, "Courage is just fear that holds out a little longer." Good advice. George Patton said, "I don't take counsel from my fears." Good advice. Leaders choose courage.

Take a Risk.

The biggest mistake is to never take one. Leaders are determined to win or try again.

Communicate.

Leaders set the example for open communication. Use your head. Say what you feel. Speak from the heart.

Listen.

Leaders listen to learn. Leaders listen to understand. Your team has needs - just listen. Your prospects and customers know their needs, and they know what's happening on the front lines of their business, and yours - just listen.

Delegate and Empower.

Leaders share responsibility. They don't dictate, they set examples for others to follow. Leaders encourage growth in others by challenging them to take new responsibility, encouraging them to succeed, and supporting them if they fail. Leaders understand that mistakes are lessons on the way to success.

Understand Others, Yourself, and Your Situation.

Leaders understand the importance of an inquisitive mind. A constant quest for knowledge brings greater understanding. Understand yourself first.

Commitment.

Commitment is the catalyst that makes all the other leadership qualities a reality. Daily re-dedication to commitment is the difference between leaders and would-be leaders (Gitomer, 2011, p. 68-69).

Jeffrey Gitomer's Little Book of 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.

DATES TO REMEMBER

- April 28 SNAP-Ed/EFNEP Professional Development Seminar
- May 12 FCS CarmenConnect
- May 19 Healthy Relationships Retreat

UPCOMING NATIONAL CONFERENCES

- April 15-18 National Farm to Cafeteria Conference, Austin, TX
- 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
- December 4-5 Consumer Food Safety Education Conference, Arlington, VA

HELPFUL LINKS

- Extension Family and Consumer Sciences - <http://fcs.osu.edu/>
- OSUE FCS Facebook Page - <https://www.facebook.com/osuefcs>
- Community Nutrition Programs (EFNEP & SNAP-Ed) - <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://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
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>



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College of Food, Agricultural, and
Environmental Sciences

