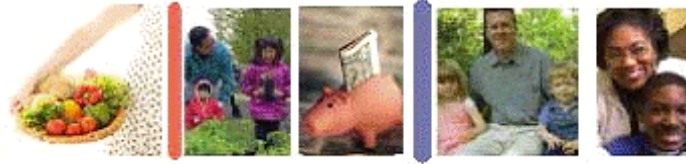




Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – March 2012

Dear Colleagues:

After 28 years with Ohio State University Extension, Sandy Bryan has announced her retirement the end of March. Sandy began working for OSU Extension as the “Litter Lady” - a grant funded PA teaching in-school litter education programs in Auglaize County. She then moved into the 4-H PA/Office Associate job in Auglaize County for 11 years. When she moved to Columbus in 1994, she began working for Marilyn Spiegel in FCS Administration, and has been here ever since. All who have had the pleasure of working with Sandy have appreciated her great sense of humor, Buckeye enthusiasm, and willingness to go the extra mile (and then some) to get the job done. All our best to Sandy for a fabulous retirement journey!

Many of you had an opportunity to wish Sandy well at the FCS Team meeting on March 15th. That was a good day for connecting with colleagues and building upon the work of our teams. In the next week you will receive a survey asking for your thoughts on the day.

Although there is much happening this month, there is one area I want to mention. As you will note with the Marketing Committee report below, a variety of surveys have gone out. Due to the leadership of the Diabetes Education Team members, we will have an exhibit at OAFCS. These activities are important for the promotion of FCS programming, but in my mind they are important for a different reason. These activities are great opportunities for us to learn about how others perceive FCS programming. To learn about our programming, we can look in the “mirror” and reflect upon ourselves. Or, we can look through the “window” beyond our current environment. When you look in a mirror what is behind you is reflected in the mirror. When you look out the window you see what is possible in the distance.

When we survey community agency directors about our products and have an exhibit at a conference, we are looking through the “window” trying to understand what aspects of our work others value. That information will make us stronger and make us more capable of “substantially impacting Ohioans”! I am looking very forward to seeing what these surveys tell us, and learning about how OAFCS members react to our exhibit and the selling of products at that display. I encourage you as FCS professionals to keep looking through the “window”.

“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

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FCS MARKETING COMMITTEE UPDATE

The FCS Marketing Committee has now sent out three surveys. The first was the internal survey that FCS Professionals completed, the second a survey to Programs Leaders in other states and the third to external partners. This external survey went out to all Family and Children's First Council Directors in Ohio Counties and to FCS and County Directors in non- FCS counties. (for distribution to at least 3 partnering agencies) The first Ohio Impact Newsletter has gone out. Good responses have been coming from that newsletter. The next newsletter will go out June 1st. Please keep programs with good impacts/data in mind for articles for this newsletter.

A subcommittee of the marketing committee has also met and has created a general three healthies banner. Plans are for a banner to be available for checking out in each Region and at the State Office. Matching bookmarks will also be made for promoting FCS. Many in-services, conferences and opportunities to market what FCS has to offer are coming up. Kirk is also looking at the possibility of FCS/OSU Extension tablecloths for these events and programming. Please let us know if you have other ideas for the committee that would be of use to you as program and market FCS throughout Ohio and beyond!

2010 U.S. CENSUS MAP

Need quick access to some basic demographic data for your county? Check out this interactive, super

easy to use map. Just hover your mouse over any county (parish), or zoom in by city, and you'll see the increase or decrease in population and racial composition. Click the "2010 US Census" Map Below.
2010 U.S. CENSUS MAP <<http://projects.nytimes.com/census/2010/map?nl=todaysheadlines&emc=thab1>>

NEW FCS PRODUCTS ON EXTENSION'S ESTORE

Two FCS products have recently been added to OSU Extension's eStore:

The *Dining with Diabetes Grocery Store Tour DVD* and *The Homebuyer's Guide* publication.

Search for each by its Product Code at <http://estore.osu-extension.org/>

Dining with Diabetes Grocery Store Tour DVD (Product Code DDGS). Are you looking for an innovative way to educate consumers on smart, healthful shopping? The Dining with Diabetes: A Shopping Cart Tour takes viewers through the grocery store aisles with an emphasis on healthy eating. It is divided into three segments: - Carbohydrates - Low-fat & low sodium options - Vitamins, minerals and fiber Extension professionals stress perimeter shopping and reading nutrition facts labels; they discuss the Dietary Guidelines and acquaint viewers with the plate method. Entire video is approximately 11 minutes. DVD also has a three-segment version (Carbohydrates, Low-fat & low sodium options, & Vitamins, minerals and fiber) with each segment approximately 5 minutes in length.

The Homebuyer's Guide (Product Code 946). Ohio State University Extension developed this guide for use in homeownership programs or as a gift to clients to help them manage the activities surrounding homeownership. This book was designed to encourage greater awareness of homeownership knowledge and consumer rights so homeowners can be ready for the decisions that homeownership brings. It is based on the National Industry Standards for Homeownership Education and includes chapters on assessing home readiness, money for housing, making an offer on a home, selecting a mortgage, closing the deal, and successful homeownership.

OHIO STATE ENERGY/ENVIRONMENT CONFERENCES IN MARCH/APRIL

Ohio State is hosting or sponsoring three upcoming conferences that focus on energy and environment issues. Registration to all three conferences is currently open, and the Office of Energy and Environment encourages you to explore the conference topics, consider attending, and pass on the information to students with interest in these topics, for their participation.

Additionally, both the UCEAO Conference and the Public and Land-Grant University Conference on Energy Challenges are looking for graduate and undergraduate students to display their research at Student Poster Sessions.

March 30 - Greening the Way - <http://www.studentsustainability.org/main/>

Students and faculty are invited to attend Greening the Way at the Ohio Union, an educational opportunity for sustainability efforts ongoing at Ohio State. Greening the Way will be the platform for the Ohio State community to make substantive contributions to the future of sustainability on campus.

April 2-3 - UCEAO 2012 Conference: Securing Ohio's Energy and Economic Future -

<http://www.uceao.org/conference>

The University Clean Energy Alliance of Ohio (UCEAO) 6th Annual Conference: Securing Ohio's Energy and Economic Future will be held on April 2-3, 2012 at the Blackwell Inn, on the campus of The Ohio State University. This two-day event will bring together a diverse group of leaders and experts to promote Ohio's energy assets, leverage Ohio's diverse energy resources, and address the opportunities and challenges surrounding Ohio's energy and economic future.

April 29-May 1, 2012 - Public and Land-Grant University Conference on Energy Challenges: *The Next 50 Years* - <http://energyinnovation2012.osu.edu/>

The 2012 Public and Land-Grant University Conference on Energy Challenges is bringing together public university, industry and government leaders from across the country to discuss and promote the role of the university in solving critical questions about energy in the 21st century. The Energy Challenges Conference will examine the role of public and land-grant universities in leading the technology, understanding and public education of advanced energy options. Join us for this vital discussion on how we can face our energy challenges and lead our nation into the energy future through discoveries in advanced energy expansion and innovations.

Please contact Langen.2@osu.edu with questions concerning attendance, registration or student poster session participation at these upcoming conferences.

(Source: Gina Langen, Office of Energy and Environment)

CAMPUS CAMPAIGN

Ohio State's *Campus Campaign* launched on March 1. You should have or will be receiving information about how to give back to the university through contributions to a wide variety of endowment funds. FCS Administration reminds you that the *Family and Consumer Sciences Extension Fund* is one of the funds you can support through the Campus Campaign. Interest income is used to support professional development, continuing education, awards, and recognition for Extension professionals. In the current fiscal environment, building the FCS endowment to support FCS professionals is more important than ever. Look for your Campus Campaign pledge form and then log-on to the site below to give to **fund # 603274** <https://www.giveto.osu.edu/igive/epledge/index.aspx>

EXTENSION SPRING PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The next few months bring a wealth of professional development for extension and others. Review the list below for topics of interest to you and plan to attend. Find the full description and time for each session at Learn (learn.extension.org <<http://learn.extension.org/>>). Use each session's unique URL in Learn to share with others who may be interested. Sign-in with your eXtensionID to bookmark a session. Update your settings to get reminders.

Learning Networks

Creating your own Learning Network, on Wednesday, April 04, 2012.

Military Families

Balancing Work and Family: A Focus on Building Military Family Resilience , on Thursday, April 05, 2012.

Financial Implications of Relatives Raising Children While Parents are Deployed, on Thursday, April 05, 2012.

Network literacy

RSS feeds and feed readers, on Wednesday, April 11, 2012.

Finding and following on online networks, on Wednesday, April 18, 2012.

Personal Finance

Financial Implications of Divorce, on Thursday, April 12, 2012.

Social Media

Findings of the Extension Social Media Study, on Wednesday, May 16, 2012.

Teaching Methods

Improve Learning with Instructionally Sound PowerPoint Presentations, on Tuesday, March 20, 2012.

Improve Learning with Instructionally Sound PowerPoint Presentations, on Thursday, March 22, 2012.

NIFA LISTENING SESSIONS FOR AFRI GRANT

In order to improve the overall quality of the Agriculture and Food Research Initiative (AFRI) program, the National Institute of Food and Agriculture (NIFA) is moderating webinars and soliciting public comments. Those who use or conduct research, extension, or education activities are invited to provide verbal and written comments, which will be taken into consideration in the development of future AFRI program solicitations.

Foundational Program – Food Safety, Nutrition and Health

April 10, 2012 at 1 – 2:30p.m. EST | <http://nifa-connect.nifa.usda.gov/fpfoodsafety/>

Log-in under “guest” option and enter your e-mail in the provided space. Capacity is limited to 150 attendees. Additional attendees may use the “telephone only” option by dialing, toll-free: (888) 858-2144, when prompted, enter the meeting code: 4896371#

Challenge Program – Food Safety

April 10, 2012 at 3 – 4:30 p.m. EST | <http://nifa-connect.nifa.usda.gov/challeIngeareafoodsafety/>

Challenge Program – Childhood Obesity Prevention

April 11, 2012 at 1 – 2:30 p.m. EST | <https://connect16.uc.att.com/usda/meet/?ExEventID=84896371>

All written comments must be received by 5 p.m., EST on April 24, 2012. You may submit comments by any of the following methods: E-mail: AFRI@nifa.usda.gov, or Fax: 202-401-1782.

For more information contact us at mmorant@nifa.usda.gov

NCFR REPORT SPECIAL ISSUE

The current issue of the National Council on Family Relations (NCFR) Report has a focus on military families. It is open and available to all and is filled with some very interesting reading. We have many military families in every county in Ohio. The wars of the past 20+ years have given rise to new generations of Military Veterans that challenge the traditional VFW stereotypes. Read more for yourself: http://www.ncfr.org/sites/default/files/downloads/news/2012_2_Focus.PDF.

NATIONAL 4-H CURRICULUM RECRUITING PEER REVIEWERS

Consider applying to be a National 4-H Curriculum Peer Reviewer. Benefits of being a peer reviewer: Professional development opportunity; Increase your evaluation skills Add to your resume for promotion and/or tenure Assist in providing more high quality resources to the overall 4-H program Be the first to see new materials Be eligible for a \$250 gift certificate (must be a reviewer by April 30th)

Take the training. | Complete the application. | Become an approved reviewer by 4/30/12. | Be entered into a \$250 drawing for the 4-H Mall (drawing on 5/1/12)

Use the link below to log in and register. Then launch the 30 minute “Peer Reviewer Training” course material. Upon completing the course you will be given the link to apply to become a peer reviewer.

<http://4h.interactyx.com/login.aspx>

For more information and to see the reviewer job description, go to:

<http://www.4-h.org/resource-library/curriculum/development/review/>

Curriculum Questions—contact Amy McCune, 4-H National Headquarters, amccune@nifa.usda.gov

Technical Questions—contact Gregg Tabachow, National 4-H Council, gtabachow@fourhcouncil.edu

SAVE THE DATES . . .

- **All FCS Extension Conference**, November 13 & 14, 2012, Ohio Union (All FCS Educators and Community Nutrition Professionals should plan to attend.
- ***Just What the Doctor Ordered . . . Improving Patient Adherence through Engagement*** conference on April 26, 2012 8 a.m. to 3 p.m. at the Ohio Union Senate Chamber at OSU. The program includes:
 - **Motivational Interviewing/Patient Activation** - What strategies activate and engage people in their own care
 - **Culture and Patient Adherence** - What adherence means to different cultures
 - **Panel of Experts** - Panel discussion of medication adherence, telehealth coaching for wellness, adherence strategies used in case management of CHF
 - **Keynote Speaker: Doug Seubert**, Health Communications Consultant, Advantage Consulting Services, Marshfield, WI, *From Understanding to Action: An overview of the connection between health literacy, patient engagement, and adherence*. For more information, contact: Barbara Sweeney, sweeney.132@osu.edu or 614.292.4450

KUDOS

Congratulations to our Ohio FCS colleagues, **Jenny Even, Pat Holmes, Margaret Jenkins, and Dan Remley**, who served on the 8th Annual Tri-State Diversity Conference Planning Committee. They did an awesome job of preparing one of the best conferences held to date. The 2013 9th Annual Tri-State Diversity Conference will be February 21 & 22, 2013 at the Marriott Airport, Hebron, KY. The pre-conference training will be February 20, 2013 at the facility.

Polly Loy, Belmont Co. Educator in Buckeye Hills, received notification from the American Cancer Society that they have been funded \$2480 for a county employee walking program that will begin in April to coincide with the Heart Association’s national walking program kick-off.

Lisa Barlage and team of **Pat Brinkman, Michelle Treber, Cindy Shuster, Dana Brown, Linnette Goard**, was accepted to present at the Priester Extension Health Conference in D.C. in April. The title is: *Using Technology to Encourage a Healthy Lifestyle*.

Caezilia Loibl, Consumer Sciences Extension Specialist, has been appointed to the editorial board of the *Journal of Consumer Affairs*.

Joseph Maiorano, Jefferson/Harrison Counties in Crossroads, is leading a session at the 2012 Diversity Leadership Symposium. "Transforming Campuses to Become Authentically Inclusive Communities" to be held on Friday, April 20, from 8 a.m. - 4 p.m.

WELCOME TO THE FCS EXTENSION FAMILY!

Tracy Wheeler, FNP Program Assistant, Darke County, February 28

Garvin McCorkle, FNP Program Assistant, Trumbull County, March 1

WORK/LIFE BALANCE SURVIVAL GUIDE

From: Haigh, J. (2008). *Tales from the glass ceiling: a survival guide for women in business*. London: Piatkus Books.

- Choose your workplace carefully. Look for signs of enlightened management, happy faces and a centrally located coffee machine.
- Consider coaching to find a successful recipe for work/life balance.
- Buy in help. It's hard to be nanny, housekeeper, cook and chief executive officer at the same time. Farm out some of the tasks to which you are less suited.
- Make lists so that nothing slips under the radar.
- Be proud of being a parent or a caring sibling or offspring. It's not something to be ashamed of.
- Never miss your child's play or school event; you will never get a second chance.
- Don't feel guilty if you eat the odd takeaway or use convenience foods.
- Just as you pledge time to the office, do the same to those at home.
- Take holidays, even if it's time at home, and plan them in advance so you have something to look forward to.
- Know your limits and don't exceed them (Haigh, p.85-86).

Tales from the Glass Ceiling 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.)

DATES TO REMEMBER

- April 10-12 Priester National Extension Health Conference, Washington D.C.
- April 15-18 PILD Conference, Westin, Alexandria, VA
- March 23 FNP South Central Region In-Service - Ross County Extension Office
- April 9 EFNEP WebEx - *Off to a Healthy Start*
- May 14 EFNEP WebEx – cancelled due to proximity to Mid Year Conference

- June 11 EFNEP WebEx - *Food to Grow On*
- July 9 EFNEP WebEx - *Carbs: Simply Complex*
- November 13-14 All FCS Extension Conference - Ohio Union

UPCOMING NATIONAL CONFERENCES

- April 30-May 2 North Central Leadership Conf., The Hyatt Lodge, Oak Brook, IL
- September 24-28 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
- Feb. 20-22, 2013 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- 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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