



Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – March 2013

Dear Colleagues:

So many times we focus in our meetings on planning and implementing the next program. We are good at that. There is another skill that we bring to the table in these discussions – strategic leadership.

Recently I have been in community based meetings where the focus has not been on implementing programs, but instead focused on the complexity of issues. Participants have been discussing the data around issues and have focused on “unpacking” the data to have a better understanding of what is happening in the community. The goal of this collaboration has been to better serve a community through empowerment. The group has focused not only on working with partners so that we can “all play nicely together in the sand box,” but they have focused on how together we can “build a new kind of sand castle – or way of serving the people”.

I found the discussions to be very interesting. It challenged me to think, when we are working together in our communities are we focused on how to implement the next program, or are we focusing on the data about the community, all the resources and programs available and how those programs align with each other. Have we spent time discussing the impact of the individual programs and how they build upon each other to empower the citizens for more sustained impact? Have I always sat at the table trying to be strategic about how we collaborate for more sustained change, or have I just focused on how we plan and implement the next program?

For strong FCS work, we need to do both! We need to be strong program planners but we also need to be strategic leaders. We need to collaborate to align our programs vertically and horizontally so that we can most effectively impact families. We need to not only play well together in the sand box --- but need to play well together as we build new kinds of sand castles that better serve Ohioans.

This is all a part of strategic leadership.....a role Extension educators must play in the community.

“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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OHIO SCHOLARSHIP CHALLENGE ANNOUNCEMENT

The Ohio State University has begun a new fund-raising campaign to support students from all 88 Ohio counties. The “Ohio Scholarship Challenge” seeks to raise \$100 million in general undergraduate scholarship funds for Ohio State students at all campuses. This Challenge is also part of the university’s larger effort to raise \$500 million in private funds for student financial aid and scholarships. The Ohio Scholarship Challenge honorary co-chairs are Ohio State head football Coach Urban Meyer and men’s basketball Coach Thad Matta.

The Challenge will create a full-tuition endowed scholarship in each county and raise current use scholarship dollars. Unlike many other scholarships, those funded by the Challenge are transferrable between majors and portable between campuses. This enables a recipient to keep the scholarship regardless of major or campus attended. Scholarships are also renewable for up to four years as long as the student remains in good standing at Ohio State.

Through the Challenge, the university seeks individuals, organizations and groups to donate and/or raise undergraduate scholarship funds for students from their area. Gifts may be given as current-use or endowed scholarships. As an incentive through the *But for Ohio State* campaign, the university will match the new endowment payout for four years for donors who accept the Challenge. Donors can determine the scholarship name, designate a scholarship to benefit students based on need or merit or both, and designate a scholarship to benefit a geographic area (e.g. high school, county, city, or region).

Anyone can make a tax-deductible contribution in any amount by visiting www.giveto.osu.edu/challenge.

OHIO ACTION FOR HEALTHY KIDS 2013 NUTRITION + PHYSICAL ACTIVITY LEARNING CONNECTION: OHIO SUMMIT

This one day event held on May 7th at Creekside Event Center in Gahanna will address comprehensive efforts to improve the health of Ohio’s children and their readiness to learn in the school environment. Joining the event will be former Ohio State Buckeye & NFL football player Greg Bellisari, MD, as well as current co-host of ABC-6 *The Football Fever*, Doug Lessells. More details and registration information are forthcoming [here](#).

SNAP PANTRY PANIC

Pantry Panic is a publication that was developed in partnership with the Mid-Ohio Foodbank, providing nutrition education that can be completed in one year. It is an advanced-level food and nutrition project which focuses on the creativity and skills needed for meal planning, shopping, and food preparation on a very limited budget while understanding the challenges faces when receiving food from food pantries and other emergency food resources. To download this resource for free, you can access it through the 4-H website [here](#).

CALL FOR EVENTS: YP4H HEALTH & WELLNESS EVENTS CALENDAR

Do you have an upcoming health and wellness event you’d like to spread the word about? Your Plan for Health (YP4H) is looking for events to add to their Health & Wellness Calendar for Ohio State faculty and staff. To read the guidelines and to submit an event, just fill out the [online form](#). Once the event is posted, it will appear on the YP4H [Health and Wellness Events page](#). If you have any questions, please contact Amy McKay at amckay@hr.osu.edu.

TOSSED ON A SEA OF CHANGE: A STATUS UPDATE ON THE RESPONSIBLE FATHERHOOD FIELD

Columbia University School of Social Work's Center for Research on Fathers, Children and Family Well-Being released a [report](#) which explores the current state of the responsible fatherhood field. The report also covers the field's history and changing focus and priorities over time. The array of fatherhood services offered has been continually evolving, traditionally focused on child support and employment needs of low-income fathers, responsible fatherhood has increasingly expanded into a variety of other areas including the child welfare system, the criminal justice system, co-parenting among mother-father dyads who do not intend to marry, children's education and literacy, and general fatherhood competency programs applicable for middle-income fathers.

(Source: *Center for Research on Father, Children and Family Well-Being*)

CAMPUS CAMPAIGN 2013

The time for Campus Campaign is upon us! You should receive your giving form in the mail shortly, when you do be sure to review it! Last year faculty and staff giving to CFAES totaled \$185,031 with 26% participation. This year our goal is to achieve 50% participation and we need your help! Remember, you choose where your money goes in Campus Campaign and your donation can be deducted from your paycheck. Any donation is helpful, whether it be \$1 or \$100. To advance our programs right here in FCS, use fund # 603274 to start giving today. If you have any questions, please refer to the Campus Campaign [website](#).

HBO'S WEIGHT OF THE NATION

Produced by HBO, "The Weight of the Nation" is a four-part award-winning documentary outlining the seriousness of the country's obesity epidemic. The first film in "The Weight of the Nation" series examines the scope of the obesity epidemic and explores the serious health consequences of being overweight or obese. You can watch the first episode [online](#) at no charge.

(Source: *Welcoa.org*)

ENERGIZE OHIO!

Are you interested in teaching about critical energy issues impacting Ohioans? On **April 15th** from 9:30-2:30 Myra Moss and Pat Holmes will lead a session at the Nationwide & Ohio 4-H Center on *How to Facilitate an Energy Efficiency Panel*, which will include suggestions on how to use the energy efficiency materials on the Energize Ohio! website. For more details including detailed agenda, visit the [site](#). To reserve your seat today, RSVP by April 9th to Odrumsky.1@osu.edu or by phone at (614) 292-6232. Contact Eric Romich at romich.2@osu.edu if you have any questions.

2012 OSU EXTENSION ANNUAL REPORT

OSUE Administration recently mailed two hard copies of the 2012 OSU Extension Annual Report (quad-fold cover and 12 one-page stories) to each CED (County Extension Director). Please use the stories in this year's annual report help market the impact of Extension as a whole, and to support your local FCS Extension programs when possible.

You will find the link to an interactive PDF version of the 2012 Annual Report on the OSU Extension home page in the 'Publications' section — look for it in the lower right corner of <http://extension.osu.edu>. You will find a printable version (PDF files) of the quad-fold and the 12 one-pagers posted on the right side of CommTech's 'Resources' page: <http://cfaes.osu.edu/commtech/resources/annual-reports-and-legislative-stories>. Use these online PDF files to print and distribute copies of the stories within the annual report for your local needs.

NEW REPORT ON MARRIAGE-KNOT YET: THE BENEFITS AND COSTS OF DELAYED MARRIAGE IN AMERICA

A new [report](#) from the National Campaign to Prevent Teen and Unplanned Pregnancy, the National Marriage Project at the University of Virginia, and the RELATE Institute, looks beyond popular understandings of contemporary twentysomething life to explore how delayed marriage in America affects today's young women, men, and their children, as well as some of the reasons behind this shift.

(Source *twentysomethingmarriage.org*)

NEW EXTENSION SIGNATURE PROGRAM GUIDELINES

OSU Extension recognizes the value of existing core/base programs that are well established and have histories of making significant, documented impacts. The Signature Program effort is an intentional strategy judiciously implemented to help OSU Extension better publicize the organization's ability to carry out its mission. Signature Programs focus on establishing and promoting the impacts and relevance of OSU Extension to all Ohio residents, legislators, and key stakeholder groups to strengthen perceptions of Extension's capacity to respond rapidly to critical needs and demonstrate significant impacts. Signature Program status should not be seen as a negation of other equally important OSU Extension programs, but as an opportunity to:

- Focus on the most relevant, timely, key issues via greater emphasis on in-depth program delivery and evaluation
- Capitalize on innovative ideas, materials, and/or methods
- Demonstrate evidence of impact
- Promote and market OSU Extension

Those involved with programming that meets the appropriate expectations must discuss their potential Signature Program with the appropriate Assistant Director(s) and/or the Associate Director, Programs by April 15. The deadline to submit responses at the [RFP site](#) is **May 15**. For more information on criteria, application process, benefits, and evaluation, see the email sent by Ken Martin to the All-Extension listserv on Friday, March 15.

EFNEP NIFA HIGHLIGHTS

The Expanded Food and Nutrition Education Program (EFNEP) was recently highlighted as a High-Impact program within the National Institute of Food and Agriculture's overall investments! EFNEP is one of the examples of the successful research, education and Cooperative Extension programs implemented using NIFA funding and programmatic leadership. EFNEP addresses hunger, malnutrition, poverty, and obesity by providing practical, hands-on nutrition education to the poorest of the poor. EFNEP is present in 18 Ohio counties through OSU Extension offices under **Family and Consumer Sciences**. Each year, Ohio EFNEP peer educators teach more than ten thousand low-income families and youth how to change their behavior toward food. More than 85 percent of Ohio EFNEP families report living at or below 100 percent of poverty, and about 50 percent indicate being of minority status. For learning more about this program, go to http://www.nifa.usda.gov/newsroom/priority_outcomes.html.

KUDOS

Congrats go out to Julie Kennel and **Carolyn Gunther**, Human Sciences, who were awarded a \$2,000 grant by the Ohio Department of Education to support their smarter lunchroom audits and implementation plans for leading students to make healthier meal choices.

Carolyn Gunther is also receiving the 2013 Distinguished Undergraduate Research Mentor Award for demonstrating excellence in teaching and mentorship to undergraduate students. Congrats Carolyn!

Michelle Treber, FCS Educator, Pickaway County, received a Workplace Wellness Grant from the Bureau of Workers Comp. This provides funding to assist employers in establishing training and programs to reduce health risk factors specific to their employees. Great job, Michelle!

Congrats to the following Healthy Teams on receiving mini grants!

Lisa Barlage and **Michelle Treber** for "Live Healthy, Live Well through Workplace Wellness" in-service to be offered October 10.

Dan Remley, **Cheryl Barber-Spires**, **Barb Hennard**, **Susan Zies**, and **Shari Gallup**, for beta testing of Dining with Diabetes "Beyond the Kitchen" Moodle course.

Kara Newby for "Mindfulness in Motion" in-service sessions currently in progress.

Linnette Goard, Kate Shumaker, Melinda Hill, and Dana Brown for “Training Update in Food Preservation” in-service being offered May 2-3.

Congratulations to the following people, who have been accepted to present at the Priester National Extension Health Conference in Corvallis, Oregon on April 16-17.

Lisa Barlage, **Pat Brinkman**, Michelle Treber, **Linnette Goard**, Cindy Shuster, Jenny Even, **Cindy Bond**, and Liz Smith will be presenting *Live Healthy Live Well Workplace Wellness Programs*.

Dan Remley, Cheryl Spires, Susan Zies and Barb Hennard will be presenting *Going Beyond the Kitchen with Diabetes: Following up a Face-to-Face Program with On-Line Classes to Support Behavior Change*.

Jamie Seger and **Cheryl Spires** will be presenting *Back to the Kitchen*. Congrats on being accepted!

THOUGHTS FROM PRESIDENT GEE

A letter was shared from President Gee outlining some thoughts as we begin 2013. “We cannot control external ambiguities nor uncertainties, but we can control how we work together as a team in pressing the University forward. Indeed, perhaps our biggest threat is us – how do we work together, how do we solidify our relationships with our constituencies, how do we convince many more people to invest in us, and how do we make certain that we have positive relationships with our Board, our faculty, our staff, our students, and alumni and friends of this University. This all boils down to the simple equation that I outlined at the beginning of my second term: This University is all about talent and culture. In the spirit of celebrating our good deeds and good works, and recognizing the extraordinary opportunities for us, I thought I would provide thirteen New Year’s Resolutions/Observations for 2013:

- 1) In all that we do, individually and collectively, we must leave our egos at the door.
- 2) There should be no drama in our intentions with each other.
- 3) Each of you should ask how you can help...and mean it.
- 4) We cannot be diverted by skirmishes, internal nor external.
- 5) We must stop gossiping: We need to learn to talk to each other, not about each other.
- 6) Each of us has three roles to play: champions, conveners, and enablers. On any particular issue, know your role and play it with honesty and transparency.
- 7) Have the courage to be different, not difficult.
- 8) Always remember that we have stock in others’ wellbeing.
- 9) We must have speed to action.
- 10) Be authentic...always be someone that other people trust.
- 11) Use your strengths each day, and always invest in strengths – yours and others’.
- 12) Do not get your exercise by jumping to conclusions. Always count to ten before responding to a challenge or a crisis.
- 13) Work on being a good friend. Remember, without true friends, work is a lonely place.
- 14) Commit to at least twenty minutes of exercise every day.
- 15) Have lunch together.

Yes, I have 15 resolutions and could have suggested more. The last two are bonus, but nonetheless important.”

DATES TO REMEMBER

- April 5 Family Life Education Program Design, Implementation, Evaluation, and Analysis
- April 9 FCS WebEx
- April 11 Family Life Education Program Design, Implementation, Evaluation, and Analysis
- April 30 Summer Food Service Program-all FNP SFSP counties Adobe Connect Meeting
- May 1 PAT/Internal Advisory Committee Retreat
- May 2-3 Home Food Preservation in-service-Ag. Admin. Auditorium

- May 7 Ohio Action for Healthy Kids 2013 Nutrition + Physical Activity Learning Connection
- August 27-28 Annual FNP Business Meeting
- October 2 PAT/Internal Advisory Committee Retreat
- October 10 Live Healthy, Live Well Through Workplace Wellness in-service
- November 6-7 Community Nutrition/FCS Extension Conference

UPCOMING NATIONAL CONFERENCES

- April 16 & 17 Priester 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://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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