



Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – November 2012

Dear Colleagues:

This morning we had a conference call on Health Care Reform. You will soon receive an email with a link to the recording. During that conversation, several pieces struck me that apply to all of our Extension programming.

1. **Documenting behavior change is essential to the future of Extension.** We are better positioned to receive support when we document that what we do is improving people's lives. That is what is happening with health care reform – systems will be rewarded for keeping people out of the hospital. For all of our Extension work, if we can show that people are learning information that is then resulting in a change of behavior that improves wellness, health or income, we will be better positioned to receive support. We are working hard to do that for many of our programs. The challenge we have is to continue to build on our skills and expand our expertise in developing, implementing and documenting programs that result in not only knowledge change but behavior change.
2. **Partnering across campus makes us stronger.** Our presenter today, Jerry Friedman, has spent many years working in the health care system here at Ohio State. His knowledge and expertise has taught me a great deal about the complexity of the health care reform issue. My discussions with him have helped to inform how I think about our worksite wellness programming and OSU Extension's role in the community. By working together, we in Extension can better meet the needs of the community.

Through working with our teams, our colleagues and with faculty and graduate students on campus, we can expand our documentation of program impacts. Through OSU CARES grants and other team work we have opportunities to expand our partnerships across campus. As a result, it will make us a better Extension system....and most importantly help Ohioans.

Have a wonderful Thanksgiving weekend.

“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

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WELLNESS WEDNESDAYS AT OHIO STATE

Wednesdays at Ohio State are for wellness! The Wellness Wednesday calendar, an ever-growing resource of weekly wellness campus activities, is now available. Register for fun activities designed to improve your well-being — wellness walks, lunch-and-learns, Your Plan for Health workshops, food demonstrations and much more! Please visit Buckeye Wellness at <http://nursing.osu.edu/sidebar-content/buckeye-wellness/buckeye-wellness-calendar/> for more details and to register! As FCS professionals, we have a unique role to play in helping promote wellness not only with our local clientele, but also with our local office colleagues.

CHAMPIONS FOR HEALTHY KIDS GRANT

Launched in partnership with the Academy of Nutrition and Dietetics Foundation and the President's Council on Physical Fitness and Sports, this has become a flagship program of the General Mills Foundation, distributing more than \$5 million in grants to nonprofit organizations. Through the Champions for Healthy Kids program, the General Mills Foundation will award 50 grants of \$10,000 to nonprofit organizations working to improve nutrition and physical fitness behaviors for youth. Access the Champions for Healthy Kids application at <https://foundationgrants.generalmills.com/login.aspx>. Applications are due at 5pm on December 3rd and recipients will be announced in May, 2013.

CHEMICAL SAFETY IN CHILD CARE FACILITIES POSTERS

A series of posters from Iowa State University Extension about chemical safety in child care programs has been created for distribution. Click [here](#) to see images of the posters and for ordering information. You can also contact Mark Shour directly at mshour@iastate.edu.

PRIESTER NATIONAL HEALTH EXTENSION CONFERENCE CALL FOR PROPOSALS

Oregon State University will be hosting the 16th annual Priester Health Extension Conference in Corvallis, OR from April 16-17, 2013. This year, the conference will focus on the role that higher education can play in supporting community change aimed at influencing the social and environmental determinants of health. This theme is designed to further explore the role that the academic institutions can play in improving community health through work in neighborhoods, workplaces, schools, towns, and cities. Cooperative Extension professionals, university faculty, public health professionals, agency partners, and students are invited to submit proposals for the 2013 conference. The submission deadline for this is December 17, 2012, so don't delay. Click [here](#) to submit your proposal and don't forget to visit our website at <http://priesterconference.org>.

EPSILON SIGMA PHI COMMUNIQUE

Galaxy 4

Announcing RFP solicitation for concurrent session presentations at Galaxy 4. If you are interested in giving a presentation at Galaxy 4 next September in Pittsburgh then this message is for you.

The site is now accepting proposals for concurrent sessions. To go to the submission site, first go to the JCEP website at www.jcep.org and you will find instructions and a link to the submission site. Just remember that the more ESP members who enter concurrent session proposals the more we get. If an organization enters 10% of the proposals - that organization gets 10% of the total number of slots available. Submissions are being accepted until January 10, 2013.

Just a reminder that the JCEP Leadership Conference will be held on February 12th through the 14th in Memphis, Tennessee. The registration for the conference will be available on December 1st on the JCEP site. There will be a link to the JCEP site from our website as well. The early bird registration will run through January 18th and will be \$250. Jay Rifenburg will be making presentations on the 12th and 13th in support of the theme which is, "Discovering your Leadership Potential." This should prove to be an excellent professional development opportunity.

There will be time for ESP to provide professional development and leadership development for our attendees as well. The regional vice presidents are working to put together an informative training session for ESP members attending the conference.

Plan now to attend.

It's time for annual dues submissions to begin again. Please be sure that we have your correct email address as that is how we communicate with our members! We don't want to leave anyone out. Do you know of someone who would be a good ESP member - get their name and information to your membership chair. Hopefully our programs are of value to all Extension Professionals, remember we are, "The Extension Professionals' Organization." Thanks to all of our members who continually work to make ESP the organization of choice for Extension Professionals across the country.

HOME ECONOMICS/FCS ADVANCES OVER THE LAST CENTURY

During the annual NEAFCS meeting this year in Columbus, Ohio, the question was asked: "How has Economics/Family and Consumer Sciences advanced society over the last century?" We are interested in compiling 100 advances by Home Economics/Family & Consumer Sciences to use in commemorating our accomplishments in 2014. Please send advances to Cameron Briggs cbriggs@nifa.usda.gov as you think of them. The deadline for contributions is December 31, 2012. We will share these advances with all of you and with our federal partners as we celebrate 100 years of Extension in 2014.

CHILDHOOD OBESITY JOURNAL

Childhood Obesity is the only journal that provides a central forum for exploring effective, actionable strategies for weight management and obesity prevention in children and adolescents. Health disparities and cultural sensitivities are addressed, and plans and protocols are recommended to effect change at the family, school, and community level. The Journal also reports on the problem of access to effective healthcare and delivers evidence-based solutions to overcome these barriers. To subscribe or renew, click [here](#).

HEALTHY PORTIONS FOR PRESCHOOLERS WEBINAR

On November 26 from 2-3pm, Dr. Jennifer Fish and Yasmeen Bruton will be presenting *Healthy Portions for Preschoolers*, a webinar discussing portion sizes as it relates to childhood obesity. Jennifer Fisher, Ph.D., associate professor of public health and researcher at the Center for Obesity Research and Education at Temple University studies the eating patterns of children in hopes it will help them make healthy choices early in life and avoid struggling with food issues later. Click [here](#) to learn more about attending.

LOVE YOUR MONEY WEBINAR

On Tuesday, November 27th at noon EST, learn how college students in your state can benefit from *Love Your Money*, a new-and-improved online financial education course for college students. Evaluations of test groups at major universities show that “Love Your Money” gives students knowledge and confidence to take control of their financial futures. Here are some of LYM’s features: engaging scenarios, reinforcement of learning, personal application, and instructor tracking. The course is entirely free for institutions of higher learning to assign their students, and to sweeten the deal, there are financial incentives for the first 20 Extension educators who recruit campuses to participate. To join the webinar, visit <https://connect.extension.iastate.edu/fsa> and visit the presenters’ bios at <https://learn.extension.org/events/758>.

NEW PHOTO LIBRARY AVAILABLE . . .

The photo library of CFAES images is now available to all college employees at <http://photolib.cfaes.ohio-state.edu/main.php>. This library contains thousands of searchable, high-resolution photos available for download to your computer. You will need a unique name and password to download any content. To obtain your username and password, simply email the IT Help desk at ithelp@cfaes.osu.edu. Choose pictures to make sure they represent your intended use. Look at what people are wearing, what is in the background, and make a determination if the picture is recent and representative of the target population. The search box is located on the front page near the upper left hand corner. Type in your search criteria or casually browse the photos in all of the albums. Once you find a photo you would like to use, click and hold the pulldown box under the photo and choose the download resolution you need. We will continue to add photos. Check back often! General questions about the photo library may be directed to Dave Scardena (scardena.1@osu.edu).

MIGRATION AND THE TRANSITION TO ADULTHOOD WEBINAR

Join us on Dec. 13, 2012, from 1:00 – 2:00 PM for a free webinar on *Migration and the Transition to Adulthood among Rural Youth: How Leaving and Staying Affect Schooling, Work, and Idleness Among Emerging Adults*. This event is free and does not require registration, however, so we can have an estimate of participation, please let us know if you will participate via this doodle poll. <<http://www.doodle.com/b6d2pzddw3ix4m7q>>
The webinar Event Center address is:

<https://osuevents.webex.com/osuevents/onstage/g.php?d=665288560&t=a>

Event number: 665 288 560

Event password: migration

Dr. Tasha Snyder’s research examines family demographic change and implications for family and child well-being, with an emphasis on rural families. Employing secondary data, this examines residential differences in changing family structure, new family formation patterns such as non-marital childbearing and cohabitation, and the implications of these for well-being. Snyder also studies risk behaviors and the life course development of rural youth which includes an ongoing primary data collection project that examines educational, career, family and migration aspirations. The goal is to understand the plans rural youth have for their futures, how education, work and family aspirations and outcomes are associated with out-migration patterns, and how family, school and community contexts influence these outcomes.

WELCOME TO THE FCS EXTENSION FAMILY! & PERSONNEL UPDATES

We’d like to welcome our new EFNEP Research Associate, Korrin Vanderhoof, to FCS. Her email address is vanderhoof.11@osu.edu and phone number is (614) 292-9569.

KUDOS

Congrats to Nancy Stehulak and Linnette Goard for being awarded OAEP Professional Improvement Scholarships for Fall 2012. We look forward to hearing about the many great things you learn with your scholarships.

Congrats also go out to Caezilia Loibl and Tasha Snyder, who received a \$249,622 grant through the University of Kentucky Center for Poverty Research Program on Childhood Hunger, Food and Nutritional Service from the US Department of Agriculture.

LEADERSHIP MOMENTS: THE BLIND MEN AND THE ELEPHANT

From: Kets de Vries, M. F. R. (2011). *The hedgehog effect: the secrets of building high performance teams*. San Francisco: John Wiley & Sons.

People interested in building high performance teams would do well to remember the parable of the blind men and the elephant. Six blind men were asked to determine what an elephant looked like by feeling different parts of its body. The man who felt a leg said the elephant looked like a pillar; the man who felt the tail stated that the elephant was like a rope; the one who felt the trunk announced the elephant was like a branch of a tree; the one who felt the ear thought the elephant was like a fan; the one who rubbed the belly stated that the elephant was like a wall; and the man who felt the tusk maintained that the elephant was like a solid pipe.

Of course, each of them was right, but none of them was completely right - and none of them was completely wrong. The tale illustrates the inadequacy of traditional human reasoning. It points out that people will understand only a tiny portion of reality and then extrapolate from it, each claiming that their interpretation is the correct version.

As humans we have a tendency to define our own realities. But it is all too easy to fall into the trap of believing we know the truth, when all we can ever hope to grasp at an intellectual level is merely an aspect of it. If we approach life solely on a conscious level, we inherently restrict our opportunities for understanding ourselves. However, blind seekers can transcend their own partial knowledge, and like the six blind men comprehend the totality of the elephant - the mysterious whole - by pooling their individual knowledge of each part and working toward a better understanding of the whole (p. 152-153).

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

DATES TO REMEMBER

- November 27-29 2012 Ohio Housing Conference
- December 4 Association Meetings, NWOFB 4-H Center
- December 5 OSU Extension Annual Conference – Ohio Union
- December 18 P&T Training Session – 4-H Center
- January 16, 2013 P&T Training Session – 4-H Center

UPCOMING NATIONAL CONFERENCES

- Feb. 20-22 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priester Health Conference, Corvallis, OR
- May 6-9 National Urban Extension Conference, Overland Park, KS
- June 4-5 Pathways to Financial Security, Madison, WI
- Sept. 15-19 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

- 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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