

## Family and Consumer Sciences e-Connection – October/November 2013

Dear Colleagues:

There is still time to register for the November 6 and 7 Community Nutrition/All Family and Consumer Sciences conference. This is an important time for all of us to come together and discuss common issues that cut across the entire Family and Consumer Sciences program. This year's conference will focus on Creating Healthy Communities. Whether you are involved with Healthy People, Healthy Finances or Healthy Relationships work, we are focused on creating learning and environments that create healthy communities.

This discussion will also compliment the unveiling of the Family and Consumer Sciences Marketing Plan. We have spent the last year outlining a plan for advancing the understanding and communication about the impact of our work. Please plan to take these concepts back to your day to day job to help us move our work forward.

As you review this issue of the newsletter, please review the personnel changes. You will find the contact information for our newest state specialists. Also, you will see the contact info for our new program specialists, Carmen Irving (who replaced Kara Newby) and Bridgette Irving (who replaced Julie Kennel). Welcome to Extension!

*“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](mailto:bruns.1@osu.edu)  
(614) 292-9613

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## KUDOS

Congrats go out to Cindy Shuster, Pat Brinkman, Lisa Barlage, Michelle Treber, Dana Brown, and Linnette Goard. Together they authored "[Using Technology to Encourage Healthy Lifestyles](#)," which was accepted into the inaugural issue of the [Journal of Human Sciences and Extension](#). Kudos to them on a job well done!

On September 18, 2013, 4-H National Headquarters, NIFA, USDA announced nine new Children, Youth, and Families at Risk (CYFAR) Sustainable Community Project awardees. The project 4-H Grilling and Beyond: Cultivating Healthy Fathers, Kids, and Communities, led by Dr. **James Bates**, **Carol Smathers**, and **Mark Light** was among those listed as new grantees. Their project is a 5-year, \$564,000 award that brings together fatherhood education, 4-H youth development, and nutrition education into the realm of food grilling. It is a collaborative effort between Field Specialists, Stark and Portage County OSU Extension offices (and EFNEP), and Fame Fathers, an Akron-based fatherhood outreach organization. The purpose of the project is to strengthen family relationships between fathers and their teens. In the process of attending program events, fathers will learn ways of connecting with their teens, teens will learn about the philosophy and principles of 4-H, and both will learn how to grill healthy and inexpensive meals. Technology and community change are major components of the project. Year 1 is a planning year and will be followed by 4 years of implementation and evaluation of program effectiveness and behavioral outcomes.

Mark Failla and State Specialist **Carolyn Gunther** were featured in Issue 23 of *International Innovation*, published by the [Research Media Ltd](#), Europe's leading portal for scientific dissemination. They were recognized for their study "Training Competitive Nutrition Scientists from Underrepresented Backgrounds in 21st Century Skills to Stem the Tide of Childhood Obesity," which aims to reduce childhood obesity, particularly for minorities.

Kudos also to **Caezilia Loibl**, who was named the 2013 Marie Curie Fellow by the European Commission. She will spend the next two years at Leeds University in the United Kingdom conducting research on "Designing Evidence-Based Communication for Elderly Consumers in Financial Distress." The project will promote debt management in older age.

Congrats on those who were selected to present at the Galaxy Conference!

- **Treva Williams** with Rose Fisher Merkowicz-Tactical Approach To Building A Great Rapport With Elected Official And Stakeholders
- **Kirk Bloir**-Choosing To Lead
- **Pat Brinkman, Lisa Barlage, Michelle Treber, Cindy Shuster**-Taking Programs 'Across the Bridge' Into The 21<sup>st</sup> Century With Technology And Social Media
- **Dan Remley, Susan Zies, Cheryl Barber-Spires, Barb Hennard, Shari Gallup**-Going Beyond The Kitchen With Dining With Diabetes: Following Up A Face-To-Face Program With On-line Classes To Support Behavior Change
- **Cindy Shuster, Pat Brinkman**-How To Successfully Write An NEAFCS Presentation Proposal
- **Jamie Seger**-"Back to the Kitchen": Impact Of An Extension Social Media Campaign
- **Kathy Micheli**-Extension's Expanding Role In Communities-Building Competencies In Faith-Based Volunteers To Understand And Work With People In Poverty
- **Cindy Shuster**- Bridging The Gap With Extension Volunteers: Utilizing Master Clothing Educators And State Fashion Board Members
- **Dan Remley**-School Gardens & Community Collaboration For Healthier Youth
- **Cindy Shuster**- Custodial Disputes: Bridging The Gap, It's Not A Fight, It's A Family
- **Marilyn Rabe, Susan Colbert, Mike Hogan, Julie Fox**- A Community Designed Healthy Food System
- **Amy Habig, Kathy Bruynis**- Teaching Youth with hands-on Nutrition Skillathon Kits

## PERSONNEL UPDATES

State specialist **Mike Betz** started on 9/1 and is located in 171 Campbell Hall. He can be reached at [betz.40@osu.edu](mailto:betz.40@osu.edu). State specialist **Irene Hatsu** also started on 9/1 and she is located in 341 Campbell Hall. She can be reached at [hatsu.1@osu.edu](mailto:hatsu.1@osu.edu).

We would also like to welcome Healthy People Program Specialist **Bridgette Kidd** [kidd.149@osu.edu](mailto:kidd.149@osu.edu) who started on 10/1 and is located in 315A as well as Healthy Relationships Program Specialist **Carmen Irving** [irving.31@osu.edu](mailto:irving.31@osu.edu), located in 151G.

## REGISTRATION FOR THE COMMUNITY NUTRITION/ALL FCS CONFERENCE

Registration is now open for the Community Nutrition/All FCS conference that will be held **November 6-7** at the Ohio Union. Alaina Niebauer sent out the registration forms via email on 10/11 or you can also access from the FCS website under the For FCS Extension Professionals section under Resources. The last day to register is this coming **Friday, October 25** so don't forget to return your signed forms to Alaina at [niebauer.6@osu.edu](mailto:niebauer.6@osu.edu).

## EFNEP AND SNAP-ED YEARLY MEETINGS

On behalf of the community nutrition team and as part of the greater FCS program we would like to invite FCS educators to join us at any of yearly meetings in the counties or the regions.

If you are in a county that has an EFNEP/SNAP-Ed program we would like to have you attend one of our meetings to learn more about the nutrition education programs and the outcomes we report as part of our evaluation process. The regional SNAP-Ed meetings are, of course, opportunities for multiple FCS educators to attend.

EFNEP	SNAP-Ed
November 13 Franklin County	March 17 West Region
November 19 Hamilton County	March 20 North East Region
November 20 Pilot (location in Columbus)	March 24 South Central Region
December 2 Lucas County	
December 10 Summit, Portage, Mahoning, Stark, Trumbull, Columbiana	
December 17 Cuyahoga	

## SAVE THE DATE: NORTH CENTRAL LEADERSHIP CONFERENCE

The planning committee is seeking proposals for the conference, which is set for **April 28-30** in Omaha, Nebraska. To submit a proposal for the Next Generation Leadership-Pathways towards our Future with you, visit the [registration link](#) and click on the Call for Proposals tab. The deadline to register is **November 15, 2013**, so don't delay.

## OCTOBER IS NATIONAL FARM TO SCHOOL MONTH

To help celebrate and spread the word, The National Farm to School Network has many [resources](#) available. Check out the donation page, communications toolkit, theme of the day, fact sheets, PowerPoint template, sample menu, contest, and more at <http://www.farmtoschoolmonth.org/>. Also be sure to use #F2SMonth when talking about Farm to School Month on social media.

## OSUE COUNTY HIGHLIGHTS

As you collect information for your 2013 county highlights, write from the strength and impact of Family and Consumer Sciences: Better lives. Stronger communities. The work we do in Family & Consumer Sciences is critical to our communities and integral to our Extension presence as a whole. We work in all four impact areas as we equip individuals and families with real skills to live healthfully in all areas of their lives. We give people the knowledge, skills and tools needed to make healthy, informed choices, which mean healthier lives, better finances and more positive relationships at home, at work and in the community.

## **FDIC SUBSCRIPTIONS WEEKLY DIGEST BULLETIN**

The newest *FDIC Consumer News* is particularly helpful if you are doing any programming with seniors, as it features *Financial Tips for Seniors*. Articles include

- 15 Quick Tips for Protecting Your Finances
- How Older Adults Can Steer Clear of Scam Artists
- Borrowing From Your Home in Retirement? Carefully Research the Benefits and Risks
- Tips for Seniors Wanting to Help Relatives
- Key Facts About Your FDIC Insurance

Following *Financial Tips for Seniors*, you will find articles about many consumer issues, such as

- Don't Get Taken by Wire Transfer Scams
- New Protections for Consumers Sending Money Abroad
- The Comeback of the Adjustable-Rate Mortgage
- Health Savings Accounts: One Way Some Consumers Can Prepare for Medical Bills
- Struggling With a Student Loan? Ask Your Lender for Help

Use FDIC information in your programming, messaging, and press pieces. To read the full articles or to subscribe to receive this newsletter yourself, click [here](#).

## **OHIO NUTRITION COUNCIL SAVE THE DATES!**

To read about membership criteria and to become member of the Ohio Nutrition Council, visit their home page at [www.ohionutritioncouncil.org](http://www.ohionutritioncouncil.org). For those who are interested, please see the meeting dates and locations below.

- Friday, November 8, 2013: Clinical Focus-Miami University, Oxford, OH
- Wednesday, April 2, 2014: Nutrition Focus ONC Biennial Conference-Wendy's International Inc., Dublin, OH
- Friday, May 23, 2014: Food Systems Focus-OSU Wexner Medical Center, Columbus, OH

## **CALL FOR EVENTS: YP4H HEALTH & WELLNESS EVENTS CALENDAR**

A number of educators submit Extension programs into the Your Plan for Health Events and Challenges. You too may want to consider posting events, especially if you are located in proximity to a regional campus, or are providing web-based programming through your team. To submit programs open to Ohio State faculty and staff, visit the YP4H site at <http://yp4h.osu.edu/events-and-challenges/submit-event>. Complete guidelines are also listed here on the submission form. Once your program is approved, it will show up on the list of events [here](#).

## **NEA FUNDING ANNOUNCEMENT FOR SMALL TOWN ARTS PROJECTS**

Guidelines and application materials are now available for [Our Town](#), the primary creative placemaking grants program for the National Endowment for the Arts. Our Town will invest in creative and innovative project in which communities, together with arts and/or design organizations and artists, seek to:

- Improve their quality of life;
- Encourage greater creative activity;
- Foster stronger community identity and a sense of place; and
- Revitalize economic development.

Pending availability of funding, grants will range from \$25,000 to \$200,000. A webinar to learn more about this funding opportunity will be held on **November 4, 2013** at 2pm ET and the application deadline is **January 13, 2014** at 11:59 pm ET. To complete the application, visit the [Apply for a Grant section](#) on arts.gov. For questions, contact [OT@arts.gov](mailto:OT@arts.gov).

## **MESSAGE FROM OJJDP ADMINISTRATOR ON AVAILABILITY OF IOM CSEC/TRAFFICKING REPORT AND VIDEO**

The Institute of Medicine and the National Research Council's Committee on Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States just recently released "Confronting Commercial Sexual Exploitation and Sex Trafficking in the United States." The release included a presentation of key findings, conclusions, and recommendations of the report and a question and answer discussion with committee members.

For more information, please visit the [Office of Juvenile Justice and Delinquency Prevention site](#), [view the full report](#), or watch the [video](#).

## **USDA ON YOUTUBE UPDATE**

There are two new videos out sharing results of the U.S. Department of Agriculture's healthier school meal standards and how schools are adopting the changes. See [USDA Healthy School Meals Standards Are Proving Popular](#) and [Healthier School Meals](#).

*(Source: US Department of Agriculture)*

## **PROTECTING AGAINST FRAUD IN THE MARKETPLACE**

The Obama Administration announced a coordinated effort to protect consumers by preventing and detecting potential fraud in the Health Insurance Marketplace.

Below are links to fact sheets and other resources to share with your staff, partners and stakeholders to help safeguard against fraud in the Marketplace:

- [Protect Yourself from Fraud in the Health Insurance Marketplace](#)
- [Tips for Assistants to Help Consumers Navigate the Marketplace](#)
- [Securing the Health Insurance Marketplace](#)
- [The AP story](#)
- [The press release](#)

## **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/>.

- Professional development for Extension agents: Nutrition Essentials and Family Nutrition modules are available on-line-11/8/13
- Working with and Communicating Across Generations-11/19/13
- Friday Online-Evaluation and Accountability-12/13/13

## **HEALTHY SCHOOL MEALS IN THEIR OWN WORDS**

Schools across the country are telling us that they are [successfully serving healthy, delicious breakfasts and lunches to students](#). But how do the students and staff feel about the changes? Students and staff at Bondurant-Farrar School District outside of Des Moines, Iowa were interviewed to get their take on the new meals. To see their responses and watch the video, visit <http://www.youtube.com/watch?v=kGmFcPu3Vuw>.

*(Source: US Department of Agriculture)*

## **LEADERSHIP MOMENTS: EXTRAORDINARY AUTHENTICITY**

People know and follow the real deal when they see it, those who walk through life on their own terms, who stay true to their beliefs, and who don't back down. We can all name people like this, and there's often a pretty broad consensus that such diverse figures as Nelson Mandela, Mahatma Gandhi, Oprah Winfrey, Muhammad Ali, and Winston Churchill are (or were) all real deals, which goes to show that authenticity can be demonstrated in many different styles.

I call this having "extraordinary authenticity," which means having the ability to be yourself even in the toughest situations. This requires living with a paradox: To inspire as a leader, you need to know your stuff, but you also

need to be able to admit when you don't know stuff. You need to be both confident and vulnerable at the same time (p. 31).

*Taking People with You* 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**

- November 6-7           Community Nutrition/FCS Extension Conference
- November 14           CFAES Social Media Workshop
- December 4            Extension Annual Conference

## **UPCOMING NATIONAL CONFERENCES**

- Nov. 6-9                National Council on Family Relations Annual Conference, San Antonio, TX
- April 28-30            North Central Leadership Conference, Omaha, NE

## **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://livehealthysu.com/>

**Other**

- CYFERnet (Children, Youth, Family Educational Resource Network) - <http://www.cyfernet.org/>
- MyMoney.gov - [www.mymoney.gov](http://www.mymoney.gov)
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>



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