

Cooperative Extension Celebrating 100 Years of Excellence

OCTOBER 21, 2015

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Associate Dean **Roger Rennekamp**, Outreach and Engagement at Oregon State University, was selected as associate dean and director for OSU Extension. He begins his new role at Ohio State on January 4, and will oversee approximately 700 employees and a \$71 million budget. Roger earned his B.S. from the University of Kentucky, an M.S. from Morehead State University, and his Ph.D. from Ohio State. [Read more at...](#)

**FCS All Programs Conference**

Photos and videos from the 2015 FCS All Programs Conference, *Putting the Puzzle Together: Solidifying Our Purpose & Value for the Future*, are available on the [conference website](#).

Successful Co-Parenting

The FCS Successful Co-Parenting (SCP) curriculum recently achieved Signature Program status. The Signature Program status designation allows SCP to expand its reach of the program as well as create supplemental content. A steering team meeting has been planned for November 9 from 10:30 a.m. to noon at the Union County Extension

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CONTACT US

eCONNECTION accepts news and events relevant to FCS. Publication dates are the second Wednesday of each month. The news submission deadline is the Monday before publication date. [Submit Info](#)

TIP OF THE DAY

Tips for International Travel
Traveling abroad for a conference or visit? Prepared yourself in advance because data access, loss and theft of university-owned and personal devices, is not uncommon. Educause Review provides [guidelines for global travelers](#) and things to consider before you go

office (with a conference call option), 18000 State Route 4, Marysville. If interested, contact **Carmen Irving** (Union County) at irving.31@osu.edu

GoFundMe Campaign Launched for Darling Mensing

A GoFundMe account has been created for SNAP-Ed Program Assistant **Darling Mensing** (Ottawa County) to help raise \$5,000 for travel and medical expenses. Dar was recently diagnosed with inoperable pancreatic cancer. If you feel led to make a contribution, please visit <https://de.gofund.me/e35nyvs4>

Participate in SNAP-Ed Survey

The national SNAP-Ed Program Development Team requests your assistance in documenting the impact of land-grant universities with Supplemental Nutrition Assistance Program (SNAP) educational programs. Expect to receive the survey in late October with a due date of December 15. Previous reports extension.org/pages/73228/national-snap-ed-program-impact-reports describe this portion of Cooperative Extension's nutrition education programming and provide information for decision-makers and other stakeholders.

Grandfathers Needed

Field Specialist **Jim Bates** is seeking grandfathers to participate in his [grandfathers](#) research project. The offering, *Grillin' with My Grandchild*, is a three-session educational series for Delaware County grandfathers and grandchildren. The class is free and it allows grandfather and grandchild to grill a meal together and create an electronic memory book. The class is from 5-7 p.m. on October 21-23. Registration is required at go.osu.edu/grilling. For details, contact Jim at bates.402@osu.edu.



Karen Bruns Receives Ruby Award

Congratulations to OSU CARES Leader **Karen Bruns**, retired FCS assistant director, who received the Distinguished Service Ruby Award from Epsilon Sigma Phi,

Extension's national professional organization. The Ruby Award is the most prestigious award offered by ESP. Karen accepted the award during the organization's annual meeting. Read more: go.osu.edu/BrunsESPAward.

First Friday Coffee Breaks

Each month, join Education Technology for First Friday Coffee Break to discuss technology-related questions. Chat with **Jamie Seger** and **Danae Wolfe** by [Carmen Connect](#) the first Friday of the month between 10 - 11 a.m. to ask your ed tech questions, get real-time feedback, or network with fellow tech-minded Extension colleagues. Visit the [OSU Extension Ed Tech blog](#) for more info.

Open Enrollment Deadline October 30

Open Enrollment is your annual opportunity to review Ohio State sponsored health plans, flexible spending accounts and dependent life insurance. Everything you need to know for your 2016 benefits year is at hr.osu.edu.

My 2016 Calendar

Download and print your own **My 2016 Calendar**. The handy one page calendar highlights important Ohio State academic dates, university holidays and other *US* holidays and observances. Code is also available to stay up-to-date on the go ([XML](#), [ICAL](#) or [HTML](#)) for your smartphone or online calendar. A PDF of the printed calendar is available at fcs.osu.edu.

FCS Healthy Team News

Healthy Finances Updates

- OSU Your Plan for Health (YP4H) is now working collaboratively with FCS to create educational webinars focused on nutritional, financial, emotional, and physical health and wellness! These webinars will include content focused on each of the FCS Healthy specialties, and are a great way for educators to create content for the YP4H audience. For more information or to sign up to participate, contact

Healthy People Update

- The upcoming ServSafe instructor meeting will be held January 25 from 10:30 a.m. to 3 p.m. at the Nationwide and Ohio Farm Bureau 4-H Center's Board Room. The meeting will cover ServSafe protocols and the creation of a Food Safety Team. If you are interested in becoming a ServSafe Instructor or joining a Food Safety Team and would like to take part in the meeting, contact **Shawna Hite** (hite.143@osu.edu).
- The OSU YP4H now works in collaboration with all three Healthies to create webinars focused on physical, nutritional, financial, and emotional wellness. Extension educators with a Healthy People specialty can present their everyday health classes to new Ohio State audiences online! If you are interested in creating a 2016 Healthy People webinar, contact **Shawna Hite** (hite.143@osu.edu).
- Don't forget to complete and return your 2015 program surveys/evaluations for Food Preservation and Dining with Diabetes classes to **Terri Fisher** (fisher.456@osu.edu), FCS administration. This data helps guide the future of these Healthy People programs, and Terri and **Brian Butler** are working to make this data collection as easy as possible.



Health Relationships

- Successful Co-Parenting has recently been awarded Signature Program status. The recently created steering committee will convene November 9. Please watch for important announcements regarding the program. For more information, contact **Carmen Irving** (irving.31@osu.edu).
- The *Journey Through Aging* radio show features interviews of **Kathy Green** (Clark County) and **Carmen Irving** (Union County). Please tune into AM stations WFRD 880, WHKW1220, and WHKZ1440 on Saturday mornings to hear the interviews. A

scheduled of interview topics can be found at journeythroughaging.org/page/2

- Extension Educator **Marie Economos** (Trumbull County) is organizing an information meeting for those interested in training for Ohio Early Care and Education Professional (Child Care Providers and Early Childhood Teachers). The first meeting is November 18, 10 a.m. to 3 p.m., in Columbus (location TBD). If interested, email economos.2@osu.edu
- The next Healthy Relationships team meeting is November 24 in Columbus.



In the News

Jim Bates, field specialist for family wellness, was quoted in [CFAES Chow Line](#): *Things for Divorcing Parents to Keep in Mind* (October 1, 2015)

Carolyn Gunther, state specialist for community nutrition education, was quoted in [CFAES Chow Line](#): *Try Adjustments to Favorite Comfort Foods* (October 2, 2015); *Chow Line: School Lunch May Be Healthier than Packed* (August 28, 2015); *Chow Line: As Mercury Rises, Beat the Heat with Water* (July 24, 2015)

Irene Hatsu, state specialist for food security, was quoted in [CFAES Chow Line](#): *Eat Better Without Breaking the Bank* (September 25, 2015); *Chow Line: Plan Ahead to Save at Grocery Store* (August 21, 2015); *Chow Line: Time is Ripe to Eat More Fruits, veggies* (July 17, 2015)



Sanja Ilic, state specialist for food safety, was quoted in [CFAES Chow Line](#): *Be Sure Fridge is Cold Enough* (September 18, 2015); *Chow Line: Why Older People Face More Risk* (August 14, 2015); *Chow Line: If You're at Risk, be Aware of Listeria* (July 10, 2015)



Dan Remley, field specialist for food, nutrition and wellness, was quoted in [CFAES Chow Line](#): *An Apple a Day OK, But Enjoy Other Fruit as Well* (October 9, 2015); *Chow Line: Type 1 Diabetes Requires Lifelong Action* (September 11, 2015); *Chow Line: Making the 'See Food' Diet Work for You* (August 7, 2015); *Chow Line: Spark Interest in Fruit, Veggies on the Fourth* (July 2, 2015)

Carol Smathers, field specialist for youth nutrition and wellness, was quoted in [CFAES Chow Line](#): *Encourage Your Child to Eat a Healthy Breakfast* (September 4, 2015); *Chow Line: Decisions at the Fair: Indulge, or be Healthy?* (July 31, 2015).

Personnel

New hires. **Trischa Bell**, SNAP-Ed program assistant, Ashland County; **Lindsay Blum**, SNAP-Ed program assistant, Franklin County; **Kelly Burdett**, SNAP-Ed program assistant, Cuyahoga County; **Laura Kington**, FCS program assistant, state office; **Caitlin Mathews**, SNAP-Ed program assistant, Tuscarawas County; **Jason McCartan**, program assistant, state office; **Erin Polston**, SNAP-Ed program assistant, Greene County.

Presentations

Carol Smathers and **Theresa Ferrari** (Extension specialist, 4-H) will present (session) “Empowered by Teens: Youth Advocacy for Healthy Living” at the 2015 NAE4-HA National Conference, October 24-28, Portland, OR. [Read more ...](#)

Licking County Extension Educator **Shari Gallup**, and Registered Dietitian Annmarie Thacker are presenting Dining with Diabetes on October 15, 22 and 29 at Licking Memorial Hospital. The three-part cooking workshop for individuals with diabetes and their families, teaches healthy alternatives for food preparation. For details regarding the Dining with Diabetes classes in your county, visit fcs.osu.edu/nutrition/dining-diabetes



Extension Educator **Donna Green** (Erie County) presented

Microbiome: the Magic and Mystery of Your Gut Bugs during the October 2 Training Institute for *Achievement Center for Children* staff in Strongsville. She also presented it for Northeast District OAFCS members at their regional meeting on September 30 in Westlake.

Video Spotlight

Retired Field Special **Linnette Goard** (Medina County) explains Preserving Food Using a Pressure Canner. View this [video](#) and other OSU Extension videos at [youtube.com](#).

Upcoming Events

New OSUE Employee Welcome Festival

October 22, Nationwide and Ohio Farm Bureau 4-H Center

All Extension Annual Conference

December 8-9, Ohio Union



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