

Family and Consumer Sciences e-Connection – September/October 2014

Dear Colleagues:

Recently I read an article on the importance of family and consumer sciences. This article was a little different than the many other articles we have all seen this past year. The articles that advocate for life skills education that we teach through family and consumer sciences and the important role that we play in preventing childhood obesity, personal finance disasters and parenting challenges.

This article focused on the core guiding principle of family and consumer sciences – that it is SCIENCE! It discussed the leadership of Ellen Swallow Richards in founding home economics. She was a leading chemist of the 19th century and a pioneer of sanitary engineering. She believed in the power of science and led the way in using science to improve the conditions for many American families and the work of homemakers.

Science is the foundation for everything we do in Family and Consumer Sciences. Through our understanding of the science behind human nutrition, chemistry, human development, psychology, consumer behavior, economics and personal finance we can better understand the issues impacting families and help them develop the skills to strengthen their lives.

I challenge you to search for journal articles in other disciplines as you are preparing new curriculum. To review the latest journals and abstracts in nutrition, human development and consumer sciences on a regular basis. It is through our use and understanding of science that we can help Ohio families build better lives.

“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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FCS ALL PROGRAMS CONFERENCE

Teamwork. Success. Collaboration. Celebration. Vision. Learning. Sharing. Can you guess what these words describe? You guessed it – these words describe the focus of the **2014 FCS Programs Conference** that will be held on **November 18 & 19** in the **Ohio Union!** The theme this year is: **“Family & Consumer Sciences – One Team, One Goal: #LiveSmartOhio.”**

Thus far for the conference, you may have submitted a proposal for the poster session about collaborations, shared photos of your work using **#LiveSmartOhio**, or been bold enough to sign-up to lead a physical activity break! Did you know we have much more planned for the conference?

- Our keynote speaker, Karen Vadino, will discuss the ever important topics of teamwork and stress (and provide some humor and fun as well).
- Concurrent sessions will include speakers for each of the three Healthy areas, so you can learn more about topics in Healthy Relationships, Healthy Finances, Healthy People, or all three!
- FCS Extension staff and teams will share how our FCS Team is addressing a variety of issues throughout our lovely heart-shaped state.
- There will be opportunities to network and catch-up with your colleagues who are also working to create better lives and stronger communities in Ohio.
- And, to top all that off, we will have celebratory cake in honor of 100 years of Extension.

Check out our webpage on the FCS Professionals website for more information (<http://fcs.osu.edu> --> For FCS Extension Professionals --> FCS 2014 Conference). Additional details are forthcoming. See you soon at the Ohio Union!

FAMILY AND CONSUMER SCIENCES AWARDS

The Family and Consumer Sciences awards are coming soon. This is an excellent opportunity for recognition and professional development. All applications are due October 31st.

- Marilyn R. Spiegel Excellence in Family and Consumer Sciences Extension Award – This \$1,000 cash award recognizes an FCS Extension professional for significant programmatic strengths, major contributions, and innovative approaches achieved over the course of their Extension career. Nominations must be made by an OSU Extension peer or team. [See Spiegelaward-2014 attachmentC:\Users\mpayne-lavigne\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\7DWC5DN9\Spiegelaward-2014.doc](#)
- Healthy People, Healthy Finances and Healthy Relationships Professional Development Awards – These \$500 cash awards in each Healthy, are available to help support the professional development and/or program development pursuits of OSU Extension professionals and/or recognize FCS professional's work in these areas. The Healthy People award is named in memory of Mary E. King, FCS Educator, Crawford County who specialized in community nutrition education. [See HealthiesAwards attachment.](#)
- These awards are available as a result of generous donations to the Family and Consumer Sciences Extension Development Fund (#603274).

NATIONAL HEALTH OUTREACH CONFERENCE – 2015

Would you like to submit a proposal or serve as a proposal reviewer for the National Health Outreach Conference? The conference is scheduled for May 6-8, 2015 in Atlanta, GA. Contact deb.jones@alaska.edu if you are interested in serving as a proposal reviewer which will occur Nov-Dec. Proposals can be submitted Oct. 1-Nov. 1 by going to <http://www.nationalhealthoutreach.org/>.

Conference sub-theme areas:

- integrated nutrition, health environment and agricultural systems
- health literacy
- health insurance literacy
- chronic disease prevention and management
- positive youth development for health
- health policy issues education

For more information on NHOC check out <https://www.facebook.com/NationalHealthOutreachConference>

HEALTHY EATING AT MEETINGS CURRICULUM

An important role of OSU Extension is to promote healthy lifestyles, including healthy food choices and regular physical activity. As you organize meetings and other events in the workplace, it is important to model our commitment to healthy lifestyles by providing healthy food and beverage options. How can boxed lunches be made healthier? What type of pizza can be ordered? Are there healthy options for dessert? The newly revised *Healthy Eating at Meetings* materials can help you answer these questions and more! The new curriculum includes the *Healthy Eating at Meetings* guidelines, a PowerPoint presentation, informational table tents, and a commitment form. All can be found on the OSUE Human Resources website here:

<http://extensionhr.osu.edu/resources/meetings/meeting.htm>

FCS FOLDERS AND MARKETING TOOLS

Thank you for using the new marketing materials and for your great success stories!

1. **FOLDERS ARE AVAILABLE FOR PURCHASE!** The **order form is attached**, complete with chartfields. Folders may now be ordered for program participants or any use you would like. Orders will be filled in the order they are received.
2. **BOOKMARKS** are available online. The template is attached and they are available at <http://fcs.osu.edu/fcs-extension-professionals/resources>. Make sure to use the "Actual Size" setting when printing.
3. **A DIGITAL FOLDER** is available online of our paper folder at <http://fcs.osu.edu/fcs-extension-professionals/resources>. Possible uses include emailing it to partners/others who you will not be meeting in person, or sending it before new meetings as a preview of your potential programs.

JOURNAL OF EDUCATION AND HUMAN DEVELOPMENT

Journal of education and human development is looking for your papers to publish in its journal. The journal has manuscripts on education and human development throughout the world. To submit manuscripts/papers by e-mail include Journal of Education and Human Development in the cover letter or subject line and e-mail to editor@aripd.org.

OHIO INFANT MORTALITY SUMMIT

The 2nd Ohio Infant Mortality Summit will be December 3 and 4, 2014 at the Columbus Convention center. The conference and CME / CEU are free, you will have to pay for parking and lunch. This summit will be for all levels of clients and will have national speakers. Topics include: infant mortality information for the State, Statewide infant mortality reduction plan, statewide partnership between Cribs for Kids, and lots more. See <http://www.odh.ohio.gov/en/odhprograms/cfhs/octpim/summit/infantmortality.aspx> for more details.

BRANDING FOR LOGO WEAR AND CLOTHING

There is a great deal of creative flexibility built into branded Ohio State apparel, but there are some rules to be aware of as well. Follow these rules, and wear the brand proudly!

There are three categories in regards to clothing guidelines.

- **Employees** – When at official events or representing the university, make sure to wear clothing with the current logo.
- **Volunteers** – If volunteers are recruiting, raising money, or representing the university they need to make sure they are wearing the current logo on all apparel. If conducting programming that has a connection to the university, the branding will need to be reviewed by **Kim Brown** brown.3384@osu.edu or **Suzanne Steel** at steel.7@osu.edu.
- **Recipients of our programming** – 4-H campers and student clubs do not need to be branded.

For more information on branding and purchasing official Ohio State merchandise [see Brandingrulesformerchandise attachment](#).

KUDOS

Congratulations go out to all of the 2014 NEAFCS National and Regional Award Ohio Winners below!

Florence Hall Award

1st Place National Winner - **Kathy Michelich**, Ohio
1st Place Central Region Winner - **Kathy Michelich**, Ohio
2nd Place Central Region Winner - **Michelle Treber** and team, Ohio
Team - **Lisa Barlage, Pat Brinkman, Cindy Shuster, Linnette Goard, Carol Chandler, Marilyn Rabe, Cheryl Barber Spires, Beth Stefura** and **Susan Zies**.

Family Health and Wellness Award

1st Place National Winner - **Cynthia Shuster** and team, Ohio
Team - **Lisa Barlage, Pat Brinkman, Michelle Treber, Carol Chandler, Beth Stefura, Marilyn Rabe, Susan Zies, Cheryl Barber Spires**, and Meridan Peters.
1st Place Central Region Winner - **Cynthia Shuster** and team, Ohio (same)

Human Development/Family Relationships

2nd Place National Winner - **Cynthia R. Shuster**, Ohio
1st Place Central Region Winner - **Cynthia R. Shuster**, Ohio

Program Excellence Through Research Award

2nd Place National Winner - **Cynthia Shuster** and team, Ohio
1st Place Central Region Winner - **Cynthia Shuster** and team, Ohio
Team - **Lisa Barlage, Pat Brinkman, Michelle Treber, Carol Chandler, Beth Stefura, Marilyn Rabe, Susan Zies, Cheryl Barber Spires**, and Meridan Peters.
2nd Place Central Region Winner - **Dan Remley** and team, Ohio
Team - **Linnette Goard, Robin Ralston, and Chris Taylor**

Communications Awards: TV/Video

2nd Place Central Region Winner - **Linnette Goard** and team, Ohio
Team - **Melanie Forsythe, John Rice, Walter Warkus, Chris Discus, Mike Jeffers, Ken Chamberlain, and Mitch Moser**

Communications Award: Educational Curriculum Package

1st Place Central Region Winner - **Kathy Michelich** and team, Ohio
Team - **Stephen D. Brady, Barbara A. Brahm, Mary Beth Albright, Melanie S. Hart, Joy Sharp, and Treva Williams**

Communications Award: Written Press Releases

2nd Place Central Region Winner – **Donna Green**, Ohio

Communications Award: Educational Technology

1st Place Central Region Winner - **Christine Kendle** and team, Ohio
Team - **Shari Gallup, Kate Schumaker, and Amy Habig**.

Communication Award: Internet Education Technology

2nd Place National Winner – **Lisa Barlage** and team, Ohio
Team - **Patricia Brinkman, Michelle Treber, Linnette Goard, Daniel Remley, Beth Stefura, Cheryl Barber Spires, Susan Zies, Kathryn Green**, and Jennifer Driesbach.
2nd Place Central Region Winner – **Lisa Barlage** and team, Ohio (same)

Distinguished Service Award

Patricia H. Holmes, Ohio
Katharine Shumaker, Ohio

Continued Excellence Award

Patricia Brinkman, Ohio
Lisa Barlage, Ohio

Kudos to those below on being accepted to present at the NEAFCS Annual Meeting in Lexington, KY.

Linnette Goard, Kate Shumaker, and Pat Brinkman- *Pathway to Food Safety*

Cheryl Spires, Liz Smith, and Carol Chandler- *Improving SNAP-Ed Management in Extension*

Chris Kendle, Shari Gallup, Amy Habig, Kate Shumaker - *Take Charge of Your Diabetes During the Holidays*

Kudos to **Lisa Barlage, Cindy Shuster, Michelle Treber, and Pat Brinkman** on being accepted to present a concurrent session at the 2014 ESP National Conference in October. Their presentation "Utilizing Technology and Social Media, Extension Professionals Impact Health" will include research about their email programs, blog and Facebook site, as well as explain long-term wellness impacts from using the technology in a rural setting.

Ohio Concurrent sessions at NEAFCS Conference -

"Tough Work, Understanding and Serving People in Poverty While Caring for Yourself" - Kathy Michelich

"Generative Grandparents: Helping Middle-Age and Older Adults Reach their Developmental Potential" - James Bates and Kathy Oliver

"Multi-Level Dissemination of Results from a Community Based Nutrition and Physical Activity Survey of Diverse, Low-Income Parents of Pre-Schoolers" -Carol Smathers

"4-H Project Runway: Going Green" - Cindy Shuster and Katie Johnson of Purdue

"Improving SNAP-ED Management in Extension" - Cheryl Spires, Carol Chandler, Elizabeth Smith

"From Garden to Table: An Interdisciplinary Approach to Food Preservation and Food Safety" - Cindy Shuster and Katie Johnson from Purdue

"Pathways to Food Safety" - Linnette Goard, Patricia Brinkman, Katharine Shumaker

"Million Hearts: Improving Cardiovascular Health" - Patricia Brinkman, Michelle Treber, Lisa Barlage, Jamie Seger, Elizabeth Smith, and Kate Gawlik of the Nursing College.

"Mindful in Extension: A Guide to Practical Stress Reduction" - Terri Worthington, Marie Economos, Patrice Powers-Barker, Shannon Carter, Patricia Holmes, Melinda Hill, Chris Kendle, and Kathy Green

"Utilizing Technology to Increase Knowledge and Make Positive Behavior Change in Teens" - Michelle Treber, Patricia Brinkman, Lisa Barlage, and Cindy Shuster

"Take Charge of Your Diabetes During the Holidays" - Christine Kendle, Shari Gallup, Amy Habig, Katharine Shumaker

"NEAFCS - Professional Development Committee Seminar - Understanding the Proposal Submission and Selection Process" - Cindy Shuster, Margaret Jenkins, Patricia Brinkman, and Katie Johnson of Purdue

Posters -

"Smart Start - Teaching Preschoolers About Money" - Melinda Hill and Carol Chandler

"Dining With Diabetes: Beyond the Kitchen - Year One Preliminary Results" - Dan Remley, Barb Hennard, Cheryl Spires, and Susan Zies

"Super Youth: Food, Fitness and Fun 4-H Cloverbud Day Camp" - Cindy Shuster

"Successfully Co-parenting: What Fathers and Mothers Take Away from Co-Parenting Education" James Bates and Carmen Irving

"NEAFCS Family Health and Wellness Award Winner - Encouraging Healthy Lifestyles through Technology - Based Programming" - Cindy Shuster, Lisa Barlage, Pat Brinkman, Michelle Treber, Beth Stefura, Carol Chandler, Marilyn Rabe, Susan Zies, Cheryl Barber-Spires

Kudos to Assistant Professor, **Michael Betz**, Human Development and Family Science, who was awarded a \$10,000 grant by the North Central Regional Center for Rural Development to investigate the relationship between population influxes associated with shale energy development and retail food access for existing residents.

Kudos to **Candace Heer**, **Carmen Irving** and **Joanna Rini** on receiving Ohio JCEP First Timer Scholarships.

Kudos to **Carol Smathers** for securing a grant to support the USDA Farm to School Conference.

Kudos to **Irene Hatsu** on the publication of [Nutrition education intervention for low income HIV infected adults and Association of Supplemental Nutrition Assistant Program \(SNAP\) with Health Related Quality of Life and Disease State of HIV Infected Patients](#)

PERSONNEL UPDATES

We welcome

- Ottawa and Sandusky County FCS Educator **Katie LaPlant** (we had listed the incorrect counties in the last newsletter).
- **Marcy Payne-Lavigne** as the Office Administrative Associate in the OSU Extension Family and Consumer Sciences Administrative Offices.

We wish **Monadine Matthey**, FCS Educator in Pike and Scioto Counties, well as she retired from OSU Extension September 30.

We are currently in the process of filling an FCS Educator position in Cuyahoga County and will soon be posting the Pike County FCS Educator position. Please encourage strong candidates to consider a career with OSU Extension.

LEADERSHIP MOMENTS: FIVE CHARACTERISTICS OF EXCEPTIONAL COACHES

From: Jensen, P. (2012). *The winning factor*. New York: AMACom.

1. Self-awareness
2. Ability to trust
3. Ability to use imagery
4. Ability to identify blocks when they occur
5. Recognize the important of adversity

The Winning Factor is available from the OSU Leadership Center. Visit our website, <http://leadershipcenter.osu.edu>, to borrow this resource or any other resource.

DATES TO REMEMBER

- October 21 Welcome Festival
- October 29 Live Healthy Live Well In-service
- November 18-19 FCS All Programs Conference
- December 3 - 4 Ohio Infant Mortality Summit
- December 9-11 OSU Extension Annual Conference and Research Colloquium

UPCOMING NATIONAL CONFERENCES

- November 20 The New Dietary Guidelines for Americans Summit, Columbus, OH
- December 4-5 Consumer Food Safety Education Conference, Arlington, VA
- May 6-8, 2015 National Health Outreach Conference, Atlanta, GA

HELPFUL LINKS

- Extension Family and Consumer Sciences - <http://fcs.osu.edu/>
- OSUE FCS Facebook Page - <https://www.facebook.com/osuefcs>
- Community Nutrition Programs (EFNEP & SNAP-Ed) - <http://fnp.osu.edu/> and <http://efnep.osu.edu>
- Occasional Quantity Cook - <http://www.ag.ohio-state.edu/~ogc/>
- 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://orpp.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/>



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Healthy People, Healthy Finances, and Healthy Relationships Professional Development Awards OSU Extension Family and Consumer Sciences

Background

The Healthy People, Healthy Finances, and Healthy Relationships Professional Development Awards are annual, cash awards of up to \$500 each. These three (3) awards are available to help support the professional development and/or program development pursuits of OSU Extension FCS professionals and/or recognize FCS professional's work in these areas. Funding is provided from the interest income generated by the Family and Consumer Sciences Extension Development Fund (# 603274). The Healthy People award is named in memory of Mary E. King, FCS Educator, Crawford County who specialized in community nutrition education.

Eligibility

All FCS Extension professionals are eligible to apply regardless of length of service or position; however the proposed professional development activity must be in alignment with the focus and content of the 'healthy' area in which the application is submitted. Applicants who received support the previous fiscal year are not eligible to apply during the current fiscal year.

Application Process

Applicants must indicate how they will use this financial support for professional development and/or program development seed dollars and include estimated budget details. Applicants must be specific in their budget request to receive full consideration. An anonymous committee appointed by the FCS Assistant Director reviews the applications and makes the award selection.

Briefly address each of the following items in two (2) typed pages or less (12 point standard font, 1" margins):

1. Describe your proposed professional development activity. Explain how your request is in alignment with the focus and content of the 'healthy' area in which your application is being submitted (People, Finances, Relationships).
2. How will it help you achieve your future goals?
3. How will you incorporate the subject matter learned from the activity into your future programming efforts?
4. How will you share what you learn with others?
5. What other professional development support have you received in the past 2 years, if any?

Be sure to include your name, title, work location, and number of years as an OSU Extension professional. You also must include a statement of support from your immediate supervisor (can be an email).

Application Deadline

E-mail your award application to the following person **by 5:00 pm on Friday, October 31, 2014.**

Healthy People related application to Carmen Irving (irving.31@osu.edu)

Healthy Finance related application to Bridgette Kidd (kidd.149@osu.edu)

Healthy Relationships related application to Betsy DeMatteo (dematteo.15@osu.edu)

Marilyn R. Spiegel Excellence in Family and Consumer Sciences Extension Award

Background

This \$1,000 cash award recognizes a FCS Extension professional for significant programmatic strengths, major contributions, and innovative approaches achieved over the course of their Extension career. It is named in honor of former FCS Assistant Director, Marilyn R. Spiegel, and is presented yearly at the OSU Extension Annual Conference or Recognition Program. Funding is provided from the interest income generated by the FCS Extension Development Fund.

Eligibility

All FCS Extension professionals are eligible to be nominated for this award regardless of length of service or position, including the year they retire. Individuals may receive the award once during their OSU Extension career. Past Recipients: Doris Herringshaw [97], Joyce McDowell [98], Alma Saddam [99], Rose Fisher Merkwitz [00]; Ella Mae Bard [01]; Kathy Oliver [02], Beth Gaydos [03], Treva Williams [04], Chris Olinsky [05], Cindy Shuster [06], Lois Clark [07], Cindy Oliveri [08]; Deborah Angell [09]; Nancy Recker [10]; Linnette Goard [11]; Monadine Matthey [12]; Melinda Hill [13].

Nomination Process

Nominations for this award must be made by an OSU Extension peer or team; individuals may not nominate themselves. An anonymous committee appointed by the FCS Assistant Director reviews the nominations and makes the award selection. Nominations are evaluated for considerable evidence of dynamic, effective and relevant educational programming and overall FCS Extension accomplishments.

Succinctly address each of the following items in three (3) typed pages or less:

1. Describe the nominee's overall Extension responsibilities. Be sure to include their name, title, work location, and number of years as an OSU Extension FCS professional.
2. Provide specific examples that illustrate excellence in significant programmatic strengths, major contributions, and innovative approaches achieved over the course of their FCS Extension career. Consider the following criteria as you make the nomination:
 - a. long-term programmatic strengths are documented
 - b. accomplishments have value beyond assigned work location
 - c. teamwork and collaboration have been integral to program planning and implementation
 - d. a successful grant, cost recovery, or other external funding track record
 - e. evidence of professional development/specialization and service to the profession

Attach a letter of support from the nominee's supervisor. Include the letter in the nomination. It will not count against the 3-page limit.

Be sure to include your name, title, and office contact information. If a team/group is making the nomination, please list all team/group members. Keep your nomination a secret, as we like to surprise the recipient at the time the award is presented.

Application Deadline

The award application must be emailed or faxed to the FCS Assistant Director c/o Terri Fisher (fisher.456@osu.edu; 614-688-4486) **by 5:00 PM on, Friday, October 31, 2014.**