



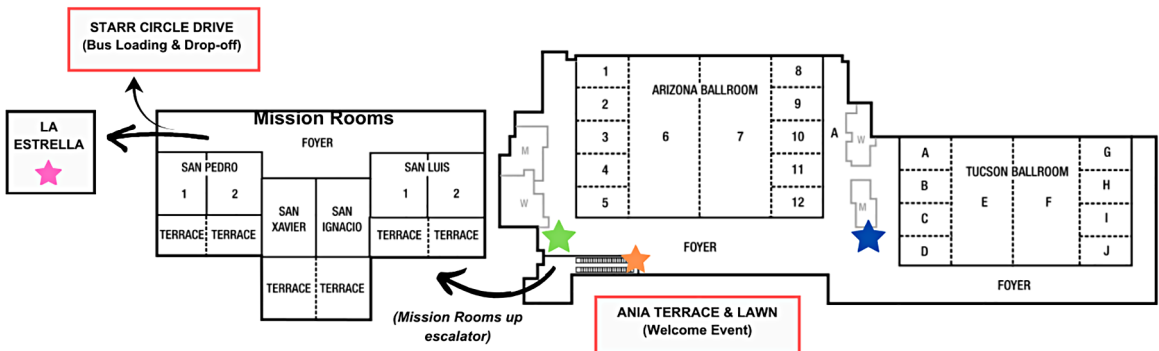
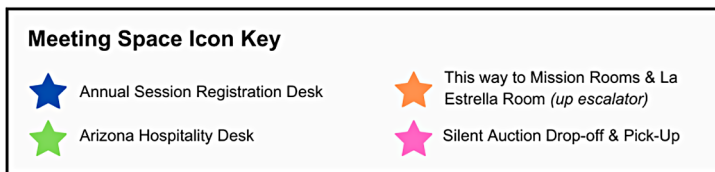
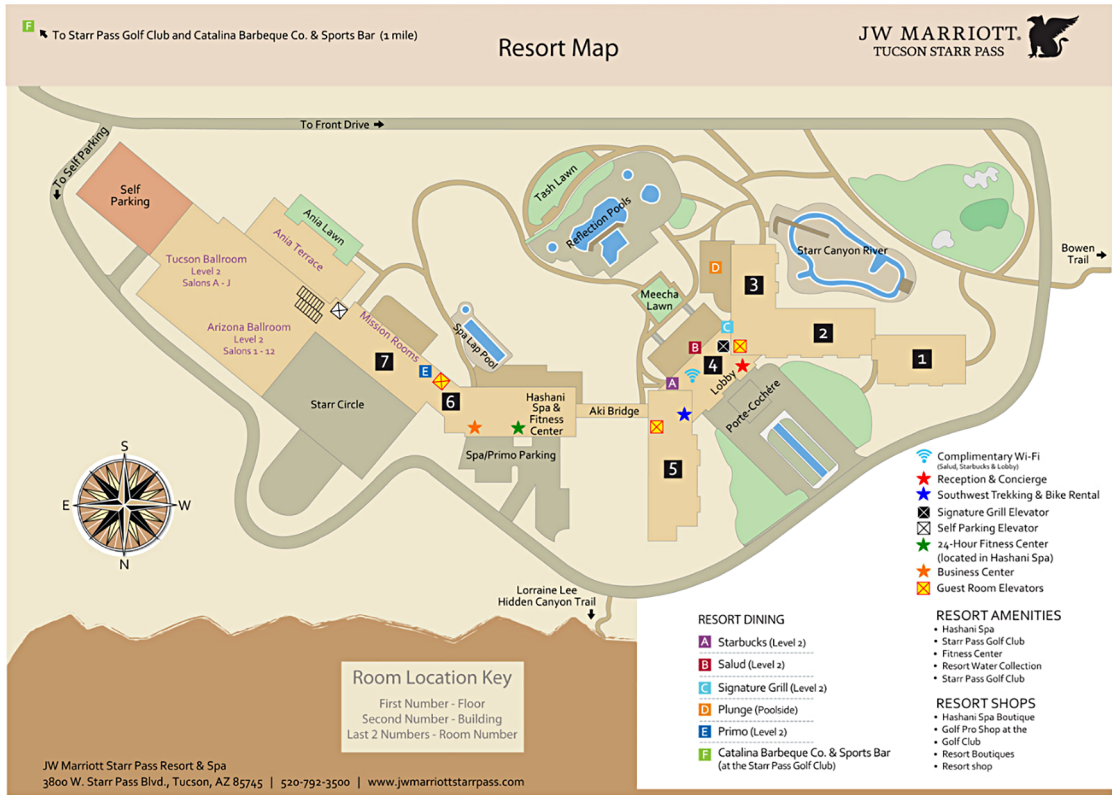
Annual Session 2024

September 16-19, 2024 • Tucson, AZ

ANNUAL SESSION PROGRAM

LOCATION MAP

JW MARRIOTT TUCSON STARR PASS



ANNUAL SESSION SPONSORS

THANK YOU TO OUR 2024 ANNUAL SESSION SPONSORS AND DONORS

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President's Reception Sponsored in part by New Mexico Affiliate

THANK YOU TO OUR 2024 ANNUAL SESSION AWARDS SPONSORS

Extension Housing Outreach Award



MONTANA
STATE UNIVERSITY

EXTENSION

Housing and
Environmental
Health Program

Financial Management Award in Memory of Dean Don Felker

PURDUE EXTENSION HEALTH AND HUMAN SCIENCES EDUCATORS

Past Presidents' New Professional Award Sponsored by: NEAFCS Past Presidents

NEAFCS ARIZONA AFFILIATE DONORS

The Arizona Extension Association of Family and Consumer Sciences extends heartfelt thanks to the donors who supported the 2024 NEAFCS Annual Session in Tucson

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ARIZONA ASSOCIATION OF EXTENSION 4-H YOUTH DEVELOPMENT PROFESSIONALS

UNIVERSITY OF ARIZONA CULINARY MEDICINE INITIATIVE

UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION

ANDERSON-PALMISANO FARMS

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THANK YOU TO OUR ANNUAL SESSION COMMITTEE

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Julie Garden-Robinson, *Immediate Past-President*

Jennifer Bridge, *President-Elect*

Marcia Parcell, *Vice President Professional Development*

Dianne Christensen, *Western Region Director*

Debbie Curley, *Affiliate Co-Liaison*

Rosie Stewart, *Affiliate Co-Liaison*

Amber Allen, *Program Development Committee Co-Chair*

Andrea Haubner, *Program Development Committee Co-Chair*



National Extension Association of Family & Consumer Sciences

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AAFCFS
AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

Joint Council of Extension Professionals
JCEP

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North Dakota University



PRESIDENT'S WELCOME



"I hope that over the coming week you will have the opportunity to meet new friends, to collaborate, and be inspired as we celebrate our 90th anniversary."

Welcome NEAFCS Members and Guests,

I am grateful to have the opportunity to welcome you to the beautiful Southwest, as we come together for the 2024 Annual Session "Under One Sky". This year we have the true honor of celebrating our Association's 90th Anniversary. I would like to thank the 90th Anniversary Committee for planning activities throughout our conference to help us look back at the past 90 years and look forward to the next 90 years.

On behalf of the NEAFCS Executive Board, I extend congratulations to the award winners and session presenters. We are looking forward to learning more about your programs and honoring your dedicated work. I would also like to welcome the Family and Consumer Sciences Program Leaders, NIFA partners, Expo Presenters and Sponsors and thank you for your continued support of NEAFCS.

Additionally, I thank the Arizona affiliate for their dedicated work in planning the 2024 Annual Session over the past four years. We're grateful to Arizona Annual Session liaisons Debbie Curley and Rosie Stewart for their leadership.

The Arizona affiliate has planned a truly Southwest Annual Session that allows us to experience the rich culture and heritage of the southwest region. Additionally, I would like to thank all the members of the Arizona affiliate who have dedicated their time and energy to help plan this amazing Annual Session.

I hope that over the coming week you will have the opportunity to meet new friends, to collaborate, and be inspired as we celebrate our 90th anniversary.

Rick Griffiths

NEAFCS President

VICE PRESIDENT FOR PROFESSIONAL DEVELOPMENT WELCOME

Welcome to our 2024 Annual Session, National Extension Association of Family and Consumer Sciences (NEAFCS) 90th Anniversary!

Our host is the Western Region in Tucson, Arizona with Affiliate Liaisons, Debbie Curley and Rosie Stewart, University of Arizona. We thank these affiliate liaisons, their subcommittees, national committee members, and other contributors for their endeavors to create an abundance of professional development options as preconference workshops, in-depth sessions, exhibitor forums, keynote speakers, Showcase of Excellence posters, and concurrent sessions, and ways to celebrate our 90th Anniversary and accomplishments of individual Extension Educators and teams of Extension Educators for their impactful programming.



“Under One Sky: Thriving in an Ever-Changing World” is our theme. We come together to maximize our resources, challenge ourselves to improve in the face of ever-changing needs, and celebrate our contributions to our communities and the nation in the Sonoran Desert. We hope you will:

- Recognize key changes to Extension program development and delivery as a result of the culture shift that has transpired since the pandemic.
- Share success stories related to Diversity, Equity, and Inclusion.
- Recognize and appreciate effective programming that illustrates the great work being done by Extension locally, regionally, and nationally.
- Connect with fellow Family and Consumer Sciences colleagues to re-energize and develop new partnerships.

The 2024 Annual Session enables you to learn about resources in Extension, to adopt proven curriculums, strategies, and skills for the needs of our communities, states, and regions, and to re-energize in the Sonoran Desert. For questions while in Tucson, please visit the registration desk or ask an NEAFCS Ambassador. Let’s connect to re-energize and maximize our resources, to improve our programs and skills, and to celebrate NEAFCS contributions and partnerships that impact lives in small and big ways “Under One Sky”.

Marcia Parcell

Vice President for Professional Development

WELCOME FROM THE CITY OF TUCSON



Dear Friends,

¡Bienvenidos a Tucson! I am happy to welcome you to beautiful Tucson, Arizona for the National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Session. I am delighted that NEAFCS chose our desert City to celebrate your 90th year of providing leadership and professional development opportunities to family and consumer science professionals.

Tucsonans are proud of our history, arts, culture and food! With our beautiful surroundings, thousands of years of history, heritage and culture and commitment to innovation, Tucson is the place to be. While you are here, I invite you to explore our beautiful city and experience all that Tucson has to offer.

As a UNESCO City of Gastronomy, Tucson offers unique experiences around food that reflect our rich cultural heritage and agricultural traditions. I invite you to use our FREE Sun Link Streetcar as you experience the 3.9-mile stretch that connects Downtown Tucson, our West side merchants and Fourth Avenue, where you can enjoy a vibrant atmosphere of local retailers, eclectic boutiques, restaurants and bars, and lots of live music.

TIME Magazine has named Tucson one of the World's Greatest Places, and we are continuously ranked as one of the top cities in the world for food, travel and adventure. Thank you for choosing our City to host your annual event, which creates prosperity and supports our small businesses, local vendors, food and hospitality industry.

It is our pleasure to host you!

A handwritten signature in black ink, appearing to read "Regina Romero".

Mayor Regina Romero
City of Tucson

WELCOME FROM UA COOPERATIVE EXTENSION



THE UNIVERSITY OF ARIZONA

Cooperative Extension

Office of the Associate Vice President & Director

1140 E. South Campus Dr., Tucson, AZ 85721 • Phone: (520) 621-7205 • Fax: (520) 621-1314 • extension.arizona.edu

August 2, 2024

Dear NEAFCS Conference Attendees,

On behalf of the University of Arizona Cooperative Extension, I warmly welcome you to Arizona and the 2024 National Extension Association of Family & Consumer Sciences Annual Session. Our theme, "Under One Sky," reflects the unity and diversity that characterize both Arizona and Cooperative Extension, emphasizing our commitment to inclusivity and community collaboration to address the unique challenges and opportunities in family and consumer sciences.

This year, you commemorate the 90th Anniversary of NEAFCS. Over the past nine decades, Family and Consumer Sciences (FCS) has evolved from its origins in home economics to a comprehensive approach addressing nutrition, financial literacy, wellness, family dynamics, housing, and community development. FCS has consistently promoted healthier, more sustainable living and made a tangible difference in people's lives.

The work you do in FCS is invaluable. You empower individuals and families with the knowledge and skills to make informed decisions about their health, finances, and well-being. Your commitment to health equity and well-being drives you to address social determinants of health through inclusive, community-driven approaches, fostering environments that support health for all.

Cooperative Extension has always bridged the gap between research and real-world application. Today, we embrace change and innovation, integrating developing technologies and innovative partnerships to enhance our programs and outreach. The AI session at this year's conference is just one example of how we are exploring new frontiers to serve our communities better. Amidst these advancements, we remain steadfast in our core mission—providing reliable, research-based education and community collaboration in essential areas like health, food safety, nutrition, and family wellness. It's an exciting time as we continue to grow and adapt, remaining always motivated by and responsive to the needs of our communities.

The NEAFCS Leadership and Arizona Family, Consumer and Health Sciences faculty and staff have planned an engaging and educational annual session for you. Please enjoy the pre-conference, breakout sessions, and special in-depth sessions they have organized. If time allows, visit our beautiful University of Arizona campus in the heart of the Sonoran Desert.

Sincerely,

Edward C. Martin, Ph.D.

Associate Vice President and Director Cooperative Extension
University of Arizona

NEAFCS HISTORY

Arizona Hosts its Third Annual Session 1968 – 1993 – 2024

NAEHE 34th Annual Session:

*“Focus on Today – With Pride – Enthusiasm – Confidence”, Del Webb’s Towne House,
Phoenix AZ October 28-November 1, 1968*

NAEHE 59th Annual Session:

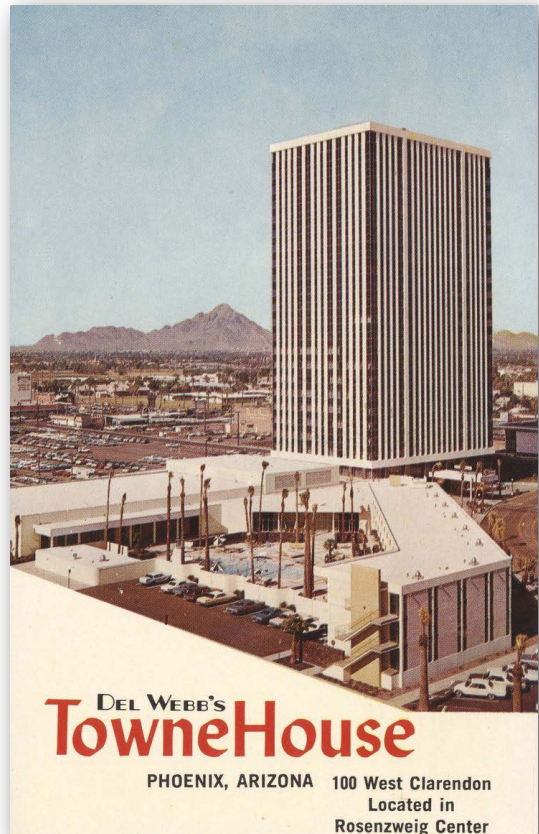
*“Our Changing Lives in Our Changing Environments”, Hyatt Regency, Phoenix AZ,
September 26-30, 1993*

NEAFCS 90th Annual Session:

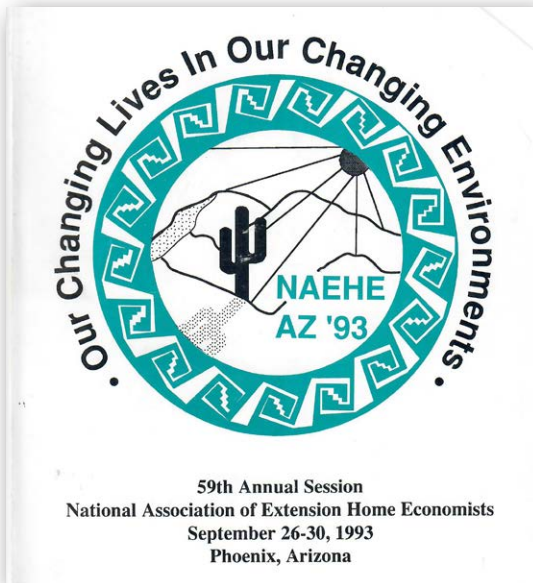
“Under One Sky”, JW Marriott Tucson Starr Pass Resort, Tucson AZ, September 16-19, 2024

NEAFCS will be making its way to Arizona for the third time in its 90 year history. All three Annual Sessions have showcased the beauty of Arizona, the warm and friendly state and provided opportunities to experience the culture and beauty of the desert.

Pride, Enthusiasm and Confidence were the themes of the keynote presentations in 1968. NAEHE President Owaissa Crites focused on **pride**, challenging members to “Enlarge your sense of pride in home economics extension as a profession; increase your enthusiasm for the job by sharing creative ideas; and strengthen your confidence on the job through increased competence in educational methods.” Opening Session speaker Dr. John W. Hudson, AZ State University, challenged the home economists to work with **enthusiasm** and an aggressive leadership role in helping today’s families to solve major “people-to-people” problems. He continued, “we can’t program answers for today’s interpersonal relations on a computer. . . It’s up to you to begin at the people-to-people level.” The **confidence** theme was addressed by Dr. J.C. Evans, OK State University urging the members to have confidence in self and in professional colleagues.



NEAFCS HISTORY



The theme for the 1993 NAEHE Conference “**Our Changing Live in Our Changing Environment**” was especially appropriate with the emphasis on changing the direction of the Association. The year was devoted to the restructuring of the association and formalizing of the Strategic Plan for the next five years. The Annual Session committee work was the first step in the transition from the old to the new organizational structure. President Ruth Pirch had many challenges, one being the change in the NAEHE headquarters which had been in Washington DC and was voted by the membership to become a contractual business with a management firm. Keynote presentations included “How to Keep Your Family Together When the world is Falling Apart”, “Narrowing the Whole Grain Gap” “Green Products – Can’t Live with Them, Can’t Live Without Them”, and “Building Positive Synergy Through Ethnic Diversity”

1968 NATIONAL OFFICERS

Owaissa Crites, NM, President
Joyce Clark, MS, President-Elect
Mary Bennett, FL, 1st Vice President
Phyllis Northway, WI, 2nd Vice-President
Ella Binney, MO, Secretary
Janet Tritt, PA, Treasurer
Grace Wright, MO, Councilor - Central Region
Carolyn Yuknus, NG, Councilor - Eastern Region
Martha Phillips, MI, Councilor - Southern Region
Anna Caughron, NV, Councilor - Western Region
Margie Bennett, GA, Editor

1993 NATIONAL OFFICERS

Ruth Pirch, MO, President
Phyllis Cooper, MI, President-Elect
Mary King, OH, 1st Vice President
Diane Lennon, NJ, 2nd Vice President
Sandra Brown, WA, 3rd Vice President
Donlene Butler, LA, Secretary
Janice McRee, SC, Treasurer
Donna Donald, IA, Central Region Director
Ann Rhinesmith, NJ, Eastern Region Director
Rose Simmons, GA, Southern Region Director
Janice Stimpson, ID, Western Region Director
Ellen Varley, MD, Editor
Lorna Loeffler, OR, Past President

GENERAL INFORMATION

ICON KEY



**Wellness
Activity**



Sponsor



**Ticket
Required**



**Award
Winner**



**Meal
Provided**



**Endowment
Award**

REGISTRATION

Annual Session Registration is located between the Tucson and Arizona Ballrooms.

Sunday: 4:00 PM – 6:00 PM

Monday: 7:00 AM – 5:00 PM

Tuesday: 7:00 AM – 5:30 PM

Wednesday: 7:00 AM – 5:00 PM

Thursday: 7:00 AM – 2:00 PM

MESSAGE BOARD

A message board will be available near the Annual Session Registration Desk. You can utilize this board to share information on State's Night Out, photography appointments, ticket exchange, and other messaging needs.

HOSPITALITY

Stop by the Hospitality Desk located adjacent to the Arizona Ballroom.

Hospitality Hours:

Sunday: 4:00 PM – 6:00 PM

Monday: 11:00 AM – 3:30 PM

Tuesday: 2:45 PM – 5:30 PM (*hospitality table open between concurrent sessions*)

Wednesday: 8:00 AM – 11:45 AM (*hospitality table open between concurrent sessions*)

12:00 PM – 1:00 PM

Thursday: 8:00 AM – 12:30 PM

EXHIBIT HALL

Visit the Exhibit Hall, NEAFCS's networking hub, located in the Tucson Ballroom, to meet exhibiting companies and learn about the latest products and services.

The following activities are in the Exhibit Hall:

- Showcase of Excellence
- Silent Auction
- Service Project
- Wednesday Lunch (12:00 PM – 1:00 PM)

Exhibit Hall Hours:

Wednesday: 12:00 PM – 5:00 PM

Thursday: 8:00 AM – 10:00 AM

EXHIBIT FORUMS

Hear from the exhibitors and learn about their products and services during their 30-minute presentation. For information on Exhibit Forum location and details, see pages 46 and 48.

Wednesday: 12:15 PM – 4:30 PM

Thursday: 8:00 AM – 10:00 AM

PHOTOS

Photos taken during the 2024 Annual Session will be available to download online within 30 days. To schedule a group picture, please sign up on the Message Board located next to the Annual Session Registration Desk.

CONTINUING EDUCATION/ PROFESSIONAL DEVELOPMENT UNITS

CEUs and PDUs were pre-approved from the following: AAFCS, AFCPE. Self reporting post conference may be completed for NCFR. Additional information available on the NEAFCS website. Certificates may be requested at the completion of the Annual Session.

WELLNESS ACTIVITY

Guided Trail Hike

A guided hike will be available on Wednesday, September 18 from 6:15 AM – 7:15 AM. See page 37 for more information. Members can also explore the four scenic mountain ranges on their own. We recommend an early morning adventure. The trailhead for several hikes can be found right out the hotel's back door. Maps are available by the hotel upon request.

RITUALS

Tequila Toast

Every evening at sunset the hotel welcomes you to gather on the Salud Terrace to watch the sunset and experience a nightly tradition - the Tequila toast. This unique experience features one of their more than 150 artisan tequilas and a complimentary toast: "Arriba, Abajo, al Centro, al Dentro, Salud!" (Up, down, out and in).

Mitakuye Oyasin (Mee-Tah-Kay Awe-Sin)

Begin each day by reflecting on the connection we all have with nature and each other, finding focus and creating lasting memories. In a ritual that is centuries old, you will have the opportunity to make your intentions known to the universe through the traditional burning of sage. Join us each morning on the Salud Terrace to experience our morning ritual.

SILENT AUCTION

Sponsored by the Sponsorship and Support Subcommittee, the NEAFCS Educational Awards Fund will be hosting an IN-PERSON Silent Auction in the Exhibit Hall. Join us to raise funds to support the annual Awards program. Bid high and bid often! Bidder numbers are located on your attendee badge.

Donated Items:

If you have a donated item for the Silent Auction, you may drop it off at the La Estrella meeting room during the hours listed below.

Sunday: 4:00 PM – 6:00 PM
Monday: 12:00 PM – 3:00 PM
Tuesday: 10:30 AM – 11:30 AM
Wednesday: 7:00 AM – 10:00 AM

Silent Auction Hours:

Wednesday: 12:00 PM – 5:00 PM

Final bids are due before the Silent Auction closes at 5:00 PM on Wednesday.

Winning Bid Item Pickup:

Thursday: 11:00 AM – 2:00 PM

Winners will receive a text message Thursday morning prior to 10:30 AM.

SERVICE PROJECT

Support the 2024 NEAFCS Annual Session Service Project! Help assemble hygiene kits for Arizona youth in need. Lend a hand in putting together the kits on both Wednesday and Thursday during Exhibit Hall hours. Visit our booth in the hall.

RECYCLING

In coordination with NEAFCS's efforts to go green, conference attendees are encouraged to recycle. Mixed recycling bins are located throughout the facility.

WIRELESS INTERNET

The JW Marriott Starr Pass offers complimentary basic WiFi in the meeting space.



Search Tucson Restaurants and More!

Scan the QR code to view an interactive map to locate and plot your route to restaurants. Sort by the Westside District to view options close to the host hotel.

2024 SCHEDULE

All events will take place at the JW Marriott Tucson Starr Pass Resort, unless otherwise noted.

SUNDAY, SEPTEMBER 15, 2024

- 9:00 AM – 3:00 PM National Pre-Board Meeting
- 4:00 PM – 6:00 PM Registration / Hospitality Desk Open / Silent Auction Drop-Off

MONDAY, SEPTEMBER 16, 2024

- 7:00 AM – 5:00 PM Registration/ Service Project Drop-Off
- 8:00 AM – 11:00 AM Pre-Conference Workshops (*Separate registration required*)
- 11:00 AM – 3:30 PM Hospitality Desk Open
- 12:00 PM – 3:00 PM Silent Auction Drop-Off
- 1:00 PM – 2:15 PM First Timer Orientation
- 1:45 PM – 3:45 PM Desert Museum Animal Display (*open to all attendees*)
- 2:15 PM – 3:15 PM Affiliate Officer Meetings
- 3:30 PM – 6:00 PM Opening General Session with Keynote Dr. Nia Imani Fields
- 6:00 PM – 8:00 PM Welcome Event (*Ania Terrace and Lawn - JW Starr Pass*)

TUESDAY, SEPTEMBER 17, 2024

School Pride Day! Wear your school shirt or colors. Comfortable clothing appropriate.

- 7:00 AM – 5:30 PM Registration / Service Project Drop-Off

- 8:00 AM – 12:00 PM In-Depth Sessions (*Separate registration required*)
- 10:30 AM – 11:30 AM Silent Auction Drop-Off
- 12:30 PM – 2:30 PM Regional Business Meetings & Awards Luncheon
- 2:45 PM – 4:45 PM Life Member Meeting
- 2:45 PM – 5:30 PM Concurrent Sessions
- 2:45 PM – 5:30 PM Hospitality Desk Open (*between Concurrent Sessions*)
- 2:45 PM – 5:30 PM Program Leaders Meeting – Day 1 (*Separate registration required*)
- 5:30 PM – 7:00 PM State Photos
- 6:00 PM States Night Out
- 7:00 PM – 9:00 PM Showcase of Excellence Poster Display Set-Up

WEDNESDAY, SEPTEMBER 18, 2024

- 6:15 AM – 7:15 AM Wellness Activity - Guided Hike
- 7:00 AM – 10:00 AM Silent Auction Drop-Off
- 7:00 AM – 11:00 AM Exhibitor Set-Up / Silent Auction Set-Up / Poster Set-up
- 7:00 AM – 5:00 PM Registration Open
- 8:00 AM – 11:45 AM Concurrent Sessions

8:00 AM – 11:45 AM	Hospitality Table Open <i>(between Concurrent Sessions)</i>
8:00 AM – 2:00 PM	Marketplace
8:00 AM – 4:00 PM	Program Leaders Meeting – Day 2 <i>(Separate registration required)</i>
11:00 AM – 11:30 AM	Exhibitor Orientation <i>(Exhibitors Only)</i>
12:00 PM – 1:00 PM	Hospitality Desk Open
12:00 PM – 5:00 PM	Exhibit Hall Open <i>(Boxed Lunch provided)</i> <ul style="list-style-type: none"> • Silent Auction <i>(Final Bid 5:00 PM)</i> • Service Project • Showcase of Excellence <i>(Posters manned from 12:30 PM - 1:30 PM)</i>
12:15 PM – 1:30 PM	National Program Leaders & Board Lunch
12:15 PM – 4:30 PM	Exhibit Forums
1:00 PM – 1:45 PM	Leadership Experience Reception <i>(invitation only)</i>
1:30 PM – 3:00 PM	National Dining with Diabetes Program
2:15 PM – 4:15 PM	Annual Business Meeting
4:45 PM – 5:45 PM	State Photos
6:30 PM – 8:30 PM	Leadership Event <i>(Offsite - invitation only)</i>

THURSDAY, SEPTEMBER 19, 2024

7:00 AM – 2:00 PM	Registration Open
8:00 AM – 10:00 AM	Exhibit Hall Open <i>(To-Go Breakfast Cash Concessions Available)</i> <ul style="list-style-type: none"> • Service Project • Showcase of Excellence Poster Displays
8:00 AM – 10:00 AM	Exhibit Forums
8:00 AM – 12:30 PM	Hospitality Desk Open
9:00 AM – 10:00 AM	2025 Annual Session Planning Committee Meeting
9:30 AM – 10:30 AM	Silent Auction Winners Announced
10:00 AM – 12:00 PM	Exhibitor and Showcase of Excellence Poster Teardown
10:15 AM – 12:00 PM	Concurrent Session <i>(2 rounds)</i>
11:00 AM – 2:00 PM	Silent Auction Pick-Up
12:00 PM – 2:00 PM	Past President's Luncheon <i>(Offsite)</i>
12:15 PM – 2:15 PM	NEAFCS National Post-Board Meeting
2:30 PM – 3:30 PM	Committee Meetings <i>(Open to all members)</i>
5:00 PM – 6:00 PM	President's Reception
6:00 PM – 8:00 PM	Closing Awards Banquet

TUESDAY, SEPTEMBER 17, 2024

CONCURRENT SESSIONS AT A GLANCE

TRACK	2:45 PM -3:30 PM	3:45 PM - 4:30 PM	4:45 PM - 5:30 PM
4-H and Youth Development	Developing an Innovative Curriculum to Increase Confidence in Youth	Your Feelings Matter: 4-H and Social-Emotional Learning	
Committee	Fostering Belonging in Extension Programming	From Idea to Publication: A Roadmap for Journal Submission Success	
Economic and Workforce Development	Extension Public Health AmeriCorps-Building the Next Generation of Public Health Leaders		UGA Extension and Family Connection: a Fantastic Duo Benefiting Stewart County
Education, Leadership, and Diversity	From Awareness to Action: The Role of Ouch! in Breaking Stereotypes	Educational Programs for Afghan Families in Collaboration with Stillwater Public School	
		Create Better Health Refugee Adaptations	Bridging Gaps and Getting a Seat at the Collaboration Table
Environmental Health and Sustainability		Getting the Gorge Smoke Ready: Improving Community Readiness and Response for Wildfire Smoke Events	
Financial Health and Capability	Captain Cash: Teaching Basic Personal Financial Concepts to Third Graders		Digital Financial Inclusion: A Gateway to Financial Resilience
Food and Nutrition	Healthy Meals for Busy Families	PLAZA Mobile Market: Bringing Local Produce to the Community	
Health and Well-being	Leveraging FCS Extension Education to Address the Overdose Epidemic	Empowering Women in the Outdoors: Breaking Barriers and Building Confidence	Drug Treatment Court Educational Programming: An Extension Partnership
	Using our Trusted Voice: How Cooperative Extension Can Show Up for Behavioral Health	Enhancing Mobility and Minimizing Pain: The Impact of Evidence-Based Exercise Programs for Arthritis Management	Empowering Lives: The Diabetes Cook Along Program – A Recipe for Successful Diabetes Self-Management
		On the Move Junior Promotes Improved Nutrition and Fitness Among Children	Piloting a Statewide Health and Wellness Initiative: Marathon Kids
			The Montana State University Extension Alzheimer's Storybook Program
Lifespan Development and Family Relationships	Serving the Early Childhood Workforce: Multi-County Focus Groups to Inform Statewide Response	Dementia Friends: Turning Understanding into Action	
Skill-based			Invasion of the Data Snatchers: Minimizing Bot Attacks to Maximize Online Survey Integrity
Technology			Enhancing Extension Program Exposure For Rural Communities Through Podcasting and Other Forms of Media

WEDNESDAY, SEPTEMBER 18, 2024 CONCURRENT SESSIONS AT A GLANCE

TRACK	8:00 AM -8:45 AM	9:00 AM - 9:45 AM	10:00 AM - 10:45 AM	11:00 AM - 11:45 AM
4-H and Youth Development			Tips for Teens Video Series	
Committee				Our Lives, Our Legacy
Education, Leadership, and Diversity	An Amish Auction Barn and Lifelong Learning Come Together Under One Sky	Finding the FCS Facts in Fiction: Connecting Themes from Novels to Extension Through a Book Club	Empowering Tomorrow's Leaders: Enhancing Extension Career Intentions Through Collaborative Partnerships with Teaching Faculty and Students at Utah University	Cultivating Inclusion: A Panel Discussion on Strategies and Skills for Effective Facilitation
Environmental Health and Sustainability	University of Georgia Extension Prepares for Emergencies			Be Prepared When Disaster Strikes
Financial Health and Capability	Educating Ourselves to Educate Our Communities in Financial Tough Times	A Successful Team-Based Approach to Extension Education		
Financial Management			Utah State University Extension Empowering Financial Wellness Program	
Food and Nutrition	Connecting the Community with just one App	NutriPreserve: Cultivating Healthier Habits with Food Preservation	Partnering for Health: Middle School Health Classes Connect with SNAP-Ed	Canning with a Twist
		Food Safety Education for Food Pantry Workers		Traditions and Trends: How can both be safely preserved?
Health and Well-being	Extension Programs Can Improve Recovery Outcomes In Women And Families With Substance Use	EXCITE: Addressing Vaccine Hesitancy among Rural Senior Adults	Fall Prevention Education: The Key to Sustaining Personal Independence and Well-Being	An Interdisciplinary Extension Program: Address Health Needs of Alzheimer's and Related Dementia Caregivers
	Delivering an Effective Suicide Prevention Program - Question, Persuade, Refer (QPR)	Opportunities for FCS to Support the Health and Wellbeing of Early Care and Education Professionals	Implementing A Dibble Institute Program: Mind Matters - Overcoming Adversity and Building Resilience	Inspire Your Community with the Joy of Laughter
	The Good, the Bad and the Ugly of a Lifestyle Change Program	Together: The Need for Human Connection in Extension and the Communities They Serve	Virtual Delivery of a Lifestyle Behavior Education Program Increases the Self-Efficacy of Participants with at Least One Chronic Illness	Relationships Can Heal: Knowing the Farmer Client
Lifespan Development and Family Relationships	Nurturing Children by Engaging Fathers in Early Childhood Programming: How and Why Family and Consumer Sciences Should Take Interest	Learning through Play: Creative Approaches to Kindergarten Readiness	Play Your Way to Stronger Connections by Maximizing Adult-Child Interactions: A Family Resource Centers' Approach	
Trending Topics	Employing AmeriCorps to Deliver Cooperative Extension Programming Across Disciplines	The Impact of a Farm Tour on Consumer Trust in Food Source Agricultural Practices	Pilot Program to Expand FCS Extension Programming	Family and Consumer Sciences is STEM

THURSDAY, SEPTEMBER 19, 2024

CONCURRENT SESSIONS AT A GLANCE

TRACK	10:15 AM -11:00 AM	11:15 AM -12:00 PM
4-H and Youth Development	Find it at the Pantry: Cooking up Challenging Topics for Youth Development	Cultivating Well Being: FARMacy - A Youth-Centered Approach to Preventing Childhood Type 2 Diabetes
Education, Leadership, and Diversity	Mentoring Success Through The Lens Of Self-Efficacy	Under ONE Sky: Ohio Alliance for People-Centered Sciences
Environmental Health and Sustainability	UGA Extension EDEN Pre-Conference Educational Excursions	52 Ways to Climate-proof Your Finances
Financial Health and Capability	InTuition: An interactive extension program designed to teach youth how to prepare for college and careers.	Meet Your HIRO: An Emergency Preparedness and Financial Organization Tool
Financial Management		Estate Planning in the Ozarks
Food and Nutrition	An Exploratory Study to Identify the Need and Interest in Consumer Home-Canning of Seafood	
Health and Well-being	Coping with the Pressures of Farming through the Family Farm Health and Wellness Program	A Shot of Prevention is Worth a Pound of Cure
	Opioid Overdose Response Training for Service Industry Employees	SLEEP: A Program for Adults with Self-reported Sleep Difficulties
	The Food as Medicine Initiative: The Power of Partnerships in Creating Community Health	Walking into County and University Objectives for Extension Success
Lifespan Development and Family Relationships	A Trauma Informed Approach with Children: Implementing Trauma Sensitive Strategies in Family and Consumer Sciences Programming	
Skill-based		Bridging Theory and Practice: Using Action Research in Family and Consumer Sciences
Trending Topics	The Faith in Prevention Network: A Model of Cooperation and Collaboration to Support Initiatives that Promote Food Security, Health Equity, and Well-Being	Documenting and Sharing FCS Success Stories

ANNUAL SESSION SERVICE PROJECT

2024 NEAFCS ANNUAL SESSION SERVICE PROJECT

PREVENT DISRUPTION IN
EDUCATION

SUPPORT TEEN HEALTH

INCREASE DIGNIFIED
MANAGEMENT OF BODILY
FUNCTIONS

ELIMINATE PREVENTABLE
SOCIAL CONCERNS

YOUTH HYGIENE KITS

Support the 2024 NEAFCS Annual Conference service project! We're assembling hygiene kits for Arizona youth in need. Get involved by lending a hand in putting kits of donated items together.

**Participate in assembly line packaging
in the Exhibit Hall**

Wednesday, 12:00pm-5:00pm

Thursday, 8:00am-10:00am



NEAFCS ENDOWMENT FUND

Since the “Be NEAFCS Strong” campaign started in January 2023, we have raised \$21,901 (as of August 1) with another \$2,720 pledged as future donations. With President Rick selecting the Endowment Fund as one of his designated charities, we’re looking to increase that amount even more! While we fell short of our 90th anniversary celebration goal, we accomplished a great deal in promoting the endowment to members via our newsletter, website, e-blasts, social media and even direct mail.

We’d like to thank all of the state affiliates and individual first-time and repeat donors that contributed to this cause, especially those that were done to honor or memorialize those who impacted their professional and personal lives. That is the essence of legacy giving and such a wonderful way to thank those that have made a difference to us and our profession. Please refer to the endowment donors list found on page 68.

This past year your Endowment Fund Committee awarded four grants to the following individuals:

- Brittney Schori, Purdue University, “Unlocking Potential: Innovative Strategies for Professional Growth”, (\$3,385)
- Caitlin Mellendorf, Illinois University, “Illinois Dial-Gauge Pressure Canner Testing Expansion”, (\$1,619.82)
- Michele Kroll, University of New Hampshire, “The Wellness Wheel Assessment: Promoting 8 Dimensions of Health”, (\$3,000)
- Niki Maness, North Carolina State University, “Mobile Teaching Kitchen Initiative”, (\$3,000)

For the first time in many years, we were able to offer Annual Session scholarships in the amount of \$525 each that could be applied to registration or lodging. This year’s beneficiaries are: Shannon Adcock (NC), Mellisa Bales (SC), Cindy Brown (OR), Jasmine Carey (TX), Esther Hernandez (NM), Courtney Mercer (TX), Mary Morris (NC), Dana Stanley, (IN), Amber Webb (CO), and Naida Young (VA).

All in all, we awarded \$16,254.82 this year thanks to your generous support of the endowment fund. Congratulations to all of our grant and scholarship recipients! For more information on the Endowment Fund, its grant and scholarship opportunities and/or to make a contribution, visit www.neafcs.org/endowment.

Theresa Mayhew (NY)

Endowment Fund Committee Chair



2024 ANNUAL SESSION AGENDA

SUNDAY, SEPTEMBER 15, 2024

9:00 AM – 3:00 PM

National Pre-Board Meeting

ROOM: SAN XAVIER

4:00 PM – 6:00 PM

Registration Desk Open

TUCSON REGISTRATION DESK

Silent Auction Drop Off

LA ESTRELLA

Hospitality Desk Open

ARIZONA BALLROOM FOYER

DESERT SAFETY TIPS



Respect the sun.

Reserve exercise for morning and evening.

Hydrate and use sunscreen.



Not as soft as they look.

Cacti have small spines and some have mild poisons.

Look out for pieces on the ground.*



Keep your distance...

Javelinas can be aggressive if they feel threatened.



Rattlesnakes, scorpions and spiders - Oh My!

Be cautious when hiking - avoid reaching into dark spaces and use flashlights at night.



THE UNIVERSITY OF ARIZONA
Cooperative Extension

***Hospitality will have a cactus aid kit.**

MONDAY, SEPTEMBER 16, 2024

MONDAY SCHEDULE AT A GLANCE

7:00 AM – 5:00 PM	Registration Desk Open / Service Project Drop-Off
8:00 AM – 11:00 AM	Pre-Conference Workshops <i>(Separate registration required)</i>
11:00 AM – 3:30 PM	Hospitality Desk Open
12:00 PM – 3:00 PM	Silent Auction Drop-Off
1:00 PM – 2:15 PM	First Timer Orientation <i>(First Time Attendees Only)</i>
1:45 PM – 3:45 PM	Desert Museum Animal Display <i>(open to all attendees)</i>
2:15 PM – 3:15 PM	Affiliate Officer Meetings
3:30 PM – 6:00 PM	Opening General Session with Keynote Dr. Nia Imani Fields
6:00 PM- 8:00 PM	Welcome Event <i>(Ania Terrace and Lawn - JW Marriott Starr Pass)</i>

7:00 AM – 5:00 PM
Registration Desk Open /
Service Project Drop-Off
TUCSON REGISTRATION DESK



7:00 AM – 7:45 AM
Continental Breakfast
 for pre-conference workshop
 participants only.
ARIZONA BALLROOM FOYER



PRE-CONFERENCE WORKSHOPS

MONDAY, SEPTEMBER 16, 2024

8:00 AM – 11:00 AM



(Continental breakfast provided at 7:00 AM to workshop attendees.) |



Separate registration required



Artificial Intelligence: An Introduction for Extension Professionals

Presenter: Brock Turner, MPH, MS, CHES[®], CPT, Extension Educator, Health and Human Science, Purdue Extension, Tippecanoe County

ROOM: ARIZONA BALLROOM 1 & 2



This pre-conference workshop provides a balanced mix of theory, practical applications, and ethical considerations, catering to Extension education professionals with varying levels of Artificial Intelligence knowledge. It encourages interaction and hands-on experiences with Large Language Models and creation tools to ensure participants leave with a basic understanding of AI's relevance to their work and the resources to explore it further. This workshop will be created with conscious knowledge and ability to adapt the workshop to meet evolving AI trends.

Please bring a laptop to get the most out of this session.

Learning Objectives:

- Participants will explore the practical applications and ethical considerations associated with the use of AI.
- Participants will engage in hands-on learning by practicing with AI sites.
- Participants will gain a basic understanding of how AI can be used as a resource for their work.

MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED

**Data Without Surveys: Alternative Ways to Gather Input and Information**

Presenter: The Community Research, Evaluation & Development Team, University of Arizona

ROOM: ARIZONA BALLROOM 3 & 4

Extension professionals are expected to evaluate their programs and conduct needs assessments to understand their communities. Surveys are a popular way of accomplishing these goals, but they are not ideal in all situations, and people are given a lot of surveys. This half-day workshop will present ways of gathering data without sending yet another survey. Attendees will learn by doing in this interactive workshop, in which presenters will highlight alternative ways to collect data from a range of participants, including children and youth. Presenters will then walk attendees through the process of digitizing, cleaning, analyzing, and visualizing these data for use in presentations and reports.

Please bring a laptop to get the most out of this session.

Learning Objectives:

- Participants will discuss situations in which alternatives to surveys are most useful.
- Participants will explore ways of gathering data from different types of audiences without using surveys.
- Participants will learn by doing in this interactive workshop as they undertake the process of digitizing, cleaning, analyzing, and visualizing these kinds of data for use in presentations and reports.



MONDAY PRE-CONFERENCE WORKSHOPS, CONTINUED



Financial Literacy Education: Take Charge Today!

Presenter: Robin Palmer, National Master Educator/Marketing Specialist, Take Charge Today/University of Arizona

ROOM: ARIZONA BALLROOM 8 & 9

Take Charge Today is a personal finance program and curriculum for middle to high school students with a decision-based approach to personal finance, adaptable for adult audiences. Participants in this pre-conference workshop will be able to access and be prepared to deliver more than 75 lesson plans designed, tested, and edited in collaboration with university researchers, financial industry experts and master educators. Take Charge Today provides a consistent framework for thinking through financial choices in order to improve well-being. Lesson plans are based on the multiple intelligences model and active learning theories. The materials offer maximum flexibility and can be taught sequentially as a complete personal finance course or as modular components that can be easily inserted into other courses. Ongoing professional development opportunities to help educators develop the skills and confidence to teach financial education are available. Offerings include webinars, a video library, Take Charge Today Newsletters, social media, and educator trainings.



Learning Objectives:

- Participants will become familiar with the Take Charge Today personal finance online lessons for middle and high school students.
- Participants will gain understanding of personal finance lessons by being actively engaged in the lessons that incorporate a multiple intelligences model and active learning theories.
- Participants will explore ways to adapt personal finance lessons to their audiences.

11:00 AM – 3:30 PM
Hospitality Desk Open
ARIZONA BALLROOM FOYER

12:00 PM – 3:00 PM
Silent Auction Drop Off
ROOM: LA ESTRELLA



1:00 PM – 2:15 PM
First Timer Orientation
ROOM: ARIZONA BALLROOM 10-12

This meeting is open to first time Annual Session attendees only. Food/ lunch will not be provided.

1:45 PM - 3:45 PM
Desert Museum Animal Display
TUCSON BALLROOM FOYER

2:15 PM – 3:15 PM
Affiliate Officer Meetings

These meetings are open to Affiliate Officers and/or delegated representatives for all positions.

Presidents & Presidents-Elect –
ROOM: ARIZONA BALLROOM 1 & 2

Treasurers –
ROOM: ARIZONA BALLROOM 5

Awards VP –
ROOM: ARIZONA BALLROOM 8 & 9

Member Resources VP –
ROOM: SAN XAVIER

Professional Development VP –
ROOM: ARIZONA BALLROOM 3 & 4

Public Affairs VP –
ROOM: SAN IGNACIO

3:30 PM – 6:00 PM
Opening General Session with Keynote, Dr. Nia Imani Fields
ARIZONA BALLROOM 6 & 7

See page 25 for more information about our Keynote.



6:00 PM – 8:00 PM
Welcome Event (onsite)
ANIA TERRACE AND LAWN



Hoop dancing, mariachi music, cowboy poetry, Navajo rug weaving and silversmithing are just a few of Arizona’s cultural highlights “Under One Sky” at this year’s Welcome Event. Watch the Supermoon rise as we enjoy a wide variety of Mexican food and entertainment at Starr Pass in the Tucson Mountains. Top off the evening under the stars with yummy Empanadas and Tres Leches. The Welcome Event ticket is included in the full registration package.

Food stations located on Ania Terrace. Cash bars located inside Arizona Foyer and on Ania Terrace.

Ania Terrace Stage Schedule

6:00 pm - 6:30 pm	Mariachi Rayos Del in Sol
6:35 pm – 6:55 pm	Cowboy Poet Steve Lindsey
7:00 pm – 7:20 pm	Yellow Bird Traditional Storyteller
7:30 pm – 8:00 pm	Yellow Bird Hoop Dancer

Arizona Foyer

Weaver – Tasheena Littleben, Navajo Nation
 Silversmith – Lynn Benally, Navajo Nation
 Gems and Jewelry – NEAFCS Life Member
 Charlotte Crawford

Ania Lawn

Dia de Los Muertos Altars- Estrella Bakery

OPENING GENERAL SESSION KEYNOTE

Monday, September 16 | 3:30 PM – 6:00 PM | Arizona Ballroom 6&7

MONDAY

Grassroots Engagement and Social Justice through Cooperative Extension

Dr. Nia Imani Fields – Professor Emerita with the University of Maryland

This discussion will explore concepts and practices that foster culturally relevant and equitable Extension programs. Dr. Fields will introduce her new book, *Grassroots Engagement and Social Justice through Cooperative Extension*. This book grew out of a commitment to the belief that Cooperative Extension professionals can and should be deeply engaged with the communities they work in to improve life—individually and collectively. Rooted in an understanding of the history and development of Extension, this book focuses on contemporary efforts to address systemic inequities. The chapters highlight Extension’s role in and responsibility for culturally relevant community education that is rooted in democratic practices and social justice. The ultimate aim of this book and discussion is to offer a vision for the future of Extension as we continue to reach for the cultural competences necessary to address issues of systemic injustice in the communities we serve and of which we are a part.

Participants will:

- Explore concepts and practices that foster culturally relevant and equitable Extension programs.



“We continue to reach for the cultural competences necessary to address issues of systemic injustice.”

- Discuss a vision for the future of Extension which includes addressing issues of systemic injustice in the communities we serve.
- Learn of the historical context of the land grant system and present-day examples of grassroots engagement.

OPENING GENERAL SESSION AGENDA

Monday 3:30 PM – 6:00 PM

Opening Slideshow

Virtual Parade of States by Regional Directors

Land Acknowledgment/Welcome

Debbie Curley, Rosie Stewart

NEAFCS Western Region Co-Liaisons

Presentation of the Flag

University of Arizona Army ROTC Color Guard

Pledge of Allegiance

Jasmine Lopez (Tohono O'odham Nation)

Miss Native American, University of Arizona

National Anthem

Dr. Michael Kotutwa Johnson (Hopi Tribe)

Assistant Professor, Indigenous Resiliency Center, University of Arizona

Native American Blessing

Miguel Flores Jr., LISAC, CSOTS (Pascua Yaqui Tribe/Tohono O'odham Nation)

Chief Executive Officer, Holistic Wellness Counseling & Consultant Services, LLC

Greetings

Rick Griffiths, NEAFCS President

Katie Hobbs, MSW, Governor of Arizona

Shane C. Burgess, B.V.Sc (DVM equivalent), Ph.D., VP for the Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension and Charles-Sander Dean of the College of Agriculture, Life and Environmental Sciences

Edward C. Martin, Ph.D., Associate VP and Director, University of Arizona Cooperative Extension, Division of Agriculture, Life, and Veterinary Sciences, and Cooperative Extension

Marcia Parcell, NEAFCS VP for Professional Development

Keynote Presentation: Grassroots Engagement and Social Justice through Cooperative Extension

Dr. Nia Imani Fields, Professor Emerita with the University of Maryland

AAFCS/FCS Alliance Presentation

Karin Athanas, AAFCS Executive Director

USDA/NIFA Presentation

Dr. Martha Ray Sartor, Division Director, Division of Family and Consumer Sciences



OPENING GENERAL SESSION AGENDA, CONTINUED

JCEP Presentation

Julie Garden-Robinson, NEAFCS Immediate Past President

Candidate Introductions

Julie Garden-Robinson, NEAFCS Immediate Past President and Nominating Committee Chair

NEAFCS Recognition

2023-2024 NEAFCS Affiliate Leaders, Past National Presidents, and National Executive Board

Theresa Mayhew, NEAFCS Endowment Committee Chair

Chris Kniep, NEAFCS Historian and 90th Anniversary Committee Chair

Joy West, NEAFCS Leadership Experience Chair: 2024 Class

Lisa Peterson, Secretary, Ambassador Committee Chair

Journal of NEAFCS Contributors

2024 Sponsor Recognition

Service Project: Youth Hygiene Kits for Arizona Youth

Rhegan Derfus, Committee Chair

Announcements & Closing

THANK YOU TO OUR 2023-2024 OUTGOING BOARD MEMBERS

Debbie Curley – *Affiliate Co-Liaison*

Rosie Stewart – *Affiliate Co-Liaison*

Jesse Ketterman – *Eastern Region Director*

Dianne Christensen – *Western Region Director*

Marcia Parcell – *Vice President Professional Development*

Michelle Wright – *Vice President Member Resources*

Lisa Peterson – *Secretary*

Jennifer Bridge – *President-Elect*

Julie Garden-Robinson – *Immediate Past President*

Rick Griffiths – *President*

ROSTER OF HOST COMMITTEE AND SUBCOMMITTEE MEMBERS

The NEAFCS Board and Annual Session Liaisons would like to extend a sincere thank you to those individuals that devoted their time to helping plan the 2024 Annual Session. The time, energy, and enthusiasm provided was much appreciated and this conference would not have been possible without them!

ARIZONA AFFILIATE: ARIZONA EXTENSION ASSOCIATION OF FAMILY AND CONSUMER SCIENCES (AEAFCS)

Co-Liaisons: Debbie Curley and
Rosie Stewart

AEAFCS President: Margine
Bawden

FUNDRAISING SUBCOMMITTEE

Co-Chairs: Debbie Curley and
Evelyn Whitmer

Dan McDonald

Michele Walsh

Tracey Waters

INVITATION/ MARKETING/ PROMOTION SUBCOMMITTEE

Chair: Hope Wilson

Tracey Waters

Traci Armstrong Florian

Debbie Curley

Rosie Stewart

EDUCATIONAL OFFERINGS SUBCOMMITTEE

Chair: Katherine Speirs

Dan McDonald

Frances Holguin

Jennifer Argyros

WELCOME EVENT SUBCOMMITTEE

Co-Chairs: Debbie Curley and
Sharon Hoelscher Day

Margine Bawden

Ashley Dixon-Kleiber

Darcy Dixon

Katherine Speirs

OPENING CEREMONY SUBCOMMITTEE

Chair: Rosie Stewart

Evelyn Whitmer

Jennifer Argyros

Cynthia Aspengren

Gayle Gratop

LEADERSHIP RECOGNITION EVENT SUBCOMMITTEE

Chair: Michele Walsh

Noel Wilkinson

Margine Bawden

Violeta Dominguez

IN-DEPTH SESSIONS SUBCOMMITTEE

Chair: Dan McDonald

Cindy Pearson

Jennifer Parlin

REPORTING SUBCOMMITTEE

Chair: Margine Bawden

Rosie Stewart

Bree Daugherty

DECORATING SUBCOMMITTEE

Chair: Rhegan Derfus

Cat Gore

Lisa Reidhead

Gayle Gratop

AUDIO VISUAL SUPPORT SUBCOMMITTEE

Chair: Noel Wilkinson

Sterling Hancock

MARKETPLACE SUBCOMMITTEE

Co-Chairs: Glenda Garcia and
Jennifer Parlin

Dan McDonald

Esmeralda Castillo

HOSPITALITY SUBCOMMITTEE

Chair: Ashley Dixon-Kleiber

Pam Trobaugh

Lisa Reidhead

Bree Daugherty

Darcy Dixon

Cate Gore

Jose Castillo

Melody Thomas

SERVICE PROJECT SUBCOMMITTEE

Co-Chairs: Rhegan Derfus and
Traci Armstrong Florian

TUESDAY, SEPTEMBER 17, 2024

SCHOOL PRIDE DAY! Wear your school shirt or colors.

TUESDAY SCHEDULE AT A GLANCE

7:00 AM – 5:30 PM	Registration Desk Open / Service Project Drop-Off
8:00 AM – 12:00 PM	In-Depth Sessions (<i>separate registration required</i>)
10:30 AM – 11:30 AM	Silent Auction Drop-Off
12:30 PM – 2:30 PM	Regional Business Meetings & Awards Luncheon
2:45 PM – 4:45 PM	Life Member Meeting
2:45 PM – 5:30 PM	Concurrent Sessions
2:45 PM – 5:30 PM	Hospitality Desk Open (<i>between concurrent sessions</i>)
2:45 PM – 5:30 PM	Program Leaders Meeting – Day 1 (<i>separate registration required</i>)
5:30 PM – 7:00 PM	State Photos
7:00 PM – 9:00 PM	Showcase of Excellence Poster Display Set-Up
6:00 PM	States Night Out

7:00 AM – 5:30 PM

**Registration Desk Open /
Service Project Drop-Off**

TUCSON REGISTRATION DESK



8:00 AM – 12:00 PM

In-Depth Sessions

(see in-depth session grid on the next page for additional information)

10:30 AM – 11:30 AM

Silent Auction Drop Off

ROOM: LA ESTRELLA



12:30 PM – 2:30 PM

**Regional Business Meetings
and Awards Luncheon**



Central Region –

ROOM:

TUCSON BALLROOM E & F

Eastern Region –

ROOM:

TUCSON BALLROOM A-C

Southern Region –

ROOM:

ARIZONA BALLROOM 6 & 7

Western Region –

ROOM:

TUCSON BALLROOM G - J

8:00 AM – 12:00 PM | IN-DEPTH SESSIONS



Bus loading will begin at 7:45 AM. Buses will depart promptly at 8:00 AM. Buses will load outside Starr Circle Drive.

TUESDAY

IN-DEPTH SESSION TITLE	PROGRAM AREA	LOCATION	BUS #/ ROOM #
Jesty, Floral, Crisp, and Bright: The Bounty of the Harvest	Economic Development	Offsite: Rune Wines	1
Discover Your World Inside Biosphere 2	Sustainable living	Offsite: Biosphere 2	2
From Farm to Kitchen and Back Again	Food, Nutrition, and Health	Offsite: Tucson Village Farm and CEAC	3
Life Members: Turn Your Idea of a Museum Inside Out!	Culture and STEM	Offsite: Arizona-Sonora Desert Museum	5
Food Safety and Knife Skills for Food Demonstration	Food, Nutrition, and Health	Offsite: The Garden Kitchen	6
History, Culture, and Science of a Tucson Treasure	Culture and STEM	Offsite: Tumamoc Hill	7
Built for Kindness	Wellbeing	Onsite	San Xavier

2:45 PM – 4:45 PM
Life Member Meeting
 ROOM: SAN LUIS 1

2:45 PM – 5:30 PM

Program Leaders Meeting - Day 1

ROOM: ARIZONA BALLROOM 11 & 12

Separate Registration Required

2:45 PM - 5:30 PM

Hospitality Desk Open

ARIZONA BALLROOM FOYER

(between Concurrent Sessions)

CONCURRENT SESSIONS

2:45 PM – 3:30 PM

Captain Cash: Teaching Basic Personal Financial Concepts to Third Graders

Track: Financial Health and Capability

Presenter(s): Naomi Bechtold, Lori Bouslog, Danielle Scott, Jane Horner, Annetta Jones, Amanda Nielsen, Pandora Taylor, Brittney Schori, Diana Stone

STATE: IN

ROOM: SAN XAVIER

Captain Cash is an exceptionally successful four session interactive program that teaches students how to Earn, Save, Spend, and Borrow. Learn how you can bring this program to your state!



Developing an Innovative Curriculum to Increase Confidence in Youth

Innovation in Programming Award

Track: 4-H and Youth Development

Presenter(s): Lisa Schainker, Christina Pay, Melanie Dabb, Eva Timothy, Cindy Jenkins, Andrea Schmutz, Jared Hawkins, Sadie Wilde

STATE: UT

ROOM: ARIZONA BALLROOM 3 & 4

The Confidence Project team has taken an innovative approach to helping youth develop self-esteem, self-confidence, and resilience and continues to adapt and expand learning content into a variety of formats to reach broader audiences and respond to emerging needs.

Extension Public Health AmeriCorps-Building the Next Generation of Public Health Leaders

Track: Economic and Workforce Development

Presenter(s): Emilee Drerup, Pat Bebo, Susan Zies, Daniel Remley, Patrice Powers-Barker, Amanda Bohlen, Nicole Debose

STATE: OH

ROOM: ARIZONA BALLROOM 1 & 2

The Extension Public Health AmeriCorps program supports the recruitment, training, and development of public health leaders who will be ready to respond to the nation's public health needs.

Fostering Belonging in Extension Programming

Track: Committee

Presenter(s): Diversity Committee

STATE: MULTI-STATE

ROOM: ARIZONA BALLROOM 8 & 9

This interactive discussion aims to equip Extension professionals and volunteers with the knowledge, skills, and resources to create inclusive and welcoming environments where all participants feel a sense of belonging.



From Awareness to Action: The Role of Ouch! in Breaking Stereotypes

Program Excellence Through Research Award

Track: Education, Leadership, and Diversity
Presenter(s): Christina Edholm, Kyleigh Brown, Kathy Dothage

STATE: MO

ROOM: ARIZONA BALLROOM 5

Field specialists implemented Ouch! That Stereotype Hurts in community health and youth recreational organizations. This study provides a roadmap for enhancing positive communication, fostering intercultural awareness, and strengthening interpersonal connections.

Healthy Meals for Busy Families

Track: Food and Nutrition
Presenter(s): Gretchen Manker, Siew Guan Lee, Grace Wittman

STATE: ID

ROOM: SAN IGNACIO

Healthy Meals for Busy Families is an interactive program that promotes health and wellness through lessons on time-saving methods to plan and prepare healthy affordable meals at home.

Leveraging FCS Extension Education to Address the Overdose Epidemic

Track: Health and Well-being
Presenter(s): Nichole Huff, Alex Elswick, Kelly May, Leslie Workman, Omolola Adedokun, Jennifer Hunter

STATE: KY

ROOM: ARIZONA BALLROOM 10

This session introduces the FCS-Extension program, PROFIT: Promoting Recovery Online through Financial Instruction & addiction Training, designed to increase professional capacity on substance misuse and the impacts of financial stress.

Serving the Early Childhood Workforce: Multi-County Focus Groups to Inform Statewide Response

Track: Lifespan Development and Family Relationships

Presenter(s): Patricia Carroll, Lindsay Weymouth Olson, Sarah Braaten, Carol Bralich, Hannah Zellmer, Anne Clarkson

STATE: WI

ROOM: SAN PEDRO 1

A statewide assessment aimed at improving early childhood teacher continuing education, using data to be strategic and intentional to best meet the needs of teachers, children and families.

Using our Trusted Voice: How Cooperative Extension Can Show Up for Behavioral Health

Track: Health and Well-being
Presenter(s): Barbara Brody, Allison Myers, Nicole Breuner, Abbey Martin, Dusti Linnell, Sandi Phibbs

STATE: OR

ROOM: SAN PEDRO 2

Successes and lessons related to how Extension professionals in Oregon have leveraged their expertise and trusted voices to address behavioral health challenges in rural and frontier areas, with community-driven approaches.

**HOSPITALITY DESK OPEN -
STOP BY!**

CONCURRENT SESSIONS

3:45 PM – 4:30 PM

Dementia Friends: Turning Understanding into Action

Track: Lifespan Development and Family Relationships

Presenter(s): Leslee Blanch, Tasha Howard, Laura Sant, Bridget Morrisroe, Kathee Tiff, Kirstin Jensen

STATE: ID

ROOM: SAN IGNACIO

Dementia Friends is a program designed to help community members learn about and understand the experience of someone living with dementia and turn that understanding into action.

Empowering Women in the Outdoors: Breaking Barriers and Building Confidence

Track: Health and Well-being

Presenter(s): Andrea Schmutz, Cindy Nelson

STATE: UT

ROOM: ARIZONA BALLROOM 10

The Becoming an Outdoors-Woman initiative tackles women's health disparities by empowering them with outdoor skills, fostering social connections, and addressing mental health. Impactful events break barriers, providing transformative experiences for women.

Enhancing Mobility and Minimizing Pain: The Impact of Evidence-Based Exercise Programs for Arthritis Management

Track: Health and Well-being

Presenter(s): Lydia Hoskins, Susan Conner

STATE: TN

ROOM: ARIZONA BALLROOM 8 & 9

Arthritis is related to poor HRQoL in adults. Participating in an Arthritis exercise program is effective for improving managing pain, increasing physical activity, and performing ADLs with less discomfort.

From Idea to Publication: A Roadmap for Journal Submission Success

Track: Committee

Presenter(s): Rebecca Hardeman, Ashley Dixon-Kleiber, Meagan Salomon, Brittany Martin, Emily Harmon

STATE: MULTI-STATE

ROOM: ARIZONA BALLROOM 5

Navigate the journey from idea to publication with confidence! Join our workshop for insights on submitting manuscripts to the Journal of the National Extension Association of Family and Consumer Sciences.

Getting the Gorge Smoke Ready: Improving Community Readiness and Response for Wildfire Smoke Events

NEAFCS Excellence in Diversity, Equity, & Inclusion Scholarship Recipient

Track: Environmental Health and Sustainability

Presenter(s): Lauren Kraemer, Grace Wesson

STATE: OR

ROOM: ARIZONA BALLROOM 1 & 2

Wildfires, smoke, and resulting poor health outcomes have increased dramatically in recent years. Extension is leading efforts to improve community readiness for future smoke events through systems-based outreach and engagement.

TUESDAY



Mary W. Wells Diversity Award – Regional Winners Co-Presentation

Track: Education, Leadership, and Diversity

ROOM: ARIZONA BALLROOM 3 & 4

Educational Programs for Afghan Families in Collaboration with Stillwater Public School

Presenter(s): Dea Rash, Trinity Brown

STATE: OK

The financial education program with Afghan families was developed to help educate relocated families on budgeting and they also learned about blackberry farming and STEM home food preservation.

Create Better Health Refugee Adaptations

Presenter(s): Lea Palmer, Heidi LeBlanc, Kristi Strongo, Habiba Nur, Melanie Jewkes, Jenna Dyckman, LaCee Jimenez

STATE: UT

The Create Better Health for Refugees program is a comprehensive SNAP-Ed program dedicated to providing culturally driven nutrition education and improved food access to the diverse Refugee groups throughout Utah.

On the Move Junior Promotes Improved Nutrition and Fitness Among Children

Track: Health and Well-being

Presenter(s): Julie Garden-Robinson

STATE: ND

ROOM: SAN PEDRO 2

The “On the Move Junior” curriculum promoted positive nutrition and fitness behavior changes among children in second grade classrooms according to the children, their parents, and teachers

PLAZA Mobile Market: Bringing Local Produce to the Community

Track: Food and Nutrition

Presenter(s): Jennifer Parlin, Meredith Glaubach, Evelyn Whitmer

STATE: AZ

ROOM: SAN PEDRO 1

In areas with high rates of nutrition insecurity, lack of local produce markets, and local farmers in need of financial security, mobile markets can help to transform communities.

Your Feelings Matter: 4-H and Social-Emotional Learning

Track: 4-H and Youth Development

Presenter(s): Jami Dellifield, Amanda Raines

STATE: OH

ROOM: SAN XAVIER

Looking for a resource to help you with Social-Emotional Learning (SEL) programming? The authors of the nationally peer-reviewed 4-H project book *Your Feelings Matter* will share strategies for implementation.

HOSPITALITY DESK OPEN - STOP BY!

CONCURRENT SESSIONS

4:45 PM – 5:30 PM

Bridging Gaps and Getting a Seat at the Collaboration Table

Track: Education, Leadership, and Diversity

Presenter(s): Beth Shepherd

STATE: FL

ROOM: SAN PEDRO 2

To stay relevant in these changing times, Extension needs to be “at the table, stay at the table, and thrive at the table.

Digital Financial Inclusion: A Gateway to Financial Resilience

Track: Financial Health and Capability

Presenter(s): Troy Anderson, Deon Little, Michael Elonge, Crystal Terhune, Suzanne Cooke, Jesse Ketterman, Catherine Sorenson, Dorothy Nuckols

STATE: MD

ROOM: SAN XAVIER

Are underserved families ready to adapt to digital financial inclusion? Learn findings from an engagement survey conducted in a rural county focused on affordability, access, and the implications for Extension.

Drug Treatment Court Educational Programming: An Extension Partnership

Track: Health and Well-being

Presenter(s): Jeremiah Terrell, Carrie Elsen

STATE: MO

ROOM: SAN PEDRO 1

Experience how the Role of Extension can

enhance the impact of Drug Treatment Court Models. Learn how to partner with the Justice System to address the needs of substance use.

Empowering Lives: The Diabetes Cook Along Program – A Recipe for Successful Diabetes Self-Management

Track: Health and Well-being

Presenter(s): April Litchford, Jenna Dyckman, Carrie Durward

STATE: UT

ROOM: ARIZONA BALLROOM 10

The Diabetes Cook Along program is designed to teach diabetes self-management skills using interactive activities (i.e., cooking meals) to promote sustainable behavior change and improve diabetes symptom management.

Enhancing Extension Program Exposure for Rural Communities Through Podcasting and other Forms of Media

Track: Technology

Presenter(s): Kristin Riggsbee, Tennille Short, Sarah Poole, Crystal Blankenship, Meagan Brown, Casey Roberts, Cris Miramontes, Joel Clark, Janet Fox

STATE: TN

ROOM: BALLROOM 8 & 9

This program highlights podcasting as a means of outreach and engagement with Extension clientele, focused on one state's grass-roots approach to creating a diverse conversation around FCS topics.

Invasion of the Data Snatchers: Minimizing Bot Attacks to Maximize Online Survey Integrity

Track: Skill-based

*Presenter(s): Katherine Speirs, Hope Wilson,
Margine Bawden, Rosie Stewart, Stephanie
Grutzmacher, Rachel Leih, Reason Meyer*

STATE: AZ

ROOM: ARIZONA BALLROOM 5

Online surveys are frequently used by Extension professionals and vulnerable to bots that submit large numbers of fraudulent responses. Detailed strategies for preventing and addressing bots will be presented.

Piloting a Statewide Health and Wellness Initiative: Marathon Kids

Track: Health and Well-being

*Presenter(s): Emma Parkhurst, Cindy Nelson,
Shannon Cromwell, Eva Timothy, Sadie Wilde*

STATE: UT

ROOM: SAN IGNACIO

Marathon Kids is an evidence-based program that promotes physical activity and engages youth of all abilities in positive, goal-driven challenges. Faculty completed training as "coaches" and implemented the program statewide.



The Montana State University Extension Alzheimer's Storybook Program

NEAFCS Endowment Grant Recipient

Track: Health & Well-being

Presenter(s): Marsha Goetting, Jennifer Munter

STATE: MT

ROOM: ARIZONA BALLROOM 3 & 4

Using storybooks to teach and provide emotional support to children about

Alzheimer's will be introduced. Resources will be shared to enable Extension agents to offer this program to their families. NEAFCS Endowment-funded project.



UGA Extension and Family Connection: a Fantastic Duo Benefitting Stewart County

Community Partnership Award

Track: Economic and Workforce Development

Presenter(s): Christina Garner

STATE: GA

ROOM: ARIZONA BALLROOM 1 & 2

UGA Extension and Family Connection partner to bring much needed resources to rural Stewart County including the development of a Community Center.

5:30 PM – 7:00 PM

State Photos

ANIA TERRACE AND LAWN

6:00 PM

State's Night Out

7:00 PM – 9:00 PM

**Showcase of Excellence Poster
Display Set-Up**

ROOM: TUCSON BALLROOM

WEDNESDAY, SEPTEMBER 18, 2024

WEDNESDAY SCHEDULE AT A GLANCE

6:15 AM – 7:15 AM	Wellness Activity - Guided Hike
7:00 AM – 10:00 AM	Silent Auction Drop-Off
7:00 AM – 11:00 AM	Exhibitor Set-Up/Silent Auction Set-Up/Poster Set-up
7:00 AM – 5:00 PM	Registration Open
8:00 AM – 11:45 AM	Concurrent Sessions
8:00 AM – 11:45 AM	Hospitality Table Open (<i>between Concurrent Sessions</i>)
8:00 AM – 2:00 PM	Marketplace
8:00 AM – 4:00 PM	Program Leaders Meeting – Day 2 (<i>Separate registration required</i>)
11:00 AM – 11:30 AM	Exhibitor Orientation (<i>Exhibitors Only</i>)
12:00 PM – 1:00 PM	Hospitality Desk Open
12:00 PM – 5:00 PM	Exhibit Hall Open (<i>Boxed Lunch provided</i>) <ul style="list-style-type: none">• Silent Auction (<i>Final Bid 5:00 PM</i>)• Service Project• Showcase of Excellence (<i>Posters manned from 12:30 PM - 1:30 PM</i>)
12:15 PM – 1:30 PM	National Program Leaders & Board Lunch
12:15 PM – 4:30 PM	Exhibit Forums
1:00 PM – 1:45 PM	Leadership Experience Reception (<i>invitation only</i>)
1:30 PM – 3:00 PM	National Dining with Diabetes Program
2:15 PM – 4:15 PM	Annual Business Meeting
4:45 PM- 5:45 PM	State Photos
6:30 PM – 8:30 PM	Leadership Event (<i>Offsite - invitation only</i>)



6:15 AM - 7:15 AM

Wellness Activity - Guided Hike

Interested hikers should meet in the host hotel lobby at 6:00 AM. Hikers will depart at 6:15 AM and return back to the hotel by 7:15 AM. Please wear hiking clothes and sneakers.

The Hidden Canyon Trail is 2.2 miles and takes approximately an hour to complete. It is considered “moderate”

according to the All Trails app, with an elevation gain of about 400 feet. Sunrise on September 18 is at 6:10 AM and the average temperature is about 70 degrees, which will increase by a couple degrees over the hour of hiking.

7:00 AM – 10:00 AM

Silent Auction Drop Off

ROOM: LA ESTRELLA

7:00 AM – 11:00 AM**Exhibitor Set-up/Silent Auction
Set-up/Showcase of Excellence
Poster Set-up****ROOM: TUCSON BALLROOM****7:00 AM – 5:00 PM****Registration Open**
TUCSON REGISTRATION DESK**8:00 AM – 11:45 AM****Hospitality Desk Open**
ARIZONA BALLROOM FOYER**8:00 AM – 2:00 PM****Marketplace**
ARIZONA BALLROOM FOYER**8:00 AM – 4:00 PM****FCS Program Leaders Meeting
Day 2****ARIZONA BALLROOM 11 & 12**
(Special registration required)

CONCURRENT SESSIONS

8:00 AM – 8:45 AM**An Amish Auction Barn and
Lifelong Learning Come
Together Under One Sky****Mary W. Wells Memorial Diversity Award***Track: Education, Leadership, and Diversity**Presenter(s): Candace J. Heer***STATE: OH****ROOM: ARIZONA BALLROOM 1 & 2**

Fostering a strong relationship by addressing food safety and home food preservation at a health and safety event for Amish this pluralistic society is engaging in lifelong learning.

**Connecting the Community with just
one App***Track: Food and Nutrition**Presenter(s): Sybil Peters***STATE: AZ****ROOM: SAN IGNACIO**

Pinal Healthy & Active is an easy-to-use wellness tool that helps communities improve health

outcomes. This engaging, low-code app connects people to parks, fresh food, family-friendly events, recipes, and activities.

**Delivering an Effective Suicide
Prevention Program - Question,
Persuade, Refer (QPR)***Track: Health and Well-being**Presenter(s): Chi Catalone, Jacqueline Amor-Zitzelberger, Sonya Nace, Rozalia Horvath***STATE: PA****ROOM: SAN XAVIER**

Explore how the evidence-based suicide prevention program QPR enhances participants' knowledge and confidence to assist in crisis situations. Discover strategies for implementing this curriculum to empower your communities.

**Educating Ourselves to Educate Our
Communities in Financial Tough Times***Track: Financial Health and Capability**Presenter(s): Michael Elonge, Jesse Ketterman, Dorothy Nuckols, Crystal Terhune***STATE: MD****ROOM: SAN PEDRO 2**

Educating Ourselves to Educate Our Communities in Financial Tough Times, is a financial professional development (train-the-trainer) program with significant community impact for staff working with low/limited income families.

Employing AmeriCorps to Deliver Cooperative Extension Programming Across Disciplines

Track: Trending Topics

Presenter(s): Dan McDonald, Christina Lipin, Deborah Curley, Cindy Pearson

STATE: AZ

ROOM: ARIZONA BALLROOM 5

This presentation will show how Cooperative Extension programming across disciplines can leverage the use of AmeriCorps members to augment statewide outreach and contribute to increased school readiness of young children.

Extension Programs Can Improve Recovery Outcomes In Women And Families With Substance Use

Track: Health and Well-being

Presenter(s): Anne Lindsay, Macy Helm

STATE: NV

ROOM: ARIZONA BALLROOM 10

This session will help Extension professionals recognize and prioritize health-related and psychosocial concerns that help reduce the risk of substance use and reoccurrence, especially in women with families.

Nurturing Children by Engaging Fathers in Early Childhood Programming: How and Why Family and Consumer Sciences Should Take Interest

Track: Lifespan Development and Family Relationships

Presenter(s): Marie Economos, Heather Reister, Sandra Slater, Patrice Powers-Barker

STATE: OH

ROOM: ARIZONA BALLROOM 8 & 9

Come learn strategies and leave with a training for early childhood educators that creates a father-friendly classroom that builds on the keys to success for the child, father, and family.

The Good, the Bad and the Ugly of a Lifestyle Change Program

Track: Health and Well-being

Presenter(s): Soghra Jarvandi, Starla Hardin, Lydia Hoskins, Rachel Dean, Elizabeth Renfro, Annette Cole

STATE: TN

ROOM: ARIZONA BALLROOM 3 & 4

Diabetes is a critical public health problem. In this session, participants will learn strategies for successfully implementing the CDC-recognized diabetes prevention lifestyle change program in their community.

University of Georgia Extension Prepares for Emergencies

Track: Environmental Health and Sustainability

Presenter(s): Susan Moore, Maria Bowie, Pamela Turner, Virginia Brown, Allison Eaddy, Keishon Thomas, Mitzi Parker, Robert Obiekwe, Angelica Bridges, Victoria Presnal

STATE: GA

ROOM: SAN PEDRO 1

University of Georgia Extension implemented a small team's approach to enhance our emergency preparedness capacity while ensuring our staff are ready to respond when our colleagues, counties, and communities need us most.

**HOSPITALITY DESK OPEN -
STOP BY**

CONCURRENT SESSIONS

9:00 AM - 9:45 AM

**A Successful Team-Based Approach to
Extension Education**

Track: Financial Health and Capability

Presenter(s): Catherine Sorenson, Jesse Ketterman, Dorothy Nuckols, Kelly Sipple, Lynn Matava, Lisa McCoy, Suzanne Cooke

STATE: MD

ROOM: ARIZONA BALLROOM 8 & 9

This presentation will provide an approach to multi-state team-based Extension work that has resulted in successful, evidence-based programs. The session will outline steps taken from needs assessment to program implementation.

**EXCITE: Addressing Vaccine Hesitancy
among Rural Senior Adults**

Track: Health and Well-being

Presenter(s): Katilin Pander, Chi Catalone, Maria Tejada de Rivero Sawers

STATE: PA

ROOM: ARIZONA BALLROOM 5

An innovative and collaborative project designed to educate senior populations on the risks and benefits of immunizations. Four vaccines are highlighted: influenza, pneumococcal, COVID-19, and respiratory syncytial virus (RSV).

**Finding the FCS Facts in Fiction:
Connecting Themes from Novels to
Extension Through a Book Club**

Track: Education, Leadership, and Diversity

Presenter(s): Lisa Barlage, Ryan Kline, Jessica Lowe, Misty Harmon, Alisha Barton

STATE: OH

ROOM: SAN PEDRO 2

Grab a book and join the Buckeye Bookworms Book Club to discover how Educators connected FCS facts to Fiction. Explore how a book club can create community, reduce stress, and more.

**Food Safety Education for Food Pantry
Workers**

Track: Food and Nutrition

Presenter(s): Ann Hamilton

STATE: NH

ROOM: SAN PEDRO 1

Reaching food pantry workers with online food safety education by working with the statewide Food Bank. Participants will learn about organizing and presenting the program, presentation ideas, and evaluation.

**Learning through Play: Creative
Approaches to Kindergarten
Readiness**

Track: Lifespan Development and Family Relationships

Presenter(s): Christy Stearns, Debbie Messenger

STATE: KY

ROOM: ARIZONA BALLROOM 1 & 2

Participants will learn about a variety of both in-person and virtual early learning programs for children and families that support kindergarten readiness.

NutriPreserve: Cultivating Healthier Habits with Food Preservation

Track: Food and Nutrition

Presenter(s): Lydia Hoskins

STATE: TN

ROOM: ARIZONA BALLROOM 3 & 4

Food preservation allows consumers to enjoy favorite foods year-round. Participants gain confidence to preserve food safely and learn to incorporate preserved foods in meals to aid in sustainable lifestyle change.

Opportunities for FCS to Support the Health and Wellbeing of Early Care and Education Professionals

Track: Health and Well-being

Presenter(s): Hope Wilson, Katherine E. Speirs, Rosie Stewart, Margine Bawden, Reason Meyer

STATE: AZ

ROOM: SAN IGNACIO

This session reviews the process and highlights findings of a statewide needs assessment conducted by FCS to inform program priorities to support early care and education professionals.

The Impact of a Farm Tour on Consumer Trust in Food Source Agricultural Practices

Track: Trending Topics

Presenter(s): Melissa Jean Rupp, Sara Lewis, Kendall D. Lovejoy

STATE: OH

ROOM: SAN XAVIER

Breakfast on the Farm is a one-day educational experience for consumers to encounter food production on a family farm. This collaboration educates and builds understanding between consumers and food producers.

Together: The Need for Human Connection in Extension and the Communities They Serve

Track: Health and Well-being

Presenter(s): Melanie Dabb, Christina Pay, Eva Timothy, Cindy Jenkins, Jared Hawkins

STATE: UT

ROOM: ARIZONA BALLROOM 10

Explore the health risks of loneliness and learn easily implementable interventions for your programming that can spark hope for social connection in your Extension efforts.

**HOSPITALITY DESK OPEN -
STOP BY**

CONCURRENT SESSIONS

10:00 AM - 10:45 AM

Empowering Tomorrow's Leaders: Enhancing Extension Career Intentions Through Collaborative Partnerships with Teaching Faculty and Students at Utah University

Track: Education, Leadership, and Diversity

Presenter(s): Jenna Dyckman, Carrie Durward, Katie Kraus, Jill Henderson

STATE: UT

ROOM: ARIZONA BALLROOM 8 & 9

Discover how experiential learning collaborations between Extension and Teaching faculty can enhance Extension impacts while increasing undergraduate and graduate student interest in an Extension career.

Fall Prevention Education: The Key to Sustaining Personal Independence and Well-Being

Track: Health and Well-being

Presenter(s): Susan Conner, Lydia Hoskins

STATE: TN

ROOM: SAN IGNACIO

With the ageing population growing, successful fall prevention classes are vital. Learn how to teach and collaborate well with teaching partners to implement successful systematic approaches for county evidence-based programming.

Implementing A Dibble Institute Program: Mind Matters - Overcoming Adversity and Building Resilience

Track: Health and Well-being

Presenter(s): Karim Martinez, Dianne

Christensen, Phillip Alden, Charlene Carr,

Augusta Ahlm

STATE: NM

ROOM: SAN PEDRO 1

To promote mental health, Extension implemented the Mind Matters: Overcoming Adversity and Building Resilience program (Dibble Institute). Come learn how to do the same in your state.

Partnering for Health: Middle School Health Classes Connect with SNAP-Ed

Track: Food and Nutrition

Presenter(s): Tristin Bolton

STATE: AR

ROOM: ARIZONA BALLROOM 5

Success in implementing a nutrition-based curriculum with a new audience of health classes within SNAP-Ed eligible schools.

Play Your Way to Stronger Connections by Maximizing Adult-Child Interactions: A Family Resource Centers' Approach

Track: Lifespan Development and Family Relationships

Presenter(s): Rosie Stewart, Jennifer Argyros, Stephanie Garcia, Bernadette Hernandez

STATE: AZ

ROOM: ARIZONA BALLROOM 3 & 4

Uncover practical strategies to prepare families for kindergarten, where adult-child interaction classes replace traditional parent education. Explore the Family Resource Centers' two-generational approach, emphasizing impactful adult-child interaction classes.

Pilot Program to Expand FCS Extension Programming

Track: Trending Topics

Presenter(s): Mary Evans, Mindy Meuli

STATE: WY

ROOM: SAN PEDRO 2

Attendees will leave with a better understanding of an innovative staffing solution within the Family and Consumer Sciences Initiative team. Including the process of implementing the pilot program.

Tips for Teens Video Series

Track: 4-H and Youth Development

Presenter(s): Lorissa Dunfee, Katie Cole, Jessica Lowe, Ashlee Meardith

STATE: OH

ROOM: SAN XAVIER

Youth sometimes lack the necessary life skills to live independently as a young adulthood. In response to this issue, Extension Educators created the Tips for Teens educational video series.



**Utah State University
Extension Empowering
Financial Wellness Program**

**Financial Management Award in Memory of
Dean Don Felker**

Track: Financial Management

*Presenter(s): Amanda Christensen, Melanie D.
Jewkes, Andrea T. Schmutz, Lendel Narine*

STATE: UT

ROOM: ARIZONA BALLROOM 1 & 2

The Empowering Financial Wellness Program increased participants savings rates, ability to handle unexpected financial burdens and improved overall personal financial wellness through innovative, creative resource development and delivery methods.

**Virtual Delivery of a Lifestyle
Behavior Education Program
Increases the Self-Efficacy of
Participants with at Least One
Chronic Illness**

Track: Health and Well-being

*Presenter(s): Laura Anderson, Dawn Contreras,
Christi Demitz, Holly Tired*

STATE: MI

ROOM: ARIZONA BALLROOM 10

Chronic diseases present challenges. The need for lifestyle behavior education increased with COVID-19. Virtual delivery of these programs demonstrated significant changes in self-efficacy to manage chronic diseases with lessons learned.

11:00 AM - 11:30 AM

Exhibitor Orientation

ROOM: TUCSON BALLROOM

This is open to exhibitors only.

**HOSPITALITY DESK OPEN -
STOP BY**

CONCURRENT SESSIONS

11:00 AM - 11:45 PM

**An Interdisciplinary Extension
Program: Address Health Needs of
Alzheimer's and Related Dementia
Caregivers**

Track: Health and Well-being

*Presenter(s): Dhruvi Patel, Mona Habibi, Crystal
Terhune, Shauna Henley, Catherine Sorenson,
Alex Chan, Jesse Ketterman, Beverly Jackey*

STATE: MD

ROOM: SAN XAVIER

This session discusses the framework and outcomes of the Alzheimer's and related dementia caregiver program addressing physical health, food safety practices, financial safety, mental wellbeing, and healthcare education.



**Be Prepared When Disaster
Strikes**

NEAFCS Endowment Grant Recipient

Track: Environmental Health and Sustainability

*Presenter(s): Kristin Bogdonas, Camaya
Wallace Bechard*

STATE: IL

ROOM: ARIZONA BALLROOM 5

A multidisciplinary team at Illinois Extension helped Illinois residents develop a preparedness mindset. Learn about this NEAFCS Endowment-funded project and how to coordinate disaster preparedness outreach in your state.

WEDNESDAY



Canning with a Twist Food Safety Award

Track: Food and Nutrition

Presenter(s): MaryBeth Hornbeck, Angelica Davis, Victoria Presnal, Rebecca Thomas, Zoe Soltanmammedova, Carla Schwan

STATE: GA

ROOM: ARIZONA BALLROOM 1 & 2

Extension Agents conducted 59 home food preservation workshops to teach diverse audiences to safely and confidently can foods, then empowered Extension professionals with best practices to build national capacity.

Inspire Your Community with the Joy of Laughter

Track: Health and Well-being

Presenter(s): Roseanne Scammahorn, Susan Zies, Ken Stewart, Misty Harmon, Lorrissa Dunfee

STATE: OH

ROOM: SAN PEDRO 1

Laughter provides healing! This firsthand workshop is a learning experience focused on the holistic health benefits of incorporating laughter into our lives, no matter our age or profession.

WEDNESDAY

Cultivating Inclusion: A Panel Discussion on Strategies and Skills for Effective Facilitation

Track: Education, Leadership, and Diversity

Presenter(s): Christina Edholm, Brianna Anderson

STATE: MO

ROOM: SAN IGNACIO

Join our discussion on challenges in fostering a commitment to diversity curricula, strategies for culturally responsive teaching, skills required for effective facilitation, and resources for developing personal intercultural competency.

Our Lives, Our Legacy

Track: Committee (Life Members - all members welcome)

Presenter Names: Past Presidents, Donna Donald, IA and Christine Kniep, WI

STATE: MULTI-STATE

ROOM: ARIZONA BALLROOM 3 & 4

Ellen Swallow Richards, Margaret Roessler - professionals whose legacies are the backbone of our profession. What did we learn to advance the profession today? What accomplishments should be added to our history? Join a guided discussion on capturing our work, writing the next chapters of our legacy.

Family and Consumer Sciences is STEM

Track: Trending Topics

Presenter(s): Gina Peek, Kimberly Williams, Susan Routh

STATE: OK

ROOM: ARIZONA BALLROOM 10

Family and Consumer Sciences is STEM (science, technology, engineering, math). This presentation provides a framework for Family and Consumer Sciences Extension STEM programming that may be used in your state.

Relationships Can Heal: Knowing the Farmer Client

Track: Health and Well-being

Presenter(s): David Brown, Demi Johnson, Tim Christensen, Brandi Janssen

STATE: IA

ROOM: ARIZONA BALLROOM 8 & 9

Relationships Can Heal: Knowing the Farmer Client assists mental health and healthcare providers to understand farm culture and stressors. Content is grounded in developing positive client alliances and cultural humility.

Traditions and Trends: How can both be safely preserved?

Track: Food and Nutrition

Presenter(s): Kate Shumaker, Melinda Hill

STATE: OH

ROOM: SAN PEDRO 2

Is it safe? Accurate? How do you know? Canning began in the mid 1850's, but many changes are needed to ensure safety. Our decade of data shows evaluation is essential.

12:00 PM – 1:00 PM

Hospitality Desk Open

ARIZONA BALLROOM FOYER

12:00 PM – 5:00 PM

Exhibit Hall Open - including Silent Auction, Showcase of Excellence Poster Displays, Service Project.

ROOM: TUCSON BALLROOM

- Showcase of Excellence Posters Manned 12:30 PM - 1:30 PM. See page 55 for more information.
- Silent Auction in Hall (Final bid 5:00 PM)
- Service Project



12:00 PM – 1:00 PM

Lunch in Exhibit Hall

ROOM: TUCSON BALLROOM



12:15 PM – 1:30 PM

National Board and Program Leaders Lunch

ROOM: ARIZONA BALLROOM 11 & 12

12:15 PM – 4:30 PM

Exhibit Forums

ROOM: ARIZONA BALLROOM 1 & 2

(See page 46 for full listings)

1:00 PM – 1:45 PM

Leadership Experience Reception

ROOM: SAN PEDRO 1

(invitation only)



1:30 PM – 3:00 PM

National Dining with Diabetes Program

ROOM: ARIZONA BALLROOM 3 & 4

Presenters: National Dining with Diabetes Working Group Leadership Team

This session will provide the latest updates to the Dining with Diabetes curriculum.

2:15 PM - 4:15 PM

Annual Business Meeting

ROOM: ARIZONA BALLROOM 6 & 7

This meeting is open to all members. Delegates are required to attend. Scan this QR code to view candidate videos.



4:45 PM – 5:45 PM

State Photos

ANIA TERRACE AND LAWN



6:30 PM - 8:30 PM

Leadership Event

TUCSON MUSEUM OF ART

(invitation only)

Buses will begin loading at 6:00 PM and depart at 6:15 PM. Buses will load outside Starr Circle Drive.



2024 EXHIBIT FORUMS - WEDNESDAY

Wednesday, September 18 | 12:15 PM – 4:30 PM

All Exhibit Forums are held in **Arizona Ballroom 1 & 2** unless otherwise noted.

12:15 PM – 12:45 PM

Reaching Diverse Audiences with Culturally Inclusive Nutrition Education from MyPlate

Company: USDA National

Institute of Food and Agriculture (NIFA)

Presenter(s): Kelley McKinley

MyPlate tools are designed to empower professionals and consumers to select and prepare delicious nutrient-dense and culturally relevant foods. Come learn how resources available through MyPlate.gov support inclusivity and how they can be adapted for various practice settings and populations to meet evolving nutrition education needs.

2:30 PM – 3:00 PM

Professional Development Needs of Family and Consumer Sciences Extension Agents

Company: Texas Tech University Family and Consumer Sciences Education

Presenter(s): Dr. Karen L. Alexander and Dr. Amanda K. Holland

This presentation will discuss the results of a needs assessment conducted by the Great Plains IDA Family & Consumer Sciences Education faculty regarding professional development needs of FCS Extension Agents

3:15 PM – 3:45 PM

Learn how to create Engaging, Effective and Fun Money Habitudes Workshops

Company: Money Habitudes, LLC

Presenter(s): Cara Macksoud

Join us to learn how to host Money Habitudes workshops that captivate and educate participants. You will learn best practices to create engaging activities, foster interactive discussions, and ensure impactful learning outcomes.

4:00 PM – 4:30 PM

Safety on the Horizon: Keeping Youth Education in Mind Under One Sky

Company: Progressive Agriculture Foundation

Presenter(s): Susan Turner

Daily, thirty-three children are injured in an agriculture related incident and every three days a child dies. We provide resources for youth Safety Day program targeting safety on and off the farm.



1:00 PM – 1:30 PM

News in Preserving with the Ball® Brand of Fresh Preserving Products

Company: Newell Ball® Home Canning

Presenter: Taylor Pearce

The product development team from Newell Brands, the makers of Ball® Mason Jars, will share a deep dive on new products and the latest recipe book updates.



1:45 PM – 2:15 PM

Building Nutrition Literacy - Healthy for Life

Company: American Heart Association

Presenter(s): Heather Gavras

The Healthy for Life community nutrition program aim is to increase skills and confidence preparing healthier meals. The resources are science-based, provide hands-on skills and follow the 4 A's format: Anchor, Add, Apply and Away.

THURSDAY, SEPTEMBER 19, 2024

THURSDAY SCHEDULE AT A GLANCE

7:00 AM – 2:00 PM	Registration Open
8:00 AM – 10:00 AM	Exhibit Hall Open (<i>To-Go Breakfast Cash Concessions Available</i>) <ul style="list-style-type: none">• Showcase of Excellence Poster Displays• Service Project
8:00 AM – 10:00 AM	Exhibit Forums
8:00 AM – 12:30 PM	Hospitality Desk Open
9:00 AM – 10:00 AM	2025 Annual Session Planning Committee Meeting
9:30 AM – 10:30 AM	Silent Auction Winners Announced
10:00 AM – 12:00 PM	Showcase of Excellence Posters & Exhibitor Teardown
10:15 AM – 12:00 PM	Concurrent Sessions
11:00 AM – 2:00 PM	Silent Auction Pick-Up
12:00 PM – 2:00 PM	Past President's Luncheon (<i>Offsite</i>)
12:15 PM – 2:15 PM	NEAFCS National Post-Board Meeting
2:30 PM – 3:30 PM	Committee Meetings (<i>Open to all members</i>)
5:00 PM – 6:00 PM	President's Reception
6:00 PM – 8:00 PM	Closing Awards Banquet

7:00 AM – 2:00 PM

Registration Open

TUCSON REGISTRATION DESK

8:00 AM – 10:00 AM

Exhibit Hall Open / Showcase of Excellence Displays / Service Project
ROOM: TUCSON BALLROOM

(See page 55 for more information on Showcase of Excellence Displays)

To-Go Breakfast Cash Concessions Available.
Attendees who purchase a breakfast at this cart are entered into a drawing for a prize.

8:00 AM – 12:30 PM

Hospitality Desk Open

ARIZONA BALLROOM LOBBY

8:00 AM – 10:00 AM

Exhibit Forums

ROOM: ARIZONA BALLROOM 1 & 2

(See page 48 for full listings.)

2024 EXHIBIT FORUMS - THURSDAY

Thursday, September 19 | 8:00 AM – 10:00 AM

All Exhibit Forums are held in **Arizona Ballroom 1 & 2** unless otherwise noted.

8:00 AM – 8:30 AM

From Food Security to Financial Wellness: How PEARS Can Help FCS Programs Make a Difference

Company: Canopy, a Public Benefit Company

Presenter(s): Allison Teeter PhD

Amplify your impact with actionable impacts in real-time! You won't want to miss this one-time session to see how you can leverage the PEARS platform to enhance program effectiveness.

8:45 AM – 9:15 AM

Promoting Brain Health in Communities

Company: Alzheimer's Association

Presenter(s): Kinsey McManus

The Alzheimer's Association is urging everyone to take charge of their brain health. Join other volunteers to learn about ways to promote the "10 Healthy Habits for Your Brain" campaign to reach your community.

9:30 AM – 10:00 AM

Smart Strategies for Financial Well-being

Company: Consumer Financial Protection Bureau (CFPB)

Presenter(s): Leslie Jones

ROOM: ARIZONA BALLROOM 1 & 2

We will review free CFPB resources teaching financial literacy to people ages 3 - 103 including our language access materials

THURSDAY



Special Risk Division

The AIL Special Risk Division has specialized in providing blanket group accident coverage for 4-H and Cooperative Extension programs since 1952.

Our motto is "Serving Those Who Serve Others" and our partnership with NEAFCS is a key part of how we live up to that.

Contact Erin Bain, AIL SRD Director for more information about protecting your program!

efbain@aillife.com

9:00 AM – 10:00 AM

**2025 Annual Session Planning
Committee Meeting**

ROOM: SAN PEDRO 2

9:30 AM - 10:30 AM

Silent Auction Winners Announced

10:00 AM – 11:00 AM

**Showcase of Excellence & Exhibitor
Teardown**

CONCURRENT SESSIONS

10:15 AM – 11:00 AM

**A Trauma Informed Approach with
Children: Implementing Trauma
Sensitive Strategies in Family and
Consumer Sciences Programming**

*Track: Lifespan Development and Family
Relationships*

*Presenter(s): Heather Reister, Marie Economos,
Sandra Slater*

STATE: OH

ROOM: SAN XAVIER

Educating from a trauma informed approach is an effective tool in balancing the scales for adverse childhood experience. Let's explore current research, moving the fulcrum toward increased childhood trauma awareness.



**An Exploratory Study to
Identify the Need and Interest
in Consumer Home-Canning of Seafood**

NEAFCS Endowment Grant Recipient

Track: Food & Nutrition

Presenter(s): Shauna Henley, Carla L. Schwan

STATE: MD

ROOM: ARIZONA BALLROOM 3 & 4

Consumers want to preserve; our project

explored consumers' interest in canning seafood. Currently, the National Center for Home Food Preservation has limited validated recipes. Survey results will be presented. NEAFCS Endowment-funded project.

**Coping with the Pressures of Farming
through the Family Farm Health and
Wellness Program**

Track: Health and Well-being

*Presenter(s): Janet Fox, Carla Bush, Joel Clark,
Karen Franck*

STATE: TN

ROOM: SAN PEDRO 1

Farmers and their families face diverse stressors including economic, weather-related, extreme work conditions, and excessive workloads. The Farm Family Health and Wellness Program addresses these unique health challenges through education.

**Find it at the Pantry: Cooking
up Challenging Topics for Youth
Development**

Track: 4-H and Youth Development

*Presenter(s): Ryan Kline, Lisa Barlage, Jessica
Lowe*

STATE: OH

ROOM: ARIZONA BALLROOM 11 & 12

From community to in-school outreach, learn how county educators increased awareness and knowledge of food insecurity, developed hands-on cooking skills, and built leadership across the lifespan through pantry cooking challenges.

InTuition: An interactive extension program designed to teach youth how to prepare for college and careers.

Track: Financial Health and Capability

Presenter(s): Luke Erickson, Lance Hansen

STATE: ID

ROOM: ARIZONA BALLROOM 10

This session presents information and impacts from an interactive digital game that helps youth learn how to make effective decisions around careers and education.

Mentoring Success Through The Lens Of Self-Efficacy

Track: Education, Leadership, and Diversity

Presenter(s): Lisa McCoy

STATE: MD

ROOM: SAN PEDRO 2

This session shares results of a research study that focused on understanding the effectiveness of a mentoring program through the lens of self-efficacy and shares tools to measure mentor effectiveness.

Opioid Overdose Response Training for Service Industry Employees

Track: Health and Well-being

Presenter(s): Gabriela Murza, Aaron Hunt

STATE: UT

ROOM: SAN IGNACIO

We developed and implemented an opioid overdose prevention training for service industry workers to improve ability to identify signs of opioid overdose and administer naloxone, an opioid overdose reversal medication.

The Faith in Prevention Network: A Model of Cooperation and Collaboration to Support Initiatives that Promote Food Security, Health Equity, and Well-Being

NEAFCS Excellence in Diversity, Equity, & Inclusion Scholarship Recipient

Track: Trending Topics

Presenter(s): Luanne Hughes

STATE: NJ

ROOM: ARIZONA BALLROOM 8 & 9

Learn how a Faith in Prevention Network can bring together faith leaders, community organizations, and for-profit entities to identify resources/techniques to support food security, health equity, and well-being

The Food as Medicine Initiative: The Power of Partnerships in Creating Community Health

Track: Health and Well-being

Presenter(s): Rebecca Elliott, Jeremy Rhoden

STATE: FL

ROOM: ARIZONA BALLROOM 5

A task force joined efforts to help individuals with diabetes manage their diabetes and have more access to fresh produce through a community partnership.



UGA Extension EDEN Pre-Conference Educational Excursions

Extension Disaster Education Award

Track: Environmental Health and Sustainability

Presenter(s): Susan Moore, Pamela Turner,

Maria Bowie, Virginia Brown, Allison Eaddy,

Gregory Pittman, Michael Martin, Allie Griner

STATE: GA

ROOM: ARIZONA BALLROOM 1 & 2

UGA Extension hosted the 2023 National EDEN Conference and utilized the pre-conference

educational excursion to showcase sustainable best practices including coastal resiliency and mitigation strategies to prevent invasive species imports.

11:00 AM – 2:00 PM

Silent Auction Pick-Up

ROOM: LA ESTRELLA

CONCURRENT SESSIONS

11:15 AM – 12:00 PM

52 Ways to Climate-proof Your Finances

Track: Environmental Health and Sustainability

Presenter(s): Jenny Abel, Sara Croymans, Erica Tobe, Lorna Saboe-Wounded Head, Christopher Sneed, Elizabeth Kiss, Kelly Sipple, Portia Johnson, Laura Hendrix

STATE: WI

ROOM: ARIZONA BALLROOM 11 & 12

Climate change, extreme weather events, and natural disasters are affecting finances across the country. 52 Ways to Climate-Proof Your Finances provides tools and strategies to protect residents' financial assets.

A Shot of Prevention is Worth a Pound of Cure

Track: Health and Well-being

Presenter(s): Katherine Jury, Joann Lianekhammy, Mindy McCulley

STATE: KY

ROOM: ARIZONA BALLROOM 10

Addressing Covid vaccine hesitancy in older rural adults, utilizing the context of generalized adult vaccine education; EXCITE grant funded.

Bridging Theory and Practice: Using Action Research in Family and Consumer Sciences

Track: Skill-based

Presenter(s): Rebecca Hardeman

STATE: GA

ROOM: SAN LUIS 1

This interactive workshop explores how action research bridges theory and practice in Family and Consumer Science education. Action research can address challenges and foster continuous improvement and innovation.

Cultivating Well Being: FARMacy - A Youth-Centered Approach to Preventing Childhood Type 2 Diabetes

Track: 4-H and Youth Development

Presenter(s): Debbie Curley, Leza Carter, Elizabeth Sparks

STATE: AZ

ROOM: SAN PEDRO 2

The FARMacy program is an innovative diabetes prevention initiative for 4-H youth and their families developed through collaboration between an FCHS Program, College of Medicine and Federally Qualified Health Center.

Documenting and Sharing FCS Success Stories

Track: Trending Topics

Presenter(s): Kim Chaney-Bay, Karen Franck

STATE: TN

ROOM: SAN IGNACIO

This presentation will examine best practices and effective methods for collecting, writing, and sharing program successes. Participants will gain ideas and resources for highlighting successes in their own FCS programs.



Estate Planning in the Ozarks
Financial Management Award in
Memory of Dean Don Felker

Track: Financial Management

Presenter(s): Torrie Smith, Billie Collins

STATE: AR

ROOM: ARIZONA BALLROOM 1 & 2

There are two promises in life; death and taxes. The Carroll County and Marion County offices decided to help prepare their community members for the first guarantee, death, by holding workshops on Estate Planning.

Meet Your HIRO: An Emergency
Preparedness and Financial
Organization Tool

Track: Financial Health and Capability

Presenter(s): Melanie Jewkes, Andrea Schmutz, Amanda Christensen, Melanie Dabb

STATE: UT

ROOM: SAN PEDRO 1

The HIRO offers a new multi-faceted resource guiding participants in organizing documents and records for emergencies. Evaluation results demonstrate positive impacts, supporting financial literacy and preparedness.

SLEEP: A Program for Adults with Self-
reported Sleep Difficulties

Track: Health and Well-being

Presenter(s): Christi Demitz, Laura Anderson, Dawn Contreras, Holly Tiret

STATE: MI

ROOM: ARIZONA BALLROOM 5

Sleep Education for Everyone Program (SLEEP) is an evidence-based program that addresses common sleep difficulties in adults with proven strategies for getting a better night's sleep.



Under ONE Sky: Ohio Alliance
for People-Centered Sciences
NEAFCS Endowment Grant Recipient

Track: Education, Leadership, and Diversity

Presenter(s): Margaret Jenkins, Marie

Economos, Beth Stefura

STATE: OH

ROOM: ARIZONA BALLROOM 3 & 4

Come engage in dialogue as Ohio shares its' three-year Plan of Work building a statewide FCS Alliance. Goals include recruit, prepare, and support FCS professionals by embracing/activating Ohio's people-centered network. NEAFCS Endowment-funded project.

Walking into County and University
Objectives for Extension Success

Track: Health and Well-being

Presenter(s): Chris Zellers

STATE: NJ

ROOM: ARIZONA BALLROOM 8 & 9

This presentation will highlight how walking trails, a guidebook and survey about the built environment provided an FCS Agent with data and connections to meet both county and university objectives.



12:00 PM – 2:00 PM
Past National President Luncheon
SIGNATURE GRILL (JW MARRIOTT)
(Invitation Only)
 Meet in hotel lobby at 11:45 AM for picture.



12:15 PM – 2:15 PM
National Post-Board Meeting
ROOM: TUCSON BALLROOM C-D

2:30 PM – 3:30 PM
Committee Meetings
 These meetings are open to all interested members.

Ambassadors –
ROOM: SAN XAVIER

Member Resources –
ROOM: SAN IGNACIO

Public Affairs –
ROOM: SAN PEDRO 1

Awards –
ROOM: SAN PEDRO 2

Professional Development –
ROOM: SAN LUIS 1

5:00 PM – 6:00 PM
President’s Reception
ARIZONA BALLROOM LOBBY
(Business dress to semi-formal)
 NEAFCS invites you to join us for a reception honoring President Rick Griffiths.



6:00 PM – 8:00 PM
Closing Awards Banquet
ARIZONA BALLROOM



(See following page for more information.)

CLOSING AWARDS BANQUET AGENDA

Thursday, September 19

National Extension Association of Family & Consumer Sciences invites you to a

RECEPTION HONORING PRESIDENT RICK GRIFFITHS

5:00 PM – 6:00 PM | Arizona Ballroom Lobby | Business dress to semi-formal

CLOSING AWARDS BANQUET

6:00 PM – 8:00 PM | Arizona Ballroom

Opening Remarks

Rick Griffiths, NEAFCS President

Invocation

Emily Marrison

NEAFCS Hall of Fame Presentation

Rick Griffiths

Awards Program

Donna Jung, Vice President Awards & Recognition

NEAFCS Awards Presentation

Emily Marrison, Awards Ceremony Committee Chair

2025 Annual Session Call to Action

Courtney Aldrich, Melissa Rupp, Samantha Roth – 2025 Tri-Liaisons

Recognition/Appreciation of 2023-2024 Outgoing Board Members

Debbie Curley – Affiliate Co-Liaison

Rosie Stewart – Affiliate Co-Liaison

Jesse Ketterman – Eastern Region Director

Dianne Christensen - Western Region Director

Marcia Parcell – Vice President Professional Development

Michelle Wright – Vice President Member Resources

Lisa Peterson – Secretary

Jennifer Bridge – President-Elect

Julie Garden-Robinson – Immediate Past President

Rick Griffiths – President

SHOWCASE OF EXCELLENCE

Showcase of Excellence Poster Presentations will be displayed in the Exhibit Hall on Wednesday and Thursday. Posters will be manned on Wednesday from 12:30 PM - 1:30 PM.

#30for30 Walk-a-Weigh: An Extension Collaboration

Track: Health and Well-being

Presenter(s): Bradley Averill, Jami Dellifield, Jennifer Brown, Kevin Treadway, Carmen Fortney, Surine Greenway, Amy Robertson, Kayla Colgrove, Carrie Vanderver, Kelsey Weitzel, Amber Hughes, Mollie Toppe, Sheryl Austin, Lesley Woodrum, Candace Rodman

STATE: GA

#30for30 Walk-a-Weigh: An Extension Collaboration is a multi-state social media program focused on creating a community of encouragement for increased physical activity and improving health and well-being through evidenced-based education.



1890s Multi-State Community Nutrition Education Conference

Excellence in Multi-State Collaboration Award

Track: Education, Leadership, and Diversity

Presenter(s): Ebony Lott, Shea Austin-Cantu, Teresa Henson, Andrea Morris, Virginia Zoumenou, Marion Mosby, Benneka Brooks, Nikkole Turner, Brione Lockett, Terence Martin, Adriane Langham, Shavita Wood-Warren, Erica James, William Hehemann, Brad Mayhugh, Andre Shelby, Carrie Aldridge, Deseray McKinzy, Debbie Archer, Debbie Kay Mazzanti, Tashena Wiley

STATE: TN

The 1890s Multi-State Community Nutrition Education Conference aims to extend geographic programming reach, provide professional development opportunities, and achieve food access and equity in underserved communities.

Access to Everyone Under One Sky: Inclusivity Tips for Audio and Visual Enhancements

Track: Skill-based

Presenter(s): Roseanne Scammahorn, Carmen Kelly

STATE: MS

Five basic steps to modify registration, materials, and room setup makes learning more accessible for hearing and visually impaired population.

Addressing Chronic Disease Through a Mediterranean Online Cooking Series

Track: Health and Well-being

Presenter(s): Andrea Nikolai

STATE: FL

Eating the Mediterranean way has been shown to reduce or even prevent chronic diseases. Using the Med Instead of Meds series achieved behavior change that correlated with overall health changes.

An Analysis of Nomenclature in Extension Systems' Program Areas Related to Family and Consumer Sciences

Track: Trending Topics

Presenter(s): Brittany Martin

STATE: TX

This poster compares the nomenclature of departments related to Family and Consumer Sciences (FCS) in cooperative extension systems in the United States with implications identified for the field of FCS.

SHOWCASE OF EXCELLENCE, CONTINUED



Building Bridges Between Early Childhood Education and Professional Development Pathways

Early Childhood Child Care Training Award

Track: Economic and Workforce Development

Presenter(s): Marie Economos, Heather Reister

STATE: OH

Building intentional pathways between early childhood professional development, the Ohio approval process, and the Child Development Associate (CDA) credential. High-quality professional development opportunities for a profession in crisis.



Creating Healthy Indoor Childcare Environments Online Edition

Environmental Education Award

Track: Economic and Workforce Development

Presenter(s): Jasmine Harris-Speight, Lara Angel, Ontenncia Boclear, Regina Boykins,

Tashmia Turner

STATE: MS

The Creating Healthy Indoor Childcare Environments Online Edition program, offered by Mississippi State University, equips childcare providers with knowledge to enhance indoor environments for children's health, delivered online through Canvas.

Delivering Parenting Education Program for Parents/Caregivers of Teenagers Focusing on Latinx Families

Track: Lifespan Development and Family Relationships

Presenter(s): YaeBin Kim

STATE: NV

Requested by the local Juvenile Assessment Center to look for a parenting education

program for parents with Latinx teens with minor problems, one Western Extension faculty member developed the program.

Development of Extension Diabetes Resource Manual to Empower Individuals on their Diabetes Management Journey

Track: Food and Nutrition

Presenter(s): Jenna Dyckman, April Litchford

STATE: UT

Explore the steps to developing and evaluating a new Extension diabetes cookbook and resource manual. Learn how this diabetes resource manual could help individuals successfully maintain diabetes management behaviors.



Dothage Extension Educator of the Year Award

Extension Educator of the Year Award

Track: Education, Leadership, and Diversity

Presenter(s): Kathy Dothage

STATE: MO

Kathy Dothage's 54-year tenure with the University of Missouri Extension showcases her unwavering commitment to family well-being through innovative programs and leadership, leaving a lasting legacy of positive change.



Eating Over the Rainbow - A Fruit and Vegetable a Day Challenge

Marketing Package Award

Track: Food and Nutrition

Presenter(s): Mindy McCulley, Courtney Luecking, Katherine Jury

STATE: KY

UK Extension's marketing campaign, "Eating Over the Rainbow - A Fruit and Vegetable A Day Challenge" promoted increased fruit/vegetable consumption for families with young children through social and traditional media outlets.

SHOWCASE OF EXCELLENCE, CONTINUED

Educational Overnight Event Develops 4-H Essential Elements in Youth

Track: 4-H and Youth Development

Presenter(s): Christina Garner, Ashley Carroll

STATE: GA

4-H Clover Jam is an event for 5th-7th graders focused on middle school 4-H retention. The event allowed 480 youth to gain key skills and develop the 4-H Essential Elements.

Emerging Solutions to the Affordable Housing Crisis: Community Land Trusts

Track: Financial Health and Capability

Presenter(s): Giovanna Benitez

STATE: FL

The United States is struggling with an affordable housing crisis. One county has created an innovative land use solution to help families achieve home ownership and build wealth.

Empowering Rural Residents to Use Non-Pharmacological Coping Strategies

Track: Health and Well-being

Presenter(s): Dawn Contreras, Cheryl Eschbach, Holly Tiret, Christi Demitz, Laura Anderson

STATE: MI

Individuals may turn to opioids to cope with stressors heightened in rural areas. Learn about an initiative implemented by Extension Educators to empower rural residents to use non-pharmacological coping strategies.



Engaging Communities to Address Housing Needs

Extension Housing Outreach Award

Track: Environmental Health and Sustainability

Presenter(s): Samantha Roth, Sara Croymans,

Jose Lamas, Lori Hendrickson, Anita Harris Hering

STATE: MN

The University of Minnesota Extension housing team implemented a statewide survey and hosted two online conversations with housing professionals about the current status of housing in Minnesota to inform programming.

Evaluating Digital Accessibility of Ohio State University Extension's Home Food Preservation Fact Sheets

NEAFCS Excellence in Diversity, Equity, & Inclusion Scholarship Recipient

Track: Food and Nutrition

Presenter(s): Nicole Arnold, Kate Shumaker, Allison Howell

STATE: OH

Ohio State University Extension home food preservation fact sheets were evaluated for compliance with the most recent Web Content Accessibility Guidelines (WCAG) 2.1.

Generation Rx: Safe Medication Practices for Better Health

Track: Health and Well-being

Presenter(s): Susan Zies, Marie Economos, Ruth Emptage, Jami Dellifield, Lorissa Dunfee, Pat Holmes, Loretta Sweeney, Dennis DeCamp, Roseanne Scammahorn, Misty Harmon, Alisha Barton, Tammy Jones, Laura Stanton, Treva Williams, Emily Marrison, Corrina Gromley, Brittany Sandidge

STATE: OH

Among public health professionals, it is understood that prescription drug misuse underlies the current opioid crisis. Learn about outcomes and how to implement a safe medication program in your state.

SHOWCASE OF EXCELLENCE, CONTINUED

Get the Dish!: Extending Extension's Educational Reach

Track: Technology

Presenter(s): Surine Greenway, Amy Robertson, Joey Peutz, Katie Hickok

STATE: ID

Get the Dish! increases Extension's ability to reach and educate new and returning clientele with home food preparation topics encompassing health, nutrition, and food safety using valid, research-based content.



Greenwood Fryinger Award: Wellness Wednesday Virtual Forums

Greenwood Fryinger Award

Track: Health and Well-being

Presenter: Elizabeth Martin

STATE: LA

Addressing local health and wellness concerns by collaborating with professionals to provide research-based virtual forums. Encouragement through a NEAFCS Leadership Experience Mentor led to the continuation of this ongoing series.

Health, Resource Management, and Problem Gambling

Track: Health and Well-being

Presenter(s): Dorothy Nuckols

STATE: MD

This descriptive poster discusses gambling motives, examines problem gambling and its association with resource management, and discusses interventions.



Homeflow Introduction Extension Housing Outreach Award

Track: Environmental Health and Sustainability

Presenters: Nelly Nelson, Johanna Gomez, Jenny Rodriguez, and Randall Cantrell

STATE: FL

The Homeflow course was designed by faculty of the University of Florida Institute of Food and Agricultural Sciences. It consists of two 80-minute modules which are offered online on CANVAS or through the University of Florida/IFAS. These materials and platform also are offered to participants in Spanish language.

How NEAFCS Annual Session Evaluation Tools Can Identify Future Sponsors and Professional Development Needs

Track: Skill-based

Presenter(s): Shauna Henley, Gina Crist, Maria Pippidis, Danielle Jessup

STATE: MD

Consistent use of Annual Session evaluation tools for both the professional development sessions and the overall session can identify future sponsors and track whether professional development learning outcomes were met.

Hybrid Implementation of the Thrive Parenting Programs

Track: Lifespan Development and Family Relationships

Presenter(s): Amber Hughes, Jill Varner, Daniel Perkins

STATE: PA

For this session, we will introduce the Thrive Initiative- four, age-appropriate, evidence-informed universal parenting programs. Lessons learned from hybrid program implementation and findings will be presented.

SHOWCASE OF EXCELLENCE, CONTINUED



Implementing Developmental Life Skills (DLS): A Framework for Parental Support Through Community Partnerships

Human Development/Family Relationships Award

Track: Lifespan Development and Family Relationships

Presenter(s): Heather Reister, Genesis Horstman, Erin West, Maria Tangi, Jane Behari, Nina Solomon

STATE: OH

DLS provides in-home life skills education to minimize child abuse/neglect and establish protective factors to mitigate the impact of negative experiences, environments, and systems that affect family health and wellness.



Indoor Container Garden Promotes Youth Engagement and Wellness during School Year

School Wellness Award

Track: Food and Nutrition

Presenter(s): Siew Guan Lee, Tina Miller, Andy West, Cammie Jayo, Carl Jacobia, Annie Roe, Kristin Hansen

STATE: ID

Indoor Container Garden- SEED program brings gardens into the classroom, providing students with hands-on learning environment about gardening, healthy eating, and increased fruit and vegetable consumption with a greater willingness to try new foods.



Oh Deer! Addressing Food Insecurity in Rural Communities through Deer Donation

SNAP-Ed/EFNEP Educational Program Award

Track: Food and Nutrition

Presenter(s): Caitlin Mellendorf, Michelle Fombelle, Meredith Probst

STATE: IL

Illinois Deer Donation Program connects hunters, meat processors, and food pantries to support nutrition security through venison meat and nutrition education as part of SNAP-Ed outreach.

Partnering Non-nutrition Family and Consumer Sciences Programming with SNAP-Education

Track: Trending Topics

Presenter(s): Shea Austin Cantu, Macy Helm

STATE: AZ

This session will highlight nontraditional ways Family and Consumer Science programs can partner with SNAP-Ed to leverage funding, create sustainable statewide programs, and enhance outcomes for participants.

Partnering with Local Media to Reach a Broader Audience

Track: Skill-based

Presenter(s): Lynn Matava

STATE: MD

Partnering with television stations is a powerful strategy for expanding reach in rural areas. Learn how to harness broadcasting reach already in place to further encourage change within your community.

SHOWCASE OF EXCELLENCE, CONTINUED

Planting Seeds for Health

Track: Food and Nutrition

Presenter(s): Stephanie Ostrenga Sprague, Ronald Gibbs Jr.

STATE: MI

Planting Seeds for Health is a 6-lesson community-based education program that promotes healthy eating and physical activity-related behaviors through interactive and hands-on gardening activities.

Reentry Ready: Focus on Finances

Track: Financial Health and Capability

Presenter(s): Todd Wenzel, Katie Gellings, Amanda Kostman, Jeanne Walsh

STATE: WI

Effective personal financial management is a key factor in preventing recidivism. Participants will learn about three tools the presenters created to assist individuals reentering from incarceration manage their finances.

Say Yes to FCS: Partnering to Prepare Professionals

Track: Education, Leadership, and Diversity

Presenter(s): Gina Peek, Cheryl Lively, Brenda Miller, Susan Routh

STATE: OK

A team of FCS professionals regularly collaborate to recruit, retain, and promote activities and events. Discover the model, Say Yes to FCS, that was used to organize a state-wide effort.

Strategies for Increasing Recruitment and Registration of Adults in Community-Based Health Programs through Online Referrals

Track: Skill-based

Presenter(s): Holly Tired, Dawn Contreras, Christi Demitz, Laura Anderson, Cheryl Eschbach

STATE: MI

Extension helps improve health outcomes for people with chronic conditions by providing relevant research and evidence-based community educational programs. Learn strategies to improve recruitment for more successful programs.



Take Back Your Space-A Series Designed To Help You Declutter

Family Health & Wellness Award

Track: Health and Well-being

Presenter(s): Brandi Silver

STATE: NC

The Take Back Your Space series promotes holistic well-being by decluttering and organizing. The initiative involves diverse community groups and supports local organizations. Participants reported mental clarity, motivation, and donated \$750 worth of items to the community. The program's success will be shared statewide through the NEAFCS Living Well Campaign.



Taking Action to Improve Farmer Mental Health Initiative

Excellence in Teamwork Award

Track: Health and Well-being

Presenter(s): Jacqueline Amor-Zitzelberger, Florence Becot, Chi Catalone, Ginger Fenton, Linda Fetzer, Amber Hughes, Ashley Isaacson,

SHOWCASE OF EXCELLENCE, CONTINUED

Maureen Ittig, Adriana Murillo-Williams, Sonya Nace, Cynthia Pollich, Abbie Spackman, Ryan Spelman, Jill Varner

STATE: PA

Penn State Extension's Farm Stress Team, an interdisciplinary initiative, merges units to address farmer mental health challenges through education and support, emphasizing the power of collaboration.

The Substance Use Education Video Series- Free Virtual Education from Extension

Track: Health and Well-being

Presenter(s): Stephanie Woodcox, Tessa Garrow

STATE: IN

Misinformation and stigma about substance use makes it difficult to change outcomes. A video series from Purdue Extension offers introductory education about substance use to help change this stigma.

Under One Sky: Why Nature Matters Across the Lifespan

Track: Health and Well-being

Presenter(s): Laura Stanton, Shari Gallup

STATE: OH

Scientific studies show that spending time in nature has significant health benefits. Learn about these benefits and how Extension professionals can connect people of all ages with the natural world.

Using Gardens and Produce to Reach All Communities in Our County

Track: Environmental Health and Sustainability

Presenter(s): Margaret Jenkins, Gigi Neal, Kelly Royalty, Becky Fiscus, Meghan Burdsall

STATE: OH

This poster will show how Clermont County used a demonstration garden to educate community members on sustainable agricultural practices that produce both financial and health/wellness benefits.

Using Research to Guide Extension Programming: Lessons from the Nourish Program

Track: Food and Nutrition

Presenter(s): Julie Garden-Robinson, Sherri Stastny, Nathaniel Johnson

STATE: ND

Living alone and inability to drive may impact dietary quality and health. A nationwide survey helped direct the development of an online and face-to-face Extension nutrition program for older adults.

Walk with Ease: Adaptation of library reading app for walking program, a pilot project

Track: Technology

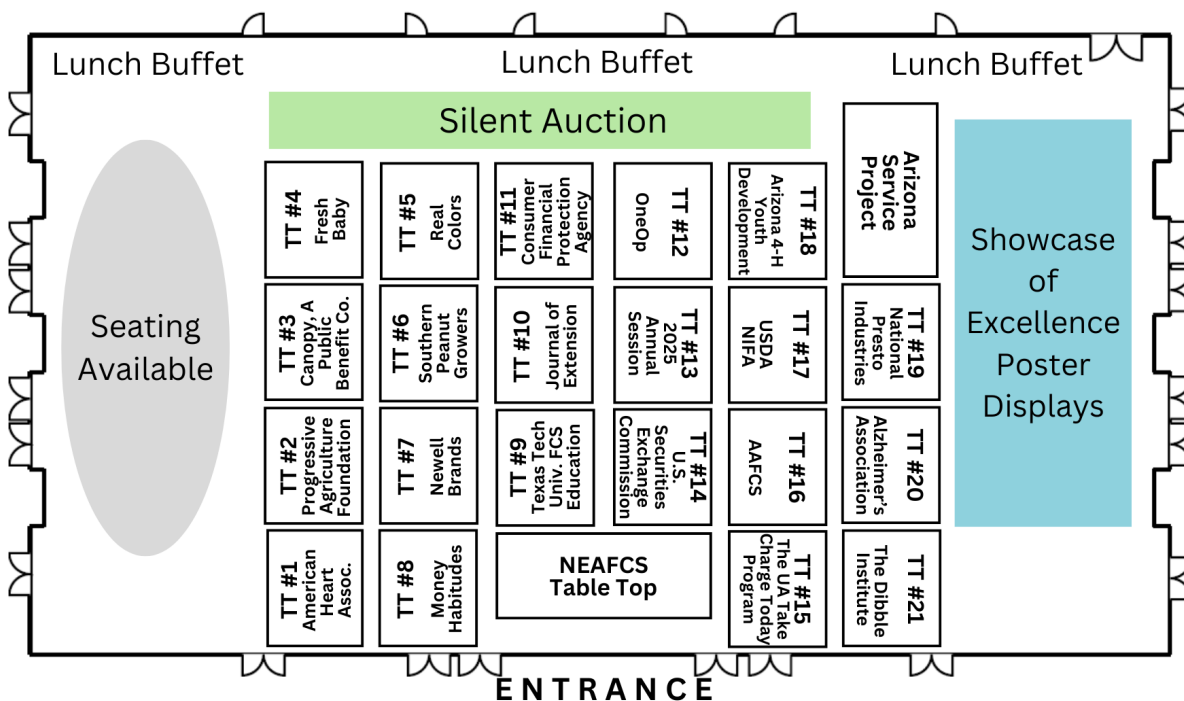
Presenter(s): Eden Stewart, Stephanie Johnson

STATE: MO

Reconfiguring a library's reading app to track a user's walking, provide demonstrations, and educational material. Use of the app reached more participants that otherwise could not attend the class.

EXHIBIT HALL FLOOR PLAN

TUCSON BALLROOM



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2024 ANNUAL SESSION EXHIBITORS AND SPONSORS

2025 Annual Session, Grand Rapids, MI (Central Region) Tabletop 13

Website: www.neafcs.org

Contact Name: Courtney Aldrich, Melissa Rupp, Samantha Roth

Are you needing some SPARK? The 2025 NEAFCS Annual Session committee invites you to stop by to illuminate your knowledge about the North Central region, how we will ignite together in Grand Rapids and receive a little SPARK to keep you lit until we see you again!

Alzheimer's Association Tabletop 20

980 Kylemore Drive
Ballwin, Maryland 63021

Phone: (314) 283-3529

Email: srohlf@alz.org

Website: www.alz.org

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

American Association of Family & Consumer Sciences (AAFCS) Tabletop 16

1410 King Street 2nd Floor
Alexandria, Virginia 22314

Phone: (703) 706-4600

Email: kathanas@AAFCS.org

Website: www.aafcs.org

Membership includes access to professional development, community networks, the Journal of Family & Consumer Sciences, job board, education and offers 12 pre-professional and four professional assessments and corresponding certificates.



American Heart Association Champion Sponsor

Tabletop: 1

7272 Greenville Avenue
Dallas, Texas 75231

Phone: (630) 561-5545

Email: healthyforlife@heart.org

Website: www.heart.org/healthyforlife

Since 2015, Aramark and the American Heart Association have collaborated on Healthy for Life®, an innovative health impact model. Together, we designed a community engagement program aimed at inspiring people to make healthy food choices. The Healthy for Life resources equip individuals with the skills and confidence to prepare healthy food through hands-on experiences.

Arizona 4-H Youth Development Tabletop 18

1140 E South Campus Drive
PO Box 210036

Tucson, Arizona 85721-0036

Phone: (520) 621-6979

Email: ajeffer-sample@arizona.edu

Website: www.extension.arizona.edu/4h

Come learn how Arizona 4-H is inspiring the next generation of leaders, inventors and entrepreneurs, transforming the ordinary into the extraordinary. Learn more about AZ 4-H curriculum, programs, and publications.

Arizona Service Project Back Right Corner

Support the 2024 NEAFCS Annual Session Service Project! Help assemble hygiene kits for Arizona youth in need. Lend a hand in putting together the kits on both Wednesday and Thursday during Exhibit Hall hours.

EXHIBITORS AND SPONSORS, CONTINUED

Canopy, A Public Benefit Company Tabletop # 3

120 Nort Juliette Avenue
Manhattan, Kansas 66502
Phone: (785) 706-9292
Email: info@canopyteam.org
Website: www.canopyteam.org

PEARS is a revolutionary software designed to transform Cooperative Extension's approach to data collection, analysis, and reporting. Focused on documenting the impacts of Extension programming, PEARS equips Extension professionals with the tools they need to effectively communicate their achievements and demonstrate the value they bring to their communities.

Consumer Financial Protection Bureau (CFPB) Tabletop # 11

1700 G. Street, NW
Washington, District of Columbia 20552
Phone: (202) 435-7687
Email: CFPB_K12FinancialEducation@cfpb.gov
Website: www.consumerfinance.gov

This Tabletop will have FREE resources to teach financial literacy or answer questions for consumers.

Fresh Baby Tabletop # 4

523 E. Mitchell Street
Petoskey, Michigan 49770
Phone: (231) 348-2706
Email: accounts@freshbaby.com
Website: www.freshbaby.com

Fresh Baby, a USDA GOLD MyPlate National Strategic Partner, creates nutrition and physical activity products for all ages. Collaborating with public health programs and non-profits, we prioritize participant success to promote overall health.

Journal of Extension Tabletop #10

116 Sigma Drive
Clemson, South Carolina 29634
Phone: (864) 656-7156
Email: journalofextension@clermson.edu
Website: www.joe.org

Drop by to speak with staff from the *Journal of Extension*. We're happy to discuss writing, reviewing, and publishing Extension work, including questions about structuring a publication, understanding copyright, working through the submission process, responding to reviewers, and what to expect before publication. Bring your ideas for future publications!



Money Habitudes, LLC Tabletop: 8

5830 Jamila River Drive
Venice, Florida 34293
Phone: (941) 444-9189
Email: info@moneyhabitudes.com
Website: www.moneyhabitudes.com

Money Habitudes is a game-like assessment – played either via physical cards or online – to help people understand and talk about their finances in a fun, constructive way. It also allows people to pinpoint underlying financial habits, attitudes and motivations to make real behavior changes.

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National Presto Industries, Inc. **Tabletop: 19**

3925 North Hastings Way
Eau Claire, Wisconsin 54703
Phone: (715) 839-2029
Email: bmilkert@gopresto.com
Website: www.gopresto.com

National Presto Industries dates back to 1905 when the company began manufacturing industrial size pressure canners known as “canner retorts”. Today Presto remains a recognized industry leader in home food preservation. Stop by our Tabletop to view appliances, receive educational materials, and enter drawing.

NEAFCS 90th Anniversary, Endowment and Candidate Display

Website: www.neafcs.org

Stop by the NEAFCS booth to participate in our 90th Anniversary activities, view 2024 National Officer Candidates, meet with the Endowment Committee, and more! Scan this QR code to view candidate videos.



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Tabletop: 7

6655 Peachtree Dunwoody Road
Atlanta, Georgia 30328
Phone: (404) 782-5270
Email: melissa.crane@newellco.com
Website: www.healthycanning.com

Home canning mason jars, closures, accessories, and dry food storage.

OneOp **Tabletop: 12**

PO Box 93
104 Hutcheson Hall (0402)
250 Drillfield Drive
Blacksburg, Virginia 24061
Phone: (919) 641-3319
Email: contact@oneop.org
Website: www.oneop.org

OneOp is a single point entry professional development resource for military service providers and Extension professionals.

Progressive Agriculture Foundation **Tabletop: 2**

PO Box 93
Tompkinsville, Kentucky 42167
Phone: (270) 427-7128
Email: sturner@progressiveag.org
Website: www.progressiveag.org

Progressive Agriculture Safety Day programs offer thirty-two safety and health topics including disability awareness, all-terrain (ATV)/utility task vehicle (UTV) safety, water safety, and mental well-being and stress management. The curriculum features age-appropriate lessons designed for youth ages 4 to 13 and a fun, hands-on, safe approach.

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20815 N 25th Place, Suite A103
Phoenix, Arizona 85050
Phone: (602) 452-5511
Email: info@realcolors.org
Website: www.realcolors.org

Real Colors is a dynamic workshop experience using a personality type test. The goal is to provide participants with the skills to understand human behavior, uncover motivators specific to each temperament, and improve communication with others.

Southern Peanut Growers Tabletop: 6

1025 Sugar Pike Way
Canton, Georgia 30115
Phone: (770) 309-7018
Email: hello@peanutbutterlovers.com
Website: www.peanutbutterlovers.com

Southern Peanut Growers believes in the power of the peanut to change the world from sustainable farming practices to sustainable nutrition and early introduction to prevent peanut allergies. We have your peanut curriculum needs.

Texas Tech University Family & Consumer Sciences Education Tabletop: 9

1301 Akron Avenue, College of Human Sciences
Lubbock, Texas 79409
Phone: (602) 452-5501
Email: fcse@ttu.edu
Website: www.depts.ttu.edu/hs/fcse/index.php

Texas Tech offers a Masters and PhD in Family and Consumer Sciences Extension Education at a distance or on campus. Become a leader in FCS Extension Education and Research!

The Dibble Institute Tabletop: 21

PO Box 7881
Berkeley, California 94707
Phone: (800) 695-7975 x700
Email: relationshipskills@dibbleinstitute.org
Website: www.dibbleinstitute.org

Mind Matters, an evidence based curriculum, offers strategies to help teens and adults understand the effects of adversity and toxic stress while teaching them skills to calm their mental and physical stress responses. All 12 lessons, based on current science, include activities to increase hope, overcome difficulties, and build resilience.

The University of Arizona's Take Charge Today Program

Tabletop: 15

1145 E. South Campus Drive, Rm. 213
Tucson, Arizona 85721
Phone: (520) 621-3998
Email: takechargeatoday@arizona.edu
Website: www.freedomcenter.arizona.edu

Take Charge Today is a comprehensive, hands-on financial education curriculum geared towards middle and high school aged students. It is written by teachers for teachers and located at The University of Arizona.

U.S. Securities and Exchange Commission

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100 F Street NE
Washington, District of Columbia 20549
Phone: (202) 551-2030
Email: scheithee@sec.gov
Website: www.sec.gov/page/oieasectionlanding

The U.S. Securities and Exchange Commission's Office of Investor Education carries out the SEC's investor education program, which includes producing and distributing FREE educational materials, leading educational seminars and investor-oriented events, and other investor literacy initiatives.

USDA National Institute of Food and Agriculture

Tabletop: 17

805 Pennsylvania Avenue
Kansas City, Missouri 64105
Phone: (330) 810-6111
Email: nifamediarequests@usda.gov
Website: www.nifa.usda.gov

The USDA National Institute of Food and Agriculture (NIFA) provides leadership and funding for programs that advance food and agriculture-related sciences. NIFA invests in and supports initiatives that advance agriculture research, education, and extension to solve societal challenges.

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Session/Workshop Title: _____

What did I learn? _____

What will I apply to my work? _____

Session 2 Notes:

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What did I learn? _____

What will I apply to my work? _____

Session 3 Notes:

Session/Workshop Title: _____

What did I learn? _____

What will I apply to my work? _____

Session 4 Notes:

Session/Workshop Title: _____

What did I learn? _____

What will I apply to my work? _____

SESSION / WORKSHOP NOTES, CONTINUED

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What did I learn? _____

What will I apply to my work? _____

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What will I apply to my work? _____

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What did I learn? _____

What will I apply to my work? _____

Session 8 Notes:

Session/Workshop Title: _____

What did I learn? _____

What will I apply to my work? _____

SESSION / WORKSHOP NOTES, CONTINUED

Session 9 Notes:

Session/Workshop Title: _____

What did I learn? _____

What will I apply to my work? _____

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Connection 1:

Who did I meet that is new to me? (name and contact info): _____

What did I learn about them? _____

Did I make plans to connect with them after the conference? _____

Connection 2:

Who did I meet that is new to me? (name and contact info): _____

What did I learn about them? _____

Did I make plans to connect with them after the conference? _____

Connection 3:

Who did I meet that is new to me? (name and contact info): _____

What did I learn about them? _____

Did I make plans to connect with them after the conference? _____

NEAFCS BINGO

90TH ANNIVERSARY EDITION

Complete your BINGO card by marking an "X" or having your new friend initial the completed challenges during Annual Session. Can you get a blackout?

Turn in your card with at least one BINGO at the NEAFCS Tabletop in the Exhibit Hall by 9AM Thursday for a chance to win a Prize!

Sit by someone new at Welcome Reception	Take a picture with someone from the Central Region	Engage with a Poster Presenter	Visit a new Booth in the Exhibit Hall	Partake in a self-care activity in Tucson
Name 3 of the original 13 state affiliates	Attend 2 Sessions on Tuesday & engage with a presenter	Exercise for 90-minutes while in Arizona	Send a text message of gratitude to a coworker	Engage with an Ambassador
Take a picture with someone from the Western Region	Talk with a National Board member or candidate	ATTEND ANNUAL SESSION 2024	Place a Bid at the silent auction	Share with someone you don't know what you both enjoy about NEAFCS
Share something you learned with someone new	Exchange contact information with someone new	Attend 2 Sessions on Wednesday & engage with a presenter	Take a picture of the sunrise or sunset	Take a picture with someone from the Eastern Region
Visit the 90 th Celebration table in the Exhibit Hall	Learn a fun fact about Arizona	Take a picture with someone from the Southern Region	Save the dates for Annual Session 2025 in Grand Rapids, MI	Attend your State's Night Out function

Name: _____

State: _____ **Cell #:** _____

We'd love to see your photos!

Use **#NEAFCS90** when posting challenge pictures on social media



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The American Heart Association and Aramark are proud to work together to improve the health of all Americans.

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Builds leaders for the future.

RECOGNIZE

Recognizes and promotes excellence and scholarship in Extension Family and Consumer Sciences programming.

RESOURCE

Serves as a nation-wide resource for education, information, networking and partnerships.

PROMOTE

Promotes Extension Family and Consumer Sciences and the mission and goals of the Land Grant University Extension System.

The National Extension Association of Family and Consumer Sciences (NEAFCS) educates and recognizes Extension professionals who impact the quality of life for individuals, families and communities.

NETWORK,
GROW,
SUCCEED!

THE NEAFCS CREED

As an Extension educator, my prime concern is people. I believe it is my responsibility to give the best of my ability and develop myself to be an effective educator. I accept the opportunity to empower individuals, families, and communities to meet their needs and goals through a learning partnership. May I always be willing to accept the challenges of the changing times.

SAVE THE DATE!



The Central Region invites you to ignite your **SPARK** at NEAFCS 2025 Annual Session in Grand Rapids. We want annual session participants to illuminate connections with each other, burn with innovative ideas, radiate passion into your communities and shine bright with with personal and professional growth.

