

Southern Region FCS Program Leaders Quarterly Conference

July 24, 2008

Telephone Conference Participants: Irene K. Lee, Anne Sortor, Nayda Torres, Sue Chapman, Joanne Bankston, Laura Stephenson, Kasundra Cryus, Ellen Murphy, Claudette Smith, Marshall Stewart, Carolyn Nobles, Judy Warren, Krystal Smith, Margaret Hale.

Carolyn Nobles conducted the meeting in the absence of Shirley Hastings. Carolyn Nobles began the meeting with a roll call to determine who was participating in the conference.

Carolyn asked for a motion to accept the minutes from the last meeting (May 15-16, 2008). The minutes were approved with corrections.

Dr.Hale's Report- Hale reported that she plans to retire next month but will attend the PLN meeting in Greensboro. Dr. Hale stated that ASRED would appoint a new advisor for the FCS Program Leaders Committee. She has spoken with Ron Brown to determine if any thought had been given to that appointment. Dr. Hale indicated that Dr. Kyle Smith in Texas was her replacement.

Carolyn expressed our appreciation to Dr. Hale for serving as a role model and for her leadership and support during her tenure as the advisor for the FCS PLN Committee.

Gina Eubanks was not available to provide the group with a report.

Judy Warren provided the group with an update as to the two surveys that were distributed. The two instruments distributed were for adult weight and adult health. The due date to submit those surveys to Judy is listed as August 15, 2008. The data will provide us with best practices so that we can report impact for the Southern Region. The importance of the survey was conveyed by Judy and supported by Carolyn Nobles.

Carolyn Dunn representing their CoP leadership team presented an update as to the progress of the Family Food and Fitness CoP. Carolyn indicated that funding was attained as a result of the emphasis and support provided by the Southern Region. The team is being formed and trying to get people engaged to get the CoP rolling. There are six areas of interest that the group will work on. The areas were identified as: Re-Think Your Drink, Tame the Tube, Right-Size Your Portions, Move More Everyday, Enjoy

More Fruits and Vegetables and Prepare and Eat More Meals at Home. A follow-up report on the CoP will be given at the North Carolina meeting. Margaret Hale asked about input from 4-H and Youth Development, as it related to the CoP. It was shared that 4-H is represented by an individual from Montana.

A report was given from the group planning the work sessions for Program Leaders during Galaxy. Cynthia Tuttle, Carolyn Noble and Judy Warren are working on the agenda.

Judy Warren and Carolyn Nobles provided the group with recommendation from the planning group on areas of interest for the meeting. The report indicated that the meeting structure would primarily remain the same and time would be built in to have regional meetings. Additional areas of interest were cited as: share/discuss evidence based programs; ground-up programming and university development. Possibly a panel discussion on "What we need to do to build on program (research) so we are more engaged. . .to build on our effectiveness". Another area of interest included professional development among new Program Leaders. . .what's successful and what training is needed. Carolyn Nobles is seeking input from Directors and Program Leaders on panel discussion topics.

Nayda Torres indicated that she thought that the meeting needed to have some opportunities for interaction. Judy Warren stated that there would be roundtables, allowing interaction among participants.

Carolyn polled the group to determine possible participation at Galaxy. Those indicating their intent to participate included: Marshall Stewart, Carolyn Dunn, Kystal Smith, Irene Lee, Ellen Murphy, Laura Stevenson, Carolyn Nobles, Judy Warren and Anne Sortor.

It was announced that Don Weaver-Assistant Surgeon General will open our conference and describe the current health crisis in America. Following his presentation, a representative from the four program committees (ANR, CD, 4-HYD & FCS) will respond to his presentation with their response centered on the following questions:

1. What is the contribution your program area will make to resolve the Health Crisis in the next four years?
2. How will your programming efforts integrate with the other program areas to add value to our total effort to address the crisis?

The conference planners would like the response to be futuristic and not just address existing programs, but also paint a picture of the possibilities as we move forward.

Carolyn inquired as to who would like to volunteer to respond to the presentation. It was suggested that it would be helpful if the person giving the response had a nutrition or health background. Judy Warren in Texas agreed to represent our group.

CECP Report—Sue Chapman gave the report in the absence of Jorge Atilas. Jorge has discussed postponing the award with the CECP Executive Team. He wants to wait until we have more modules in place. There is also some discussion about eXtension and CECP merging so the award may become national in scope.

Caring Hands Project—Judy Warren stated that via email transmission she had forwarded to Southern Region State Program Leaders an accounting of the group's current fiscal resources. Currently, there is \$1375 in this account. One hundred ten dollars was disbursed. Judy proposed that the group consider the amount of \$100 dollars as the amount we would use to recognize Program Leaders retiring. Additionally, the group members were encouraged to review the accounting spreadsheet to keep abreast of their contributions and the group's expenditures. Judy requested that she is not always aware when there is a death or illness so that a card maybe sent. Judy requested that members notify her when there is a death in the family. It was stated that others may need to assist Judy in identifying those individuals.

Carolyn Nobles commended Shirley Hastings and those who were in attendance at the spring meeting in Nashville, Tennessee. She indicated that the meeting was very productive and our time was well spent. She was of the opinion that the meeting helped the group be further along in the completion of our significant tasks. We will need to submit a 2009 request for approval to have another face-to-face meeting.

Carolyn asked about the reporting template for the group. She stated, "Does it work?" The group members indicated that we should continue to use this tool. Beverly Howell originally worked on the template. The template will be distributed via Email for our use in preparing state reports for the meeting in Greensboro.

State Reports:

Nayda Torres (Florida) – A series of new publications were developed that are 4 ½ x 5 ½ and focus on issues that residents are facing in Florida due to economic hardships. Some of the topics include: Stretching Your Dollars, Managing in Difficult Times, Stretching Dollars at the Grocery Store, Managing Stress, Saving Money at the Gas Pump, etc. These publications are written in English and Spanish. A team of people worked on this task and it was accomplished within a one-week period of time. The

state of Florida is noted as having a high rate of foreclosures and there is significant concern about resident's debt management abilities. These publications will be placed on the eXtension website. Nayda also indicated that she would bring some copies to the North Carolina meeting.

Sue Chapman(Georgia) – Sue highlighted an interdisciplinary project the group in Georgia has worked on. A magazine for new parents targeting a middle and upper income level audience was developed. The project is currently being piloted in a hospital setting. Sue indicated that she would bring a copy to North Carolina.

Marshall Stewart (North Carolina) – Marshall stated that he is looking forward to PLN being held in Greensboro. He also stated that Carolyn Dunn is working on a Healthy Meals initiative, and this project is in concert with their FCS foundation. North Carolina Extension is also releasing a new curriculum this coming spring. The North Carolina team is involved with a prevention initiative that is a partnership with schools. Marshall indicated that North Carolina data show that 33% of students in grades 9-12 don't graduate from high school. The Family and Consumer Science Unit, 4-H and Youth Development and Department of Education are partnering on a graduate education program.

Kasundra Cyrus (Louisiana) – Kasundra provided the group with an overview of the 1890 Land-Grant Conference which was held in Memphis, Tennessee. The keynote speaker was from North Carolina and his session focused on demographics within the United States. Health literacy was cited as a focus for the group, as well as, the four national programs. Health literacy as an initiative will be implemented in eight of the 1890 institutions. Agenda items for ASRED/AEA included topics on funding and partnerships.

Southern University AgCenter provides a parenting for success program. The content covers a full circle of topics that address strategies for successful parenting. Kasundra reported that they are working with the Department of Corrections to focus on programming with inmates who are being released from the prison population.

Carolyn Nobles (Texas) – Carolyn is currently filling county staff position. She recently filled two county positions as well as an EFNEP position. Carolyn indicated that she hopefully will have a full staff shortly.

Carolyn announced that they are now in their fifth week of camp. She stated that they have averaged approximately 100 youth per week.

Judy Warren (Texas) – Judy discussed a program/project on financial literacy which was presented on Wall Street. The program has an online component and has a *Wise Up* theme. Texas AgriLife has a grant that focuses on parenting education for families with special needs children. Resources are being developed for this program.

The FCS Leadership Team developed a strategic interpretation plan that focused on the value of FCS and its impact. Health and financial education was an area of attention.

Judy also discussed an intervention project that was implemented in a school environment. The 4-H Youth Development program and FCS collaborated together in an effort to reduce sweet beverages for water, reduce television time and increased activity.

Judy shared how Extension in Texas is playing a significant role with families impacted by Hurricane Dolly. They are distributing information that addresses food safety, safe water and stress. She made reference to the work done in Louisiana and Florida's role and the information on the Eden site.

Texas AgriLife has restructured. The Family and Consumer Sciences and 4-H Youth Development departments were merged under the direction and leadership of Bonnie McGee. Prior to the restructuring Bonnie was not affiliated with either FCS or 4-H. It was suggested that she will be able to look at how those units can work together. The organizational administrative layer and staff see that this is a positive change and an opportunity to strengthen the two departments working relationship and enhance state agency partnerships. Judy affirmed that this is an opportunity for growth in Texas. Judy said that she will miss being a part of the Program Leader group.

Laura Stevenson (Kentucky) – Laura shared information on an initiative centering on physical activity. Several individuals with dual appointments are working on the deliverables for this program. Also, developing a program tagged *Blue to You*, which will assist agents in developing a program around depression, due to an increase in suicide. FCS is working with the College of Medicine to develop information in five topical areas.

Two new specialists were hired. This is the first time in eight years that faculty have been hired at state level. Most of the new hires have no extension background. Laura stated that any assistance that could be provided on how to successfully integrate the new specialist into Extension would be helpful.

Joanne Bankston (Kentucky) – Bankston stated that KY State was actively involved in youth camps this year. Mary Fant, State Specialist is working with youth camps around the state on nutrition education. Joanne delivered programs at the camps that focused on money management. Joanne is also working with college freshman on student loans, financial management and budgeting. Publications are being developed for this target audience.

Krystal Smith (West Virginia) – Krystal reported that Extension was administering summer camps for the university. Family and Consumer Sciences were enlisted to bring a new element to the camp. The focus is on fundamental life skill development, health and physical activity.

The EFNEP program is ready for implementation. A paraprofessional was hired and the program is being piloted in community centers. Krystal has one PA position open and will advertise for that position. Extension FCS is working in partnership with an academic unit within the university setting to address health and wellness. The *Stairwell to Wellness* program is a joint venture between Extension and College of Social Work. The 4-H and Youth Development unit is also a partner, and 4-H'ers are building murals. Motivational posters are placed around university in the stairwells to encourage students to take the steps. A survey was conducted and 400 students responded that they wanted more physical activity in their life.

Ellen Murphy (Louisiana) – Ellen provided the group with an update on the Louisiana House, which opened in July. All of the latest design and techniques/system for withstanding flooding, wind, inclement weather and more are a part of the design. The project started eight (8) years ago.

LSU Extension is focusing attention on healthy life styles. Chancellor Bill Richardson provided FCS with an opportunity to shine when he made a commitment to change to a healthier lifestyle. Dr. Richardson has lost weight and now has a blog about his pursuit.

LSU Smart Bodies project is in its fourth year. The Extension Director provided money to buy a second Body Walk truck because of the tremendous demand from schools.

Ellen is working on the 21 Century Conference which Louisiana will host in 2010. Ellen will keep the group updated.

Anne Sortor (Arkansas) – Sortor shared that the state FCS staff recently conducted a state-wide professional development conference for all Family and Consumer Sciences agents within the 75 counties. The staff rolled out three new initiatives and new

curricular. The curricular included: Medwise Arkansas, Financial Smart Start for Newlyweds, Grandparents Raising Grandchildren, and Eating Better Today).

Current positions open in Arkansas: Asst. Professor Nutrition, Food Stamp Nutrition Education Program Manager and two technician slots within the Marriage Parenting and Family Life section.

Irene Lee (Arkansas) – Lee suggested that the group read a book entitled *The End of Food* by Paul Roberts for ideas on programming.

Closing Comments:

Carolyn stated that a complete agenda for the meeting in August will be disseminated in the next few weeks. She requested that the group members should respond when the draft agenda is distributed to make our work during the meeting productive and worthwhile. Group members were encouraged to submit suggestions for agenda.

During the August meeting we will need to elect a new vice chair because Carolyn will begin her role as chair. Carolyn asked if the group wanted a committee to work on the succession plan. She asked for volunteers and hearing none indicated that Shirley probably would appoint a committee.

Carolyn expressed her appreciation for the group member's contributions and sacrifices. Meeting was adjourned at 9:36 AM CST.