



Family and Consumer Sciences
Connecting Professionals: Balancing Lives
2012 OAFCS Annual Meeting
March 23 – 24th Embassy Suites, Dublin Ohio



Tentative Agenda

Friday, March 23rd

8:00 am – 3:00 PM
7:30 AM

Registration
Breakfast for Registered Hotel Guests (available 6:30-10:00 AM)
Tea/coffee for attendees

8:45 -10:00 AM

Opening Session-Welcome & Opening Remarks
Keynote Speaker: **The 2010 U.S. Dietary Guidelines: A Peek Behind the Curtain**
presented by: Cheryl Achterberg, Ph.D., Professor of Nutrition; Dean, College of Education and Human Ecology

The 2010 U.S. Dietary Guidelines are different than any that have come before. They are evidenced-based, they address dietary patterns and behaviors, and they are focused on the national epidemic of obesity. Dr. Achterberg will present an insider's look at how the U.S. Dietary Guidelines are put together, who the players are, how decisions are made, what the philosophy and ideals are that underpin this advice. She will also show how teachers and clinicians can influence their formation in the future.

10:15 - 11:15 AM

Concurrent Sessions I

21st Century Classroom

Presented by: Vandita Prasad, MA, NBCT

This session will include links, Google tools and various other free web tools that FCS teachers can use to transform their rooms into 21st century classrooms. Many of these tools can be used to connect not only students across the globe, but also FCS professionals.

Kick off the Pounds – Patricia Brinkman, Lisa Barlage, Michelle Treber R.D., L.D.

Presenters will share their research and programs results on using technology for an email challenge to eat healthier and be active. Presenters will lead a discussion on how you can use different methods of technology and what may help you achieve your desired results.

Tips for FCS Future Teachers

Presented by: Catherine Sustersic (OAFCS Student Chapter President)
A panel of recently graduated Family and Consumer Science professionals will inform and provide support for current Family and Consumer Science College students in Ohio.

11:30 AM – 12:30 PM

Concurrent Sessions II

Ohio Action for Healthy Kids

Presented by: Kathryn M. Orcena, MPH, CHES.

This presentation will discuss childhood undernourishment and obesity prevention to help kids learn to eat healthy and be active every day. Discussion will also focus on tools that can be used in the classroom that help support good nutrition and physical activity.

Poster Session Q and A

This session will be held so that each Poster Submission can be summarized and any questions answered by conference attendees. A facilitator will be present to help introduce the Poster Presenters. This will be a time to meet the people behind the concepts and research.

Hear to Listen: The Listening Posts

Presented by: Dr. Laura Landry Meyer, CFLE; Jenna Morran; Rachel Letwin; and Marion Romanin

Participants will learn how effective listening can enhance personal and professional relationships. ‘Hear’ to listen means developing a nonjudgmental worldview and an awareness of self in order to provide talkers with the gift of attention. The listening post is collaboratively team taught in a unique seminar format utilizing non-traditional pedagogies as a means to increase one’s ability to listen.

12:30 - 2:00 PM

Business Lunch

Welcome and Presentation from AAFCS courtesy of Gay Nell McGinnis

2:00 – 3:00 PM

POWER Session

Crunch Out Obesity

Deborah Sullivan, PhD; Everette DeVaul, Executive Director, United Way of Ashland County; Kelly Usher – Cooke, Coordinator of Special Events / Administrative Support, United Way of Ashland County.

Learn how United Way of Ashland County collaborated with Ashland University and Ball, Bounce & Sports (Exercise ball company) to provide each 4th, 5th, and 6th grade student throughout Ashland County with a “Crunch Out Obesity” kit that included a personal school logo exercise ball and a comprehensive “Guide to Growing Up Healthy.” Ashland University students and faculty collaborated with United Way through service learning and other projects to plan and implement these programs.

3:15 - 4:15 PM

Concurrent Sessions III

Go Fishing, Omega 3’s: Balancing Your Fat Intake

Presented by: Donna Green

Because of dietary changes over the last 50 – 100 years, Americans have become deficient in Omega 3 fatty acids. “Go Fishing for Omega 3’s” will help participants identify three issues:

1. What's changed?
2. What diseases are affected by deficiencies of omega 3's?
3. What are good sources of Omega 3's?

AAFCS Certification Education

Presented by: Gay Nell McGinnis, CFCS; AAFCS Division Director, Credentialing, Professional Development and Public Policy

At the 2012 state conference, you can sit for one of four exams, each corresponding to one of the four certifications. This session will help you decide which one you will work towards next to validate your professional expertise.

What's New with NEFE? Get the best High school Financial Education Program.

Presented by: Betsy Dematteo, Ohio Representative for NEFE's High School Financial Planning Program.

The National Endowment for Financial Education presents an updated, hands on learning curriculum for financial education that is even better and more flexible than ever before – and still completely free to teachers and schools. Come find out what's new with NEFE and get the best financial education for your students.

4:30- 5:30 PM

Individual DISTRICT and Student Unit Meetings

6:00- 7:30 PM

Dinner and Awards
New Officer Installation

Saturday, March 24th

7:30 -10:00 AM

Registration

7:30 AM

Breakfast for Registered Hotel Guests (available 7:00-11:00 AM)
Tea/coffee for attendees

8:30-9:00 AM

General Session: "Yes – You Can? Be All You Can Be"

Susan Shockey, Ph.D., CFCS, 2011 – 2012 AAFCS President, USDA / NIFA – National Program Leader Family and Consumer Science Economics

Dr. Shockey will Encourage Family and Consumer Sciences professionals to live up to their potential. Participants will learn the secrets of how to open up their own doors for meaningful opportunities within the Association of Family and Consumer Sciences (AAFCS) and their profession.

9:15 -10:15 AM

Concurrent Sessions IV

Do Ohio Students Make the Grade Nutritionally? Impacts and Solutions

Presented by: Karen Bakies, RD, LD; Nutrition Affairs Director
American Dairy Association Mideast

Students are overweight, yet undernourished. Who meets food group recommendations, student beverage choices, what are the latest BMI reports in Ohio? Learn about student based solutions,

tools and resources that can be used in schools and the community.

**If I Knew Then What I Am Facing Now,
Financial Literacy In and Out of the Classroom**

Presented by: Jason Gaylor, Wealth Coach; Susan Finefrock, Financial Planner

Are you practicing what you teach? While looking at the current economic status around the globe we will examine the future impact on the student as well as the teacher (both personally and professionally).

10:30 -11:30 AM

Concurrent Sessions V

The Stock Market Game: Bringing the Real World to Your Classroom

Presented by: Kimberly Moon, The Stock Market Game Coordinator

In this session we will discuss how The Stock Market Game Program (SMG) utilizes 21st Century core competency skills and increases student engagement in the classroom. The Stock Market Game is a proven tool to increase math scores while it also ties in real world agendas into instructional curriculum.

Meeting the New Criteria for Healthy Food and Sustainability in FCS Food Labs: Choosing Recipes Students Will Eat

Presented by: Dr. Ruth Dohner, Emily Meents, and Alli Berlin

But will students eat it? Select recipes using criteria that will sustain our bodies and the earth. Teachers will be given planning sheets to help students develop and extend their skills to plan and prepare food to feed themselves and others using whole, plant-based foods, simple equipment and tools, using basic cooking and waste management skills.

11:45 -12:45 PM

Concurrent Sessions VI

Teen “Dish Out” Nutrition

Presented by: Patricia Brinkman

Working to prevent childhood obesity among the fastest growing group of fourteen “take and go” lessons can be used with preschoolers. Involving teens in teaching young children about fruits, vegetables, whole grains, and dairy increased their and the preschoolers interest. Check out the curriculum including nutrition lesson, snack making activity, physical activities, and suggested book to read to the child. Learn how to engage the preschooler and construct a lesson.

The Art of Collaborative Leadership in Community Educational Settings

Presented by: Debra Manteghi, LSW, MsEd.

This session will cover various aspects of leadership that will promote family and community vitality utilizing ethics, etiquette, and engagement models. Participants will gain a new sense of personal responsibility when returning back to their roles, no matter what their capacity maybe, in promoting family and community vitality.

A Fitness Fanatic Break will be offered in lieu of lunch to allow for everyone to either register or prepare for testing or to accommodate family schedules and check out in a timely manner.

11:30 AM – 3:00 PM On Site Certification Testing

11:00 AM Registration will open in Salon 4 for the AAFCS Certification Testing.

Testing will begin at noon and will go until 3 pm to allow for the longest possible time to be offered.

No food or drinks will be permitted during testing so PLEASE take advantage of the Fitness Fanatic Break so that you are focused and ready to excel!

Poster's that will be presented during this year's Annual Conference on Friday from 1 pm until 8 pm include:

1. Developing Cultural Understanding: The Cultural Triangle Paradigm
2. Intelligent Textiles
3. Online Purchase of Clothing
4. Cultivating a Climate for Creativity
5. Parent's Participation in Their Children's School Readiness
6. Talk, Read, Play...Together: Connecting Professionals to Promote School Readiness
7. Empowering Tween Girls: How Provocative Media Images Influence Girls' Dress Decisions
8. Parent's Participation in their Children's School Readiness
9. How Homeless Children and Families can Benefit from the FCS Model of Intervention and Involvement
10. An Examination of the Influence of Depression on Student Retention in Undergraduate Higher Education
11. A Marriage Between Mental Health Professionals and Schools: Helping everyone Balance Work, Life, and Mental Well Being.