

# CYF NEWS

## JUNE 2005

# MICHIGAN STATE UNIVERSITY EXTENSION

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### ***QUOTE OF THE MONTH***

"You must be the change you want to see in the world."

— **Mahatma Gandhi**



## MESSAGE FROM THE STATE LEADER

GREETINGS!

Opportunity abounds! Summer has arrived, and with it a new round of programming opportunities. Many counties and campus staff members continue to work on Family Nutrition Program proposals for the coming year to ensure that they're the best they can be. Our federal match Building Strong Families staffers are busy putting the finishing touches on next year's program, too. AoEs are preparing annual reports, new goals and competitive grant proposals.

Jodi Spicer, Kimbirly Bodfish and I were privileged to make a presentation to Michigan's Interagency Migrant Roundtable recently. Our assigned topic was "MSUE Programs for Hispanic Audiences." We were pleased to note how many of our existing partners (WIC, Michigan Department of Community Health, Michigan Department of Agriculture, Department of Human Services and others) were already at the table with us. Our presentation was well received and reinforced by our partners. A variety of new relationships are also in fledgling stages because of this opportunity. The resource guide we prepared is linked on the opening page of the MSUE portal under "links."

I look forward to continuing to serve FCS and CYF while new leadership is sought. Thank you for this opportunity and for your support.

*Kathy*

### **WELCOME KATE PATTON**

Hello. My name is Kate Patton and I am a new employee with Michigan State University Extension working as a part-time 4-H Health Project Assistant Coordinator. I will be working on the Seatbelt Safety and Jump Into Foods and Fitness (JIFF) programs.

I graduated from Western Michigan University in 2003 with a degree in Community Health Education and am now pursuing a graduate degree through their Lansing campus in Public Administration for Non-Profit Management and Leadership. I have worked in many different settings, including nursing home, hospital, and non-profit health areas.

I am very pleased to be a part of the Extension group. I have heard only great things about the different programs and am excited to join in.

*Thank you.*

## WHILE QUANTITIES LAST . . . 2005 CONSUMER ACTION HANDBOOK AVAILABLE AT NO-COST TO COOPERATIVE EXTENSION

The 2005 edition of the Consumer Action Handbook, one of the most informative and popular consumer resources produced by the Federal Government, is now available. This free, 168-page guide from the Federal Citizen Information Center helps citizens find the best and most direct sources for assistance with their consumer problems and questions. Designed to help consumers before and after they make a purchase, the Handbook features great tips on car repair, purchase and leasing, shopping from home, consumer and investment frauds, home improvement and financing, choosing and using credit cards wisely, protecting privacy, making health care decisions, choosing an education plan and much more. A searchable version of the Handbook (in English and Spanish) is available online at <http://www.ConsumerAction.gov>. For single copies, send your name and address to: Handbook, Pueblo, CO 81009; go online to <http://www.ConsumerAction.gov> and click on "Order Handbook;" or call toll-free 1.888.8PUEBLO. That's 1.888.878.3256, weekdays 8 a.m. to 8 p.m. Eastern Time and ask for the Handbook. Cooperative Extension educators who can use 50 copies of the Handbook (1 carton) can [order online](http://www.consumeraction.gov/d87_bulkcahorder.shtml) at [http://www.consumeraction.gov/d87\\_bulkcahorder.shtml](http://www.consumeraction.gov/d87_bulkcahorder.shtml) or send an e-mail request to [action.handbook@gsa.gov](mailto:action.handbook@gsa.gov).

## BECOME A "SAFE ROUTES TO SCHOOL" COORDINATOR

**Safe Routes to School** is a national movement to make it safe, convenient and fun for children to bicycle and walk to school. When routes are safe, walking or biking to and from school is an easy way to get the regular physical activity children need for good health. **Safe Routes to School** initiatives also help ease traffic jams and air pollution, unite neighborhoods and contribute to students' readiness to learn in school. In Michigan, officials from transportation, public health and education have joined with parents, students, teachers, school administrators, city engineers, law enforcement and other community leaders to support

*"We are coordinating resources from three different state level departments behind this initiative because we believe very strongly in this concept," said Michigan Governor Jennifer Granholm. "This initiative combines the best aspects of safety, health, and*

*education into one program that we all agree can positively impact the lives of thousands of Michigan's children."*

### The Safe Routes to School Initiative:

- Utilizes a state coalition to support schools
- Develops school teams of stakeholders
- Identifies safety hazards around schools
- Assesses parent and student opinions
- Makes recommendations to improve safety
- Works with policy and policy makers
- Educates students on biking and walking safely
- Promotes physical activity and nutrition
- Builds community awareness
- Provides schools with easy-to-use toolkit

*"I've witnessed the difference this project can have on a neighborhood and community. It is so much more than a program to improve physical activity and nutrition among youth. It is a community development project. It builds relationships inside and outside schools. It really makes neighborhoods believe in themselves."* **Paul McConaughy, MSUE Coalition Representative**

### Now you have the opportunity to attend a one-day training to become a "Safe Routes to School Coordinator."

**When:** Sept. 20, 2005, 10:00am – 3:00pm

**Where:** Lansing, Location To Be Determined

#### Take Away:

- Skills needed to coordinate Safe Routes to School projects in your county
- Safe Routes to School Toolkit (\$50 value) with resources to support SR2S projects

#### Cost:

- Free, with a commitment to work with schools with more than 50 percent free/reduced lunch participation.
- Lunch provided.
- Mileage scholarships are available, first come first served until the available funds are gone.

Space is limited. Sign up now by sending an e-mail to Paul McConaughy ([mcconaul@msu.edu](mailto:mcconaul@msu.edu)). Please indicate if you would like the mileage scholarship (miles to/from Lansing at 40 cents/ mile) and how many miles you expect to submit.

## MAKING IT HAPPEN! SCHOOL NUTRITION

### SUCCESS STORIES:

MSU Extension staff - Please share information about this new free resource with schools: ***Making It Happen! School Nutrition Success Stories***, released March 23, 2005, tells the stories of 32 schools and school districts (including Kingsley Middle School in Kingsley Michigan!) that implemented innovative approaches to improve the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that **students will buy and consume healthful foods and beverages - and schools can make money from healthful options**. Whether you are a school administrator, educator, parent, foodservice manager, nutrition professional or student, there are ideas in this resource that everyone can use.

*Making It Happen!* is organized around six approaches:

- Establish nutrition standards for competitive foods
- Influence food and beverage contracts
- Make more healthful foods and beverages available
- Adopt marketing techniques to promote healthful choices
- Limit student access to competitive foods
- Use fundraising activities and rewards that support student health



The stories include information about the school/ school district, the types of approaches they used to make changes, key results, a description of the changes, factors that helped them succeed, their future plans, and contact information for each story.

To order or download your free copy of *Making It Happen!*, visit USDA's Team Nutrition Web site at: [www.fns.usda.gov/tn/Resources/makingithappen.html](http://www.fns.usda.gov/tn/Resources/makingithappen.html) or the CDC Web site at: <http://www.cdc.gov/healthyyouth/nutrition/Making-It-Happen/>. An executive summary is available on either Web site.

*MIH* is a joint project of the U.S. Department of Agriculture's (USDA) Food and Nutrition Service – Team Nutrition and the U.S. Department of Health and Human Services' (DHHS) Centers for Disease Control and Prevention (CDC) - Division of Adolescent and School Health (DASH) and is supported by the U.S. Department of Education (ED). It was undertaken as part of the *HealthierUS* initiative.

Submitted by Pat Hammerschmidt and Ann Guyer

### GRANDMA'S YELLOW PIE PLATE TRAINING – SAVE THE DATE

Attention all MSUE Extension Educators – Family and Consumer Sciences, CEDs and other interested staff. The Family Resource Management AoE team asks you to save the date of **Thursday, Nov. 10, 2005 for a “Who Gets Grandma's Yellow Pie Plate” training in East Lansing, Michigan.**

This one-day training will feature **Dr. Marlene Stum, University of Minnesota Associate Professor and Extension Specialist**. Participants will learn how to implement the “Who Gets Grandma's Yellow Pie Plate” curriculum in your local communities, hear updates to the curriculum from Dr. Stum, learn effective programming techniques from educators throughout MSUE, and learn how to implement this program as a revenue generation opportunity in your community. This one-day training is geared toward staff that have actively used this curriculum in the past and staff who will be working with this curriculum for the first time. More information will follow with location and time of the training. This training is being sponsored by the Family Resource Management Area of Expertise Team.

## BUILDING STRONG FAMILIES RETREAT

### Follow the Yellow Brick Road...

... to the annual MSU Extension Building Strong Families Retreat! The fun will begin on Wednesday, July 20<sup>th</sup> at 11 a.m. with registration and lunch, and conclude Thursday, July 21<sup>st</sup> at 3 p.m. Join BSF instructors from across the state in the “Emerald City,” and enjoy opportunities for professional development, networking with co-workers, and a chance to share activities to involve parents during home visits. Because we know there’s “no place like home,” all instructors are asked to bring their favorite parent-child activities with them for a special networking and sharing session.

**!! NEW THIS YEAR !!** Extension Educators are welcomed and encouraged to attend the retreat on July 20<sup>th</sup> for a special day-long session on Reflective Supervision led by Kay Loftus from Children’s Charter of the Courts of Michigan. This will be a valuable time for Extension Educators to come together to learn about reflective supervision, and learn how to apply it in daily work with staff. Additionally, Extension Educations will have the chance to network with other Building Strong Families supervisors.

Our own “Land of Oz” will take place at The Comfort Inn & Suites at 2424 South Mission Street, Mt. Pleasant, MI 48858 (<http://www.mtpcomfortinn.com>). The Federal Match Building Strong Families program (FMBSF) is pleased to sponsor the retreat to make it more affordable for everyone. The cost for participants is as follows:



Full Retreat (2-Day):  
\$50 FMBSF Staff  
\$75 Non-FMBSF Staff  
Includes all meals, breaks, lodging (double occupancy) and materials.  
**Please Note:** If you would like a single room, the registration fee is \$80.



One-Day Retreat:  
\$25 FMBSF staff  
\$38 Non-FMBSF Staff  
Includes all meals, breaks and materials.



EE Reflective Supervision Training: \$25  
Includes all meals, breaks and materials.  
**Please note:** If you would like lodging, it can be added for \$25 (double occupancy).



To arrive at the “Land of Oz,” contact Kendra Moyses at [kmoyses@msu.edu](mailto:kmoyses@msu.edu) or fax to (517) 353-4846 for the appropriate registration form. Registrations not received by June 26<sup>th</sup> will be snatched up by the winged monkeys, and cannot be guaranteed a room. Invoices & payment information will be sent with your registration confirmation. If you have any questions, please contact Kendra Moyses at (517) 432-7654 or [kmoyses@msu.edu](mailto:kmoyses@msu.edu)

## CONFERENCE ON AGING 2005

You’re invited to participate in the 2005 Conference on Aging being held August 25th at the Grand Traverse Resort & Spa in Acme, Michigan. This is a one-day professional development conference for business leaders and aging service providers across Michigan. The theme is *The Future of Aging*, and the content is filled with fresh ideas and cutting-edge solutions for successful aging today.

Ken Dychtwald, Ph.D., author of *The Age Wave* and *Age Power*, is special guest speaker for the 2005 Conference on Aging. He is scheduled for two exciting presentations. His morning conference keynote address is on *How the Age Wave will Transform our Lives*. In the evening, Dr. Dychtwald will speak on *Marketing to the Age Wave*, a seminar designed to meet the needs of business and professional communities.

Together, these two sessions bookend a model demonstration of the power of public and private partnerships helping to build elder-friendly, or livable, communities with senior-sensitive marketplaces across Michigan.

The 2005 Conference on Aging has a broad range of state, regional and local support. Collaboration with health care, education, senior residential, area agencies, and service providers has been a top

planning priority. Coordination with businesses and cultural communities, as well as local government and media, has also helped to lay a firm foundation for a successful event.

**Conference Themes:**

- How the Age Wave will Transform our Lives
- New Technologies for Successful Aging
- Building Elder-Friendly, Livable Communities
- New Horizons in Private-Public Partnerships

**Topics & Issues Covered:**

- Mid-life Management: Crisis or Opportunity?
- Falls, Fears and Prevention
- The Magic of Universal Design & Home Automation
- Freedom through Assistive Technologies
- Wellness, Lifestyle Choices and You
- Internet, Connectivity and Health Management
- Aging in Place: How do we Pay our Way?
- Breakthrough Technologies & Treatments
- Marketing & Messages for the Mature Marketplace
- Hospice, End of Life and the Myths of Grieving
- Consumer Advocacy & Empowerment
- Life-long Learning and the Creative Arts
- Inspiring Corporate Citizenship: Private-Public Partnerships

**When & Where: All Day Event**

- Thursday, August 25, 2005
- Grand Traverse Resort, Acme, Michigan

**How much?**

- Conference on Aging \$150
- Evening Business Seminar \$ 90
- All day \$200

For more information, or to register, go to [www.seniorssummit.net](http://www.seniorssummit.net).

**UPCOMING NUTRITION CONFERENCES**

**June 23-26, 2005** — *American Association of Family and Consumer Sciences (AAFCS)* annual conference, Minneapolis, MN. The conference has the theme "Sizing Up America: Obesity Causes, Effects and Solutions." Visit <http://www.aafcs.org> for more information.

**BLUE RIBBON Q&A**

**Q.** I am having problems using the Blue Ribbon e-mail system, using Eudora, now that I've changed my server over to the new msu e-mail system. Is there a "fix" for this??

**A.** The new msu mail server, which is Web-based, does not allow Blue Ribbon to send e-mail through Eudora because it requires SSL authentication and Blue Ribbon does not have that capability. It is our understanding from MarTech that the most recent version of the software works with MicroSoft Outlook. In Preferences | E-mail Defaults, check the "Use Outlook for E-mail" checkbox. The option to use e-mail with Eudora is still available. E-mail lists can still be created in Blue Ribbon and then pasted into address books in Eudora or other e-mail systems.

For more information contact Judy Bishop at [lentzbis@msu.edu](mailto:lentzbis@msu.edu) or Laura Allen at [lacourse@msu.edu](mailto:lacourse@msu.edu). Please note our new e-mail addresses.



**Deadline for Next Edition of "CYF NEWS"**

July 11 2005, is the deadline for submitting articles for the July 15, 2005, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)