

CYF NEWS

OCTOBER 2005

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“Good people are good because they’ve come to wisdom through failure.”

— William Saroyan



LEADERSHIP MESSAGE

GREETINGS!

There's lots to celebrate this fall!

It was my pleasure to join members of MEAFCS at their national annual session in Philadelphia in late September. All the Michigan delegation was especially proud of Joan Vinette, Alger FCS Educator, who presented a concurrent session on the “Life of Lake Superior” program that she and her co-workers have developed for Alger County youth and adults.

Another big highlight was the NEAFCS awards banquet, where Michigan was again well represented. We congratulate Joan Vinette for winning the NEAFCS Environmental Education award, along with Jim Isleib, Janice Nicklas, Rachel Lindquist and Ron Kinnunen. Their winning entry was the “Life of Lake Superior” program. Kathe Hale, St. Clair County CED was honored with the NEAFCS Continuing Excellence Award for her innovative programming and Zelda Felix-Mottley received the Distinguished Service Award for her programming and fund development skills. Jinnifer Gibbs, Ottawa FCS Educator, received the first place in NEAFCS's Central Region for the outstanding television program she developed. Gail Ringelberg of the North Ottawa Council on Aging and Vince Deur of TV 5 shared in Jinnifer's award. All of CYF is very proud of these terrific educators.

We're especially proud of the Family Nutrition Program team led by FCS Program Leader Karen Martin for the early approval of next year's FSNEP plan. Their dedication, hard work, and attention to detail produced this great result.

Kathy

FOOD SAFETY BOOKMARKS

Please send a representative from your county to pick-up food safety bookmarks at the Fall Extension conference. The bookmarks, provided by the Food Safety Area of Expertise, can be used as educational give-aways for your clients. They cover topics on hand-washing, home preservation and food safety at home. *Submitted by Daisy Seremba, Cindy Warren and Lillian Occena-Po.*

FOOD SAFETY AOE MINI-GRANTS

Protecting human health through proper food safety practices is the goal of mini-grants recently announced by the MSU Extension Area of Expertise in Food Safety. Five Michigan organizations have been awarded \$500 in grant funding. The recipients are:

- City of Woodhaven Parks & Recreation Department – Seniors & food safety are the focus of the Senior Citizen Food Fair in fall 2005, with proper food-handling advice and food safety tools.
- Midland County Health Department – Educating pregnant women and women with young children on safe food handling practices and other county services through an October 2005 multi-agency baby shower for low-income clients.
- MSU Extension – Ingham County – Updating the “All Hazards Food Safety Resources” component of the MSUE “Disaster Response Notebook,” a valued resource from MSUE for community partners.
- RuSick2 Disease Surveillance Program – Funding will allow the promotion of the Rusick2 program which provides consumers a Web-based platform for reporting disease and gives state and federal public health officials improved disease outbreak surveillance capabilities.
- Truman High School in Taylor – Providing professional development and materials to teachers in the Truman School system for the incorporation of food safety lessons in high school and junior high classes.

Submitted by Trent Wakenight.

FRESH NUTRITIOUS BABY FOOD

Fun Healthy Ways to Feed Your Baby was the topic of the morning. Parents learned simple, easy methods of preparing baby food in their own kitchens, as well as food safety, feeding tips, recipes and the importance of proper food handling. Each participant received, at no charge: a small food processor, ice cube trays, a feeding spoon, a freezer container and zip lock freezer bags. Then as an added benefit all participants received fresh fruit and vegetables in a colander, enabling them to put their new found knowledge into practice without added expense.

The fun, unique, informational presentation was given, organized and arranged by the imaginative and generous efforts of Mary Lou Baker Arenac County MSU Extension Family Nutrition Program Associate. She always seems to have an inside track on what

families in Arenac County need, will enjoy, and will benefit from.

The program was made possible through funding awarded by the Strong Families/Safe Children Program in Arenac County. The very generous B & B Country Market provided fresh, Michigan-grown fruit and vegetables at a discounted price for the presentation to new parents in Arenac County.

Sixteen parents gathered at the Central Michigan District Health Department kitchen on Wednesday morning, September 28, 2005. Robin Weiss and Karen Parker; FNP associates from Bay County also attended.

What a great opportunity for Arenac County parents to help their children develop good eating habits and make healthy eating choices. After all, Healthy Eating Habits need to be developed early to give babies a good start on a healthy lifestyle.

INFLUENZA IMMUNIZATION

October – March is considered Influenza (flu) season. Influenza is a very contagious disease. The common symptoms include fever, cough, sore throat, headache, chills, muscle aches and fatigue, which last for a few days. However, some people get much sicker and can be laid up for five to ten days. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can also cause high fever and seizures in children.

Influenza kills about 36,000 people each year in the United States, mostly among the elderly, and can be prevented with influenza vaccine.

This year, it looks like the supply for vaccine will be sufficient to vaccinate all individuals who are interested. It is, however, recommended that between now and October 24 the following “high-priority” individuals are vaccinated:

- Persons 65 years and older with comorbid conditions [the presence of one or more disorders (or diseases) in addition to a primary disease or disorder]
- Residents of long-term care facilities
- Persons aged 2-64 with comorbid conditions
- Persons 65 years and older without comorbid conditions
- Children age 6-23 months
- Pregnant women

- Health care personnel who provide direct patient care
- Household contacts and out-of-home caregivers of children under age 6 months

After October 24, all individuals wishing to receive an influenza vaccine will be eligible to do so. Please contact your health care provider for more information and to schedule an appointment to discuss receiving your flu vaccine. *Submitted by Tammy Sullivan.*

SAVE \$\$\$ PURCHASING A CAR

The Consumer Federation of America and America Saves are now making available, to the Cooperative Extension network, two new publications on how to save money purchasing a car. The publications, a one-page fact sheet and a more detailed brochure in both English and Spanish, are free. To order free copies, please e-mail the quantity of each publication you would like along with your address and phone number to arose@consumerfed.org. The brochures are available in sets of one hundred. Please be sure to indicate the publication (brochure or flyer) and language (English or Spanish) you would like to order. Please place orders by November 1, 2005. If you would like to see a sample of the materials, please e-mail Erica Tobe at tobee@msu.edu. Thank you.

UPDATED BALLPARK E\$TIMATE® APPEARS IN TWO FORMATS

WASHINGTON—Americans trying to estimate how much they need to save for a comfortable retirement now have an updated and easy-to-use tool—the Ballpark E\$timate.®

The updated Ballpark is available in two formats: An online version that is interactive and provides instant results, and a printed version that can be downloaded from the Internet and filled out at home.

Both versions are sponsored by ChoosetoSave.org and the American Savings Education Council (ASEC), programs of the nonpartisan Employee Benefit Research Institute (EBRI). They are available free on the Web at www.choosetosave.org/ballpark/. The Ballpark E\$timate® has been repeatedly cited as a simple and useful tool for quickly estimating overall retirement savings needs.

Both the online and paper versions of the Ballpark come with instructions that take complicated issues—such as projected Social Security benefits and earnings assumptions on savings—and turn them into language and mathematics that are easy to understand,

said Dallas Salisbury, EBRI president. The updated online version allows individuals to customize several key factors in calculating how much they need to save for retirement: how long they think they will live, when they expect to retire, and other variables as well. Since each individual is different, it allows people to achieve a more accurate estimate based on *their* particular circumstances.

“As people continue to live longer, and as savings for retirement becomes more and more of a personal responsibility issue for all Americans, it is important that savings calculators take full advantage of what we know and the technology that is now available,” Salisbury added. “While the amount people need to save may be shocking to them, it is better that they have a realistic Ballpark E\$timate so they can get started.”

Salisbury noted that most Americans currently are not saving enough to achieve their retirement goals. An individual who starts at age 20 and saves consistently for 42 years—in anticipation of retiring at age 62—would have to set aside more than most Americans save now, he said. “Waiting to start saving until age 40 moves the required savings percentage to the stars.” (Charts detailing these points are available on EBRI’s Web site at http://www.ebri.org/pdf/PR_714_6Oct05.pdf.)

EBRI’s 2005 Retirement Confidence Survey (<http://ebri.org/surveys/rcs/2005/>) showed that doing a retirement saving needs calculation can change savings behavior. Most often, those who do a calculation say they start saving more and they take other steps, such as changing the investment allocation of their retirement savings, researching other savings methods, reducing debt and opening a new savings account.

Established in 1978, EBRI is an independent nonprofit organization committed to data dissemination, policy research, and education on economic security and employee benefits. The institute and its programs do not lobby and do not take positions on policy questions.

GRANDMA'S YELLOW PIE PLATE TRAINING

Attention all MSUE Extension Educators - Family and Consumer Sciences, CEDs and other interested staff. The Family Resource Management AoE team invites you to attend a one-day training for the Grandma's Yellow Pie Plate curriculum on Thursday, November 10, 2005, for a "Who Gets Grandma's Yellow Pie Plate" training. The training will be held

at Financial Health Credit Union in East Lansing, MI from 9:30 a.m. - 3:30 p.m.

This one-day training will feature Dr. Marlene Stum, University of Minnesota Associate Professor and Extension Specialist and lead researcher and author of the "Who Gets Grandma's Yellow Pie Plate" Curriculum. 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. This training is being sponsored by the Family Resource Management Area of Expertise Team.

To register for the training, please e-mail Gloria Welch at welchg@msu.edu or send fax to 517.353.4846. Please register by October 25th, 2005.

HOMEWORKS NEWSLETTER SERIES

The Family Resource Management AoE has worked with the University of Wisconsin to purchase the HomeWorks Newsletter series license for MSUE educators to distribute the newsletter locally. HomeWorks is a series of four easy-to-read newsletters that touch on timely topics for homeowners, especially new homeowners. To learn more about the HomeWorks series, click on <http://cecommerce.uwex.edu/pdfs/HWUse.pdf>.

The HomeWorks newsletter has the MSUE logo on it as well as all the phone numbers for MSUE county offices. The Family Resource Management Area of Expertise team is going to do a mass printing of these newsletters and is willing to reproduce them for counties at no charge. However, counties that participate will need to record a small amount of information so that the AoE can have impact data on how this newsletter has reached consumers. If you are interested in receiving the newsletters, and are willing to record numbers of newsletters disseminated, feedback from consumers, and further questions from consumers re: the newsletter, please e-mail or fax the following information to Gloria Welch at welchg@msu.edu or 517.353.4846 by October 17, 2005.

Are you willing to record information and report to the AoE next September 2006?

Information that you will need to record includes:

1. Number of newsletters disseminated
2. Feedback from clients
3. Follow up questions from clients

For further information, please contact Erica Tobe, Program Leader, at 517.355.9655 or by e-mail at tobee@msu.edu. A special thank you to Beth Waitrovich for coordinating this effort.

NEW STAFF TRAINING SESSIONS

NEW FCS STAFF AND THEIR SUPERVISORS

The fall series of new staff training is scheduled. Please register your new staff now for the complete series. All sessions are necessary for staff working in FSNE, EFNEP and BFI. Home Visiting, Learn Together Approach, and Nutrition III are recommended for parenting instructors.

Learn Together Approach: Thursday, October 20, 2005 9 – 4 p.m.

The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups that encourages participants to share their knowledge and experiences. The session discusses the benefits of this method of teaching, provides information on developing lesson plans and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

Nutrition I: Thursday, November 3, 2005 - 9 – 4 p.m.

Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, exploration of MyPyramid Web site and use of MyPyramid with clients, reading and understanding nutrition labeling, and planning low-cost meals. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

Nutrition II: Thursday, November 17, 2005 - 9:30 – 3:30 p.m.

Nutrition II is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching

participants. Nutrition II includes information on: teaching the 2005 Dietary Guidelines for Americans and recommendations for special populations for prevention of nutrition related chronic disease, nutrients and nutrition related health issues, the role of nutrition and physical activity in weight management. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as MyTracker and nutrition and physical activity assessments within the MyPyramid Web site.

Nutrition III: Thursday, December 1, 2005 - 9:30 – 3:30 p.m.

Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler, and working with youth audiences in food, nutrition, and health. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as Jump into Food and Fitness Power of Choice and Pyramids Between the Pages. Parenting instructors may also register to attend all or a portion of this session.

Find session descriptions, detailed information, and on-line registration at <http://web2.canr.msu.edu/in-service>

Contact person: Jane Love, S. Anthony Hall 517/432-2635 - Email: lovejan@msu.edu

UPCOMING CONFERENCES:

ABC's of Financial Literacy in the Classroom

The Michigan JumpStart coalition will host its third annual teacher education conference on **November 8, 2005 from 8:30 a.m. until 4:30 p.m.** at the Federal Reserve Bank of Chicago – Detroit Branch. The conference, **The ABC's of Financial Literacy in the Classroom**, will include such topics as identity theft prevention and resources for promoting financial literacy in the classroom. In between presentations by top-notch speakers, you'll have opportunities to network with other educators and talk with a number of vendors about their organizations' tools for teaching personal financial concepts.

This one-day event is designed for 6- to 12-grade level teachers and counselors. Extension educators

are also invited to attend. The cost is \$20/person. Lunch will be provided for all attendees.

For more information or to register for the event, click on <http://www.mijumpstartcoalition.org/1.php>.

ANNUAL MICHIGAN WIC CONFERENCE

Mark your calendar for the 2006 Annual Michigan WIC Conference scheduled for the New Novi Expo/Conference Center in Novi, Michigan on **May 11-12, 2006**. Submitted by Paul McConaughy.

BLUE RIBBON Q&A

Q. I want to print re-enrollment forms but haven't been given the go ahead to year-end process. How can I get the age, grade and years in 4-H to increase by one?

A. When you print re-enrollment forms the age, grade and years is automatically incremented by one. Printing the forms doesn't change the Blue Ribbon database, year-end processing does. A message will hopefully be going out within the next two weeks so everyone can move ahead and year-end. We appreciate your patience.

Q. When is the next Blue Ribbon training?

A. Campus training is set for Tuesday, December 20 (Fundamentals) and Wednesday, December 21 (ES-237 and Enhanced Features) from 9:30 a.m. – 3:00 p.m. in B100C Wells Hall. Registration will soon be available on the MSUE InService Web page at <http://web2.canr.msu.edu/in-service/coursetitle.cfm>.

If enrollment is low, we'll hold both classes on Tuesday.

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



Deadline for Next Edition of "CYF NEWS"

November 7, 2005, is the deadline for submitting articles for the November 11, 2005, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu