

CYF NEWS

SEPTEMBER 2006

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"People grow through experience if they meet life honestly and courageously. This is how character is built."

—**Eleanor Roosevelt**



MICHIGAN BETTER KID CARE

It is the vision of MSU Extension's Michigan Better Kid Care (MiBKC) program that all of Michigan's children will receive high-quality care and education so that they are ready for school and life. Michigan Better Kid Care is funded through the Early Childhood Investment Corporation.

The mission of MiBKC is to allow current and new childcare providers throughout Michigan to have access to high-quality, evidence-based professional development through the MSU Extension network of county offices.

Michigan Better Kid Care offers several different options for childcare providers to receive training. There is the 36-Hour Basic Training for individuals interested in starting a childcare business in their home, an 18-Hour Basic Training for Relative Care Providers and Day Care Aides. In addition to these trainings, MiBKC also offers different one-session and multi-session workshops covering topics such as Shaken Baby Syndrome, Early Literacy, and Sudden Infant Death Syndrome. Providers can also take advantage of the Penn State Satellite Series, which consists of four different topics that change annually. MiBKC also offers providers a chance to use check-out kits to further their educational experience by providing play and literacy kits to enhance the provider's childcare setting.

All of the MiBKC trainings and services address the Core Competencies and Core Knowledge for Early Childhood Care and Education Professionals adopted by the State of Michigan.

The 36-hour training curriculum was initially developed in the mid 1990s for the Joining Forces Project in Saginaw, Michigan. The curriculum was revised in 2004 and is designed to prepare adults interested in offering childcare in their home with the basic competencies to become licensed. Participants can earn 3.6 CEUs for completing all units and are given a certificate of completion.

Relative care providers, day care aides and other informal providers are offered the basic components of the 36-hour training without the emphasis on business basics and professional development. Relevant modules have been adapted for use with informal providers and include child development, child abuse and neglect, positive discipline, play, health and safety, nutrition and CPR. At the conclusion of the class, participants are encouraged to sign up for the newsletters *Children in My Care*. All

participants who have completed the training are encouraged and supported to apply for the \$150 incentive for completing 16 hours of training. They also receive 1.8 CEUs and a certificate of completion. If informal providers decide that after completing the 18-hour training that they want to become licensed, they can participate in the relevant 36-hour modules.

Mentoring and support services are offered to both formal and informal providers. This service provides participants with guidance and ideas for modifying their home environment for caring for children. This service is not intended to replace the work of the DHS licensing consultants.

Two new options for providers to receive training are being unveiled on October 1, 2006. Two online learning modules have been created covering Shaken Baby Syndrome and Sudden Infant Death Syndrome. This year will be used for gaining feedback on the online training modules format and to see if providers find these modules useful. These modules are also available in face-to-face workshops as well.

All of MSU Extension county offices offer some form of Michigan Better Kid Care. There are 20 Extension Educators that are funded with MiBKC dollars and provide more intense trainings such as the 36- and 18-hour trainings, along with other educational sessions on a rotating basis within their coverage area. You can visit <http://www.fcs.msue.msu.edu/bkc/BKC-Basics.html> to learn more about MiBKC. *Submitted by Kendra Moyses.*

SHARING SCHOOL SUCCESSES IN MICHIGAN
Has a school you have been working with or know of been able to make changes that support a healthier school environment? Michigan's Healthy School Success Story Web site is now available to collect stories from across the state. By encouraging the schools you work with to submit their own success stories, their Coordinated School Health Team (CSHT) and school can receive recognition for their efforts and inspire other Michigan schools! This Web site will also allow schools to search for success stories by topic area for proven ideas. Reviewing success stories from other schools may motivate schools to make additional changes. Visit www.mihealthtools.org and click on Healthy Schools – Healthy Students. *Submitted by Ann Guyer.*

HELPING TEENS GET GOOD GRADES IN MONEY MANAGEMENT: A HOW-TO GUIDE FROM THE FDIC – for teens, saving money may not be as much fun as spending it, but putting dollars aside for their future and learning how to be smart consumers are still important things to do. Teens have access to more money than ever before thanks to allowances, gifts and, for many, income from jobs. Teens also are becoming more responsible for making decisions about everything from small, everyday purchases to saving for college or a car. That is why the latest issue of FDIC Consumer News, published by the Federal Deposit Insurance Corporation, is a special guide to help teens (and many pre-teens) learn how to make good decisions about their money – right from the start.

The publication, entitled “*Start Smart: Money Management for Teens,*” features simple, real-world guidance for teens on how to:

- Save more money;
- Decide where to keep their money;
- Spend money wisely;
- Borrow money responsibly; and
- Protect against identity theft.

The guide for teens can be read or printed online at www.fdic.gov/consumers/consumer/news/cnsum06. There also is an online form for ordering up to two free copies. *Submitted by Erica Tobe.*

SMALL STEPS TO HEALTH AND WEALTH

Rutgers Cooperative Research & Extension's major health finance initiative is *Small Steps to Health and Wealth™*. This program is designed to motivate consumers to implement behavior change strategies that simultaneously improve their health and personal finances. *Small Steps to Health and Wealth™* is a 150+-page workbook written by Dr. Barbara O’Neill, a certified financial planner® (oneill@aesop.rutgers.edu) and Dr. Karen Ensle, a registered dietitian (ensle@aesop.rutgers.edu). Both co-authors are faculty of Rutgers Cooperative Extension (NJ). The SSHW workbook can be used as a stand-alone publication or as a “handout” for accompanying presentations for consumers. Consisting of 35 short, user-friendly chapters, *Small Steps to Health and Wealth™* encourages participants to set health and/or wealth goals and take action to achieve them by identifying small progress steps. The book includes a discussion of similarities between health and personal finances and 25 behavior change

strategies, all based upon empirical research and expert recommendations, which can be applied simultaneously to both areas of life. The impact of health on finances and finances on health is also explored, as well as strategies to overcome behavior change obstacles. The book concludes with a planning worksheet for readers to set personal goals and action plans and a list of online health and personal finance resources. All pre-orders must be placed by [September 12th, 2006, to Gloria Welch at \[welchg@msu.edu\]\(mailto:welchg@msu.edu\)](#). Each book will cost \$8.75 during this initial pre-order. Submitted by Erica Tobe.

SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH

September is National Food Safety Education Month, created by the National Restaurant Association Educational Foundation's International Food Safety Council to heighten awareness of the importance of food safety education throughout the restaurant and foodservice industry.

The theme this year is "Don't Compromise--Clean and Sanitize." Resources for food safety educators are now available at <http://www.foodsafety.gov/~fsg/September.html>. Submitted by Lillian Occena-Po.

VOLUNTEERS NEEDED TO PILOT-TEST FOOD SAFETY TOOLKIT TARGETING REFUGEES – A food safety toolkit targeting refugees and incorporating messages from the 2005 Dietary Guidelines for Americans and the new MyPyramid has been developed. If you are interested in pilot-testing the "Steps to a Safer You" food safety toolkit, please contact Lillian Occena-Po at occena@msu.edu or 517.432.7022.

NEW POSITIONS / NEW STAFF

Tammy Sullivan

As the **new Program Leader for Maternal and Child Well Being** in Family and Consumer Sciences I will be working to strengthen the existing programs and develop new approaches to meet unmet needs of counties beginning with the 06-07 fiscal year. She will provide oversight to the BSF programs (0-3 and 3-5), Watch Me Grow Calendar and WIC Project Fresh.

Jaime Lewis will continue to play a crucial role in BSF programs between campus and the counties. Dawn Contreras will continue as a program leader

providing evaluation assistance. Meagan Shedd, who resigned from her position to take advantage of an exceptional opportunity to pursue a Ph.D., will be replaced with a program leader who provides curriculum design for BSF and across FCS programs (this position is posted as 1515 in the MSU Human Resources open position listings). You can expect the Maternal and Child Well Being Team to work collaboratively with county and regional staff and partners, campus partners, funders, and other stakeholders to provide new, innovative, life-improving programs and materials.

Please send all correspondence concerning programming to Tammy Sullivan at 517.432.8204 (sulli259@msu.edu) and/or Jaime Lewis at 517.432.7692 (jlewis@msu.edu) for BSF programming.

Marvin Cato

I have been in my position as **Program Leader for Health Promotion** for four weeks now. I am still learning everyone's name and what they do. The more I learn the more I visualize how the some of all the parts (our programs) is equal to the whole of our mission. I see us all connected and I want to include everyone into a health promotion strategy that utilizes the best of what we provide and challenge us to think of new and better ways to serve the citizens of our state and move us all into a state of good health.

I am currently assuming responsibility for our Diabetes program, Senior Project Fresh, and learning about PATH. These programs are keeping me busy but I am looking at what should our vision of health promotion be for the future.

The Michigan Surgeon General's (2004) Healthy Michigan 2010, Health Status Report states:

- Life expectancy has increased for all races over the last several decades. Michigan's White population is estimated to live six-and-a-half years longer than the Black population. Black males have the shortest life expectancy of 67.3 years, while white females have the longest life expectancy at 79.9 years.
- Leading causes of death in Michigan have changed over time, moving from those of infectious diseases to death due to chronic diseases such as cancer and heart disease or diseases associated with aging.
- Among whites and blacks of both genders, the leading causes of premature death were predominately due to chronic illnesses.

- Over 19 percent of Michigan residents have some type of disability, which is higher than other states in the U. S. Detroit is estimated to have one in four persons (28.3 percent) with some type of disability.

Michigan has even more startling statistics when it comes to obesity and its' contribution to the onset of many chronic diseases. In the Michigan Surgeon General's (2004) Prescription for a Healthier Michigan it states:

- Michigan has ranked in the top 10 states for obesity for over 10 years.
- Sixty-two percent of our adult population (nearly two of every three adults) is obese or overweight. Many Michigan citizens become disabled as a result of obesity.
- Twelve percent of high school students are overweight, and another 15 percent are nearly overweight.

Bill Wilkinson

I joined Family and Consumer Sciences as **Business Manager** on July 28, 2006. Most recently, I worked in the Division of Housing and Food Services in the University Apartments and Residence Hall Assignments office. My responsibilities included financial and budget preparation and reporting, personnel, payroll and overall daily operations of the department. I past years I have worked for MSU Human Resources and the College of Education.

I also serve as Faculty Advisor for the MSU Chapter of the Evans Scholars Foundation.

I am very excited to be a part of the Family and Consumer Sciences Team.

I reside in DeWitt with wife Tina and our children Ashley (8) and Michael (6).

UPCOMING CONFERENCES:

FOOD SAFETY CONFERENCE – The Food Safety Conference on Reaching At Risk Audiences and Today's Other Food Safety Challenges will be held in Denver Colorado on September 25-29, 2006:

Check out details at: [http://www.fsis.usda.gov/ News & Events/2006 FSE Conference Hotel/index.asp](http://www.fsis.usda.gov/News&Events/2006_FSE_Conference_Hotel/index.asp).

GREAT CONFERENCE FOR ANYONE WORKING WITH EITC INITIATIVES – Building Prosperity for Working Families; October 11-13, 2006, in Los Angeles, CA. This conference is hosted by the

National Community Tax Coalition, with a special focus on Asset Building, Innovation, Leadership, Scale and Sustainability, New Workshop Levels and Exhibitor Hall. Contact information: J. Kuzemsky, Center for Economic Progress, Ph: 312.252.0280 ext. 257, e-mail at jkuzemsky@centerforprogress.org or via Web at <http://www.centerforprogress.org/>
Submitted by Erica Tobe.

BLUE RIBBON Q&A

Q. Can I print re-enrollment forms prior to completing the ES-237 Report?

A. You can print out re-enrollment forms once all your data entry for members and leaders is complete for the reporting year. Please note that you have LOTS of options for the contents of the re-enrollment forms. For instance, if you print them with the projects you can save space by clicking on the single space projects box. There are two places on the form for you to add county-specific information – see Customize Public Mailing Statement and Edit Mailing Statement. Some counties put their enrollment deadline in one and the image/voice permission statement in the other. Also note the sort options – many counties print them by Club Codes.

If you have a copy of the Fundamentals training handout, re-enrollment forms are on pages 20-21. If you don't have a copy you can print one by going to the Michigan 4-H Web site. Here's the link: <http://web1.msue.msu.edu/msue/cyf/youth/blueribbon/index.html>.

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"

October 2, 2006, is the deadline to submit articles for the October 6, 2006, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu