

CYF NEWS

JANUARY 2006

MICHIGAN STATE UNIVERSITY EXTENSION

In This Issue

- Leadership Message
- MiCafe Program
- Pension Retirement Education Program
- Michigan 4-H Foundation Receives \$11, 460...
- Motivational Negotiation Skills...
- Natural Helpers®
- New Staff Trainings
- Upcoming Conferences
- Blue Ribbon Q&A
- Deadline for December Articles

QUOTE OF THE MONTH

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”
— Winston Churchill



LEADERSHIP MESSAGE

Here we are at the beginning of a new year! This is exciting and we are off to a great start. There are lots of opportunities knocking on our door and some of the hard work from 2005 is beginning to pay off. Final negotiations are happening on a number of grant opportunities that will keep us programming in some areas and allow us to venture out into others. The ink isn't dry, but the word looks good for all of Children Youth and Families.

I want to take this opportunity to welcome a new staff member to our CYF team. As you have all heard, by now, Dr. Mona Reide begins her responsibility as State Leader for Family and Consumer Sciences on Monday, January 16th. She is very excited to become a part of this important group of people and we are equally as excited to have her on board. Dr. Reide brings with her many skills as a team builder, a leader and a visionary. Her energy and enthusiasm will certainly be contagious. Please give her that Spartan Welcome and help her learn the MSU Extension system.

Go forth into the 2006 year with energy, optimism and the spirit that represents the families and youth of Michigan.

Cheri

MICAFE PROGRAM

Do you know older family members or friends who can't make ends meet? The MiCAFE Program may be able to help! Michigan's Coordinated Access to Food for the Elderly (MiCAFE) Program helps people age 60 and older in Branch, Cass, Eaton, Genesee, Gratiot, St. Joseph and parts of Detroit get money to buy food by applying for the Food Assistance Program (nationally known as the Food Stamp Program) at local senior and community centers. MiCAFE will be expanding to Kalamazoo County in 2006!

Older people have historically underutilized the Food Assistance Program (FAP) due to the intimidating application process, misinformation, access and personal values. There is no need for older people in our community to go without food! In the last two years, more than 1,200 seniors have used MiCAFE to apply for food benefits. Nearly two-thirds of all MiCAFE applicants have received benefits at an average of \$60 per month per household. This considerable monthly benefit can really make a difference to seniors struggling to make ends meet as

it provides an average of \$720 per year to buy food. If you'd like to learn more about MiCAFE in your community please call 1.877.664.2233 or visit us on the Web at <http://www.micafeonline.org/>.

MiCAFE is sponsored by Elder Law of Michigan, Inc., the Michigan Office of Services to the Aging, the Michigan Department of Human Services, the Michigan Medicare Medicaid Program, the Ruth Mott Foundation, the Martha Merkley Trust, Blue Cross Blue Shield, the Michigan State Medical Society and the U.S. Department of Agriculture. Submitted by Erica Tobe at tobe@msu.edu.

PENSION RETIREMENT EDUCATION PROGRAM (PREP) — Do you know people in your area with concerns about their retirement benefits?

Refer them to the Pension Retirement Education Program! The Pension Retirement Education Program (PREP) has helped Michigan residents recover 2.4 million dollars in benefits since 1998! We provide basic advice about pension laws and pension rights, information on survivor benefits, the rights of divorced persons, social security and assistance in appealing pension denials. Retirees of any age can talk to knowledgeable attorneys for free and get help from our team of lawyers, law students and legal assistants. Call us at 1.866.735.PREP (1.866.765.7737) 9 a.m. to 5 p.m. for answers to your retirement questions! *Submitted by Erica Tobe.*

MICHIGAN 4-H FOUNDATION RECEIVES \$11,460 MICHIGAN HUMANITIES COUNCIL GRANT —

EAST LANSING, MI — The Michigan 4-H Foundation has been awarded an \$11,460 grant for “Telling Our Story: A Model for Youth Engagement & Skill Building in Community Organizations” from the Michigan Humanities Council (MHC) as part of the council’s *We the People* grant program.

The “Telling Our Story” project will provide materials, training, and mentoring for community-based and youth-serving organizations to help record and tell their own histories, strengthen youth engagement in their organizations, and build youth skills in leadership, historical research, communication, multi-media technology and community service.

Eight multi-generational and community-based organizations such as fraternal, ethnic, religious-based and youth-oriented organizations will be recruited for the project. The project will involve 50 youth and

adults in a “Telling Our Story” workshop April 28-29, 2006 at Kettunen Center, the Michigan 4-H Foundation’s youth training center in Tustin, MI. Participants will explore and learn oral history research and documentary methods, and learn about the history of community service and service-learning. After the workshop, participants will conduct interviews with members and former members of their respective organizations on the role of community service projects in the lives of individuals, as well as in organizations and communities.

Audio and videotapes, photographs, essays written by project participants and other resources reporting their experiences, methodologies and findings may be shared through the various organizations’ newsletters, Web sites, or other publications.

The project, coordinated by LuAnne Kozma, 4-H specialist and curator of folk arts at the MSU Museum, is a partnership between the MSU Museum, Michigan 4-H Youth Development and the Michigan 4-H Foundation.

The Michigan 4-H Foundation is a not-for-profit 501 (c)(3) organization that acquires, manages and distributes private gifts to support the mission and vision of Michigan 4-H Youth Development. 4-H Youth Development is the youth-serving program of MSU Extension. More than 230,000 youth are involved in 4-H each year with the support of 23,800 adults and older teens in all 83 Michigan counties.

The MHC’s *We the People* grant program is designed to fund projects that recognize significant events and themes in American history and culture that were grounded in Michigan. Grants were also awarded to the Michigan State University Press, the Library of Michigan Foundation, the Public Museum of Grand Rapids and the Grand Traverse Heritage Center.

“These programs are all excellent public humanities programs,” stated Jan Fedewa, executive director of the Michigan Humanities Council. “The Michigan Humanities Council is pleased to fund these programs which will encourage community dialogue about ethnicity, history, and culture in Michigan communities.”

If your community-based organization is interested in participating in the “Telling Our Story” project, please contact LuAnne Kozma at 517.353.5526 or by e-mail at kozma@msu.edu.

MOTIVATIONAL NEGOTIATION SKILLS AND STAGES OF CHANGE TRAINING ON-LINE

You can learn more about the Transtheoretical Model of stages of change, motivational negotiation skills, and how motivational negotiation can be used within a counseling setting (a WIC counseling setting is used in the demonstration.). The training is available at <http://www.wichealthmn.org>. Thanks to the WIC Division at the Michigan Department of Community health for making this training available to MSUE staff.

This project was funded with an operational grant from USDA to the Michigan Department of Community Health and developed by Western Michigan University, with technical and artistic services provided by Moose Cabin Productions. Project team members included: Robert J. Bensley, PhD, Western Michigan University; Nelda Mercer, MS, RD, FADA, WIC Consultant; and, Judith Anderson, DrPH, RD, Michigan WIC Nutrition Coordinator. *Submitted by P. McConaughy, mconau1@msu.edu*

NATURAL HELPERS LEADER TRAINING

Just a reminder to think about your partners in the community when considering this workshop. At the last Natural Helpers® Leader training, individuals from schools, social services, counseling services and prevention educators joined Extension staff for the training. Please forward this registration information to appropriate partners. Thanks.

The Natural Helpers® Leader training is being offered February 16, 2006, at the Isabella County MSU Extension Office in Mt. Pleasant, MI. Registration will be handled through the MSUE 4-H Workshop Registration System.

This training is for adults who are interested in learning to coordinate, conduct, manage and evaluate Natural Helpers® in their schools and communities. It is designed to build participants' confidence, motivation and enthusiasm as Natural Helpers® trainers and leaders.

Registration Deadline is February 3, 2006, and is limited to 40 participants. The fee is \$50 and includes materials, continental breakfast, lunch and refreshments.

Registration for Workshop #321 through MSUE 4-H Workshop System is at web2.canr.msu.edu/4hwkreg/.

The on-site check-in will begin at 9 a.m., with the training to start promptly at 9:30 a.m. and ending at 4:30 p.m.

Cancellation deadline is February 10, 2006. Cancellations after this date will be charged \$15.

For questions regarding the content of this workshop, contact Monica Borgman at 989.772.0911 ext. 302 or by e-mail at borgman5@msu.edu.

For questions regarding registration or payment, please contact your local county Extension office.

NEW STAFF TRAININGS:

Home Visit – March 16, 2006

The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participants™ homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

Learn Together Approach – March 30, 2006

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 – April 13, 2006

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, the

Food Guide Pyramid, nutrition labeling and planning low-cost meals.

Nutrition II – April 27, 2006

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: nutrients and nutrition-related health issues, prevention of nutrition-related chronic diseases, the Dietary Guidelines for Americans and Food Safety.

Nutrition III – End of May – Date TBA

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. Parenting instructors may also attend.

Descriptions and detailed information (i.e., date, time, place, and cost) about each session can be found at

<http://web2.msue.msu.edu/inservice/>

How do I register?

Register at: <http://web2.msue.msu.edu/inservice/>

UPCOMING CONFERENCES:

EASTERN FAMILY ECONOMICS AND RESOURCE MANAGEMENT ASSOCIATION (EFERMA) CONF.

February 23-25, 2006, Knoxville, TN. *Submitted by Erica Tobe*

CHOICES: A FRESH FOCUS – THE CONFERENCE THAT CELEBRATES FOOD AND HEALTH

Wednesday, March 8, 2006, Kellogg Hotel and Conference Center, East Lansing. The conference will present interactive and challenging discussion and exhibits about what influences our food choices, new information on the value of fresh food to our health and well-being and how to use and adapt MyPyramid and other food and nutrition resources. **Come to the conference to network and enjoy great Michigan food!** Cost is \$95 and includes all conference materials, attendance at sessions, breakfast

and lunch. ***Who should attend?*** Health professionals, dietitians, MSUE staff, nutrition educators, nurses, food service administrators and staff, health educators, teachers, consumers. *Submitted by Barb Mutch*

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 recently added project code AI (Community Service) to an entire club through member query. After I completed the query it came to my attention that several of the members in that club already had that project code recorded and now have it twice. Is there a way to delete duplicate projects without having to go to every member's project file?

A. There is a utility that will delete all duplicate projects. Go to Utility | Utilities | Remove Duplicate Projects.

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"

February 6, 2006, is the deadline for submitting articles for the February 10, 2006, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu