

## CYF NEWS – January 2004 Issue

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### ***1. MESSAGE FROM THE CYF LEADERSHIP TEAM***

Cheri, Kathy, and Gayle hope that everyone is having a happy and healthy new year! We enjoyed getting a chance to meet new CYF staff members at the new staff orientation on January 8. Thank you to Jodi Spicer for organizing the day. New staff attending the orientation were:

Fran Adelaja	Campus	Marketing specialist
Amanda Albright	Calhoun	FNP
Liane Allen	St. Clair	4-H
Ann Arnold	Bay	FCS
Kristina Carlson	Iron	4-H
Telicia Evil	Calhoun	BFI
Darrell Garth	Wayne	CED
Tom Guthrie	SW Region	Ext ANR Agent - Swine
Lisa Hartman	Washtenaw	BFI
Edward Kim	Clinton	4-H VISTA
Daniel List	Branch	GIS Agent
Paul McConaughy	Campus	FCS
Vicki Morrone	Clinton	Ext Ag & Nat Res Agent
Sandra Nip	Wayne	FNP
Lillian Occena-Po	Campus	FCS
Diane Rellinger	Emmet	FNP
Brandon Schroeder	NE District	SEAGRANT
Jessica Sohn	Kalkaska	Strong Families, Safe Children
Lori Stephens-Brown	St Clair	FCS
Norman Suverly	Alcona	CED / Beef AoE Agent
Tammy Sullivan	Campus	FCS

The Family and Consumer Sciences (FCS) staff housed in the Trout building are on the move. Due to construction, our offices will be relocated temporarily within the building on or about January 27, 2004 through June or July 2004. It might be difficult to reach these individuals by telephone or e-mail around January 27. If you are unable to reach someone and it is critical to talk to him/her, please call the FCS office in Agriculture Hall, 517-353-9103, and someone will help you reach the individual. The faculty and staff that will be moving are: Pat Benton, Kimberly Bodfish, Tracy Bolton, Dr. Les Bourquin, Gayle Coleman, Kathy Majewski, Dr. Lillian Occena, Dr. Beth Olson, Lucy Oster and Amy Saxe. Most will be in room 1, 1B, and 2 in the basement of Trout. Telephone numbers will remain the same.

We welcome Amanda Fessler and Linda Cronk to the campus-based FCS team. Amanda will provide project coordination in the Community Food Systems area of the Family Nutrition Program and will be working with Barb Mutch. Linda will be working with both arms of Food Stamp Nutrition Education, the Family Nutrition Program (FNP), and Michigan Nutrition Network (MNN). She also will continue to serve as the FNP Regional Coordinator in the North region for the next few months.

We'd also like to extend a note of welcome to four new Breastfeeding Initiative peer educators: Telicia Evil, Calhoun County; April Duvalle, Cheboygan County; Angie Eitrem, Gogebic County; and Lisa Hartmann, Washtenaw County.

Several individuals are leaving the FCS team. Rosene Cobbs, who worked with Indoor Air Quality and Building Strong Families, has taken a new position as Director of Spartan Child Development Center. Melissa Lonsberry, who worked with the FNP, is enrolled in graduate school at MSU and will be working as a graduate research assistant. Carolyn Davis, Extension Educator in Kent County, will be leaving MSU Extension as of January 31, 2004. Thank you to all of you for all that you have done during your tenure with MSU Extension.

## **2. *WHAT'S NEW?***

### **A. INTRODUCING THE DEPARTMENT OF COMMUNITY, AGRICULTURE, RECREATION, AND RESOURCE STUDIES**

When you are looking for information or support on issues like resource management, planning, environmental law, land use, agritourism, natural resource-based recreation, intensification of production agriculture, economic diversity, marketing, water quality, public policy, community vitality, agriscience education, social justice and biodiversity the faculty and staff of the Department of Community, Agriculture, Recreation, and Resource Studies can help.

The MSU Board of Trustees unanimously voted to approve the creation of the new Department of Community, Agriculture, Recreation, and Resource Studies (CARRS) at its November 14, 2003 meeting. CARRS is the new interdisciplinary department in the College of Agriculture and Natural Resources, created by integrating the departments of Agriculture & Natural Resources Education and Communication Systems, Resource Development, and Park, Recreation & Tourism Resources, and the Travel, Tourism & Recreation Resource Center.

The department's mission is to assist in the development of sustainable communities through our outreach, research, and teaching programs. In its scholarly efforts CARRS will strive for an ecologically and socially sustainable world. Faculty members are committed to sustainable development that is integrative, inclusive, and systemic in nature; involves local-to-global restructuring; and promotes public health and wellness.

"Our goal is to have a more integrated approach to addressing issues faced by Michigan communities in regard to agriculture, natural resources, recreation and tourism," said Jeffrey Armstrong, dean of the CANR. "We're confident that this restructuring will sustain and enhance existing faculty teaching, research and Extension/outreach programs."

The new department, Armstrong said, will be uniquely positioned to address the variety of issues that arise as agriculture, natural resources, community, and recreation interests come together. "These issues include pressures and challenges to traditional agriculture, and farm and ranch diversification," he said, "as well as natural resources and environmental issues such as conservation, land use, water quality, and recreation and tourism."

The CARRS department has defined four broad thematic areas of scholarship: natural resources and environmental policy and management; education, communication and leadership; community, food and agriculture systems; and recreation and tourism systems. This intellectual framework

encompasses a myriad of issues, such as resource management, planning, environmental law, land use, agritourism, natural resource-based recreation, intensification of production agriculture, economic diversity, marketing, water quality, public policy, community vitality, agriscience education, social justice and biodiversity.

CARRS uses a holistic, interdisciplinary approach and is able to offer a wide-reaching scholarship. The faculty's multidisciplinary, mostly social science expertise, creates a unique synergy that drives the department's mission and places the department at the fore of this broad and critical area of scholarship.

CARRS offers a full curriculum, with B.S., M.S., and Ph.D. degrees. The CARRS department expects to begin graduate admissions in Fall 2004, and the undergraduate program in Fall 2005. The new, integrated department has 44 faculty, 30 specialists and support staff, 324 undergraduate students, 239 graduate students, 4 endowed chairs, 3 affiliated institutes and centers, and numerous study abroad programs.

For additional information please contact Richard Whitley, 517.353.8977 or e-mail at [whitley@carrs.msu.edu](mailto:whitley@carrs.msu.edu).

### **3. YOUTH NEWS**

#### **A. MORE IDEAS TO ACTIVATE YOUTH!!!**

Simply put, a verb is more than just an action word! VERB is a national campaign that comes from the Department of Health and Human Services' Centers for Disease Control & Prevention, and is designed to encourage youths ages 9-13 to replace unhealthy behaviors with healthy and active choices in their spare time. Information about the VERB campaign was e-mailed to county MSU Extension staff in September 2003. There are now new "VERB" ideas for youth involvement and increased physical activity! Adults who want to 'activate' youth might want to plan for Leap Day as an "Extra Day for Activity" on February 29, 2004, for 9-13-year old "tweens."

Getting involved in extra curricular activities has a strong and great effect on ones' health. Research shows that encouraging youth to increase their physical activity has been related to decreasing overweight and diabetes.

VERB developed a new Web site to appeal to youth, as well as parent information, and facilitator materials (certificates, guides and action ideas, posters and stickers, and free incentives to order). Watch for new VERB materials, brochures, and articles.

- See other VERB campaign and free materials at <http://www.cdc.gov/verb>.
- Additional VERB information can be found on <http://www.cdc.gov/youthcampaign/materials/index.htm>.

Please determine if the VERB content aligns with your local standards, as there is some advertising in some pieces. There are many versions of the VERB 'get active' message for different audiences and also parent pieces:

VERB newsletter: <http://www.cdc.gov/youthcampaign/newsletter/>

Teen site: <http://www.verbnow.com/>

Parents' site: <http://www.verbparents.com/>

Your county might consider incorporating nutrition education into the VERB campaign using the Jump into Foods and Fitness (JIFF) and the Eat Healthy. Eat Breakfast materials or new curriculum from Team Nutrition called "The Power of Choice." Contact Sue Henry at [henrys@msue.msu.edu](mailto:henrys@msue.msu.edu) for more information about JIFF, and Amy Malow at [malowa@msue.msu.edu](mailto:malowa@msue.msu.edu) for Eat Healthy. Eat Breakfast. See [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn) and click on Resources to download "The Power of Choice."

**B. PUBLIC BROADCAST: HEALTHY WEIGHT FOR PRESCHOOL KIDS**

Tune in to CMU Public TV on Tuesday, January 27<sup>th</sup> at 8:30 p.m. to spend time with three mid-Michigan families exploring what works, and what doesn't, when trying to raise healthy kids. This program is the climax of an 18-month project by Central Michigan University Public Broadcasting to shed light on what has become a topic of national concern. Funders include the Robert Wood Johnson Foundation and the Michigan Nutrition Network. For more information, or to receive a video tape of the broadcast, contact Amy Malow at 517.432.7615 or [malowa@msue.msu.edu](mailto:malowa@msue.msu.edu).

**4. GRANT INFORMATION & DEADLINES**

**A. TEAM NUTRITION ANNOUNCES ITS 2003-04 CHANGING THE SCENE GRANT WINNERS**

Change is in the air. At least it is at 12 schools in Michigan where students, parents, staff members and community members are busy forming a Coordinated School Health Team (CSHT) and working together on a \$1,000 grant awarded by Michigan Team Nutrition. The schools will be using a resource kit, *Changing the Scene: A Guide to Local Action* developed by USDA Team Nutrition to assess their current nutrition/physical activity environment. Local MSU Extension agents have been trained to help schools with this assessment, develop an action plan, and implement the plan using their grant dollars. Schools will be asked to sustain changes made through a written policy. The 12 schools awarded the grants and local facilitators are:

Hillcrest Elementary	Gratiot County	Linda Huyck
Eastside Middle School	Bay County	Darci Seamon
Schluckebier Elementary	Saginaw County	Holly Tired
Countryside Charter School	Berrien County	Deb Smith
Williamson Davison Elementary	Wayne County	Marion
Hubbard		
Kent City Middle/High School	Kent County	Kandi Lannen, Kent Co. Health Dept.
Gier Park Elementary	Ingham County	Karen Martin
NBC Middle School	Muskegon/Oceana County	Robin France
North Branch Area High School	Lapeer County	Christine Venema
Sault Area High School	Chippewa County	Lisa Myers
Truman High School	Wayne County	Marion Hubbard
Hamady Elementary	Genesee County	Scott Weber

For further information contact Ann Guyer, Associate Program Leader, Michigan State University Extension, Family and Consumer Sciences, 517-432-5252, [guyera@msue.msu.edu](mailto:guyera@msue.msu.edu).

**B. EAT HEALTHY. EAT BREAKFAST. GRANTS**

*Eat Healthy. Eat Breakfast.* Grants are being issued by the Michigan Nutrition Network (MNN) to help schools and communities build awareness around the importance of eating breakfast and to increase breakfast consumption among kids in grades K-12. Applications are being sent to county extension directors, extension educators, family nutrition program regional coordinators, and Team Nutrition school leaders in low-income school buildings. Recipients will select from an array of already-developed and tested interventions and will receive all the resources necessary to conduct their selected interventions. Applications must be postmarked by February 29, 2004. Contact Deb Grischke for more information at 517.655.5696 or [grischkd@msue.msu.edu](mailto:grischkd@msue.msu.edu).

**C. 2003-2004 MICHIGAN NUTRITION NETWORK ENHANCEMENT GRANT PROJECTS**

The Michigan Nutrition Network (MNN) is intended to supplement the county-based Family Nutrition Program (FNP) and is trying to maximize the resources available in the State of Michigan for nutrition and physical activity initiatives through its Enhancement Grant Program. Enhancement

Grants are aimed at expanding and strengthening eligible projects outside of, or in collaboration with, the county-based FNP. Enhancement Grant recipients receive 75 cents (Federal Award) for every dollar of State Match identified for their proposed project. Federal funds (Federal Award) leveraged as a result of this program are dispersed through a reimbursement process upon entering into a subcontract with Michigan State University. All Enhancement Grant projects target the food stamp eligible population. The 2003-2004 Enhancement Grant projects are listed below.

1. Alternatives For Girls: *Wise Foods, Whole Lives*
  - For more information contact: Aimee Cox at 313.361.4000 or [acox@alternativesforgirls.org](mailto:acox@alternativesforgirls.org)
2. Central Michigan University Public Broadcasting: *Healthy Lifestyles for Preschool Children*
  - For more information contact: Linda Dielman at 989.774.3562 or [dielm1lk@cmich.edu](mailto:dielm1lk@cmich.edu)
3. Central Michigan University Educational Materials Center: *Michigan Model for Comprehensive School Health Education: Nutrition and Physical Activity*
  - For more information contact: John Frisch at 989.774.3290 or [frisc1ja@mail.cmich.edu](mailto:frisc1ja@mail.cmich.edu)
4. District Health Department #10: *Grayling Jumps into Food and Fitness*
  - For more information contact: Kevin Hughes at 231.775.9942 or [kevjhughes@hotmail.com](mailto:kevjhughes@hotmail.com)
5. Fitness Council Region 1: *Tools for Healthy, Active Schools*
  - For more information contact: Julie Kelley at 517.788.4376 or [fitnesscouncil@voyager.net](mailto:fitnesscouncil@voyager.net)
6. Food Bank of Oakland County: *Operation Frontline Nutrition Class*
  - For more information contact: Roberta Trzos at 248.332.1473 or [robertat@fboc.org](mailto:robertat@fboc.org)
7. Marquette County Health Department: *Project Fresh and Active Living for Seniors*
  - For more information contact: George Sedlacek at 906.475.7848 or [gsedlacek@hline.org](mailto:gsedlacek@hline.org)
8. Michigan Fitness Foundation: *Tools for Healthy, Active Schools*
  - For more information contact: Risa Wilkerson at 517.347.7891 or [rwilkerson@michiganfitness.org](mailto:rwilkerson@michiganfitness.org)
9. Michigan Public Health Institute: *Healthy Food, Healthy Soul Campaign*
  - For more information contact: Quentin Moore at 517.324.7305 or [qmore@mphi.org](mailto:qmore@mphi.org)
10. Michigan Public Health Institute: *Partnership for Better Bones*
  - For more information contact: Rachel McLaury at 517.324.8363 or [rmclaury@mphi.org](mailto:rmclaury@mphi.org)

For more information about the Michigan Nutrition Network or the Enhancement Grant Program contact Amy Malow at 517.432.7615 or [malowa@msue.msu.edu](mailto:malowa@msue.msu.edu) or visit [www.mnn.fcs.msu.edu](http://www.mnn.fcs.msu.edu).

#### **D. DEADLINE APPROACHES FOR FACT COALITION 2003-04 RFP**

The Families and Communities Together (FACT) Coalition 2003-04 Request for Proposals has generated great interest among grant seekers as the February 6 submission deadline approaches. The annual grant program, called Innovations in University-Community Collaborations, offers larger awards than in previous years and will fund approximately five 12- to 24-month grants of up to \$50,000 for collaborative, multidisciplinary research on children, youth, and family issues that link MSU with Michigan communities. The three focus areas are:

- Family and Community Vitality
- Families, Communities and Schools

- Family and Community Health

A primary goal for this year is to increase participation in the grant program among faculty and Extension staff—involving new faculty from diverse departments across campus and striving to reach new areas of the state. To facilitate participation, FACT hosted open forums on the RFP in November 2003, bringing together 60 MSU and community participants. FACT is helping participants seek partners and additional resources for their work through the FACT listserv. An expert review panel, led by William Davidson, University Distinguished Professor in Psychology, will meet on February 24 to discuss proposals and choose grant recipients. Awards will be announced March 15. **The proposal submission deadline is February 6, 2004.**

Through the grant program and targeted funding, FACT has invested over \$1,500,000 in 65 collaborative projects located in 67 out of 83 Michigan counties. This sum has been leveraged into more than \$8,000,000 in extramural grants and funding. FACT projects support the work of more than 134 MSU faculty and Extension staff and involve 10 MSU colleges, 38 departments, and 59 community partners.

Further information about the grant program, RFP application materials, and a searchable database of potential project partners is available at [www.fact.msu.edu](http://www.fact.msu.edu).

## **5. PROGRAM NEWS**

### **A. DIABETES MANAGEMENT AND MSU EXTENSION**

Diabetes is clearly recognized as one of the most common and costly diseases in the United States today, impacting as many as 17 million Americans. In the past eight years, diabetes has risen 33 percent and is now the sixth leading cause of death in the United States and the seventh leading cause of death in Michigan. Michigan State University (MSU) Extension is working with faculty and staff from MSU to help diabetes patients in managing their disease. The programs that are listed below are currently being offered through MSU Extension.

***Take Charge of Your Diabetes!*** Through funding from Medicaid, MSU Extension in conjunction with the MSU Department of Family Practice has developed and implemented a health behavior change program to address the lifestyle management of type 2 diabetes in the Medicaid-eligible population. *Take Charge of Your Diabetes* is a series of ten interactive sessions that are designed to help participants feel empowered to take control of their own health. MSU Extension is using community-based paraprofessionals, supervised by county extension agents and supported by MSU campus staff to deliver *Take Charge of Your Diabetes*. The program utilizes motivational interviewing techniques. **Counties involved include Kalamazoo, Saginaw, Presque Isle, Cheboygan, and Montmorency.**

***Diabetes Health: It's in Your Hands*** - Through funding from Michigan Department of Community Health, MSU Extension is working with MSU Department of Food Science and Human Nutrition to implement and evaluate two educational programs with health behavior change strategies as their major focus. This is a comparison of two different interventions that address the lifestyle management of diabetes. The first intervention, *Diabetes Health: It's in Your Hands* was developed by MSU Extension and MSU Department of Food Science and Human Nutrition and addresses the health needs of people with type 2 diabetes. The second intervention is the *Stanford Chronic Disease Self-Management Program*. The Stanford Program was developed, implemented, and evaluated by Stanford University. Stanford University contracted with MSU Extension to train staff to implement this program in Michigan. The Stanford Program was designed to broadly target people with various chronic diseases, but we are using the program to specifically address persons with type 2 diabetes. **Counties involved include Branch, Wayne, Wexford/Missaukee, and Kent.**

***We Can Do It! Kids Taking Control of Diabetes*** - Through funding from Families and Communities Together, MSU Extension is working with MSU Department of Food Science and Human Nutrition to target adolescents who are either diagnosed with type 2 diabetes or have been identified as being at risk for the disease. This pilot project is designed specifically for adolescents and incorporates learning techniques that are effective with this age group. *We Can Do It!* is a series of six interactive sessions that include topics such as healthy eating, exercise, and body image. The program motivates participants to engage in appropriate health practices that will help them control their diabetes. **Counties involved include Presque Isle, Cheboygan, and Montmorency.**

If you are interested in offering a diabetes self-management program in your county or would like more information, please contact Amy Saxe at [saxea@msue.msu.edu](mailto:saxea@msue.msu.edu) or Kathy Majewski at [majewski@msue.msu.edu](mailto:majewski@msue.msu.edu).

## **B. “YOU EARNED IT – YOU KEEP IT” – THE EARNED INCOME TAX CREDIT STATEWIDE INITIATIVE**

Did you know that millions of federal dollars each year go unclaimed because individuals eligible for the Earned Income Tax Credit (EITC) are unaware of this tax benefit they can receive? The EITC is a special tax benefit for working people with low to moderate incomes. It reduces the tax burden on these workers, supplements their wages and makes work more attractive than welfare. Individuals and households that qualify for the EITC could receive a tax refund of up to \$4,204.

In late October, Lt. Governor John D. Cherry helped kick off the statewide EITC effort in Michigan. Michigan State University (MSU) Extension staff can help the Lt. Governor’s efforts in alerting and promoting eligible clientele in your communities about the EITC. Check out the governor’s Web site at [www.michigan.gov/eitc](http://www.michigan.gov/eitc). On this site, you can find out the resources in your community that are available to assist individuals with free tax preparation. Also, there are informational materials and flyers that you can use in your community to promote the EITC to clientele that we reach through MSU Extension current programming efforts.

EITC educational programming is a favorite of Governor Granholm’s and a priority for MSU Extension. State leaders will be visiting all regions soon to help staff becoming involved in the governor’s initiatives.

If you are interested in learning more about how you can help promote the EITC in your community, contact Erica Tobe at [stevense@msue.msu.edu](mailto:stevense@msue.msu.edu) or Susan Cocciarelli at [cocciare@msu.edu](mailto:cocciare@msu.edu) for more information.

## **C. MICHIGAN AGRABILITY PROGRAM**

Although this is not a 4-H or FCS program, it may be helpful for some situations you come in contact with.

If you know a farmer who is having difficulty completing a job task due to a disability, the Michigan AgrAbility Program (MAP), managed by MSU Extension, can help. This program offers several services to help farmers continue farming, including farm assessments and counseling. An agricultural engineer works with the farmer to determine alternate ways and suggests possible equipment modifications that will make the job easier. The agricultural engineer will also recommend how things can be modified to accommodate the needs of the farmer and possible vendors, while taking the medical needs of the farmer into consideration. A report is prepared, and then given to the Michigan Rehabilitation Services (MRS) office that is located in the farmer’s county. The case worker from MRS and the farmer work together to design a work plan to help accomplish the farmer’s goals. The staff of MAP can also assist with equipment selection, ordering and installation of the equipment. A support network is being formed of farmers helping farmers.

The partners of MAP help bring all the needed pieces together so the farmer can continue farming. This program is supported by a USDA grant. If you would like more information please call the program coordinator at 989-227-6455 or visit the Web site at <http://www.michiganagrability.org/index.php>.

Submitted by Paul McConaughy, FCS Program Leader, [mcconaup@msue.msu.edu](mailto:mcconaup@msue.msu.edu)

## **6. TRAINING OPPORTUNITIES**

February 10: BFI Peer Counselor Update, contact Pat Benton at 517.432.3243.

February 18: Learn Together – Facilitating Group Education, contact Kathy Majewski at 517.432.5278.

## **7. BLUE RIBBON UPDATE**

- Q.** In Member Query what does Logical and Alphabetical mean? I see it when I am choosing fields to filter.
- A.** The Logical and Alphabetical selection controls the display of the Field Names. Logical is the order they fall in the file and Alphabetical is Alpha by Name.
- Q.** Can a leader (or member) enroll in 4-H in two different counties?
- A.** Yes, leaders can register in more than one county. Youth can also, but we recommend that they do not have the same project in more than one county. Leaders may lead the same project in each county.

If you have questions or need help contact Judy Lentz-Bishop, at [bishopj@msue.msu.edu](mailto:bishopj@msue.msu.edu), (517)353-2922 or Laura Allen, at [lacourse@msue.msu.edu](mailto:lacourse@msue.msu.edu), (517)432-7632.

## **8. DEADLINE FOR NEXT EDITION OF “CYF NEWS”**

February 16, 2004, is the deadline for submitting articles for the February 20, 2004, edition of “CYF News.” Please submit articles to Gail Hebert at [hebertg@msue.msu.edu](mailto:hebertg@msue.msu.edu)

## **9. QUOTE OF THE MONTH**

“You are never given a wish without also being given the power to make it true. You may have to work for it, however.”

— Richard Bach

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