



# Creating Connections, Sharing Solutions.

August 1-3 | Nashville, TN

Hilton Nashville Airport  
2200 Elm Hill Pike  
Nashville, TN 37214  
<https://fcs.tennessee.edu/conferences/>

## Tuesday, August 1, 2023 Breakout Session #1

**3:45 pm – 4:10 pm**

### ***Hermitage A***

#### **Coffee and Conversation**

Presented by: Elizabeth Renfro (Washington County)

*An alarming number of grandparents raise their grandchildren in TN & across the nation. In collaboration with community partners in Washington County groups were formed to help grandparents navigate a new chapter in their life with raising their grandchildren. We will discuss curriculum used, the layout of the group, and how you can begin one in your County.*

### ***Hermitage B***

#### **Authoring Your Story**

Presented by: Elizabeth Sanders, Ebone' Colclough, & Bianca Johnson (Davidson County)

*There are a variety of ways to tell the story of FCS. In this session, participants will explore the process of writing and developing their own children's book that can be used in their programs and across their communities.*

### ***Hermitage C***

#### **Addressing Ageism Through Nutrition Education**

Presented by: Dr. Kristen Johnson (FCS State Office)

*This session aims to help Extension educators define and identify examples of ageism, understand how ageism negatively effects health and wellbeing, and provides examples of how we can incorporate age-friendly practices into our nutrition education Extension efforts.*

### ***Tennessee***

#### **Yoga for Kids: A School-Based Mental Health Program**

Presented by: Anna Belk (Marion County), Terri Orr (Marshall County), Lauren Patterson (Robertson County), & Mallory Christian (White County)

*This session focuses on implementation of "Yoga for Kids" as a school-based mental health program in your County schools.*

## **Mississippi**

### **The Right Path: Creating Community Spaces for Wellness**

Presented by: Jennifer Banks (Grundy County), Belinda Riddle (Coffee County), Amanda Woody, (Pickett County)

*Nationally and in Tennessee, Extension continues to improve community health through policy, systems, and environmental changes. In this session, Amanda, Belinda and Jennifer will share how they successfully collaborated with community partners to change the built environment by creating spaces for wellness in three similar, but very different projects. From parks to parking lots, greenways to gardens they will lead you through step-by-step instructions on how to build outdoor walking trails in your community.*

## **Breakout Session #2**

**4:20 pm – 4:45 pm**

### **Hermitage A**

#### **Bridging the Digital Divide for Older Adults**

Presented by: Lydia Hoskins (Sullivan County)

*By 2040, the U.S. Census Bureau estimates that 80 million U.S. citizens—almost a quarter of the population—will be age 65 or older. Helping these individuals' access, use, and enjoy technology promotes successful aging by reducing social isolation risks and slowing cognitive decline through learning a new set of skills. Technology has been shown to foster independence, increase quality of life, and improve mental and physical health. Digital literacy is a challenge for many older adults, and key issue is the lack of confidence. Technology training sessions using an "I do, We Do, You Do" teaching strategy can aid in the confidence building skills needed to utilize smart devices, apps/programs/websites, and social media platforms that will ultimately result in bridging the digital divide for older adults.*

### **Hermitage B**

#### **Nearpod: Taking Your Presentations to the Next Level**

Presented by: Amanda Paschall (Carroll County)

*Members of the Nearpod Task Force will present on using Nearpod, an online interactive platform, to better engage with your presentations. Nearpod presentations can be conducted synchronously or asynchronously for youth or adults. Interactive components can be added to your presentations with ease, and the presenters of this session will show attendees step-by-step how to bring their presentations into the 21st century. This session will be informative and give participants an opportunity to obtain a free Nearpod log-in.*

## **Hermitage C**

### **Reducing Fat Bias in Nutrition Education**

Presented by: Dr. Jennifer Ward (FCS State Office)

*The principles of diversity, equity, and inclusion are often thought about in terms of race and gender but other axes of diversity and identity are sometimes forgotten. Currently, the Food and Nutrition Service through USDA has created a Nutrition Education Branch that is focused on food security. With this language change is embedded values of diversity and equity. Notably, there is a reduction in the amount of discussion about obesity and the “obesity epidemic.” By focusing on food security there is an opportunity to eliminate bias in nutrition education. Often times in our programs and our education, we can subtly imply and perpetuate values of thinness. This session will describe the harms of anti-fat bias and how it relates to food security and equity. This will include a discussion of the history of BMI and how it is a poor measure of health. Rather, body size is less related to health than commonly thought. Moreover, this session will lead a discussion about how to make programs about food more inclusive and welcoming to prevent harm and to promote wellbeing. A brief discussion of eating disorders and avoiding triggering language will also be included. All people should have access to information about healthy eating and to have accurate information about how to live well and prevent chronic disease. This session is a response to feedback from participants and educators who have witnessed this bias and its harm in Extension programs and elsewhere.*

## **Tennessee**

### **Chair Yoga**

Presented by: Susan Conner (Hawkins County), Crystal Blankenship (Cumberland County), Meagen Brown (Meigs County), Amanda Woody (Pickett County)

*Overview of Chair Yoga and the benefits. Agents wanting to implement Chair Yoga in their County can learn about the program and gain helpful insights.*

## **Mississippi**

### **Creative and Fun Approaches for Youth to Increase Activity in Physical Education Classes**

Presented by: Jiama Price (Hardeman County)

*Hardeman County’s “Healthy Lifestyle Changes for Teens” is an in-school program aimed to increase active PE periods for youth ages 12-18 years old. We're tackling the rise of childhood obesity and sedentary lifestyles through bringing in creative and mindful exercise. This program delivers an innovative approach to bring food and nutrition education along with active physical exercise to local youth. Yoga and Tai Chi are also infused in the classes. This mindful aspect adds to increased personal development. During the program the students create and complete group routines. Over a 6-week process, meeting twice per week; students are taught simple food and lifestyle changes to improve overall health. They enjoy getting to learn a different variety of physical activities into their PE periods including, line dancing, yoga*

*and tai chi. Come and join this interactive and lively session where you will get to experience some of the fun of this new program for yourself.*

## **Wednesday, August 2, 2023**

### **Breakout Session #3**

**9:45 am – 10:30 am**

#### ***Hermitage A***

##### **Mediterranean Eating Pattern**

Presented by: Whitney Danhof (Bedford County)

*Teaching healthy eating in new and fun ways can be challenging. The Mediterranean Eating Pattern one of the healthiest diet options. It is also exciting and new to a lot of people. Learn how to offer this four-session class to clientele in your County and introduce them to healthy principles while trying new flavors and ingredients and taking a trip around the Mediterranean.*

#### ***Hermitage B***

##### **Diabetes Prevention Program: Changing Lifestyles and Changing Lives**

Presented by: Starla Hardin (Maury County), Dr. Soghra Jarvandi (State), Rachel Dean (Carter County), & Jennifer Banks (Grundy County)

*This session will introduce and explain the CDC National Diabetes Prevention Program. The DPP is an evidence-based lifestyle change program offering "real life solutions". It is a one-year journey to help people decrease their risk of type 2 diabetes through lifestyle modifications. Presenters will share the format, resources, goals, and guidelines, so agents across the state can join the network of Extension FCS professionals implementing this exciting and impactful program. TN Department of health is a state partner for the DPP. Local partners include employers, senior centers, and health care facilities.*

#### ***Hermitage C***

##### **TNCEP Curriculum Roundtable**

Presented by: Lisa Fuller, Dr. Jennifer Ward, Dr. Rita Jackson, Natalie Owens, Jeanmarie Salie, Cori Sweet (FCS State Specialists)

*TNCEP offers a wide range of engaging nutrition curricula that has the potential to make a big impact in Tennessee communities among low-income families. Some programs have been offered for years but have important updates and enhancements, and others are brand new. This session will highlight various TNCEP curricula and programs through interactive roundtable sessions. Participants will learn which programs are available, how to deliver programs in various community settings, tips for recruiting and building partnerships, and will understand relevant training requirements. Each table will feature program materials so that participants will have a chance to view them and ask questions of the TNCEP team in real time.*

## **Tennessee**

### **Virtual Wellness Challenges**

Presented by: Lauren Patterson (Robertson County), Shelly Barnes (Wilson), Amanda Woody (Pickett), Mary Draper (Smith), & Anna Belk (Sequatchie)

*This session will provide an overview of virtual wellness challenges while highlighting one specific challenge, May Marathon Month. May Marathon Month is a program that challenges participants to walk or run a half (13.1 miles) or full (26.2 miles) throughout the month of May. The session will include innovative ways to facilitate this program including how to utilize partnerships in marketing, program implementation, and evaluation as well as the program model used and how the model can be duplicated in other counties or multi-County groups. Program outcomes and other success stories will be shared from previous years.*

## **Mississippi**

### **Sweet and Safe Sleep Practices for Parents and Caregivers**

Presented by: Shay Davis & Misty Layne-Watkins (Rutherford County)

*Sudden unexpected infant death includes Sudden Infant Death Syndrome (SIDS), accidental suffocation in a sleeping environment, and other deaths from unknown causes. In 2020, there were 115 infant deaths in Tennessee, resulting from or associated with unsafe sleep habit. Approximately 3,600 infant deaths occur nationwide each year. The goal of the Sweet and Safe Sleep session is to raise awareness of SIDS and safe sleep practices. \*

## **Cumberland**

### **Cardio Drumming (Session 1)**

Presented by: Lacy Yeley (Carroll County)

*Cardio drumming combines an aerobic workout with drumming movements, giving you numerous health benefits including improving cardiovascular health, lowering blood pressure, reducing stress and anxiety, increasing strength and endurance, strengthening your immune system, and improving coordination. This is a low-impact workout that people of all ages and fitness levels can do. It can also be modified for people with injuries or other limitations. Cardio drumming helps improve motor skills and hand-eye coordination, and it can even help lessen the symptoms of some health conditions. It's a great alternative to going to the gym, and it's also fun for people who love music.*

## **Breakout Session #4**

**11:00 am – 11:45 am**

### **Hermitage A**

#### **New "On My Own" Short Lessons & Simulation**

Presented by: Marty Henry (Hamblen County)

*Participants get to be "students" and learn about the new "On My Own" (OMO) program.*

## ***Hermitage B***

### **Free Money!!**

Presented by: Annette Cole (Houston County)

*Do you want to learn how to acquire funds for your program? Learn how to apply for the Tennessee Department of Health funds to support what you love to do.*

## ***Hermitage C***

### **Easy Freezy Meals: Prep Now, Eat Later**

Presented by: Sarah Poole (Crockett County), Joy Powell (Wayne County), Rebecca Seratt (Obion County), & Tennille Short (Madison County)

*The UT Kitchen Divas hit the road with a multi-County meal prep program for all ages. During this session the Divas will share how to identify potential program partners, select appropriate recipes, and share a variety of marketing tools that have made this a fun, effective, and impactful series.*

## ***Tennessee***

### **Marketing Your Event From Your Smartphone: Using Canva, Hashtags, & Social**

Presented by: Shan Stout (Putnam County Director of Tourism) & Tessa Davis (Social Media Influencer)

*Do you need new tools that get people to show up? Do you have a smartphone that seems smarter than you are? Did you recently check out 'Marketing for Dummies' at your local library? This session is for you. Learn quick and easy tricks to engage your audience, design professional fliers with ease, post to multiple social channels at once and maximize hashtags to work for you. Learn Canva basics, social media strategies using the power of targeting with hashtags, and how to grow and retain your audience with less effort and more WOW! This session will have you marketing like a pro in less time than you could teach me to make sauerkraut!*

## ***Mississippi***

### **Within Your Reach: Pathway to an Advanced Degrees**

Presented by: Dr. Rita Jackson & Dr. Christopher Sneed (FCS State Specialist)

*Whether you are in search of an MS, PhD or EdD, earning an advanced degree can be overwhelming, but achievable. This session will outline strategies, challenges, and benefits to consider when pursuing an advanced degree.*

## ***Cumberland***

### **Cardio Drumming (Session 2)**

Presented by: Lacy Yeley (Carroll County)

*Cardio drumming combines an aerobic workout with drumming movements, giving you numerous health benefits including improving cardiovascular health, lowering blood pressure, reducing stress and anxiety, increasing strength and endurance, strengthening your immune system, and improving coordination. This is a low-impact workout that people of all ages and fitness levels can do. It can also be modified for people with injuries or other limitations. Cardio drumming helps improve motor skills and hand-eye coordination, and it can even help lessen the symptoms of some health conditions. It's a great alternative to going to the gym, and it's also fun for people who love music.*

## **Breakout Session #5**

**1:30 pm – 2:15 pm**

### ***Hermitage A***

#### **Community Needs: It Takes a Village**

Presented by: Donna Calhoun (Polk County) & Sarah Kite (McMinn County)

*McMinn and Polk Counties have brought community partners together to network and inform each other about the services they offer in order to make referrals to clients. Plus these agencies including law enforcement, faith-based, government, non-profits, and volunteers visit the families in need to provide information on the available services, food, rent, clothes, household necessities, etc.*

### ***Hermitage B***

#### **Get Ready to Retire Ready**

Presented by: Tennessee Treasury Department & Drs. Christopher T. Sneed & Ann A. Berry (FCS State Specialists)

*Join Drew Freeman, Director of Outreach for the Tennessee Department of Treasury, on the 50th anniversary of TCRS to hear about the latest in retirement trends and what we can expect in the coming years. Hear also about Retire Ready Tennessee and how they can assist you in preparing for your retirement future.*

### ***Hermitage C***

#### **Working with State Agencies to Improve Physical Activity Policy/System/Environmental Changes**

Presented by: Dr. Amy Elizer (FCS State Specialist) & Gene Fitzhugh (UTK Dept. of Kinesiology, Recreation, and Sports Studies)

*University of Tennessee (UT) Extension's High Obesity Program (HOP), funded by a cooperative agreement with the Centers for Disease Control and Prevention (CDC), addresses policy, systems and environmental (PSE) changes needed to improve access to healthy foods and physical activity in Hardeman County. Relative to promoting physical activity in Hardeman County, the main focus is on establishing new and improved pedestrian and bicycle activity-*

*friendly routes that connect to everyday destinations. Towards this end, Hardeman Healthy Outreach (H2O) staff have collaborated with the Tennessee Department of Transportation long-range planning and engineering; City of Bolivar government; Hardeman County roads department; Tennessee Department of Environment and Conservation to create and enhance safe routes for walking and cycling in Hardeman County. Aspects of the work have extended from participation in bike and pedestrian planning, promotion of Complete Streets policy adoption, identification of streets needing safe crosswalks and potential rails-to-trails projects to sharing of transportation grant opportunities for small towns, enhancing destinations for physical activity (e.g., parks), and creating walking routes with wayfaring signage. While many of these physical activity promoting activities are atypical for Extension family and consumer sciences agents, these PSE-related activities offer long-term solutions to help families develop active lifestyles, especially in rural areas. As such, Extension agents familiar with opportunities to implement these activities in their counties can assist in these solutions.*

### **Tennessee**

#### **FCS Round Table with Commissioner Clarence H. Carter, Tennessee Department of Human Services**

*By Invitation Only – Select FCS Faculty, Specialists, Program Leaders, and Agents In alignment with the newly revised FCS Strategic Plan, we will join together with Commissioner Carter to share FCS impact and collaborative opportunities to expand services to socioeconomically and developmentally-vulnerable individuals and families.*

### **Mississippi**

#### **Financial Fridays - Money Management at Your Fingertips Presented by the "Simple Solutions" Agent Cluster**

Presented by: Tennille Short (Madison County), Rachel Erwin (Dyer County), Sarah Poole (Crockett County), Deanna Poole (Gibson County), Jenny Smith (Decatur County), Lauren Wells & Priscilla Gilliam (Shelby County), Rebecca Seratt (Obion County), & Drs. Ann Berry & Christopher Sneed (FCS State Specialists)

*In response to the Covid-19 Pandemic, a cluster of Agents recognized a collective need to respond to the financial realities that were happening in all of their counties. In collaboration with State Specialists Dr. Ann Berry and Dr. Christopher Sneed, the award-winning Financial Fridays virtual program was designed to educate and encourage consumers to stretch their dollars, save for emergencies, and plan for the future. Each Friday in February a different topic was presented with an expert guest speaker. This particular month was chosen to bring greater awareness to the National America Saves campaign. Over the course of three years, 342 participants have attended the sessions and 329,000 individuals have been reached through social media posts, educational blurbs, and traditional media.*



## **Cumberland**

### **FCS Marketing Pop-Up Store GRAND OPENING!**

Presented by: FCS Marketing Committee

*You're cordially invited to our first-ever "Pop-Up" store, filled with FCS-branded apparel and swag! Swing by to peruse each item, try on apparel, and submit orders. Details will be provided at the store.*

## **Breakout Session #6**

**2:30 pm – 3:15 pm**

### ***Hermitage A***

#### **Partnering with a Purpose**

Presented by: Natalie Owens (FCS State Specialist)

*This session will consist of a panel of state-level partners to share what is going on with various agencies across the state and how FCS agents can collaborate.*

### ***Hermitage B***

#### **Get Ready to Retire Ready**

Presented by:

James Armistead (Tennessee Treasury Department) & Drs. Christopher T. Sneed & Ann A. Berry (FCS State Specialists)

*Join Drew Freeman, Director of Outreach for the Tennessee Department of Treasury, on the 50th anniversary of TCRS to hear about the latest in retirement trends and what we can expect in the coming years. Hear also about Retire Ready Tennessee and how they can assist you in preparing for your retirement future.*

### ***Hermitage C***

#### **When Powers Combine: An Integrated Approach Addressing Farmer Stress**

Presented by: Dr. Heather Sedges (FCS State Specialist), Eglá Delvo-Lopez (FCS Extension Assistant II), SAgE-TN counties

*This session will share the experiences of 15 counties who are addressing farmer stress as part of Tennessee's chapter of the Southern Ag Exchange (SAgE) Network. Specific programs and curricula will be shared such as the evidence-based, integrated (FCS/Ag/4H) & community-engaged "Farmer Dinner Theatre", "On the Farm" (movie screening & discussions), "Productivity Protocol", and the "Farmer Stress Toolkit". Discussion will cover topics about streamlined evaluation and reporting for integrated programming and how to effectively leverage community partnerships and resources in ways that enhance participants' experiences.*

## **Tennessee**

### **BrainWise for Parents: A Guide to Building Thinking Skills in Children**

Presented by: Drs. Matt Devereaux & Katie Conrad (FCS State Specialists)

*Learning how to control impulsive behavior, accurately identify choices, assess the consequences of actions, and make responsible decisions is what BrainWise is all about. In today's world where having strong mental health is more crucial than ever, it's important we teach parents and children how to practice those skills. This program, which already has curricula taught by teachers targeting K-6th graders, has recently released a new BrainWise Parenting Kit to use with their own children. The evidence-based BrainWise program has been around for 20+ years making a positive impact on children, youth, families. This session will include information on brain science, share components of the parenting kit, and provide opportunities to experience some of the interactive activities, as well as how it can be used and taught in individual counties. So come join us and get BrainWised!!*

## **Mississippi**

### **The FCS Collective**

Presented by: Mallory Christian (White County) & Paula May (Van Buren County)

*The FCS Collective is a monthly rotation of programs between White and Van Buren Counties. This program began in 2022, monthly meetings took place in Van Buren County. In December of 2022, we titled the meetings The FCS Collective. This collection of meetings revolve around those life skills that seem to be a hidden art, as well as teaching skills with up-to-date technology. So far in 2023 our meetings have been the following: January: Air Fryer Cooking; February: Cast Iron Cooking and Care; March: Gardening Tips and Succulent Bar*

## **Cumberland**

### **FCS Marketing Pop-Up Store**

Presented by: FCS Marketing Committee

*You're cordially invited to our first-ever "Pop-Up" store, filled with FCS-branded apparel and swag! Swing by to peruse each item, try on apparel, and submit orders. Details will be provided at the store.*

