

CYF NEWS

MAY 2008

MICHIGAN STATE UNIVERSITY EXTENSION



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QUOTE OF THE MONTH

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
—"Ralph Waldo Emerson"

JOIN US FOR *DINING WITH DIABETES* TRAIN-THE-TRAINER! – JUNE 2 AND 3, 2008

Type 2 Diabetes Mellitus (T2DM) is a common, serious and costly chronic disease. Many complications of diabetes can be controlled and even prevented by making lifestyles changes such as improving eating habits, increasing physical activity, and learning self-management skills. The *Dining with Diabetes* program developed by West Virginia University Extension helps adults to make healthy lifestyle changes. It is a program for those currently living with diabetes and their family members. The program consists of a series of four classes and a three-month follow-up. Classes include clinical testing (performed by health care partners only), nutrition information, recipe demonstrations, exercise and group support. Once trained, the program is conducted by Extension Educators, a health care partner, and community volunteers.

In our training, educators will learn how to successfully conduct a *Dining with Diabetes* Program. Training will be conducted by Karen Newton, Diabetes Program Manager at West Virginia University Extension Service and Gina Wood, RD, LD with the West Virginia Bureau for Public Health. This training is open to MSU Extension Educators and their community health care partners and community volunteers. Extension educators are encouraged to invite health care providers they plan to

partner with to deliver the program. This training is sponsored by the Michigan State University Extension Food Nutrition and Health Area of Expertise. Cost includes a copy of the curriculum, snacks and lunch, all of which will be samples from the Dining with Diabetes curriculum. This training is appropriate for MSU Extension Educators with non-FSNE funding only, as this is not an allowable FSNE activity.

Cost: \$40 (A \$40 scholarship is provided for MSU Extension Educators)

Date: June 2 (9 a.m. to 5 p.m.) and June 3 (9 a.m. to 3 p.m.)

Location: MSU Judging Pavilion Rooms C and D, East Lansing, MI 48824

To register, access the MSUE Workshop Registration System at

<http://web2.msue.msu.edu/in-service/coursetitle.cfm> or contact Jane Love at 517.432.2635 or lovejan@msu.edu

BODYWORKS TRAIN-THE-TRAINER – JUNE 4, 2008

We are excited to offer a one-day Train-the-Trainer session for the *BodyWorks* program. Attendance is encouraged by all CYF staff. This session will include discussions about incorporating the curriculum into your plan of work along with partnering opportunities across program area. Upon completion you will receive a *BodyWorks* toolkit, and be prepared to facilitate the *BodyWorks* program with parents, caregivers and 4-H volunteers, as well as train other trainers.

BodyWorks – A toolkit for Healthy Girls & Strong Women

Train-the-Trainer One-Day Session: 10:00 a.m. – 4:00 p.m.

Wednesday June 4, 2008

MSU Campus

Northstar Cooperative

3655 Forest Road, Lansing, Michigan 48910

With support from the Michigan Nutrition Network, there is ***no cost for the training, just travel and lunch on your own.*** Additional information will follow for those who register. So mark your calendars and visit the MSUE in-service Web site to sign up for **BodyWorks course #6563** at <http://web2.msue.msu.edu/in-service/course.cfm?course=6603>

***BodyWorks* Description:**

BodyWorks is a program designed to help parents and caregivers of young adolescent girls improve family eating and activity habits. Using the *BodyWorks* Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The *BodyWorks* program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers.

The [Office on Women's Health](#), U.S. Department of Health and Human Services, developed *BodyWorks* following two years of formative research.

***BodyWorks* Training Team**

Melissa Lonsberry, Celina Wille, Kimbirly Bodfish

R.E.L.A.X. – ALTERNATIVES TO ANGER TRAIN-THE-TRAINER SESSIONS – The Human Development AoE is happy to announce that their R.E.L.A.X. – Alternatives to Anger trainings have been **approved by the Department of Human Ecology for .5 CEUs** for anyone who attends. There is no additional charge to claim CEUs.

Here is a unique opportunity to help individuals and families struggling with anger. MSU Extension's Human Development Area of Expertise is offering a one-day Train-the-Trainer session in R.E.L.A.X. – Alternatives to Anger, an anger management program with proven impact. One training remaining:

Thursday, May 22, 2008 – Escanaba, MI

Extension employees get a break on the \$85 charge, which includes hard copy materials, a CD, activities, plus lunch and snacks. **You may register by completing the attached form and mailing it to campus or by using the online registration located on the Portal at <http://web2.msue.msu.edu/inservice/coursetitle.cfm> (MSUE employees only).**

Many people are leery about teaching what could be an emotion-packed subject. The reality is that people who struggle with anger are hurting and don't know what to do. Having new knowledge and skills empowers them to lead more successful lives. If you are an educator who loves that moment when you see the light go on, the moment when someone owns an idea, when you know they can apply this new knowledge in their life, look at the attached [R.E.L.A.X. brochure](#).

When this training was offered in Lansing in January, 20 out of 20 participants responded positively to the question: “Do you feel that you gained enough knowledge about the curriculum to present this program to others? Some answers to the question, “What might be your target audience?” included: children to teens to parents to child care providers to foster parents, grandparents raising grandchildren, divorcing parents, agencies like drug and substance abuse prevention, neighborhood, community, and city groups. Participants felt the notebook was well organized and will be helpful; they also learned ways to deal with their own anger.

Please share this with other service agencies in your counties. They are also invited. For questions about the trainings please contact:

Su Porter: 586.469.7609

portersu@msu.edu

Terry Clark-Jones: 734.222.3943 or

jonest@ewashtenaw.org

Barb Reynolds: 231.922.4824 or reyno278@msu.edu

Traci Osterman: 517.353.6674 or osterma7@msu.edu

EARLY LITERACY DEVELOPMENT AND PARENTAL INVOLVEMENT, ADTED 458 – A professional development opportunity you won't want to miss! One semester each year Penn State's World Campus offers the online course: **EARLY LITERACY DEVELOPMENT AND PARENTAL INVOLVEMENT, ADTED 458**. The semester runs May 19 – August 15, 2008, and you are encouraged to register now!

This course focuses on young children's language and literacy development, including ways that parents and early childhood professionals support this development; research related to children's learning; and way in which family literacy supports early literacy development. Get the “intensity and duration” that pays off in high quality practice. For more information go to: <http://www.worldcampus.psu.edu/FamilyLiteracyCertificate.shtml>

2008 NEW STAFF TRAINING 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.

May 6th – Home Visiting: 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 participant's 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.

May 20th – Learn Together Approach: The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups through small group facilitation 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.

June 17 – Nutrition II: 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 MyPyramid 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 My Tracker and nutrition and physical activity assessments within the MyPyramid Web site.

To register for any of the above sessions visit: <http://web2.msue.msu.edu/in-service/coursetitle.cfm>

BLUE RIBBON Q&A



- Q.** I have families calling my office who want to know what clubs are doing certain projects – how can I, for instance, identify which clubs are doing environmental education projects in the Blue Ribbon database?
- A.** Go to Report|Project/Activity/Awards|Standard Reports. While making your selections on the report parameters screen, select Club Code for Report Type, Break by Club for Report Style and Projects for Record Type. Check the Select Specific Codes box at the bottom. Click Preview and Enter 001 for Beginning Club Code and 999 for Ending Club Code. When the Project Codes screen appears, Highlight one, or as many as you want it to filter. Hold down the Control key if you're making multiple selections. Click Preview.

Another option is to go to File|Additional Queries|Member Project Query and change the Index Sort to Project ID and you can see the Club ID#s associated with each project. You could also Filter by Project ID if you want to export the information to create a report.

- Q.** When is the next campus Blue Ribbon training?
- A.** Blue Ribbon campus training is being scheduled for Tuesday, May 6 in 1210 Anthony Hall Computer Lab. The morning (9:30 – noon) will focus on Fundamentals and the afternoon (1:00 – 3:30) will be

on ES-237 Report. Registration for both sessions will be available on the MSUE Workshop Registration site at <http://web2.canr.msu.edu/inservice/coursetitle.cfm>.

Contact Gloria Ellerhorst, ellerg@msu.edu or 517.353.2922 or Laura Allen, lacourse@msu.edu or 517.432.7632 if you have questions about how to use the Blue Ribbon software. Work with your IT support person if you have technical questions like software installation, back-up procedures, using WinZip, or networking issues. Additional IT support is also available in the campus MSUE offices upon request.

Deadline for Next Edition of “CYF NEWS”

June 2, 2008, is the deadline to submit articles for the June 6, 2008, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu