ANNOUNCEMENTS

FCS Statewide Training

FCS Statewide Training, May 14, 15, and 16 is arriving rapidly. The schedule can be found at [http://www.ca.uky.edu/hes/internal/may2012.php](http://www.ca.uky.edu/hes/internal/may2012.php). Please note that breakfast will be served on May 15 and 16 in the High Top Lounge in the Hyatt. (Reminder to allow time to walk from the Lounge to the Convention center Thoroughbred Rooms.)

Rock Solid Foundations – Child Care provider training resources

Our first training opportunity sponsored by the 13 state grant through University of Nebraska-Lincoln for those who are becoming certified as child care provider trainers has been scheduled. Those agents who are eligible to attend: 1) are already certified or 2) who have taken the Fundamentals of Effective Trainers training and are in the final stages of completing their applications for certification (Many are scheduled for January 2012 or April 2012). The training will be free (Counties will have to pay travel expenses). You will receive in-service training credit since we are involved in the planning. The dates are June 19-21, 2012 at Fayette County Extension Office, Lexington.

The resources you will receive are designed to give you information for infant/toddler to age 5 child care providers. The materials are from The Center on the Social and Emotional Foundations for Early Learning (CSEFEL). This Center is focused on promoting the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the country.

Kentucky Agricultural Leadership Program: Please help recruit

The Kentucky Agricultural Leadership Program is accepting applications for Class X. KALP, housed in the University of Kentucky College of Agriculture, is an intensive two-year program designed
for young agricultural producers and agribusiness individuals from Kentucky and Tennessee. Applicants must be U.S. citizens, residents of Kentucky or Tennessee, and be involved in some phase of agriculture. The Kentucky Agriculture Development Board requires at least 25 percent of the participants to be tobacco-dependent, defined as having received a Phase II or a tobacco-buyout check. There are no specific educational requirements. The program consists of ten domestic seminars devoted to important agricultural issues. Sessions also focus on improving participants’ communication, leadership and management skills. Class members will visit a variety of Kentucky agribusinesses, Frankfort and Washington D.C., and will travel to other states and nations to explore agriculture in different settings.

on leadership positions within Kentucky agriculture. Candidates may be nominated by county extension agents, farm organizations, trade associations, alumni of previous leadership programs, other interested individuals or be self-nominated. The nomination form link and additional details can be found at the Kentucky Agricultural Leadership Program website, [http://www.uky.edu/Ag/KALP](http://www.uky.edu/Ag/KALP). Nominations are due June 1, 2012. All nominees will receive information about the program and procedures for submitting the required application, which will be due July 15, 2012

**PROGRAM INFORMATION**

**Making Healthy Lifestyle Choices**

**USDA Rural development grant opportunity:** This may be useful to agents in small counties, *Ingrid Adams, Food and Nutrition Faculty*

Community Programs provides grants to assist in the development of essential community facilities in rural areas and towns of up to 20,000 in population. Grants are authorized on a graduated scale. Applicants located in small communities with low populations and low incomes will receive a higher percentage of grants. Grants are available to public entities such as municipalities, counties, and special-purpose districts, as well as non-profit corporations and tribal governments. For more information [http://www.rurdev.usda.gov/rhs/cf/brief_cp_grant.htm](http://www.rurdev.usda.gov/rhs/cf/brief_cp_grant.htm)

**Weight of the Nation Documentary, *Ingrid Adams, Food and Nutrition Faculty***

Beginning in May, HBO Documentary Films, Institute of Medicine, NIH, CDC, Kaiser Permanente, and Michael & Susan Dell Foundation will launch the Weight of the Nation public health campaign featuring a four-part documentary film series on the obesity epidemic. The topics of the four films will be *Consequences, Choices, Children in Crisis and Challenges.* Supporting these films will be advertising, press releases, major market screening events, robust social media, bonus short videos online, DVD screening kits and online community action resources. Also on the HBO family network, three half-hour films will be shown, focused on children who have taken action against obesity personally and in their communities. **HBO channels will be available free the week of May 14 so everyone can see the series.**

Public health programs and partners are encouraged to host screening events for opinion leaders and community mobilization activities using the DVD screening kits that include the entire series, discussion guides in English and Spanish, and tips and supplemental materials for hosting screenings. Sign up online for an e-newsletter and screening kits at [http://theweightofthenation.hbo.com/](http://theweightofthenation.hbo.com/). Use online resources from CDC at [www.CDC.gov/Obesity](http://www.CDC.gov/Obesity) and
join conversations to help build online communities at www.Facebook.com/TheWeightOFTheNation and twitter handle @CDCObesity. CDC and its partners hope these tools will catalyze and support local efforts in communities that combat obesity across the country.

**New Web Videonovela Series Helps Spanish-speaking Patients Compare Treatments for Diabetes,**  
*Ingrid Adams, Food and Nutrition Faculty*

A new Spanish-language videonovela, 'Aprende a vivir' (Learn to Live), features messages to help diabetes patients compare their treatment options to find a regimen that works best for them. The three-part videonovela series is being distributed via the Internet by the Department of Health and Human Services' (HHS) Agency for Healthcare Research and Quality (AHRQ) as part of a wide range of activities to celebrate National Minority Health Month.


**Nurturing Families**

**Information and Resources on Autism, Carole Gnatuk, Senior Specialist for Child Development**

You are likely to receive inquiries about resources for parents who have children with Autism. Autism spectrum disorders (ASDs) are a group of developmental disabilities that can cause social, communication and behavioral challenges. The Centers for Disease Control and Prevention estimates that **1 in 88 children** in the U.S. has an ASD. While there are no proven cures for autism spectrum disorders, research has shown that early treatment can greatly reduce symptoms and increase a child’s ability to grow and learn new skills. Here are just a few resources to help you learn more about autism spectrum disorders:


**Registration for 2012 Community Early Childhood Councils (CECC) Annual Institute, Carole Gnatuk, Senior Specialist for Child Development**

The deadline for registering for the Annual CECC Institute (May 22-23) is drawing near—May 15. If you haven’t already done so, please encourage your community CECC partners to attend, and consider attending yourself. It will be a wonderful way to gain understanding about preparing young children and their families for public school. The following is information from the Executive Director of the Governor’s Office of Early Childhood, Terry S. Tolan:

*Dear Early Childhood Partner,*

*Registration for the Community Early Childhood Council 2012 Annual Institute is now open. The theme of this year’s Institute is Engaging Parents, Families and Communities. The institute is being held at General Butler State Resort Park in Carrollton, KY on May 22nd and 23rd. This year’s Institute will feature training and technical assistance sessions, breakout sessions on best practices and an evening networking event.*
Persons wishing to attend should make travel and lodging arrangements as soon as is possible. Special room rates are available and space is limited (see registration form for more details). Please use the link below to register today. Registration is free but time is limited. Registration closes on May 15, 2012 and on-site registration will not be available.

Register today – CECC 2012 Annual Institute Registration (http://events.constantcontact.com/register/event?Ilr=oi8pmmjab&oeidk=a07e5s8b01h7224d907)

If you are having difficulty registering or have any questions regarding the Annual Institute, please call the Governor’s Office of Early Childhood at (502)782-0200. See you at the Annual Institute!

Operation: Military Kids Family Camps, Lauren Smith, Camp Coordinator
FREE Adventure camps for whole military families.
http://www.ca.uky.edu/ hes/?p=590
June 8-10 – Mammoth Cave Adventure
August 3-5 – Life Adventure Center Outdoor Extravaganza

Military-Extension Adventure Camps, Lauren Smith, Camp Coordinator
FREE High-Adventure Camps for a military parent and their teenage children together.
http://www.ca.uky.edu/ hes/fcs/militarycamp/
June 11-16 – Whitewater Rafting & Outdoor Extravaganza
July 5-8 – Big South Fork Whitewater Canoeing & Backpacking Expedition
August 31-September 2 – Center for Courageous Kids Wounded Warrior Camp
September 14-16 – Caving, Rappelling, & Rock Climbing Expedition

Embracing Life as We Age

Fall Prevention Summit, Amy Hosier, Family Sciences Extension Faculty
The Kentucky Department for Public Health and Kentucky Safe Aging Coalition will be hosting a Fall Prevention Summit, Call to Action, June 26, 2012, from 9:00a.m - 4p.m. at the Capitol Annex, Room 129. Please register through the doodle link: http://www.doodle.com/5bhc2mgcfakw7zet Presenters represent the Kentucky Injury and Prevention Research Center, University of Kentucky FCS Cooperative Extension, Humana, AARP, Kentucky Pharmacists Association, Kentucky Fire Fighters’ Association, Area Agencies on Aging and local health departments. Lunch will be provided. If you have any questions, contact Jennye Grider (Jennye.Grider@ky.gov) or Gwen Cobb at Gwen.Cobb@uky.edu.

Second Wind Dreams, Amy Hosier, Family Sciences Extension Faculty
In addition to winning the College of Agriculture Diversity Award, a second shout-out goes to Maryellen Garrison in Henry County for her work and dedication to spread Second Wind Dreams throughout her community. Second Wind Dreams is a program similar to the Make-a-Wish Foundation; but rather than grant children’s wishes, Second Wind Dreams addresses the wishes and desires of senior adults—in particular, those living in long-term care facilities and hospice. Founded in 1997, the program highlights the positive aspects of aging and encourages the community to become involved in the lives of the elderly by making their dreams come true. Dreams range from airplane rides to banana splits.
Many dreams cost less $25 but their contribution toward quality of life and well-being is priceless. Research demonstrates that Second Wind dreams lowers resident depression, increases staff and family morale, lowers staff turnover, and builds positive community relations. For more information, visit the Second Wind Dreams website at: http://www.secondwind.org/. You may also look at the Henry County website at www.henrycountyky.com/extension/secondwind.htm. If you are interested in learning more about starting Second Wind Dreams through FCS Extension in your community, please contact Amy Hosier, Family Life Specialist at 859.257-1763 or amy.hosier@uky.edu.

**Securing Financial Stability**

**We Need to Educate Low- and Moderate-Income Families with Children about the Benefits of Term Life Insurance, Robert H. Flashman, Family Sciences Extension Faculty**

A recent research study shows the need to educate low- and moderate-income families about basic financial issues such as the need for life insurance. Such families with children must be especially ready in case of the death of a parent, as this could mean loss of income and reduced financial well-being for the children.

“...the results for the positive relationship with financial knowledge and behavior suggest a need for intervention programs for low- and moderate-income individuals and families because these consumers have low levels of knowledge and limited opportunities for financial education (Rothwell & Han, 2010). Financial knowledge regarding term life insurance could help them protect their families from financial loss while incurring moderate costs.”


**Social Security Beneficiaries Face 19% Cut; New Revenue Can Restore Balance, Robert H. Flashman, Family Sciences Extension Faculty**

Changes in Social Security legislation in 1983 helped save the program from a short-term financial crisis, but it did so at the cost of benefits in this century. Those born before 1960 will not be affected, but those born in 1960 or after will have retirement benefits reduced by about 19 percent for the rest of their lives. And, in fact, some propose cutting Social Security benefits even more, which could delay retirement for many Americans. The National Academy of Social Insurance (NASI) recommends alternatives that would enable many more workers to retire with adequate incomes. NASI says, “Modest benefit improvements and revenue increases are affordable, have broad support, and can close Social Security’s long-term financing shortfall without further benefit cuts.”

No Social Security policy will be implemented until the 2012 election year is over. However, something will need to be done since the Medicare trust fund will run out in 2024 and Social Security will run out around 2033 if nothing is done.

Promoting Healthy Homes and Communities

Burning Trash in Your Campfire, Ashley Osborne, Extension Associate Agriculture and Natural Resources

Whether you’re packing up your tent and sleeping bags for a weekend camping trip or simply planning an evening around a backyard fire pit, remember that garbage should never be burned in a campfire or fire pit. Burning trash, even in small quantities, can release toxic pollutants, many of which have been linked to increased risks of cancer and other dangerous health problems. These pollutants can be inhaled and even ingested when contaminants fall and settle on food or drinks. Burning trash is not only harmful to our health and our environment’s health, but it is also illegal. Kentucky has an open burning regulation that prohibits burning plastics, Styrofoam, fabric, metal, and slick-coated paper products. Before you light your next campfire, remember to only burn seasoned, dry wood. Never burn plywood or wood that has been treated, stained, or painted. Dispose of all trash properly, and recycle whenever possible. For more information on opening burning call 888-BURN-LAW or contact your local Solid Waste Coordinator.

Resources:


Bed Bugs and Book Bags Curriculum, Ashley Osborne, Extension Associate Agriculture and Natural Resources

The curriculum developed by University of Florida Extension is designed for third through fifth grade students, although it can be adapted to any age group. There are three lessons with a total of ten activities and a teacher’s guide that focus on bed bug biology, feeding, and prevention and is appropriate for classrooms, day cares, camps, and meetings. You can find all the information you need at the Duval County Extension Website http://duval.ifas.ufl.edu/Bed_Bugs.shtml. Note: You have to watch the training session (takes about 30 minutes) and pass the quiz to download the curriculum. (Information from Healthy Homes Partnership, Laura Booth)

Kentucky Snake Identification Page, Ashley Osborne, Extension Associate Agriculture and Natural Resources
http://www.ca.uky.edu/forestryextension/kysnakes/
Upcoming Events, Ashley Osborne, Extension Associate Agriculture and Natural Resources

May is Kentucky Water Awareness Month
Find information and resources at http://www.ca.uky.edu/enri/kwam2012.php.

Kentucky Forest and Entomology Leadership Program
June 11-15 at Lake Cumberland 4-H Education Center
This program is currently accepting applications from Junior and Senior High School Students.
For more information visit http://www.ca.uky.edu/forestryextension/KentuckyForestLP.php or contact Doug McLaren at dmclaren@uky.edu.

For more information or to register for the following events visit CATPAWS.
Incorporating Rain Gardens into Youth Water Education In-Services
May 8 at North Central 4-H Camp
May 11 at Feltner 4-H Camp

Residential Rain Garden Design for Homeowners In-Service
May 30 at Daviess County CES Office
June 1 at Hardin County CES Office

Sustainability Symposium
June 22 at Berea College

For more upcoming events visit http://www.ca.uky.edu/gogreen/upcomingevents.php.

Accessing Nutritious Foods

Farm to School, Jackie Walters, NEP Extension Specialist
The University of Kentucky Cooperative Extension Service has worked with the Kentucky Department for Public Health, Kentucky Department of Agriculture, and Kentucky Department of Education to compile the Kentucky Farm to School Resource Manual. This manual is meant to provide producers, school food service directors and community members with the knowledge and tools necessary to initiate and implement farm to school programs. The manual will be unveiled on June 19, 2012, at the Kentucky School Nutrition Association meeting. Copies will be distributed to county offices through the county packet.

Action for Healthy Kids, Kellogg’s and the Wal-Mart Foundation are collaborating to provide awards to schools (avg. $2,000.00) to provide access to healthy foods through nutrition education, taste testings, and food curriculum enhancements. Implementation of the Kentucky Farm 2 School Curriculum would meet the grant requirements. Eligible schools will have a 50% or higher free and reduced meal rate. Applications will be accepted through May 18th, although submission by May 5th is preferred. More information on this grant opportunity can be found at the following web site:
Plate It Up! Kentucky Proud, Sarah Brandl, NEP Extension Specialist

Three new recipe cards, with presentation and media scripts, have been posted to the Plate It Up! Kentucky Proud website, http://www.ca.uky.edu/hes/fcs/plateitup/. Included are recipes for strawberry green tea, spring harvest salad, and honey raisin muffins. The cards will be included in the county packets this week.

School Breakfast to School Wellness Partnership Grant Opportunity, Jackie Walters, NEP Extension Specialist

Kentucky is one of sixteen states identified to receive funding through the Action for Healthy Kids- Kellogg’s School Breakfast to School Wellness Partnership grant opportunity. Since the 2010-11 school year, eleven school districts in Kentucky have received funding through this program. Districts must be invited to apply, based upon recommendation of Kentucky Action for Healthy Kids leadership and local wellness champions. Schools must be able to implement the grant in a minimum of 25 schools, able to make changes to current breakfast programs, and a majority of the schools must have a free and reduced percentage of 50% or more. If you would like to recommend a school district for this funding, please forward the school district name and contact information for the school food service director or other district administrator to Ellen Dillon, edillon@actionforhealthykids.org, 410-707-9038. Invitations are being sent to schools this week, introduction webinars for interested districts will be held on May 15th and May 22nd, and application deadline is June 29th.

Empowering Community Leaders:

KEHA Updates, Kim Henken, KEHA Advisor

The KEHA State Meeting is quickly approaching. Please review the reminders below and share with your leaders.

- Areas are asked to provide one themed-basket for the basket raffle and counties are encouraged to bring items for the silent auction. Please note that the Lexington Convention Center rules do not allow alcoholic beverages to be included in raffles or auctions.
- For the Tuesday evening banquet, attendees are encouraged wear a favorite gown or dress and “get glitzy” for the gala celebration of 80 years as an organization.
- Registration will be set-up in the Regency Ballroom Foyer, located near the Hyatt registration desk. Times will be Monday (5/14) from 12 p.m. – 8 p.m.; Tuesday (5/15) from 8 a.m. – 4 p.m. and Wednesday, (5/16) from 8 a.m. – 4 p.m.
- Voting delegate information was emailed to counties April 24th and is posted on the KEHA website (www.keh.org). Please be sure voting delegates receive these materials PRIOR to the state meeting and encourage them to bring the materials.
- Voting delegates should sign-in at the designated table in the registration area prior to the business meeting. The business meeting will begin promptly at 10 a.m. on Wednesday, May 16.
Voting delegates should be seated prior to 10 a.m. in the designated area. Chairs will be designated by county.

- The tour to UK Hospital and the Ovarian Cancer Screening and Research Program has been cancelled due to low enrollment. Anyone who registered for this tour has been contacted.

**Checklist for April Newsletter Action Items:**

- Check the information for KEHA Annual meeting
- Register for Rock Solid Child Care Training if you have qualified.