

# United Associations Conference 2018 Program



**March 1 & 2, 2018**

**Sedgwick County Extension Education Center**

**Kansas Association of Family and Consumer Sciences  
Kansas Association of Teachers of Family and Consumer Sciences  
Kansas Extension Association of Family and Consumer Sciences  
Epsilon Sigma Phi**

# General Registration Information

## **Location:**

Sedgwick County Extension Education Center  
7001 W. 21<sup>st</sup> St. N, Wichita (located at 21<sup>st</sup> and Ridge Road)

## **Early Bird Registration:**

Early Bird Registration ends February 15. If you would like to take advantage of the Early Bird Registration, but have not received a check or Purchase Order number, please complete and submit the registration form and note the situation. After registration is received, you will receive an email confirmation and invoice.

## **Lodging:**

Blocks of rooms have been reserved at the following hotels:

**Hawthorne Suites West:** 2405 N Ridge Rd., 316 729-5700, \$69.00 plus occupancy tax, breakfast included, reserve by Feb. 15, tax exempt certificate must be presented upon check-in.

**Red Roof Inn (formerly Best Western):** 6815 W. Kellogg, 800-733-7663 – general registration, Block Code B965-UAC2018, \$63.74 plus occupancy tax but may be less if more rooms are secured, contact directly regarding tax exempt documentation, breakfast included. Deadline for reservations is January 28.

**Holiday Inn Express** – Wichita NW: 10750 Hampton Lakes St, Maize, 316 260-4070, \$109.99 plus the occupancy or lodging tax, breakfast included, reserve by February 1 to guarantee room rate, contact directly regarding tax exempt documentation.

## **AAFCS PDUs:**

AAFCS PDUs will be available. Contact Cassy Dalbom [cdalbom@usd357.org](mailto:cdalbom@usd357.org) for more information.

## **Continuing Education Opportunity:**

Conference participants will have the option of earning 1 hour of graduate credit from Baker University by attending all sessions of the conference and completing a follow-up activity. Registration and payment (\$65) must be made onsite at the conference.

Complete information about this opportunity is available by contacting Lynette Yevak at [lyevak@gmail.com](mailto:lyevak@gmail.com).

### **Special Opportunities:**

Several opportunities will be provided throughout the conference to win door prizes and gift cards. Tickets can be purchased, and drawings will be held throughout the conference. More details will be provided during the general sessions and at registration.

### **Lunches:**

Lunches both days are included in the registration fee. Both meals are being catered by Truffles in Wichita. A vegetarian option will be available on Friday. No other special orders will be taken, so please make other arrangements if meals do not meet your needs.

### **Snacks:**

Light snacks will once again be provided between sessions.

### **Exhibits:**

Exhibits will be open Thursday from 9 AM to 12 NOON. Please visit vendors and thank them for their participation.

### **On-Site Schedule:**

At the end of this conference information, an overview of the schedule for the 2018 UAC can be found. A complete schedule with room locations will be available at the registration area during the conference.

### **Registration Fees:**

Earlybird Registration	One Day - \$80	Two Day - \$125
Regular Registration (Begins Feb. 15)	One Day - \$105	Two Day - \$150
Students	One Day - \$10	Two Day - \$20

Online registration form will be available soon.

Payments to be made to: United Associations Conference

Payments mailed to: **Attn: Lynette Yevak**  
**2718 N Meadow Oaks Ct.**  
**Wichita, KS 67220**

**No refunds after February 23, 2018**

# Pre-Session Information

February 28, 2018

## **Leadership Fitness**

Presenters: Anne Pitts, Harvey County FCS Extension Agent; Janet Holden, FCS Teacher at Southeast High School; Shandi Andres, Flint Hills District FCS/4-H Youth Development Agent, K-State Research and Extension; Kate Gronquist, FCS Teacher at Council Grove High School.

Join us for a Half-Day Preconference, 12 – 4 p.m. to work on developing Leadership Skills to apply in all roles of your life. Come and learn strategies to grow as a leader. Just as overall bodily health requires constant maintenance, leadership skills and strengths require practice and toning. Registration includes a Strengths Quest book, shipping, materials and snacks at the pre-conference. Following UAC registration, participants who sign up for this pre-conference will receive an additional email with confirmation and additional instructions.

Please complete the quiz and read the book prior to coming to the conference. Also, please bring the book with you for reference. Presenters have participated in the AAFCS Leadership Academy and are excited to share this session with you.

Registration: 11:30 a.m. – 12:00 noon

Workshop: 12:00 noon – 4:00 p.m.



# General Session Speakers

## **Keynote Speaker:**

### ***From Ranch to Refrigerator***

**Dr. Daniel Thomson, Jones Professor of Production Medicine and Epidemiology, College of Veterinary Medicine, Kansas State University**

This presentation will focus on opportunities for agriculture to meet the demands of our consumers while providing insight to tomorrow's consumers. Focusing on marketing to the people making their decisions today is too late. Our focus must be on helping younger people include healthy, wholesome, nutritious agriculture products in their diet today. Making everyone a part of agriculture from the ranch to the refrigerator is imperative to our country's economic well-being.

In addition to his position at KSU, Dr. Thomson serves as the Global Co-leader for McDonald's Beef Health and Welfare Committee, sits on the YUM! Animal Welfare Council and serves on the Animal Welfare Advisory Board for the Food Marketing Institute, the Beef Quality Assurance Committee of the National Cattlemen's Beef Association and Animal Welfare committees of the American Association of Bovine Practitioners and the Academy of Veterinary Consultants.

Dr. Thomson is recognized internationally as a leader in animal welfare, beef cattle production and cattle health management. Dr. Thomson has published 103 peer-reviewed papers, 5 book chapters, 246 abstracts, 127 proceedings and progress reports at professional meetings and delivered 732 invited talks internationally.

Thomson's research and outreach has been reported in many media outlets including CBS Evening news, USA Today, Los Angeles Times, the New York Times, and many others. He hosts a nationally aired veterinary television show in its seventh season on RFD TV entitled "Doc Talk."

## **Closing Speaker:**

### ***So.....I Got a New Electric Pressure Cooker. Now What???***

**Chef Alli, Farm Fresh Kitchen**

You've jumped on the band wagon and purchased an electric pressure cooker.... you've heard pressure cooking is efficient, user-friendly, flavorful, and requires 50-70% less cooking time. Can it REALLY be true? YES! and Chef Alli is on hand to show you how to get real food on the dinner table in just minutes using this life-changing small appliance. Menu: Big Bold Beef Carnitas, Chicken and Dumplings, Speedy Cinnamon Applesauce.

Complete demonstration, detailed recipes, tastings, and FUN provided. **Let's Get You Cookin'!**

Chef Alli's Farm Fresh Kitchen provides an important and growing target audience with information that supports informed choice. The cooking segments and broadcasts recorded in Chef Alli's Farm Fresh Kitchen supply credible information that increased consumer awareness and understanding about farmers and food. Chef Alli has grown her reach and connection as a culinary expert by coordinating culinary segments and presentations via events, television and social media campaigns.

As an ambassador for Kansas farmers and ranchers, Chef Alli works on behalf of Kansas commodity groups and agricultural organizations to tell the story that's behind the farmers, food, products and services of her great state of Kansas. Chef Alli realizes that consumers desire to seek out products and experiences that deliver more value and help change their world for the better.

# Thursday Session Information

## ***Is it Safe? Information on Genetically Engineered Foods for Consumers***

**Londa Nwadike, State Extension Food Safety Specialist, K-State Research and Extension**

Consumers are increasingly interested in where their food comes from, and may be concerned about the health and safety implications of various food production methods. With many different terms, such as “organic”, “natural”, and “GMP-free” being used today in food marketing, it is very confusing to consumers to know how they should spend their money when purchasing foods. This presentation provides information for consumers with an introductory overview to genetically engineered (GE) foods (commonly referred to as GMOs – genetically modified organisms), as well as safety information on these products. Information on labeling of GE foods is also included.

## ***Food Safety Culture – A Recipe for Success***

**Neeley Carlson, VP Education and Training, Kansas Restaurant and Hospitality Association**

This session will review the most recent updates to the ServSafe curriculum. We will also discuss best practices for integrating the curriculum into the classroom and explore tools and tips used to create a food safety culture.

## ***Careers in Agriculture and Food Systems – Find the Right Fit for Youth in Your Life!***

**Cathy Musick, Executive Director, Kansas Foundation for Ag in the Classroom (KFAC)**

Participants will explore a variety of career options connected to agriculture and food systems using interactive activities such as Living Science Posters; My Farm Concept Web; an ag careers video selection and a Prezi slide show. Careers are linked to Science, Technology, Engineering and Math! Lesson plans and resources will be made available.

## ***How to Survive the First Years!***

**Janet Holden, FCS Teacher and FCCLA Adviser, Southeast High School**

Get some ready to implement tips from one of the young experts who has created strong FCS programs in multiple schools here in Kansas. Creating relationships with students, parents and the community are important to the success of any program and creating balance is essential to building a solid foundation for any young professional.

## ***Better Brains for Babies***

**Bradford Wiles, Assistant Professor and Extensions Specialist, Early Childhood Development, K-State Research and Extension**

The Better Brains for Babies presentation is designed to provide individuals working in early-childhood environments with the knowledge of how to improve the educational opportunities for the children and families being served. The presentation provides participants with fact sheets that can be incorporated with any currently utilized curriculum to improve brain development, parent and child interaction, and learning outcomes for the child.

## ***First Impressions – An Approach to Boost Community Vitality***

**Nadine Sigle, Community Development Specialist, K-State Research and Extension**

What is the first impression your community leaves on its visitors? In this presentation, participants will learn about an innovative program where a volunteer visitation team explores your community’s residential, retail, industrial areas, as well as local government entities, schools, and other points of interest with the goal of helping communities improve your community’s image and quality of life for your citizens.

### ***Using Technology: One Step Further***

**PSU and KSU FCS Education Students; Sheila Cook, PSU Teacher Educator and Sally Yahnke, KSU Teacher Educator**

In previous years the students from K-State and Pittsburg State have shared newer technologies to use in classroom settings. This year we are going to use a couple of those technologies and take them further by assisting participants in creating promotional information to promote their programs. You will work in groups to create delivery systems using programs like Canva, Voki, and Biteable. If you bring a computer that you can connect to the internet through wifi or phone hot spots you will be able to be the most successful. (Wifi services through the Sedgwick County Extension Office is limited) If you don't then join with others who do.

### ***Healthy Relationships Classroom Activities***

**Monique Litherland, FCS Teacher and FCCLA Adviser, Royal Valley High School and Kaiti Dinges, Jana's Campaign**

The session will focus on classroom activities that will enhance and supplement the Safe Dates curriculum. Training in this curriculum is not required to attend this session. Activities will include breakout boxes, gender roles information and videos, updated statistics and data, and a chance to share what is currently working with participants.

### ***FAID Pathway – What's Happening***

**Gayla Randel, Education Program Consultant, FCS, Kansas State Department of Education**

The Fashion Apparel and Interior Design Career Pathway has made tremendous strides in recent years. The Rightfully Sewn initiative in Kansas City is gathering strength and a perfect partnership for FCS programs. Learn about attempt to reestablish Kansas City as an epicenter of garment design and manufacturing.

### ***Strengthening Families – A Network of Partners***

**Debra Andres, Geary County Family and Consumer Science Agent, K-State Research and Extension; Rhonda Gordan, Lyon County Family and Consumer Science Agent, K-State Research and Extension; Dr. Elain Johannes, Associate Professor and Extension Specialist/Youth Development, School of Family Studies and Human Services, Kansas State University**

What are the risk factors that lead to our youth's challenges in being successful in life and school? How can these risk factors be overcome by protective parenting? How can schools and communities support families that are faced with everyday challenges that seem to erode the family unit? These questions will be addressed in this presentation and participants will walk away with ideas of how they can promote family strength through school and family. They will also learn about grant-funded work that is being piloted in 3 judicial districts in Kansas.

### ***Social Media – Beyond the Basics***

**Megan Macy, Marketing Specialist, K-State Research and Extension**

Are you using social media to promote current programs and/or accomplishments? In this session participants will dive into interpreting social media analytics and therefore make conclusions about what, where and how to get the most visibility. By making strategic changes to current plans, the effectiveness can be greatly increased.

### ***Dumping Debt, Building Wealth, and Leaving a Legacy***

**Brian Lewis**

In this session you will be introduced to the common sense financial principles that have caused millions of individuals and families to flourish financially. Based on the teachings of the Ramsey Solutions class "Financial Peace University" you'll learn the basics of budgeting, eliminating debt, and planning for the future. After attending this session, you'll have a better understanding of what credit cards and car payments are really costing you, how to build personal wealth, and how and why to train future generations to handle money wisely.

### ***Making Connections***

The KAFC S Leadership Advancement Committee would like to invite everyone to attend this informal session designed for FCS professionals and students. This session will give participants an opportunity to meet others who have the same passion for creating programs that enrich the lives of everyone in their community. It will also be a time to share hints for balancing personal and professional lives. The committee wants everyone to leave this session with a renewed energy that they are making a difference in the lives of others. They hope everyone also makes stronger connections with other professionals that will be there to celebrate the high points and provide support when there are tough times.





# Friday Session Information

## ***Middle Level FCS Initiatives***

**Gayla Randel, Education Program Consultant, FCS, Kansas State Department of Education**

This session is designed with special emphasis for teachers working with middle level students. Utilizing the latest middle level curriculum and proven strategies, participants will receive ready to implement lessons and activities that can easily be integrated into a variety of classroom structures. Utilizing a split session format, participants will also gather Best Practices from the Round Table session that can enhance the Middle Level FCS program.

## **Round Tables**

This session is designed to share **BEST PRACTICES** from the various professions involved in this conference. Volunteers will share some of their most successful activities/lessons/strategies from their areas of expertise. This is frequently one of the most sought-after sessions if you want to get ideas that are ready to implement and create renewed energy in your chosen profession. The Planning Committee is seeking volunteers who are willing to help others by sharing their ideas and success stories. If you are willing to share one of **YOUR BEST PRACTICES**, please contact Lynette Yevak at [lyevak@gmail.com](mailto:lyevak@gmail.com) for more information and to be included on the session information. Round table leaders will receive materials from the other leaders and will also be scheduled to attend some of the other table topics.

## ***Everyday Mindfulness***

**Charlotte Shoup Olsen, Donna Krug, Debra Bolton, K-State Research and Extension**

Let's think about 'mindfulness' – a practice that is described as an awareness of the present moment. Evidence is suggesting that practicing mindfulness can calm you down, relieve stress, improve physical and mental health, and help you be less judgmental. We will try out a few mindful exercises during the session.

## ***The Gold Standard of Customer Relations***

**Nadine Sigle, NW KS Community Vitality Specialist, K-State Research and Extension**

Who are our customers? They include a wide variety of individuals – neighbors, friends, family, students, youth, elderly, peers, etc. Come and explore six key attributes for successful customer relations. Discover or rediscover how you can create sustainable bonds with each and every customer.

## ***Our Health is All Connected***

**Jodi Oleen, Director of Consumer Outreach, National Pork Board, and Kim Hanke, Director of Communication for the Kansas Pork Association**

Our Health is All Connected is a concept that demonstrates how animal health and human health go hand-in-hand, especially when it comes to the use of antibiotics in food animals. Learn how farmers are raising healthy pigs while reducing the need for antibiotics. Through science-based farming practices, farmers have also made pork one of the leanest, nutrient-rich protein food choices available today. The American Heart Association certified pork as a heart-healthy food in 2012. Discover how pork compares to other lean meats and what proper cooking methods and temperatures are.

## **UAC 2018**

### **Conference Schedule – Overview**

#### **Wednesday, February 28**

12:00 p.m.-4:00 p.m. Leadership Academy  
4:00 p.m. UAC Planning Committee Meeting  
5-6 p.m. KAFCS Bd.Mtg.  
6-7 p.m. KATFACS Bd. Mtg.

#### **Thursday, March 1**

8:00 a.m. Registration  
8:30-9:45 a.m. KAFCS Meeting  
9:00a.m.- Noon Exhibits  
9:00 - Noon KAFCS tickets/drawing  
10:00-10:30 a.m. Welcome/Opening - door prize tickets  
10:40-11:30 a.m. Breakout Sessions (3): Social Media, Safe Dates, Strengthening Families  
11:30-1:00 p.m. Lunch: Keynote Speaker, Daniel Thomson, and Networking  
1:10-2:00 p.m. Breakout Sessions (4): Is It Safe?, Ag in Classroom, Safe Dates, How to Survive  
2:10-3:00 p.m. Breakout Sessions (4): Food Safety Cultures, Better Brains for Babies, Dumping Debt, Using Technology (PSU/KSU)  
3:10-4:00 p.m. Breakout Sessions (4): First Impressions, FAID Update, Dumping Debt, Using Technology (PSU/KSU)  
4:10-5:00 p.m. KAFCS Event - Making Connections

#### **Friday, March 2**

8:00-9:15 a.m. KATFACS Meeting  
8:30 - 10:00 a.m. Middle School Super Session  
9:00-10:50 a.m. Round Tables  
11:00 - 11:50 a.m. Middle School Super Session (continued)  
11:00-11:50 a.m. Breakout Sessions (3): Our Health is All Connected, Customer Relations, Everyday Mindfulness  
Noon -2:00 p.m. Lunch and Closing Session - Chef Alli