Florida Extension Association of Family and Consumer Science  
Quarterly Report of Accomplishments  
And Personal Information  
South Central District  
From December 2005 – April 2006

Published two issues of the Living Well Newsletter for Winter and Spring of 2006. The following articles were featured: Stress from Holidays, 2006 Income Tax Changes, My Pyramid Changes, Homestead Exemption Can Save You Money, Keeping Mold At Bay, Hurricane Shutters May Save Your Home, Life in the Dark.

FCS Agents also coordinated work on hurricane preparedness materials for the area with full color brochures: Helping Children Cope During a Hurricane, Life In the Dark, Keeping Food Safe During an Emergency, Hurricane Preparations for Your Important Documents, Hurricane Food Supply Checklist.

Agent: Bonnie Fauls  
County: Collier  
Professional Accomplishments and Highlights:

<table>
<thead>
<tr>
<th>Program</th>
<th>Impact (number of participants, results, change, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Science in Sewing – Fibers/Fabrics/Computers</td>
<td>10 4H members/leaders completed 8 hours of instruction, 4 projects each, 4 did demonstrations, 2 modeled, completed record books, learned about characteristics of fibers/fabrics, did 12 items for community service project</td>
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<tr>
<td>• Science in Sewing – Fibers/Fabrics/Computers</td>
<td>35 youth completed 3 hours of instruction, 2 projects each, used microscopes to learn about weaves and fabric construction, intro to computer machine and serger</td>
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<tr>
<td>• 48 Day care providers attended 4 hour training in Color Me Healthy to learn ways to encourage 4-5 year olds to be more active and make healthy food choices; post evaluation surveys have been sent out and results are being tallied</td>
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Grants/Gifts/Donations Received During These Months:

<table>
<thead>
<tr>
<th>Grants/gift/donation</th>
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<tr>
<td>• Food models, educational materials</td>
<td>$500</td>
<td>Nutrition displays and Color Me Healthy training</td>
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Agent: Marcy Krumbine  
County: Collier  
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<th>Program</th>
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<tr>
<td>• Pre-purchase home buyers education class – 46 attended three classes,</td>
<td></td>
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<tr>
<td>• Individual client/office visits – 99</td>
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<tr>
<td>• Post-purchase SHIP classes – 96 attending / 4 classes</td>
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<tr>
<td>• Fairs and outreaches for Housing Program – CCPS – recruitment (400 outreach), Collier Benefits (500 outreach)</td>
<td></td>
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<tr>
<td>• Media Interviews – 3 (one magazine, one newspaper and one television)</td>
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<tr>
<td>• Worked with agents to present hurricane preparedness materials to Publix, Sweetbay, Albertson’s and Fresh Market.</td>
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<tr>
<td>• Accepted recognition at the grand opening of Milagro Place with 6 new families becoming homeowners</td>
<td></td>
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<tr>
<td>• 4 new homeowners</td>
<td></td>
</tr>
</tbody>
</table>

Grants/Gifts/Donations Received During These Months:
- Donation for home buyers workshop and credit workshop from banks - $250.00

**Personal Accomplishments and Highlights**
- Completed first draft of 3 year packet
- Celebrated 10 year anniversary with Extension and 24th wedding anniversary
- Chaired subcommittee for External Marketing Task Force to select Friend of NEAFCS Award

**Agent:** Mary Chernesky  
**County:** Hillsborough

**Professional Accomplishments and Highlights:**

- Volunteer Recognition Event 4/20/06 - 160 people attended, 7 Outstanding Volunteers & Friends of Extension recognized, $1,775 raised to support this event.

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<tr>
<td>Donation</td>
<td>$21,600</td>
<td>Enhancements to the new office meeting center</td>
</tr>
<tr>
<td>Donation</td>
<td>$1,775</td>
<td>Volunteer Recognition event</td>
</tr>
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</table>

**Personal Accomplishments and Highlights:**
- Opening of the new Office Meeting Center & Discovery Garden at the office

**Agent:** Mary Keith  
**County:** Hillsborough

**Professional Accomplishments and Highlights:**
- Invited to join national panel for Society for Nutrition Education reviewing educational materials on the new MyPyramid.

**Program**  
**Impact (number of participants, results, change, etc.)**
- Completed a series of 6 classes in Spanish for parents, 13 participants, 20 different changes listed as result of classes
- Provided training and certification in Spanish for 2 classes, 54 participants from at least 6 counties, for regional Redlands Christian Migrants Assoc. Head Start cooks and kitchen staff on food safety, sanitation and hygiene in child care.
- Mentored 3 Dietetic Interns (2 more to come at end of this month) from James A Haley VA Hospital on Community Nutrition Education.
- In fourth of six month series of nutrition classes for employees of school district administration.

**Agent:** Diana Converse  
**County:** Hillsborough County

**Professional Accomplishments and Highlights:**
- Taught a workshop on Team Building for 24 teachers at the MacDill Air Force Base child development center.
- Continues to conduct work/family seminars at a variety of corporations in Tampa.

**Personal Accomplishments and Highlights:**
- Diana's second child, Kailey is graduating from high school this month with honors and will be attending the University of South Florida.

**Agent:** Lisa Leslie  
**County:** Hillsborough County

**Professional Accomplishments and Highlights:**

**Program**  
**Impact (number of participants, results, change, etc.)**
**Money Mgt:**
- Lunch-n-learn series for Hillsborough County & State’s Attorney Office
- Monthly classes for Workforce & Juvenile Justice
- Other classes: Get Checking, Basics of Tax Filing, Rebuilding Credit, Using Credit Wisely, and Debt Management were presented for various groups.
- Working with Elaine Davis, Pinellas County, on planning a Tampa Bay Saves program.

**Home Environment Classes:**
- Reinforcing Homes for Hurricane Season
- Anatomy of a Home: Buy Green & Save
- Preventing Mold Problems at Neighborhood’s Conf.
- Preventing Termite Problems at Neighborhood’s Conf.
- Residential energy Efficiency at Sierra club mtg.

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<tr>
<td>United Way for Get Checking</td>
<td>$1,000.00</td>
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<tr>
<td>Building professionals to support Home Environment classes</td>
<td>$115.00</td>
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<tr>
<td>Credit Union to support lunch-n-learn</td>
<td>$250.00</td>
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**Agent:** Carolyn Wyatt  
**County:** Hardee

**Professional Accomplishments and Highlights:**
- Co-taught with Bonnie Faults three Color Me Healthy classes to 54 daycare providers in Naples and Fort Myers between January and March. Over 80% rated the training as Excellent and 100% reported learning new knowledge or skills that will help them eat healthy and stay active.
- Taught new food pyramid (MyPyramid) to 36 participants in three-week Diabetes Control classes at Hardee County Health Department in March and April.
- Prepared and submitted annual FNP proposal for 2007 to state FNP office in Gainesville for the tenth year in a row.
- Taught 12 New Horizons after-school classes to 15 6th, 7th, and 8th grade girls at Hardee Junior High from January through April.

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<td>Received $500 mini-grant from Devereux Florida in April for teen pregnancy prevention programming in Hardee County.</td>
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**Personal Accomplishments and Highlights:**
- On a sadder note, my mother passed away March 31 after years of declining health, at the age of 87; the following week my father suffered a massive stroke.

**Agent:** Celia Hill  
**County:** Lee

- Please make our newest FCS agent feel welcome!
  - Karen Headlee comes to us from West Virginia where she had a 10 year career in 4H. Her background is in Child development / Family Resources and she has a certificate in Gerontology. She has worked closely with teens in personal development and taught parenting classes at day care centers.
  - Karen has been active in her state professional association, won various association awards, and served on state and national committees.

**Professional Accomplishments and Highlights:**

**Program**  
**Impact (number of participants, results, change, etc.)**
- Monthly ServSafe training.
• Money Management classes with Habitat, GoodWheels, and Nations Association sponsored “Sweet Sixteen / Quinceanera.”
• Invited Food Safety team member visiting Thailand to attend International Conference “Managing Quality in Chains” and present UF Food Safety programs to colleagues at 3 Thai universities

Personal Accomplishments and Highlights:
• Training for the Nike Women’s Marathon & Half Marathon in San Francisco, October 22, 2006. The $3,800 I raise will help the Leukemia and Lymphoma Society fight leukemia, lymphoma, and myeloma, the diseases that took both of my parents

Agent: Samantha Kennedy
County: Manatee

Professional Accomplishments and Highlights:
Program Impact (number of participants, results, change, etc.)
• December 10, 2005: Annual “Breakfast with Santa” event; over 300 kids and parents enjoyed pancakes, sausage, OJ, and coffee; kids got to sit on Santa’s lap; entertainment and crafts
• March 20-22, 2006: First meeting of the 4-H Nutrition Curriculum task force; we are working on creating a new nutrition curriculum for youth, particularly 4-H youth

Grants/Gifts/Donations Received During These Months:
Grants/gift/donation Amount Use
• Received “free” Dell laptop and laser printer as part of a grant with the National Council on Aging for use with Medicare Part D educational programming

Personal Accomplishments and Highlights:
• April 22, 2006: 4-H consumer choices team won 6th place overall at the Central Florida Fair

Agent: Elaine Davis
County: Pinellas

Professional Accomplishments and Highlights:
Program Impact (number of participants, results, change, etc.)
Manage Your Money, Build Your Wealth 222 contacts in a series of 3 classes for 6 hours of instruction in basic money management. A draft evaluation for determining impact developed.
Get Checking 20 people trained through collaborative efforts with Hillsborough County Extension and other community groups
Tampa Bay Saves Collaborative efforts begun with area financial institutions and Hillsborough County Extension
Debtor Education Marketed to attorneys
FCS Program Advisory Committee Recruitment begun for a new committee

Personal Accomplishments and Highlights:
I completed new agent training and submitted my first ROA and POW. Whew!!

Agent: Nan Jensen
County: Pinellas

Professional Accomplishments and Highlights:
Program Impact (number of participants, results, change, etc.)
Steps to A Healthier Pinellas
• After school program- Completed 144 classes, with 480 participants at 24 after school sites
• Community programs- Completed 64 classes with 1159 participants
• Summer Program-Preparing for our summer nutrition and fitness program. We will be holding 36 classes weekly for upper elementary children in various parks and recreation center and YMCA sites. In addition, we will be offering 11 classes a week for middle school youth.
- FCS Program Advisory Committee  Working with Elaine on forming a new committee
- Dietetic Intern Program- Currently serving as a preceptor site for dietetic interns with the newly established program through Bay Pines Veteran’s Administration . One intern has completed her rotation, with another currently working with us.

Agent: Carolyn Gregov and Mary Jo Oswald
County: Sarasota

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<td>Closing Up Your Home</td>
<td>3 presentations  participants 103</td>
</tr>
<tr>
<td>My-Pyramid/Nutrition</td>
<td>11 presentations  participants 320</td>
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<td>FNP Quarterly grant</td>
<td>$27,500</td>
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Personal Accomplishments and Highlights:

- Gregov - Presentation Partnership Between Vladimir State University of Russia and the University of Florida at the Sarasota Sister Cities International Luncheon with 68 individuals present
- Gregov - National Chairperson for NEAFCS External Marketing Taskforce. Held 3 teleconfences - selected 10 $500 Living Well Grant awards.
- Oswald  - Presented 2 Prosfessional In-Service Trainings on Portion Distortion with a total of 35 participants
- Oswald - Presented 2 Family Nutrition Program Accomplishments (5 years) to 2 Professional organizations in Sarasota County with 90 participants.
- Oswald - assisted Lee County in FNP Grant assistants