

United Associations Conference 2016 Agenda



United Associations Conference

INNOVATE **INTEGRATE**
MOTIVATE ***EDUCATE***

March 3 & 4, 2016



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. 21st St N, Wichita (located at 21st and Ridge Road)

Early Bird Registration

Early Bird Registration ends February 3. If you would like to take advantage of the Early Bird Registration, but have not yet received a check or Purchase Order number, please complete the registration form with this information noted. After registration is received, you will receive an email confirmation.

Lodging

Blocks of rooms have been reserved at two hotels.

Hawthorne Suites: 2405 N. Ridge Rd., 316-729-5700, \$106.36 with tax, up to 4 people in a room, breakfast included, reserve by 2/27/15.

Best Western Airport Inn: 6815 W. Kellogg Dr., 316-942-5600, \$79.29 with tax, up to 4 people in a room, breakfast included, reserve by 2/27/15.

Mention United Associations Conference to get the group rate. Conference attendees make their own reservations and work out direct billing details with the hotels.

AAFCS PDUs

AAFCS PDUs will be available. Contact Sally Yahnke, syahnke@ksu.edu 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) may be made onsite at the conference. Complete information about this opportunity is available by contacting Lynette Yevak, Emporia High School, 620-341-2365 or lynette.yevak@usd253.net

Exhibits

Exhibits will be open Thursday from 9 AM to 3 PM. Please visit the vendors and thank them for participating.

KAFCS Foundation Silent Auction

KAFCS Foundation Trustees will be offering a Silent Auction bidding for unique items and baskets. Funds raised will help support the Foundation's activities of scholarships and professional improvement. Bidding will be open Thursday and Friday until after lunch.

On-Site Schedule

An on-site schedule with session times, board meetings and additional information will be released at a later date.

Lunch Menus

General Information

Meals are included in the registration fee. Both meals are catered by Bella Luna Cafe in Wichita. No special orders are taken, so please make other arrangements if meals do not meet your needs.

Thursday - March 3

Hummus

Greek Salad

Pasta Diablo (Southwest Flavor of peppers and onions in a roasted tomato cream sauce)

Chicken de Chateau (Chicken and Swiss cheese with shitaki and portabello sauce)

Friday - March 4

Hummus

Fattousha Salad

6 Cheese Pasta (Mascarpone, Fontina, Gorgonzola, Swiss, Romano & Parmisiano with tomato and spinach)

Chicken Kabobs

Session Information

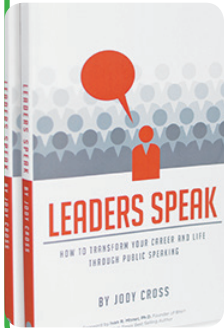
Keynote Speaker: Jody Cross

Teachers and Education Supporters are among Jody's favorite audiences, as she is one of them: For 12 years of her career, she taught college communications classes. During the past 8 years, she has worked as a professional trainer, getting to teach an even wider variety of audiences. She has worked with College Presidents, Professors & District Chancellors, K-12 Superintendents, School Boards, Teachers, and Staff Managers as well as served on corporate boards in Partnership with education districts and institutions.



Jody brings to HER listeners:

- Over 25 years experience in public speaking
- More than 20 years teaching and coaching on presenting
- Successful program for adapting speeches to audiences
- Amazon Best Selling Book, Leaders Speak



As we in education know, not every person learns the same way, so more than in any other field, we have opportunities to make a difference by tailoring to our listeners!

As a bonus, every conference attendee will take home their own copy of Leaders Speak!

www.leadersspeak.com 816-536-8522

Thursday - March 3

FCCLA Student Body Curriculum

FCCLA released a new curriculum with their Student Body National Program. This session will demonstrate how the program has been integrated into Nutrition and Wellness classes with a focus on emotional and mental health lessons.

Kayla Taylor, Crest High School FACS Teacher

ktaylor@usd479.org

Monique Litherland, Royal Valley High School FACS Teacher

litherlandm@rv337.org

How Much Is Listening and How Much Is Guiding?

Have you ever wished you had more information to do your job will? Yet been expected to provide information (and maybe even a positive spin) for those you lead? Everyone wants to be included on at least some level in “what’s going on” in their organizations. This hands-on workshop gives you the tools for asking questions to ascertain your audiences’ positive views AND their concerns, without inviting a complaining session. And it provides strategies for responding to their perceptions both immediately and long term for better task-oriented results and healthier working relationships.

Jody Cross, Author, Leaders Speak

jody@leadersspeak.com

Soft Skills are Success Skills: Promoting Social Emotional Skills Among Youth

It’s a fact that children of any age can be taught how to cope with their emotions, bounce back from problems, and develop positive relationships—this is called ‘social and emotional learning’. It’s also a fact that social emotional skills are influenced most by the adults in the lives of children. For school age children, those adults include mentors, club leaders, coaches, teachers and parents. This workshop will help adults learn how to promote the five core social emotional competencies in practical ways among youth.

Nora Rhoades, Post Rock Family and Consumer Sciences Agent

nrhoades@ksu.edu

Elaine Johannes, PhD, Assoc. Professor and Ext. Specialist/Youth Development

ejohanne@ksu.edu

Change the World by Leading the Way

Learn about the essential elements of any advocacy effort and how you can engage stakeholders in getting change to happen. You will not only learn how, but you will also begin to develop your own advocacy plan to impacting something of interest to you.

Duane Whitbeck, Chair, Family & Consumer Sciences, Pittsburg State University

dwhitback@pittstate.edu

Keys to Embracing Aging: Lifestyle and Health Lessons from Centenarians

Keys to Embracing Aging is an evidenced-based non-credit Cooperative Extension program that promotes healthy lifestyle behaviors identified from Centenarian studies and the world’s longest lived people. Interactive and flexible, the curriculum highlights 12 optimal aging tips and lifestyle recommendations and activities that encourage health, well-being and life quality. It can be adapted for audiences of any age and encourages community collaboration to deliver and sustain it. Through this workshop, program components will be introduced and the preliminary results and experiences of Extension Educators from Arkansas, Kansas and Kentucky will be discussed.

Dr. Erin Yelland, Assistant Professor, Ext. Specialist, Kansas State University
erinyelland@ksu.edu

AAFCS & the Teaching Profession for Pre-Professionals & New Professionals

This program is built for pre-professionals (students) and new professionals within the first 3-5 years of teaching. There will be both discussion/advice for beginning teaching as well as how and why to stay involved professionally in AAFCS. We will speak about our roles in the KAFCS board and how new professionals can and should get involved as their careers begin. There will be discussion of what is going on in classrooms and schools presently, as well as the future. We will share the good times and bad times of being new teachers and share tips and advice.

Megan O’Boyle, Piper Schools FACS teacher
moboyale@piperschools.com
Cassy TEMAAT, Belle Plaine FACS teacher
ctemaat@usd357.org
Janet Holden, Council Grove FACS teacher
jholden@cgrove417.org

Nelly Don: A Girl with Small Town Kansas Roots Who Built an Empire

Nelly Don, Ellen Quinlan Donnelly Reed, was born in 1889, the 12th of 13 children. Her Irish immigrant parents raised her in Parsons where Nell grew up sewing and remaking hand-me-downs from her sisters. Her story is truly one of a woman who was ahead of her time. She rose to prominence for making quality clothing that met the needs of women and in turn, changed the lives of her employees. The Historic Costume and Textile Museum collects, exhibits and supports further study and research into the Nelly Don Collection of garments and related objects in its holdings. Participants will learn about the ways the museum’s holdings have helped with student history research projects and additional sources they can utilize.

Marla Day, B.S., M.S. Apparel and Textiles, Kansas State University
mday@ksu.edu

Multiple Generation in the Workplace: Welcome to the family reunion!

At a time when the need to be efficient is at an all-time high, the need to be innovative is competitive for the same incentives. There is much discussion and national attention devoted to the concept of diversity, however, the aspect of multiple generations functioning in an organization is often overlooked as one of the diverse aspects of the workplace. This aspect influences the efficiency and innovation in a competitive and global world. There are few formal trainings that teach intergenerational communication and much of society views intergenerational trends as just that, trends! This session deals with the outline of the social tendencies of five generations being represented in today’s labor force; ranging from traditionalists to linkers. Through an interactive delivery, concepts and strategies will be shared regarding the implications each has on both for profit and not-for-profit organizations.

Donita Whitney-Bammerlin, Ph.D, Academic Program Coordinator, College of Business Administration, Kansas State University
donitab@ksu.edu

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Sugar Shocker: Rethink Your Drink!

How much sugar is hiding in your favorite beverages? The amount of sugar in typical beverages we drink—from sodas and tea to sports and energy drinks—is often overlooked. Unfortunately, missed calories add up. Research shows a link between high sugar-based beverages and increased obesity. Added weight puts us at risk for Type II diabetes, heart disease, and some types of cancer. In this session, you will come away with strategies to identify the amount of sugar popular beverages. You will also be able to implement specific strategies to choose and enjoy beverage choices with low or no sugar.

Mary Beth Anderson, Director of Education Resources, Learning ZoneXpress
marybeth@learningzonexpress.com

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Round Table Presentations

Solving the Myths and Mysteries About Evidence-Based vs Researched-Based Programs

Diane Nielson

Developing Policy Briefs to Advocate for FCS Programs

Gayla Randel

Say Yes to FCS

Sally Yahnke

Gayla Randel

Simple Seasonal Meals

Donna Krug

PAWS/LITTLE CHAMPS

Ann Domsch

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KAFCS Foundation Event

You’re invited! Join other professionals and students in networking and celebrating FCS. This event is the main source of funds for FCS Scholarships given by the Foundation. Admission to the event is \$15 with registration or at the door. The event is free for students.

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Dining with Friends

No dinner plans? Dine with your FCS friends at one of many select Wichita restaurants! Sign up at the table by the doors to reserve a spot.

Friday - March 4

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mboyle@piperschools.com

Cassy TEMAAT, Belle Plaine FACS teacher

ctemaat@usd357.org

Janet Holden, Council Grove FACS teacher

jholden@cgrove417.org

From Advocating to Achieving Change

Dr. Moxley will provide simple steps for individuals to follow to become engaged in advocacy that shapes public policy. This session will provide a roadmap for citizens that includes strategies for securing information and impacting public policies and outlines processes for voting, campaigning for others, and running for office. The primary focus of this session will be on impacting local and state policies.

Dr. Virginia Moxley, Dean Emeritus, College of Human Ecology, Kansas State University

moxley@ksu.edu

Things You Can Learn From a Tomato

Incorporate math, science, and language arts into a project based learning lab as you make use of teamwork to create salsa and build and present an advertisement for your product. Discuss partners from Field to Table in your school. Discuss careers in food science and industry.

Cathy Musick, Kansas Foundation for Agriculture in the Classroom

Ksfac@ksu.edu

Hot Topics in Family and Consumer Sciences

New and innovative ideas and applications for technology in the classroom and everyday life presented by students from Pittsburg State University and Kansas State University.

AAFCS Update

During lunch on Friday, Duane Whitbeck will present an AAFCS update.

Duane Whitbeck, Chair, Family & Consumer Sciences, Pittsburg State University
dwhitback@pittstate.edu

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