TUESDAY, JULY 29, 2014

10:00 A.M. REGISTRATION CHECK IN

Pre-Convene B Hallway (outside of Mirabella G)
Linda K. Bower – Eastern Region
Allisen Penn – Central Region
Lynn Brookins – Western Region

11:30 A.M. LUNCHEON

Mirabella Grand Ballroom E

Welcome!
Moderator: Carol Brandon

Opening Remarks
Laura Stephenson, UT Extension Assistant Dean
Leslie Speller-Henderson, TSU FCS Program Leader

Musical Entertainment: Sara Zapotocky

2014 UT Career Edge Intern Presentations
Presiding: Clint Cummings
- Kayleigh Beasley, Sumner County
  Mentoring Agent: Theresa Allan
- Rachel Bradshaw, Blount County
  Mentoring Agent: Chris Sneed
- Taylor Larson, Hamilton County
  Mentoring Agent: Nancy Rucker
- Karina Pulido, Haywood County
  Mentoring Agent: Tennille Short

1:15 P.M. GENERAL SESSION

Mirabella I-J

Moderator: Carol Brandon

MISSION POSSIBLE: Drive for Excellence!
Family and Consumer Sciences Program Leaders:
Linda K. Bower, Allisen Penn and Lynn Brookins

2:15 P.M. BREAK

Pre-Convene C Hallway
Take a moment to view the Exhibits!
2:45 P.M. LEADERSHIP TEAM PROGRAMS
* Energizers will take place between every other presentation.

Choose One Room:

GROUP 1
* Mirabella G
  Family Economics
  Human Development
  Environmental Health & Safety
  Community Health
  Nutrition & Food Safety

GROUP 2
* Mirabella H
  Environmental Health & Safety
  Community Health
  Nutrition & Food Safety
  Family Economics
  Human Development

4:30 P.M. TECHNOLOGY SESSIONS

4:30 – 5:30 P.M.

Social Media: Marketing Your Program and Engaging Your Audience
Presenter: Doug Edlund and David Yates
Mirabella G

Windows 8 + OneDrive: A New Way of Working
Presenters: Mike Stanley and Billy Williams
Mirabella H

Collaboration: SharePoint Team Sites
Presenters: Brad Greenfield and Mike Hornby
Broadlands A

Security: Why It’s Important to YOU
Presenters: Adam Godwin and Robert Ridenour
Broadlands B

5:30 P.M. EVENING – ON YOUR OWN

“Let’s Move” opportunities are available in the evening.
Check handout for times and locations.
TUESDAY, JULY 29, 2014
UT EXTENSION CAREER EDGE INTERN EXHIBITS

Money Myths – Rachel Bradshaw, Blount County, UT FCS Career Edge Intern

Health Rocks! – Taylor Larson, Hamilton County, UT FCS Career Edge Intern

Focusing on Finance – Kayleigh Beasley, Sumner County, UT FCS Career Edge Intern

La Mejor Salud Para Tu Familia – Karina Pulido, Haywood County, UT FCS Career Edge Intern

TUESDAY & WEDNESDAY, JULY 29-30, 2014
UT EXTENSION INFORMATION TECHNOLOGY AND TSU INTERN EXHIBITS

On The Spot With the IT Pros – Information Technology Staff

Shelby County TSU Extension Experience – Latetricia Wilson, Shelby County, TSU Intern

Robertson County TSU Extension Experience – Ciera Scott, Robertson County, TSU Intern

WEDNESDAY, JULY 30, 2014
EDUCATIONAL EXHIBITS

Smart Chefs: “Global Gourmet” – Judy Kovach and M’Call Marcum, Robertson County

Walk Across Tennessee/Van Buren County – Mary Beth Lee, Van Buren County

Community Baby Shower – Ryan Galloway, Jackson County

RELAX: Alternatives to Anger – Vicki Lofty, Marion County

85210 Let’s Go Every Day – West Tennessee Delta Initiative Partners (Betty Neilson, Sarah Poole, Gwen Joyner, Charlotte Moore, Tennille Short, Priscilla Eddins, Sherri Morris, Beth Bell, Benita Giffin, Barbara Berry, Schancey Chapman and Rachel Erwin)
Exploring Our Daily Bread – Margie Hudson, Lawrence County

Safety Smart: Goes Green – Michelle Matthews, Coffee County

Let’s Talk, “Girl Talk” – Matt Devereaux and Heather Wallace, FCS Human Development

“Like Us!” Join the Human Development Facebook Page! – FCS Human Development Leadership Team

Recipes for Green Cleaning – Martha Keel and Bonnie Hinds, FCS Environmental Health & Safety

Online Human Development Resource Library – Matt Devereaux and Heather Wallace, FCS Human Development

FCS Professional Development Assessment – Karen Franck, FCS Nutrition & Food Safety

Fun Times: Bringing together Nutrition and Community – Robbie Peppers, Hawkins County & Anastasia Wheeler, Hancock County

University of Tennessee at Martin Family and Consumer Master of Science Program – Sue Byrd, UT Martin

Sustainable Living Practices With the Home of Family and Consumer Sciences – Sue Ballard de Ruiz and Margaret Machara, TSU Department of Family and Consumer Sciences

Epilepsy Foundation of Middle/West Tennessee – Susan Holloway, Educational Coordinator, Epilepsy Foundation

“Healthy Selfies” – Be sure to visit the “Healthy Selfies” area, which is a combined effort between the IT Team and the Healthier Tennessee Workgroup. Show off the healthy side of you and say “cheese”!
“Let’s Move” opportunities are available early morning.

8:30 A.M. GENERAL SESSION: HEALTHIER TENNESSEE INITIATIVE

*Mirabella I-J*

Moderator: Priscilla Eddins

Opening Remarks: Laura Stephenson, UT Extension Assistant Dean

**Keynote Speaker: Rick Johnson, President and CEO, Governor’s Foundation for Health and Wellness**

On August 6, 2013, Gov. Haslam announced the launch of his “Healthier Tennessee” initiative, as well as the creation of the Governor’s Foundation for Health and Wellness. The governor appointed Rick Johnson as president and chief executive officer of the foundation. Mr. Johnson will be giving us an overview of the Small Starts Program, identify what has been accomplished thus far, and talk about their partnership with UT Extension.

10:00 A.M. BREAK

*Pre-Convene C Hallway*

Take a moment to view the exhibits!

10:30 A.M. MAKE THE HEALTHY CHOICE THE EASY CHOICE: CHANGING THE ENVIRONMENT

*Mirabella I-J*

Representatives from work sites and faith-based organizations will share the successes of their wellness programs.

- **Kevin Anton**, Retired Vice President and Chief Sustainability Officer, ALCOA
- **Lynn Hipp**, Global Integrated Health & Wellness Manager, Eastman Chemical Company
- **Rosalee Sites**, Parish Nurse Resource Manager, Wellmont Health System
- **Sandi Tucker**, Benefits Manager, Ring Companies
11:30 A.M. MAKE THE HEALTHY CHOICE THE EASY CHOICE: SMALL STARTS

*Mirabella I-J*

Guest Speakers:
- Amy Huffman, Senior Director, Performance Measure, Governor’s Foundation for Health and Wellness
- Jennings Harlan, Liaison Manager and Director of Administrative Services, Governor’s Foundation for Health and Wellness

Ms. Huffman and Ms. Harlan will offer us ideas on the best way we can market and promote the Healthier Tennessee Small Starts Program.

12:00 P.M. LUNCHEON

*Mirabella Grand Ballroom E*

Moderator: Priscilla Eddins

Musical Entertainment: Sara Zapotocky

**HEALTHIER TENNESSEE INITIATIVE: EXPANDING OUR REACH**
- Larry Arrington, Chancellor, UT Institute of Agriculture
- Tim Cross, Dean, UT Extension

2:00 P.M. PROGRAMS THAT WORK

2:00 – 2:25 P.M.

Healthy Eating and Being Healthy
*Presenter: Judy Kovach, Robertson County*  
*Mirabella G*

Home Health Providers As a Captive Audience
*Presenter: Natalie Owens, Shelby County*  
*Mirabella H*

2014 Get Fit Oakland
*Presenter: Sherri Morris, Fayette County*  
*Broadlands A*

Health Education With Dolly’s Employees
*Presenter: Linda Hyder, Sevier County*  
*Broadlands B*
2:30 – 2:55 P.M.

Faith and Taking Charge of Your Diabetes  
*Presenters: Anastasia Wheeler and Robbie Peppers, Hancock and Hawkins Counties*  
*Mirabella G*

Collaboration: Finding Your Way in an Urban or Rural Jungle  
*Presenter: June Puett, Hamilton County*  
*Mirabella H*

Henderson County Shapes Up  
*Presenter: Betty Neilson, Henderson County*  
*Broadlands A*

Food, Fun and Fitness  
*Presenter: Judy Kovach, Robertson County*  
*Broadlands B*

2:55 P.M. BREAK  
*Pre-Convene C Hallway*  
Take a moment to view the exhibits!

3:15 P.M. MAKE THE HEALTHY CHOICE THE EASY CHOICE: START NOW!  
*Mirabella I-J*

Moderator: Priscilla Eddins

- Healthier Tennessee Agents’ Workgroup Panel
- Ask Questions, Get Answers

5:00 P.M. EVENING – ON YOUR OWN

“Let’s Move” opportunities are available in the evening.  

*Reminder: Check-out time is 11:00 A.M. Thursday morning. Luggage hold available.*
THURSDAY, JULY 31, 2014

“Let’s Move” opportunities are available early morning.

8:30 A.M. GENERAL SESSION

Mirabella I-J

Moderator: Starla Hardin

MISSION POSSIBLE: LEVERAGING THE OPPORTUNITY
Laura Stephenson, UT Extension Assistant Dean

9:10 A.M. BREAKOUT SESSIONS 1

9:10 – 10:10 A.M.

LIFE BALANCE – KEEP FROM FALLING OFF THE EDGE
**PRESENTERS: HUMAN DEVELOPMENT LEADERSHIP TEAM**
You will be provided with life balance strategies that are unique and not typical of what one might experience in similar trainings. The strategies and resources we share can be easily infused with current programming or a stand-alone workshop, if so desired.

Mirabella G

THERE’S A (NUTRITION) APP FOR THAT?
**PRESENTERS: CLINT CUMMINGS AND NUTRITION & FOOD SAFETY LEADERSHIP TEAM**
A session on nutrition apps. You will be given demonstrations and reviews of several apps and talk about their uses with participants. The session will be relevant for those working with both youth and adults.

Mirabella H

THE LEADER IN ME!
**PRESENTERS: TYRONE MILLER JR., AND JOHN HALL**
How often do you take time to develop your talents, skills and knowledge to become a more effective leader? Join us for an interactive presentation that will help you identify resources that will allow you to be the best leader you can be!

Mirabella I
TEACHING THE WAY MY PARTICIPANTS ARE LEARNING  
**PRESENTERS: TOM BROYLES AND JOHN RICKETTS**
You teach the way you learn, so this session will focus on building a toolbox of teaching tools to help you succeed.  
*Mirabella J*

10:10 A.M. BREAK  
*Pre-Convene C Hallway*

10:30 A.M. BREAKOUT SESSIONS 2 (REPEAT)

10:30 – 11:30 A.M.

LIFE BALANCE – KEEP FROM FALLING OFF THE EDGE  
**PRESENTERS: HUMAN DEVELOPMENT LEADERSHIP TEAM**
You will be provided with life balance strategies that are unique and not typical of what one might experience in similar trainings. The strategies and resources we share can be easily infused with current programming or a stand-alone workshop, if so desired.  
*Mirabella G*

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*Mirabella I*

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**PRESENTERS: TOM BROYLES AND JOHN RICKETTS**
You teach the way you learn, so this session will focus on building a toolbox of teaching tools to help you succeed.  
*Mirabella J*
Join us in celebrating the retirement of Dr. Barbara “Bobbi” Clarke!

Dr. Clarke joined the University of Tennessee in January 1994 as an associate professor. She attained the rank of professor in 2002. Her knowledge and expertise certainly did not go unnoticed. She was a leader in FCS and was very successful throughout her career at UT.

Thank you, Dr. Clarke, for 20 years of hard work and dedication to UT Extension Family and Consumer Sciences!

1:15 P.M. PROGRAMS THAT WORK

Meeting Room Facilitators:
Mirabella G – Allisen Penn
Mirabella H – Lynn Brookins
Mirabella I – Linda K. Bower
Mirabella J – Clint Cummings

1:15 – 1:40 P.M.

FUNCTIONAL FITNESS
Janie Pedigo, Belinda Letto, Lynne Knight and Hilda Lytle – Smith, Coffee, Macon and Warren Counties
Mirabella G

DON’T BE A BIG DRIP
Martha Pile, Tamera Adjei, Karen Leggett – Montgomery and Humphreys Counties
Mirabella H

HEALTHY HORIZONS DAY CAMP
Meagen Brown and Donna Calhoun – Meigs and Polk Counties
Mirabella I
EEL: ENCOURAGE EARLY LEARNING!
Janet Cluck – Dickson County
Mirabella J
1:45 – 2:10 P.M.

MASTER FCS VOLUNTEER
Judy Kovach – Robertson County
Mirabella G

BACK TO SCHOOL BASH
Rachel Erwin and Rachel Howell – Lauderdale County
Mirabella H

POWERFUL TOOLS FOR CAREGIVERS
Melissa LaGraff – Jefferson County
Mirabella I

YOUTH VOICE, YOUTH CHOICE 2014
Tracey Hackett – Clay County
Mirabella J
2:15 – 2:40 P.M.

GOING PAPERLESS
Wendy Whiteaker – White County
Mirabella G

HEALTHY HOMES, HEALTHY YOU!
Sherri Morris and Katie Dees – Fayette and Hardeman Counties
Mirabella H

HEALTHY KIDS DAY
Rebecca Hughes – Union County
Mirabella I

CHANGING LIVES IN UNCONVENTIONAL PLACES
Elizabeth Elizondo – Washington County
Mirabella J

2:40 P.M. BREAK
Pre-Convene C Hallway
A former first lady once said, “Our lives are a mixture of different roles. Most of us are doing the best we can to find whatever the right balance is … For me, that balance is family, work and service.”

Often, we may feel as if we are constantly having to juggle life’s activities with work and career priorities. Although it is not Tomi Rogers’ intent to solve all problems related to life/work balance, she aims to provide effective strategies to jump start your life and working career toward balance.
CONFERENCE OBJECTIVES

- Define creative strategies for future FCS programs.
- Encourage and support personal and professional excellence.
- Empower FCS agents to facilitate positive change for families and communities.
- Strengthen participants’ capacity to deliver programming related to FCS initiatives.
- Share Programs That Work with colleagues.

SPECIAL THANKS

Special thanks are extended to the following:

Conference Planning Committee:
- Linda K. Bower
- Carol Brandon
- Chiquita Briley
- Matt Devereaux
- Priscilla Eddins
- Betty Greer
- Starla Hardin
- Martha Keel
- Barb Metzger
- Cristina Martinez for technical assistance
- Jo Carlson for organizing the program
- Clint Cummings for coordinating our “Let’s Move” opportunities
- Carol Brandon for organizing Energizer breaks and the volunteers who led the Energizers
HEALTHIER TENNESSEE WORKGROUP MEMBERS

Theresa Allan, Sumner County
Donna Calhoun, Polk County
Priscilla Eddins, Tipton County
Karen Franck, Family and Consumer Sciences
Betty Greer, Family and Consumer Sciences
Gwen Joyner, Carroll County
Heather Kyle, Knox County
Melissa LaGraff, Jefferson County
Belinda Letto, Coffee County
Betty Neilson, Henderson County
Jessica Taylor, Family and Consumer Sciences
Patsy Watkins, Williamson County

“LET’S MOVE” OPPORTUNITIES
APPRECIATION GOES TO THE FOLLOWING FOR LEADING PHYSICAL ACTIVITY SESSIONS:

Walking
Karen Franck, Natalie Owens, Clint Cummings

Running
Shea Austin

Water Aerobics
Betty Neilson, Sharon Tubbs

Tai Chi for Arthritis
Tracey Hackett

Functional Fitness
Janie Pedigo

Belly Blasting 2-Mile Walk
Donna Calhoun
BIOGRAPHIES OF SPEAKERS

Rick Johnson
Rick Johnson is the president and chief executive officer of the Governor’s Foundation for Health and Wellness, a nonprofit corporation that is leading and directing a statewide initiative to improve health outcomes in Tennessee. He was previously special assistant to Gov. Bill Haslam and, prior to that, was executive vice president of Provision Healthcare. Before joining Provision, he was president of Eastern Management, a planning and project management consultancy.

Johnson served as senior vice president and was a member of the Executive Committee of Ruby Tuesday Inc., a leading international food service company, where he was responsible for the senior leadership of several corporate departments during his tenure. In the mid-1990s, he was vice president of Dollar General Corporation, a multibillion-dollar discount retail chain. He directed planning, marketing, communications and real estate development, along with purchasing, warehousing and distribution. Prior to that, Johnson was senior vice president of Morrison Restaurants Inc., and president of its Specialty Restaurants Division.

Tomi Rogers
Tomi Rogers has been affiliated with the University of Tennessee for the past 15 years. She received her degrees from UT’s College of Business, and her background includes human resources, training and development, project management, and facilitation skills. Recently, she made a new career change and resigned from a software instructor position with TEAMHealth and has joined the UT Institute of Agriculture full-time, again as an Extension specialist with UT Extension. She will be joined with other team members to lead the development of employee and volunteer competency-based systems and to advance the Extension Volunteer Program.
HOTEL MAP

FCS PROFESSIONAL DEVELOPMENT CONFERENCE

Pre-Convene C Hallway

Churchill Boardroom
Wynthrope Boardroom
Cambridge Boardroom
Broadlands Boardroom

Oakleigh A
Oakleigh B
Oakleigh C

Mirabella Grand Ballroom

F
G
H
J
FCS PROFESSIONAL DEVELOPMENT CONFERENCE
PROGRAM AT A GLANCE

TUESDAY, JULY 29, 2014
Intern Exhibits (most of day) and IT Exhibits (afternoon)
10:00 a.m. Registration Check-In
11:30 a.m. Luncheon - Intern Presentation
1:15 p.m. General Session: “MISSION POSSIBLE: Drive for Excellence!”
2:15 p.m. Break
2:45 p.m. Leadership Team Programs
4:30 p.m. Technology Sessions
5:30 p.m. Evening – On Your Own

WEDNESDAY, JULY 30, 2014
Exhibits All Day
8:30 a.m. Keynote Speaker: Rick Johnson
10:00 a.m. Break
10:30 a.m. Make the Healthy Choice the Easy Choice: Changing the Environment
11:30 a.m. Make the Healthy Choice the Easy Choice: Small Starts
12:00 p.m. Luncheon
2:00 p.m. Programs That Work
2:55 p.m. Break
3:15 p.m. Make the Healthy Choice the Easy Choice: Start Now!
5:00 p.m. Evening – On Your Own

THURSDAY, JULY 31, 2014
Check-out time is 11 A.M.; Exhibits (morning)
8:30 a.m. General Session: “MISSION POSSIBLE: Leveraging the Opportunity”
9:10 a.m. Breakout Sessions 1
10:10 a.m. Break
10:30 a.m. Breakout Sessions 2
11:40 a.m. Retirement Luncheon in Honor of Dr. Bobbi Clarke
1:15 p.m. Programs That Work
2:40 p.m. Break
3:00 p.m. Capnote Speaker: Tomi Rogers
3:30 p.m. Have a Safe Trip Home!

GET THIS PROGRAM ON YOUR PHONE!