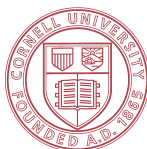


Living Well with Family and Consumer Sciences

A professional's guide to Cornell Cooperative Extension's
Family and Consumer Sciences Programs and Resources



Cornell University
Cooperative Extension
Orange County
Family & Consumer Sciences

845-344-1234 www.cce.cornell.edu/orange

Cornell University Cooperative Extension provides equal program and employment opportunities.
Please contact our office if you have any special needs. Printed December 2011.

Living Well

Americans are concerned about their health, their families and their finances.

Healthy families and communities rely upon a variety of inter-related factors, from food to shelter to relationships.

Cornell Cooperative Extension's Family & Consumer Sciences Program offers educational opportunities and resources designed to help individuals, families and educators improve the quality of their lives, become competent consumers and build healthier communities. Our prevention focused programs provide research-based, non-biased information and education that are known for their quality and their excellence. We deliver what we promise and add value beyond what is expected.

Raising Kids

- ◆ Understanding Children and Teens
- ◆ Positive Discipline
- ◆ Coping Skills for Parents and Caregivers
- ◆ Family Relationships
- ◆ Early Literacy and Media Education
- ◆ Balanced Living

Eating Right

- ◆ Food & Nutrition Education Across the Lifespan
- ◆ Childhood Obesity
- ◆ Food Preservation
- ◆ Healthy Lifestyle Choices
- ◆ Thrifty Shopping and Cooking
- ◆ Food Safety Practices

Spending Smart

- ◆ Basic Financial Management
- ◆ Budgeting
- ◆ Money Saving Strategies for the Home
- ◆ Credit and Debt Information
- ◆ Housing

The Family and Consumer Sciences department offers:

- ◆ Opportunities for your organization to host a workshop for consumers.
- ◆ Professional staff development for your employees and volunteers.
- ◆ Programs provided to the public at our Middletown location, as well as off-site (i.e. schools, libraries, childcare centers, etc.)
- ◆ Our close relationship with Cornell University allows us to provide the most current research-based resources. These can be obtained from our office or our website (www.cce.cornell.edu/orange) under Family and Consumer Sciences.

We welcome your call to discuss how we might help you and your organization with your educational needs. Please call 845-344-1234 and ask to speak with one of our educators.

Parenting / Caregiver Education

Because children don't come with directions, and sometimes being a parent isn't easy. . .

. . . Cornell Cooperative Extension Orange County offers hands-on learning designed for adults to explore, develop and practice the knowledge and skills helpful for positive parenting.

Bookstart: School readiness begins long before kindergarten! In this fun hands-on series, parents and caregivers of young children will explore current information about school success, and practice activities to help them meet their children's early play and literacy needs. Topics include: reading and language activities to do with young children, choosing and using books, making children's books, knowing your public library, and school readiness tips.



Kindergarten Readiness: This series helps adults understand and apply the research defining the emotional, social and academic skills important for school readiness and ongoing school success. Topics include: creating supportive home environments, importance of play, early literacy and numeracy skills and the power of parent-school partnerships.

What Do You Do With The Mad That You Feel?: Learn practical ways to help young children identify and manage their feelings and develop self control. The series will provide practical strategies to help adults raise responsible children, learn more about basic child development, and explore anger and bullying issues and solutions.

Discipline is Not a Dirty Word: An experiential workshop series designed to help parents and caregivers explore and practice seven principles of positive discipline. Topics of discussion include: why children act the way they do, how to set realistic limits, natural and logical consequences, modeling appropriate behavior, and parent-child communication strategies. This program is also available in train the trainer format.



Parenting in a Media Age: This series includes information and strategies to effectively manage screen use, including: the effects of media on children and families, safe internet use, cyberbullying and healthy alternatives to TV and other screens.

Surviving the Teen Years: Designed for parents and caregivers of pre-teens and young teens, this series will explore changing family dynamics and teach skills to help adults enjoy these transitional years. Topics include: Who is this stranger?, parent-teen relationships, talking with teens about sensitive topics and keeping teens safe.

Parenting the Second Time Around (PASTA): This national award winning workshop series is designed to meet the specific needs of those who are parenting related children. Grandparents and relative caregivers meet for a relaxed and sensitive workshop experience while exploring critical topics including understanding children/teens, discipline strategies and rebuilding their family.



Strengthening Families: A seven session workshop series, designed for parents/caregivers and youth ages 10-14 to attend together. This unique program assists adults and their pre-teen/teens in building upon their strengths, enhancing relationship skills and learning how to work through the critical teen years together. This new program includes a family meal, and is fun for the whole family!

COMING SOON!

They're Back! This practical and enjoyable series will assist parents and caregivers who have adult children in the home, either because they have returned or never left! Topics will include "house rules," division of responsibility, respectful communication strategies and financial issues.



The face of parenting has changed:

Relatives as Parents Program (RAPP) is an on going mutual support and education program designed to address the needs of grandparents and other relatives who are raising related children. The RAPP support services listed below are available for free at several county locations:

Coffee & Conversation Support Groups: A time to visit and share with other grandparents and relatives raising children. (monthly)

Caregiver Resource Library: A collection of resources of interest to relative caregivers are available for review and loan. Open daily by appointment. Includes child-friendly activity/book kits.

4-H/Youth Development Program: A fun and informal way to assist RAPP youth, ages six and older, to make new friends, develop leadership skills and build self-confidence.

Childcare (during most adult programs): Children are safely entertained on site while relatives enjoy a program for themselves.

Parenting Education: A series of educational programs designed especially for grandparents and relatives "parenting the second time around."

Nutrition Education: Practical information for healthy eating including easy recipes and shopping tips to meet your family's nutritional and physical activity needs.



Financial Management: Individual financial management program to help set family financial goals and develop a realistic spending plan.

Mediation Service: Resolve conflicts and restore peace in your family with the help of a professional mediator.

Special Events: Winter Holiday Celebration, Summer Picnic, and other intergenerational activities for kinship families to enjoy!

Counseling Services: Short term individual and/or family counseling designed to strengthen your kinship family.

Legal Information: Referrals to appropriate legal resources.

Peer Mentoring: Trained adult mentors assist families in navigating education, legal and social services.

Nutrition, Health, and Physical Well-Being...



Eat Smart Orange County provides an assortment of hands-on programming for individuals and families with limited resources who are struggling to maintain a healthy lifestyle among numerous challenges. Our educators will assist your organization to choose the best *Eat Smart Orange County* series for your consumers:

Eating Right is Basic: This series is designed to help adults address a variety of nutrition and food resource management topics. It utilizes a holistic approach to identify and adapt to partici-

pants needs and interest. An opportunity for discussion and application related to money saving strategies when selecting, preparing and storing food are part of the curriculum.

Eat Smart Be Active: A workshop series designed for families with young children that assists all members to practice healthy lifestyle choices. Assessing individual participant needs and interests helps attendees gain specific tools to help them plan and shop for healthy meals and snacks within their budget. Practical tips for regular physical activity are also stressed.

Loving Your Family, Feeding Their Future: This enjoyable series focuses on the preparation of fruits and vegetables in quick and tasty ways. As they cook, participants are encouraged to develop new skills and share experiences.

Eat Smart Live Strong: This workshop series, developed by the USDA, is designed to enhance senior's awareness of dietary and lifestyle choices that can affect health outcomes while motivating them to make positive behavioral changes.

Healthy Children Healthy Families: This fun, interactive series helps parents learn how to make healthy habits happen within their family by combining nutrition, physical activity and positive parenting practices. This eight week series is for parents and caregivers with children ages 3-11 years old.

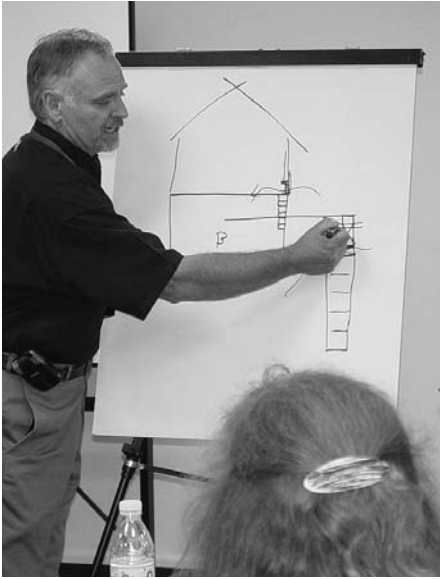
Community Nutrition Programming for *all audiences* may include:

Nourish Your Body: This series of lessons includes Nourish Your Brain and Nourish Your Joints and Bones. Each lesson includes interactive activities, recipes and handouts focused around properly fueling ones mind and body.

Meal Time in Less Time: This three part, hands-on series will help adult and young adult audiences plan ahead for meals, spend wisely on food, and gain confidence in their abilities to prepare healthy meals in less time.

Simple, Safe Home Food Preservation: Seasonal workshops will be offered on preserving vegetables and other foods at home. Techniques may include freezing, water bath canning, pressure canning, drying, pickling and fermenting of foods.

Family Life and Family Economics Programs



Balanced Living for Work and Family:

This series is designed to help adults identify their major stressors and develop realistic and balanced work-life strategies.

Techniques include: time management, stress management, mindful eating, physical activity/ sleep and prioritizing realistic roles and responsibilities.

Prepare to Care: This workshop is designed to assist individuals who currently are, or may some day be, a caregiver for family, friends or neighbors. An easy to use AARP "Prepare to Care" resource packet is included in the workshop, or available for free upon request.

Who Gets Grandma's Yellow Pie Plate? A workshop to help families develop a plan on how to organize and distribute non-titled possessions such as personal memorabilia,

jewelry, family photos and grandma's favorite yellow pie plate!

Family Budget Education Program: A free and confidential financial management education program matching a trained volunteer or CCE staff member with individuals or families to develop and use a customized budget and credit repayment plan.

Save Energy, Save Dollars: This workshop focuses on low-cost and no-cost strategies easily implemented by homeowners or renters to save energy and reduce energy bills. Participants learn about programs to help them afford energy-efficiency improvements with subsidies, low-interest loans, or free services to qualifying households. A free energy kit will be distributed at the end of the program.

Making Ends Meet: This workshop explains the process of how to develop and use a household spending plan, including strategies to maximize resources. Participants will receive a free money management kit.

Exploring Credit and Debt Management Issues: Information on selecting and using credit wisely are shared at this workshop. Strategies for paying down debt, obtaining and reviewing a credit report and understanding a credit score are also included. Participants will receive free credit management tools.

First Time Homebuyers: This four session series is designed to help take the confusion and uncertainty out of home buying. It takes prospective homeowners through the process step by step - from deciding whether homeownership is right for them to maintaining the house after it is purchased.



Professional Trainings and Support Resources

Consumer Helpline: Call our educators at 845-344-1234 to assist with questions and concerns regarding Nutrition, Parenting, Family Relationships, Housing, Financial Management and Residential Energy. Hours are 8:30 AM - 4:30 PM, Monday - Friday.

Audio-visual and Curriculum Lending Library: A full lending library of videos, caregiving and parenting curricula, disease specific cookbooks, self-help and wellness books, and periodicals are available through our Resource Center. A current Audio-Visual Directory is available on our website. This loan service is only available to professionals; consumers may review our resources at the CCE office.

Living Well: This bi-monthly newsletter includes timely and practical research based articles that focus on all areas of Family and Consumer Sciences, including *Raising Kids*, *Eating Right* and *Spending Smart*. Highlights of upcoming programs and events are included. Annual Subscription fee of \$8.00 or free with class series.

Smart Bites: This monthly flyer includes topics such as choosing healthy foods (especially vegetables, fruits, whole grains), saving money on food, food safety practices and increasing physical activity. Each issue includes a healthy recipe. *Smart Bites* is distributed to limited resource families participating in nutrition classes. Available for download off our website.

Parent Pages are a wonderful FREE resource, covering 100 topics of general interest to educators, parents and caregivers of children of all ages. These free materials can be downloaded off our website or mailed per individual request.

Value in Parenting Newsletter: This seven-volume newsletter series is available on our website, or in single hard copy format, and features topics of interest to parents and caregivers of children, ages 0 -10 years. Many issues are also available in Spanish.

Let's Talk About... A national award winning program resource designed to help adults begin conversations with pre-teen and adolescent children about difficult and important topics. Power points, short videos, print and web based resources are available for free download and use in the home, school or community setting. Topics include: Cyberbullying, Social Networking, Media Literacy, Life After High School and Contributing to the Greater Good (Volunteerism).

The Orange County Parenting Education Directory: This free directory is a simple tool for staff, educators, parents and community members, highlighting the many parenting education programs and services available within the Orange County community.

Orange County Parenting Coalition: A group of parents, educators, concerned individuals and agency representatives who understand parenting to be a learned skill, and are dedicated to ensure that all parents in Orange County have access to further develop the skills needed for competent parenting. The Coalition meets quarterly, produces the Orange County Parenting Education Directory and offers a free professional training for members each year. Call to become a member.

Promoting Best Practices for School Based Parenting Education: A series of experiential workshop lessons designed to help meet the New York State parenting education requirements. Successfully field tested in Orange County Middle and High School classrooms, these lessons are available for free download from our website.

Pressure Canner Dial-Gauge Testing: Prior to each canning season, one should have their dial type pressure canner gauges tested. For a nominal charge, dial type pressure canner gauges and gaskets will be tested at the Cornell Cooperative Extension office. Current materials on home food preservation are also available at no charge. Call for additional information.

ServSafe Food Manager Certification Course: This two-day course provides nationally recognized certification in food safety and fulfills the new NYS mandatory food handler certification requirement. The ServSafe curriculum uses the most recent FDA Food Code updates/standards. Call for additional information and program offering.

Worksite Wellness: CCE Staff can partner with a school, agency or organization to identify and model simple worksite wellness initiatives including lunch and learn wellness talks, healthy snack ideas, "Potty Talks" and simple activity ideas.

Professional Education Programs: Join our professional education mailing list to take advantage of the many professional development opportunities hosted by Cornell University Cooperative Extension. Annual training programs may include: *Making Healthful Decisions*, *Parenting Educator's Update* and specific curricula training of your choice.

Call us at 845-344-1234
or visit our website:
www.cce.cornell.edu/orange

Frequently Asked Questions



Who should attend our programs?

Everyone can use assistance! The educational programs and training offered through the Family and Consumer Sciences Department are focused on prevention and open to those living or working in Orange County. Due to grant funding, a few programs are limited to specific populations.

How do I host a program? The first step is to contact an Extension Educator at 344-1234. Based on the audience, time available and your topic interest, they will recommend a

selection of programs. The host is responsible for a room that will accommodate the group, local publicity that supports our recommendations, light refreshments, basic audio visual equipment, a “guarantee” of 5-15 people in attendance (depending upon the program) and enthusiasm!

What does CCE provide for these programs? Experienced, enthusiastic educators will work with you to deliver and evaluate the program of your choice. We provide the educator, all program materials, teaching aids and inclusion in CCE marketing materials. Marketing recommendations/guidelines will be provided for your own local publicity.

What type of program is recommended? Studies have shown that a “series” of workshops, offered once a week for several weeks, is the best way for participants to retain and apply the knowledge gained. It also gives participants the opportunity to come back and discuss what has worked since the last program. If the organization does not have the ability to host a series, shorter programs may be custom designed to meet their needs. We offer lunch and learn, student programs, one day trainings and workshops for adults.

What do you charge for your programs? Due to generous funding from the USDA, Cornell University Cooperative Extension, Orange County government, and local, state and national grants, our fees are nominal. In the event of hardship, we will “scholarship” individuals. No one will be denied admittance nor materials for lack of funds.

How much lead time do I need to host a program?

We recommend that you call as early as possible, especially if you prefer an evening series. We generally plan our schedules three to six months in advance. But, always try us as we may have an opening that just happens to work out!





What people are saying about our Family and Consumer Sciences programming:

- ◆ “I have learned a lot from *Discipline is Not a Dirty Word* and have already seen a difference in my home.”
- ◆ “I read labels now. I now steam my vegetables. I no longer buy juice drinks and I limit the amount of juice that I give my children to once a day and drink more water.”
- ◆ “Thank you for helping me learn how to track my expenses and create a budget. Now I need to stick to it!”

Program Participant's Comments

- ◆ “CCE provides excellent training that we can really use to benefit our community.”
- ◆ “I liked the excellent resources and the developmentally appropriate materials presented in a positive manner.”

Educator's Comments

“I think prevention and early intervention is where it is at. It is important that we have educational services in existence so that we can prevent poor outcomes.”

Assemblywoman Aileen Gunther

“It is important that we have loving families who can step in and take care of children when their parents cannot raise them. *RAPP* is a wonderful program for the children as well as the relatives who are now caring for them.”

*Honorable Debra Kiedaisch
(Orange County Family Court Judge)*