

Program Highlights

Nutrition and Family Resource Management

July 2006

- ❖ Lowe's of Kingston agreed to a collaborative sponsorship for the educational component of the Ulster County Home Ownership Program (UCHOP). Lowe's agreed to host two "how-to" clinics for program participants on popular home maintenance and repair topics as well as provide Lowes' gardener hats and certificates good for 10% discount on items in the store. At the launch event held on June 14th in Lowe's Garden Center, Administrative Manager, Brian Buck, said, "When making improvements to your home its always nice to have a friend in the business. Lowe's is happy to be that friend to participants in Ulster County's Home Ownership Program and to all Ulster County residents. We're here to help people improve their lives as well as their homes." Bob Sanders, a 15 year veteran employee of Lowe's and the instructor of the workshop on *How to Install Laminate or Ceramic Tiles*, pointed out, "Anyone can learn to make basic home repairs. I started back in 1985 when I purchased a mobile home as my first house. It's great to be able to show people how to make simple repairs and improvements. Our classes will walk people right through it." The fun event was organized by Lisa Berger, Marketing and PR; Dona Crawford Events Coordinator, JM Alexis Smalec Issue Leader and team members from the Nutrition and Family Resources Management Area. Lee Reidy (CCE Executive Director), Robyn Awand (RUPCO), Virginia Craft (Ulster County Planning Board) and program participants were invited. A photo story of the event is in its first draft.

The topics for the six clinics offered this year were defined on the basis of results obtained from the recent face-to-face survey of past participants. The survey gauged the effectiveness of the information and seminars that had been offered during the first funding term. It revealed overwhelming support for the post closing educational sessions. Indeed, the respondents expressed great desire for sessions on specific topics. This led directly to the planning of clinics on matters deemed most pertinent by participants. Two of these topics, *Window Replacement & Installation* and *How to Install Laminate or Ceramic Tiles* will be covered by Lowe's employees during clinics to be held at the Kingston store. Cornell Cooperative Extension consultant, Mark Russo, a New York State licensed contractor, and the Association's Financial Educators, Ruth Hirsch and Tom Heffernan conducted workshops at Cornell Cooperative Extension's Education Center on *Exterior Painting and Window Repair; Plumbing System and Repairs; Working with Contractors; and Financial Education for Home Buyers*.

All participants received updated bright red, hard-cover, Homeowner Welcome Packets with information on available resources, Fact Sheets, and additional educational material. There is also a welcome page which features the logos of Lowes, Cornell Cooperative Extension of Ulster County as well as the Ulster County Government and RUPCO, who are involved in administration of UCHOP. UCHOP is funded through a Small Cities Community Development Block Grant.

- ❖ Cornell Cooperative Extension of Ulster County delivered WiSeUP modules to female participants, 22-35 years of age. Ruth Hirsch, Financial Educator implemented two modules to four groups of participants in the program pilot opportunity offered by the US Department of Labor, Women's Bureau Region 2 for Women of "Generation X". The YWCA of Kingston requested a special session at their location, for their members.
- ❖ The Nutrition Educators continued their work, assisting food stamp applicants/recipients and other limited resource audiences to adopt healthy eating and lifestyle behaviors, and to develop positive practices related to thrifty shopping and preparation of nutritious foods. Deanna Young started a new group at the Mental Health Association called "Healthy Lifestyles". Clients are being introduced to new spring produce thanks to the contributions from the Phillis Bridge Farm. Joan Baglio and Ronald Baatz have started the fun education nutrition sessions at two summer camps.
- ❖ As part of redefining their work program, the FEs have decided on a One-Day Work Retreat, scheduled to 'fast-forward' activities. In addition to working with non-paying clients, the FE team is looking for client groups who would pay some fee for a series of sessions or mini-curricula. They have started to generate a list of companies, businesses, organizations, including New Paltz College, SUNY Community College, and hospitals. Lisa Berger is working with the FEs, helping to standardize their material, format and the "look and feel" of Fact Sheets

NUTRITION AND FAMILY RESOURCE MANAGEMENT TEAM

Nutrition Education Coordinator:	Eileen Polk;
Nutrition Program Educators (NPEs):	Ronald Baatz, Joan Baglio, Pablo Shine, Deanna Young
Financial Educators (FEs):	Tom Heffernan, Ruth Hirsch,
Team Secretary:	Barbara Grumberg
Issue Leader:	JM Alexis Smalec