

Family and Consumer Sciences Program Highlights

Nutrition Education Programs

Mimi Fix, began work as the part time Nutrition Program Educator in EFNEP on Jan. 29. She is attending the Cornell-developed “Navigating for Success” training for new front line staff during Feb. and March.

By invitation from Head Start, the Nutrition Education Programs are doing demonstration lessons to market EFNEP / ESNY to the parents’ groups. They have already been done with good success in Phoenicia, Saugerties, and Kingston, and are scheduled for Ellenville and Plattekill.

ESNY is continuing to serve adults with special needs. Eight Gateway clients who are living in apartments have learned how to prepare food and eat healthier.

All of the Nutrition Education staff will be participating in the conference, “Living & Teaching in a Media Age” on March 27. The Program Coordinator, Eileen Polk, is arranging the commercial and human services exhibits for the conference.

Financial Education Programs

Ruth Hirsh is offering workshops for two grant-funded financial planning/budgeting programs, one funded by the Department of Labor called Wise Up Women which targets women aged 17-45 and another funded by Cornell Cooperative Extension of Tompkins County EmPower New York called Making Ends Meet is a financial Workshop focused on setting and achieving goals, and on budgeting.

- Wise Up Women: March 14th 9 AM - 10:30 AM SUNY Ulster BRC in Kingston
- Making Ends Meet: March 20th 12:30PM Clinton Avenue Methodist Church, 122 Clinton Avenue, Kingston
- Making Ends Meet: April 6th 1PM Cornell Cooperative Extension Satellite Office, Phoenicia Plaza, 5578 Route 28, Phoenicia
- Making Ends Meet: April 10th 1:30PM Queens Galley 254 Washington Avenue, Kingston
- Making Ends Meet: April 11th 1:30PM Ulster Community College BRC room 123-124, Kingston
- Making Ends Meet: May 2nd Ulster Community College Main Campus, Vanderlynn Hall, Stone Ridge
- Making Ends Meet: May 9th 1:30PM Ulster Community College @ BRC room 123-124 Kingston, NY

Ruth is also offering grant-funded workshops on energy conservation: Save Energy, Save Dollars. Each participant will get a number of energy savings items free. She is in the

process of scheduling more of these workshops.

- Save Energy, Save Dollars: March 13th, 1PM Queens Galley 254 Washington Avenue, Kingston
- Save Energy, Save Dollars: March 19th, 5PM Cornell Cooperative Extension Satellite Office, Phoenicia Plaza, 5578 Route 28
- Save Energy Save Dollars: April 11th 9AM Ulster Community College @ BRC room 123-124 Kingston, NY
- Save Energy Save Dollars: May 9th 9AM Ulster Community College @ BRC room 123-124 Kingston, NY

Cornell Cooperative Extension of Ulster County also has some funding from NYSERDA to provide outreach on Energy Efficiency Grant/Loan Programs, programs to assist low-income people improve the energy efficiency of their homes and appliances, and funding for alternative energy. Please contact Ruth if you would like some materials about the program to distribute or display at meetings or events that you are attending. If you do distribute any materials please let us know!

Tom Heffernan will be speaking to students at Walkill High School on Monday, March 12th about using credit cards wisely and the importance of early savings. He will begin to implement a pre-and post test of the students that he gives presentations to so that we can try to evaluate the impact of his presentations on the students that he speaks to.

In addition, Tom will be working more closely with the Nutrition Program Educators to insure that he is reaching Eat Smart New York – eligible (i.e. low income) people/clients for financial education and family budgeting. He may work with the Department of Aging to travel with their van out to places in the county where he can provide information and counseling to seniors and other low income people.

Lee Reidy and Liz Higgins submitted a request for FY 2008 Appropriations to develop a pilot financial literacy program for college students. We also plan to work with the colleges in Ulster County to develop additional sources of support for this type of a program.

Human Development

Liz Higgins has agreed to work with Cornell Cooperative Extension of Orange County to start offering a Relatives as Parents Program (RAPP) in Ulster County. We will be offering a workshop, Parenting a Second Time Around in May and June. In June, assuming that Orange County receives its funding; we will become an official RAPP provider. We will be hiring a 20 hr/wk coordinator for this program this spring. This program is receiving increasing funding at the state level, and is also proposed for funding at the federal level by Senators Clinton and others. We think that it may be a sustainable program in the future. We have received about \$6500 for the first workshop and will receive \$32,000 for one year to be a RAPP provider.