

Family and Consumer Sciences Program Highlights September-November 2007

Nutrition Education Programs

Eat Smart New York and EFNEP started their new fiscal year in October. Both programs have been funded at the amount requested.

Eat Smart New York and EFNEP staff achieved a greater than 60% graduation rate for their programs in FY 2006-2007. This exceeded the state target of 50%. This means that more than 60% of the people who enrolled in the program graduated with more than 6 lessons.

Eat Smart New York (ESNY) is continuing to work towards its FY2007-2008 goal of developing more group programming rather than individual home visits. The primary benefit to the program is more efficient use of mileage and staff which will reduce our costs per graduate. Benefits to the participants include:

- The opportunity to exchange ideas and network with fellow participants
- Not having to have a person in their home – for example, for some of our clients, meeting in a group would be acceptable to their spouse, whereas having a man visit at home is unacceptable
- The ability to include some people in the group who are not income-eligible for the program, but who would benefit from nutrition education.

The barriers include:

- Accommodating people's varied schedules, particularly if they are working shifts – they may find it difficult to commit to a 7 week session at a set time, and
- Transportation problems
- Less one on one interaction with staff.

ESNY will be initiating a new group program at the Office for the Aging dining sites this winter. In addition, two "*All My Money*" groups started in October in Kingston and in Ellenville. These sessions pair the Financial Educator (Tom Heffernan) and a Nutrition Program Educator (Deanna Young and Pablo Shine) to deliver programming. We anticipate starting additional *All My Money* programs after the holidays as well as some additional nutrition/cooking-only groups.

ESNY & EFNEP collaborated with **Phillies Bridge Farm** and **Healthy Start** to host an end of the season cooking fest in our teaching kitchen on Oct. 10. About 17 families participated and prepared "Mediterranean Squash Stew" and "Kale & Cheese Drop Biscuits." The children got to use a unique apple peeler/corer and prepared Apple Crisp.

Human Services Fair – all programs in the Family and Consumer Science area participated in this networking fair to market our programs and increase opportunities to collaborate with other agencies.

Holiday Food Safety – The Nutrition Education Program distributed 450 USDA brochures that contained all the essential information for safely defrosting, cooking, and storing leftovers of the Thanksgiving turkey. They went to Family, People's Place, the Food Stamps office, and individual clients. The brochure is also available on our CCE Ulster website along with gravy tips and a collection of recipes.

Human Development Programs

The Relatives as Parents Program (RAPP) has two support groups up and running in Kingston and Ellenville. We are enrolling about 2-3 new families per month. The RAPP Program Coordinator (Erica Smith) has primarily been working to get the word out about the program. We have sent letters home to every elementary school-age child in Kingston and Ellenville, attended the Human Services Fair and distributed information, attended the Wawarsing Council of Agencies and distributed information, and has met with staff from other agencies/organizations that work with relative-caregiving families. She is in the process of developing a mailing that will go out to all churches and school social workers in the county.

We held the first RAPP Autumn Celebration for Kids on November 10th. Four families (five children) participated. 4-H teen council members helped out.

We are collaborating with Jewish Family Services to provide trained counselors to the RAPP Program. A social work intern will be attending RAPP support groups this winter and spring and we are collaborating on a Brookdale Foundation grant to add counseling services to the RAPP Program.

Safe Routes to School Kristen Wilson has begun to work with Bailey Middle School in Kingston to develop a Safe Routes to School Project that will both teach youth mapping and data collection skills but will also result in a community map that highlights areas that are barriers to pedestrian travel.

Financial Education Programs

We have started programming for the following grants:

Wise Up Women, we held a session for about 15 women at the County Office Building in October. We will hold one more session this year to reach a total of 30 women.

Saving Energy Saving Dollars and Making Ends Meet. Tom and Liz attended the training for this grant program in October. Tom has started to offer these programs to groups in Ulster County. Both are 2 hour financial education programs. The first teaches low-cost methods for energy savings and the second teaches basic consumer budgeting.

CCE Ulster will become the **Long Term Care Insurance Information Program** resource Center for Ulster County starting in December. We have received funding for this program and will be offering workshops/information this winter and spring. We will be hiring an additional staff person on a short term contract to assist Tom with this program.