



2022 Fall Leadership Workshop Schedule

Hyatt Centric Arlington
1325 Wilson Blvd, Arlington, VA 22209

In appreciation to the Goebel Young Leadership Fund for supporting the Fall Leadership Workshop!

Friday, September 30

1:15 - 4:45 PM

Professional Certification Exams

Location: Douglas, Lobby Level

- Family and Consumer Sciences (FCS) Composite Examination
- Human Development and Family Studies (HDFS) Concentration Examination
- Personal and Family Finance Educator (PFFE) Examination
- Nutrition and Wellness Educator (NWE) Examination

5:00 - 5:30 PM

Registration Open

Location: Senate Ballroom Foyer, 2nd Floor

- Pick up name badge and Workshop packet
- Photo booth open
- Visit the Educational Exhibits:
 - Annual Conference Local Advisory Committee
 - Elementary, Secondary and Adult Education
 - Consumer Financial Protection Bureau
 - Georgia Association of Family and Consumer Sciences
 - Maryland Association of Family and Consumer Sciences, Morgan State University and ACLAC
 - Middle Tennessee State University and MTSU Grant
 - Oklahoma Association of Family & Consumer Sciences/ Oklahoma State University/ Oklahoma Cooperative Extension
 - Southern Peanut Growers
 - Pennsylvania FCS & PDE PA Universities
 - The Sugar Association
 - Texas Tech University Family & Consumer Sciences Education

5:30 - 5:45 PM

Welcome and Introductions

Location: Senate A & B, 2nd Floor



Nancy Bock

*Executive Director,
American Association of Family and Consumer Sciences*

Nancy Bock is a recognized leader in consumer education, outreach, communications, partnership, and stakeholder management. She has worked for 3 decades in roles that have benefited from her BS and MS degrees in family and consumer sciences. Her multi-faceted career includes senior positions in the county, state and federal government, non-profit trade and educational associations and business and industry.

5:45 - 6:15 PM

AAFCS Autobahn: Sight Seeing Tour and The Round-About

Location: Senate A & B, 2nd Floor



Deb Andres

*Director-at-Large, Board of Directors
Family & Consumer Sciences Agent, Geary County, Kansas State University Research and Extension*

Leadership development is a journey, not a destination. As a young high school student enrolled in a Home Economics and served in officer positions as a member of FHA. I served as a state Student Home Economics Association officer and national meeting

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delegate while attending college. The journey continues with national committee and community work within AAFCS while being a faculty member of Kansas State University. I now serve AAFCS as a Director-At-Large board member and work as a county-level FCS Extension Agent for K-State. Join me in part of my professional journey as I hopefully add to the richness of YOUR journey!



Toni Wiese

Associate Director, Membership & Communications
American Association of Family and Consumer Sciences

As a young professional, Toni holds membership with AAFCS and joined the staff in January 2022. She previously worked for two years at Iowa State University Extension and Outreach as a 4-H County Youth Coordinator. She holds a BS in Family and Consumer Sciences from Wayne State College. She has been active in the Nebraska Affiliate serving as the Student Unit Chair, Communications Chair, a member of the conference planning committee and was the 2022 New Achiever Award recipient. On the national level, she served as the Vice Chair of Service and Outreach for the Student Unit and is a 2021 graduate of the AAFCS Leadership Academy.

6:15 - 7:00 PM

Networking Dinner

Location: Senate C, 2nd Floor

7:00 - 7:30 PM

L-E-A-D-E-R-S-H-I-P (0.5 CFCS PDU)

Location: Senate A & B, 2nd Floor

Warm welcome from the AAFCS Board of Directors and overview of the workshop sessions. Attendees will share definitions of LEADERSHIP.



Lorna
Wounded
Head, CFCS,
CPFFE

President, Board of Directors
American Association of Family and Consumer Sciences

Growing up, I was involved in 4-H and FHA (now FCCLA). Those groups were a place for me to set and achieve goals, make friends, try new things, and develop my skills. It was an easy decision for me to enroll in an FCS major and to join the student unit of AAFCS. Once I started attending the Annual Conferences, I found more ways to develop my knowledge and skills, set and achieve professional goals, and find friends. My involvement on the AAFCS Board is a way for me to give back to an organization that has given me so much.



Deborah J.
Handy, CFCS

Treasurer, Board of Directors
American Association of Family and Consumer Sciences

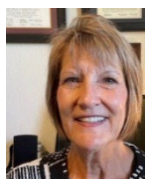
Early in life I knew that I wanted to be a teacher. Determining that Family and Consumer Sciences (Home Economics) was the program for me came relatively easily. I loved the practicality of the content. I first became a member of AAFCS (AHEA) while in College. My AAFCS membership helped me meet other professionals and get connected with amazing leaders who have shaped much of my career. I have felt most connected to the content, the people, the initiatives, and the support that it has provided for my development. I am delighted to be giving back to the organization as a Board of Directors member.



Deb Andres

Director-at-Large, Board of Directors
American Association of Family and Consumer Sciences

Leadership development in a journey, not a destination. As a young high school students enrolled in a Home Economics and served in officer positions as a member of FHA. I served as a state Student Home Economics Association officer and national meeting delegate while attending college. The journey continues with national committee and community work within AAFCS while being a faculty member of Kansas State University. I now serve AAFCS as a Director-At-Large board member and work as a county-level FCS Extension Agent for K-State. Join me in part of my professional journey as I hopefully add to the richness of YOUR journey



Sharon S.
Pate

Director-at-Large, Board of Directors
Management and Marketing Directions

Saying YES to FCS was an easy transition from 4-H and High Schools Home Economics Classes to an FCS career. After becoming a public-school teacher, I became more involved with the profession working with students, families and communities. Working in FCS departments in Public Schools and Universities has provided me with a compass for sharing my passion for lifelong learning. Serving as President of three state affiliates I

(CON'T)

wanted to extend my service to AAFCS. After reviewing the duties of a Board Member at large I became excited to be involved in leadership at the National level.



Martha
Ravola

*Director-at-Large, Board of Directors
Alcorn State University, Associate Professor*



Meeshay
Williams-
Wheeler

*Director-at-Large, Board of Directors
Certified Family Life Educator, Associate Professor of Child Development and Family
Studies, Department of Family and Consumer Sciences North Carolina A&T State
University, Associate Professor, Child Development and Family Studies*

I said YES to: (a) the FCS Profession because I have always had a passion and desire to help others to do their BEST; (b) AAFCS membership because it has provided me an opportunity for collaborating and networking with likeminded family science professionals; and (c) a board position because it allows a broader/wider platform to reach and help those individuals, families and communities in need as well as model leadership in AAFCS for the next generation of FCS professionals of color. I am so excited to see the lens of AAFCS expanding and broadening to include racial equity, racial justice, and equality as we aim to embrace and value all people!

7:30 - 8:00 PM

State of the Association (0.5 CFCS PDU)

Location: Senate A & B, 2nd Floor

Hear from the Board Executive Team (Executive Director, President, and Treasurer) as they provide key updates and initiatives for the Association.

- Nancy Bock, Executive Director, American Association of Family and Consumer Sciences
- Lorna Wounded Head, CFCS, CPFPE, President, Board of Directors, American Association of Family and Consumer Sciences
- Deborah J. Handy, CFCS, Treasurer, Board of Directors, American Association of Family and Consumer Sciences

8:00 - 8:45 PM

Elevate FCS with FCS DAY 2022 (0.75 CFCS PDU)

Location: Senate A & B, 2nd Floor

JUMP START your planning for FCS Day 2022 as we commemorate the birthday of our founder, Ellen Swallow Richards, with NEW resources and tools to ELEVATE and CELEBRATE Family and Consumer Sciences!

- Toni Wiese, Associate Director, Membership & Communications, American Association of Family and Consumer Sciences

8:45 PM

Closing Remarks (0.25 CFCS PDU)

Location: Senate A & B, 2nd Floor

Saturday, October 1

7:30 - 8:00 AM

Networking Breakfast and Educational Exhibits Open

Location: Senate A & B (Breakfast) and Senate Ballroom Foyer, 2nd Floor

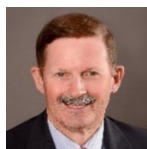
8:00 - 8:45 AM

Welcome Back and Announcements

Location: Senate A & B, 2nd Floor

Legal Matters/Governance (0.75 CFCS PDU)

AAFCS Legal Counsel will provide an overview of and answer questions about the roles and responsibilities of volunteer leaders/board members.



Steve Benson

Steve Benson is a partner with the law firm of Whiteford Taylor & Preston. Mr. Benson has over 35 years of experience in working with nonprofit and tax exempt organizations on a wide range of legal matters, including governance, tax, corporate matters, contracts, employment, intellectual property, antitrust, and certification issues. He currently represents a diverse group of charitable, scientific, professional, membership, and trade associations and their supporting organizations. Prior to entering private legal practice, Mr. Benson served four years on active duty in the Navy in the Judge Advocate General's Corps.

*Tennessee Affiliate
Past President, Board of Directors*



Liz Mullens,
CFCS

Liz Self-Mullens, Ph.D., CFCS, did her undergraduate work in Home Economics Education, with graduate degrees in Textiles & Apparel and in Human Ecology. Her career in higher education includes service as a faculty member, extension educator, director, assistant dean, dean, assistant vice president for academic affairs, and provost in colleges and universities in Tennessee, Vermont, Colorado, Maine, and Pennsylvania. Liz retired in mid-2018 from the position of Dean, College of Agriculture & Human Ecology at Tennessee Technological University. Most recently, she served as the 2020-2021 AAFCS Board President and as Counselor on the 2021-2022 AAFCS Board of Directors.

8:45 - 9:00 AM

What is Happening in the World of Family and Consumer Sciences? (0.25 CFCS PDU)
Location: Senate A & B, 2nd Floor

Perspectives on current issues and opportunities impacting the profession from FCS-related organization and AAFCS Partner. Featuring Family, Career and Community Leaders of America.



Sandy
Spavone

Sandy Spavone has served as the Executive Director of Family, Career and Community Leaders of America, Inc. (r) (FCCLA) since 2013. Through the leadership of the FCCLA Board of Directors Sandy has worked to update FCCLA Programs, lead the organization to a stronger financial foundation, aligned the work of FCCLA to qualify as Career and Technical Education, and secured Family and Consumer Sciences as a named qualifier in the most recent Perkins reauthorization. She is married to a retired Capitol Hill Police Officer, mother of two, and proud grandmother of four..

9:00 - 9:30 AM

2023-2025 AAFCS Transformation Journey (0.5 CFCS PDU)
Location: Senate A & B, 2nd Floor

Learn more about the strategic planning process that has been underway within the Association! Key findings that may inform future directions and priorities will be shared.

- Lorna Wounded Head, CFCS, CPFFE, President, Board of Directors, American Association of Family and Consumer Sciences

9:30 - 9:45 AM

Break

9:45 - 10:00 AM

Wellness Activity Hosted by AAFCS Member
Location: Senate A & B, 2nd Floor



Deb Williams

Missouri Affiliate

AAFCS member (10 years); Non-traditional professional; Annual Conference volunteer and presenter (2012, 2017-2019); Missouri Affiliate President (2016-); Leadership Academy mentee (2017), mentor (2021); Chairman of Hospitality Committee of the NCBDFCS (2018-); Leadership Council (Fall Leadership Workshop) attendee (2016-); Adjunct Lecturer Fontbonne University (2015-2017); class, "Framing Critical Issues in Family and Consumer Sciences" and family and human resources classes; retired from the City of St. Louis after 32 years of service, currently an Archives Technician at NARA.

10:00 - 11:30 AM

Planning an FCS Day at the State Capital (1.5 CFCS PDU)
Location: Senate A & B, 2nd Floor



Jackie Ogden

*Georgia Affiliate
Past President, Board of Directors*

11:30 AM - 12:30 PM

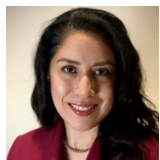
Networking Lunch

Location: Senate C, 2nd Floor

12:30 - 1:00 PM

Invitation to the 2023 AAFCS Annual Conference (0.5 CFCS PDU)

Location: Senate A & B, 2nd Floor



Sandra
Andrade

*Associate Director, Conferences & Communications
American Association of Family and Consumer Sciences*

I have worked at AAFCS since spring 2020 when Annual Conference pivoted to a virtual one. As 2022 is making a comeback with in-person meetings again, I am excited to be part of its transcending meetings here! One of my goals, in my role here, is to ensure AAFCS Conference is full of quality FCS professional development that you will not want to miss out on!



Jacqueline
Holland,
CFCS-HDF

Member, Annual Conference Local Advisory Committee

Jacqueline M. Holland EdD, CFCS is Associate Professor and Chair in the Department of Family and Consumer Sciences at Morgan State University in Baltimore, MD. She is co-editor of African Americans in the Human Sciences: Challenges and Opportunities. Dr. Holland is past president of AAFCS and manages the Diversity, Equity, and Inclusion Community.



Glenda
Lindsey

Member, Annual Conference Local Advisory Committee

Glenda L. Lindsey has a doctorate in Public health and received and completed a fellowship in Complementary and Alternative Medicine from the National Institute of Health while at Morgan State University, Baltimore, Maryland (class of 2012). She recently obtained an adjunct teaching position at Morgan State University, Family and Consumer Science Department. In addition she is served on the committee APHA Dietary Guidelines Sustainability Comments from the Food and Nutrition section of the American Public Health Association.

1:00 - 2:15 PM

Advocacy: More than Hashtags and Handshakes (1.25 CFCS PDU)

Location: Senate A & B, 2nd Floor

Learn tips, strategies and best practices for advocating with a unified voice on the local, state and national level.



Jeanne
Blankenship

Academy of Nutrition & Dietetics

Jeanne oversees state government relations -- including consumer protection and licensure initiatives, grassroots advocacy, and regulatory affairs for the Academy. She manages the organization's Political Action Committee, Legislative and Public Policy Committee and the Consumer Protection and Licensure Subcommittee. As a nationally recognized expert in obesity and weight management, Jeanne has championed the need for access to comprehensive treatment in her advocacy efforts and is a past co-chair of the Obesity Care and Advocacy Network. She stands with partner organizations to advocate for federal nutrition research funding and to increase the visibility and underscore the importance of scientific evidence to support national nutrition policies.

2:15 - 2:30 PM

Beverage Break

2:30 - 3:45 PM

Advocacy 101 (1.25 CFCS PDU)

Location: Senate A & B, 2nd Floor

Gain access to a new advocacy training resource developed by AAFCS-TX that is intended to equip advocates across all FCS professions to take civic action.



Cindy Miller,
CFCS,
CPFFE

TX Advocacy Academy

Dr. Cynthia (Cindy) Miller is an Assistant Professor of Family and Consumer Sciences Education in the College of Human Sciences at Texas Tech University. She is currently serving as a member of the AAFCS' Nominating Committee, Taskforce for Program Advancement, Past President's Unit, and as a mentor for the Leadership Academy. Cindy has served as Past President (2019-20), President (2018-19), and Board of Director At-Large (2017-2020) for AAFCS. Cindy teaches face-to-face and online undergraduate and graduate courses where she continually asks the question, "How can family and consumer sciences teachers be supported in transforming their thinking and strengthening their practice?"

3:45 - 4:45 PM

Engaging in Advocacy Through Community Forums: The Sizing Up America Story (1.00 CFCS PDU)

Location: Senate A & B, 2nd Floor

Community forums can be used as a tool to engage diverse stakeholders in addressing and finding solutions for complex issues whether online or face-to-face. Learn how you can employ this advocacy strategy.



Sue E.
Williams

Professor Emerita, Oklahoma State University

With 45 years of service at OSU, she has served as a Cooperative Extension Specialist, professor, department head of Human Development and Family Science, Director of the School of Hotel and Restaurant Administration and is currently the Ombuds Officer. Williams holds a Ph.D. in Environmental Science from OSU, a master's degree in Resource Management and Finance from Iowa State University and a bachelor's degree in Home Economics Education from New Mexico State University. She is also a graduate of the Harvard Management Development Program. Williams has served AAFCS as Vice-President for Planning and the Business Plan Task Force, Legislative Liaison and Foundation Chair for the Oklahoma Affiliate. She has received the AAFCS Leader Award and the Chalkley-Fenn Public Policy Scholar Award.

- Bonnie S. Braun, Professor Emerita, University of Maryland

4:45 - 5:00 PM

Closing Remarks (0.25 CFCS PDU)

Location: Senate A & B, 2nd Floor

5:00 PM

Dinner and Educational Experiences On Your Own

Click [here](#) for nearby restaurants and sites to visit

Sunday, October 2

8:00 - 8:30 AM

Networking Breakfast and Educational Exhibits Open

Location: Location: Senate A & B (Breakfast) and Senate Ballroom Foyer, 2nd Floor

8:30 - 9:15 AM

Advancing Association and Affiliate Programs (0.75 CFCS PDU)

Location: Senate A & B, 2nd Floor



Lori Myers,
CFCS

Sr. Director, Credentialing, Education & Research American Association of Family and Consumer Sciences

Although a long-time AAFCS member, Lori joined the staff in 2009 after 16 years as a secondary teacher and university Teacher Educator. In high school, she knew she wanted to become an FCS educator and, as a college senior, she served as the AHEA Student Unit Chair. Lori holds a BS, MS, and PhD in FCS Education. Her career includes state, regional, national, and international presentations; leadership roles in FCS related organizations; articles published in FCS journals; and state and national teaching/professional awards. Lori is passionate about FCS and the role of AAFCS in creating success within FCS programs.

9:15 - 10:00 AM

Grow Better Together with AAFCS (0.75 CFCS PDU)

Location: Senate A & B, 2nd Floor

Check out NEW materials for membership recruitment and retention from the national level that can be used in affiliates.

- Toni Wiese, Associate Director, Membership & Communications, American Association of Family and Consumer Sciences

10:00 - 10:15 AM

Break and Wellness Activity Hosted by AAFCS Member
Location: Senate A & B, 2nd Floor



Calvin
Sheldon

Nebraska Affiliate

Calvin Sheldon is the President-Elect of the Nebraska Association of Family and Consumer Sciences, and a student at the University of Nebraska Lincoln studying Family and Consumer Science Secondary Education.

10:15 - 11:45 AM

Affiliate Road Trip (1.5 CFCS PDU)
Location: Senate A & B, 2nd Floor

Learn about what is working in affiliates in a fast talk spotlight at the podium format from Affiliates, leaders, and members from across the nation!

- Deb Andres, Director-at-Large, Board of Directors, American Association of Family and Consumer Sciences
- Toni Wiese, Associate Director, Membership & Communications, American Association of Family and Consumer Sciences
- Glenda Lindsey, Public Policy
- Deb Williams, Leadership Academy - A Great Investment in Yourself!
- Vida Szabat, Highlights of the 2020 FCS Day at the GA Capital with Elected Officials
- Stephanie Love and Krysten Dane, MN 100 year Celebration
- Kelly Yeakey, Ways to Engage and Recruit Pre-Professional Members

11:45 AM - 12:00 PM

Closing and Reflections (0.25 CFCS PDU)
Location: Senate A & B, 2nd Floor

- Closing Remarks
Nancy Bock, Executive Director, American Association of Family and Consumer Sciences
- Fall Leadership Workshop Reflections
Deborah J. Handy, CFCS, Treasurer, Board of Directors, American Association of Family and Consumer Sciences
- Workshop Survey Reminder
Sandra Andrade, Associate Director, Conferences & Communications, American Association of Family and Consumer Sciences
- Spin the Wheel and Prizes
Sandra Andrade, Associate Director, Conferences & Communications, American Association of Family and Consumer Sciences

Safe Travels Home!