United Associations Conference

2020 Program

March 5-6, 2020

Sedgwick County Extension Education Center

Kansas Association of Family and Consumer Sciences
Kansas Association of Teachers of Family and Consumer Sciences
Kansas Extension Association of Family and Consumer Sciences
Epsilon Sigma Phi
General Registration Information

**Location**: Sedgwick County Extension Education Center; 7001 W. 21st Street N, Wichita (located at 21st and Ridge Road)

**Early Bird Registration**:  
Early Bird Registration ends **February 15**. If you would like to take advantage of the Early Bird Registration, but have not received a check or purchase order number, please complete the registration form and note the situation. After registration is received, you will receive an email confirmation/invoice. Please arrange for payment prior to attendance at the conference.

**Lodging**:  
Blocks of rooms have been reserved at the following hotels:  
- **Marigold Grand Suites**: 2405 N. Ridge Rd., 316-729-5700, $69.00 king plus occupancy tax and $79.00 for 2 queens plus occupancy tax, breakfast included, reserve by Feb. 20.  
- **Holiday Inn Express Wichita NW**: 10750 Hampton Lakes, Maize, 316-260-4070, $119.00 plus occupancy tax, up to 4 people in a room, breakfast included, indoor pool and fitness facility, reserve by Feb. 15.  
- **Hampton Inn - Airport**: 7230 W Harry, 316-942-2000, $115.00 plus occupancy tax (king or 2 queens), indoor pool and fitness center, hot breakfast included, reserve by Feb. 15.  
- **Comfort Suites Airport**: 7515 W Taft St., 316-773-1700, king - $103.50, 2 queens - $114.99, both plus occupancy tax, breakfast included, reserve by Feb. 15.

Mention United Associations Conference to get the group rate. Conference attendees make their own reservations and work out payment/direct billing details with the hotels. **You must supply a copy of your tax-exempt certificate in order to get the sales tax removed from your hotel statement.**

**AAFCSPDUs**:  
AAFCS PDUs will be available. Contact Janet Holden at jholden@usd247.com for more information.

**Continuing Education Opportunity**:  
Conference participants will have the option of earning 1 hour of graduate credit from Baker University by attending all sessions of the conference and completing a follow-up activity. Registration and payment ($70) must be made **onsite at the conference**. Complete information about this opportunity is available by contacting Lynette Yevak at lyevak@gmail.com.
**Lunches:** Lunches both days are included in the registration fee. Both meals are being catered by Corporate Caterers in Wichita. A vegetarian option will be available on Friday. No other special orders will be taken, so please make other arrangements if meals do not meet your needs.

**Snacks:** Light Snacks will once again be provided between sessions.

**Exhibits:** Exhibits will be open Thursday from 9 AM to Noon. Please visit the vendors and thank them for participating. This year will also include a Professional Pride section - please consider sharing something for others to see. You will also have a chance to participate in creating a video compilation supporting our professions. More details will follow.

**On-Site Schedule:** At the end of this conference information is an overview of the schedule for the 2020 UAC. A complete schedule with room locations will be available at the registration area during the conference.

**Special notes from Planning Committee:**
Due to the **limited WIFI availability**, conference participants are asked to allow the presenters priority with the WIFI service at the Extension Office. Please be considerate of this limitation in order to provide quality professional development for all.

The meeting rooms in the conference section of the facility are **generally cool** so please plan accordingly. The Extension staff does not control the temperature. It is regulated from an off-site facility.

**Registration Fees:**

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<thead>
<tr>
<th>Category</th>
<th>One Day</th>
<th>Two Days</th>
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<tbody>
<tr>
<td>Early Bird Registration</td>
<td>$80</td>
<td>$125</td>
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<tr>
<td>Regular Registration (Begins Feb. 16)</td>
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<td>$150</td>
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<td>Students</td>
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<td>$30</td>
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<tr>
<td>FCE&amp; EHU group members/Retirees</td>
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Payments to be made to: KATFCS-UAC
Payments mailed to: Attn: Lynette Yevak
2718 N Meadow Oaks Ct
Wichita, KS 67220

**No refunds after February 25, 2020**
General Session Speakers

Keynote Speaker:
Jim Richardson is a photographer for National Geographic Magazine and a contributing editor for its sister publication, Traveler Magazine. Richardson has photographed more than fifty stories for National Geographic. His work takes him around the world, from the tops of volcanic peaks to below the surface of the soil that provides our food.

Richardson speaks nationally and internationally and lives in Lindsborg, Kansas, where his work is featured at his gallery, Small World, on Lindsborg’s Main Street. He has built a distinguished body of black-and-white documentary work about rural Kansas life. Richardson was named Kansan of the Year in 2007 by the Native Sons and Daughters of Kansas. In 2015 he was honored by his fellow National Geographic photographers as their “Photographer’s Photographer.” He is co-founder of Eyes on Earth, an educational collaborative seeking to inspire next generation environmental photographers.

Richardson will be sharing his vision through a presentation, “Body and Soul: Nurturing People and Communities Around the World.”

Closing Speaker:
Leadership Starts with You: Do the Manage Self Shuffle
It’s one thing to understand the leadership competency Manage Self. It’s another thing entirely to put that idea into action. Certified coach and Kansas Leadership Center vice president Julie Fabris McBride helps you get ready for those moments when you need to step up and exercise leadership. Expect humor, vulnerability, audience engagement, and 10 steps you can start practicing right away. The Manage Self Shuffle works for experienced executives as well as for new and emerging managers, anyone who wants to think more clearly, choose wisely and be ever-ready to energize other people to make progress on tough challenges in organizations and communities.
Thursday Session Information

Human Trafficking: Myths & Truth
Jennifer White, ICT SOS Executive Director
This presentation will look at the myths and realities of how human trafficking and how it affects our communities. Presenter will look at several common myths and help the audience determine facts about the issue.

Know the Scam, Stop the Abuse
Denise Groene, State Director, Better Business Bureau, Inc.
Nationwide, scams against consumers generate billions of dollars each year for criminals. Knowledge is the best defense against these crimes. BBB will inform you about the top scams targeting Kansans, how to spot scams, protect your information and resources that consumer can turn to if they do become a victim.

Toxic Stress and Our Health
Shawnee M Hendershot, PhD - Assistant Professor of Human Development and Family Relations - Pittsburg State University
Mental health is a public health concern. Research has indicated that when an individual has toxic stress, this can affect their physical and mental health, both short-term and long-term. Today’s youth and many young adults have not been taught the proper skills to deal with stress and mental health issues. This has led to a mental health crisis. We first need to identify the sources of toxic stress, learn how stress effects our overall health, spot behavioral indicators of toxic stress, and determine how best to mediate the potential negative outcomes.

FAID and Former Miss Rodeo Kansas
Brooke Wallace - Former Miss Rodeo Kansas - Council Grove, KS
Brooke Wallace, from Council Grove, is a graduate from Kansas State University with a Bachelor’s Degree in Apparel and Textile Design. She has entered the western wear industry creating custom ensembles. Brooke attributes her interest in fashion from taking Family and Consumer Science courses and participating in FCCLA throughout high school.

Blue Zones: Lessons Learned form the World’s Longest Lived People
Sharolyn Flaming Jackson - K-State Research and Extension Specialist, Family and Consumer Sciences, NE Region; Jo Ellyn Argabright - K-State Research and Extension Specialist, Family and Consumer Sciences, NW Region
There are five Blue Zones, or areas, across the world where people live measurably longer and healthier lives. Research links this longevity with nine shared traits which we will explore during this session. Communities are implementing Blue Zone initiatives utilizing these principles to help people live longer, healthier, and happier lives. Please join us to learn how to implement the “power nine” for yourself, your family, and within your community.
Adverse Childhood Experiences
Stephanie Boone - Parent Engagement Coordinator, Kansas Children’s Service League
Children who grow up in safe, stable, nurturing relationships and environments that foster hope and resilience are better prepared for lifelong health and well-being. This training raises awareness of the Adverse Childhood Experiences research including the impact on social connections, school readiness and the likelihood of developing negative health behaviors. Participants will brainstorm ways to take research to practice to create positive impact for children and families in our communities.

LifeSmarts - Equipping the Next Generation With the Consumer Skills They Need to Succeed!
Angela Howdreshell - KCEE Vice President for Programs and Administration
LifeSmarts is a FREE program designed to help middle and high school students learn the consumer literacy skills needed to succeed in today’s marketplace. This session will help teachers and leaders learn about the program, navigate all the great resources provided and learn how to join the competitive side of LifeSmarts designed for 4-H and FCCLA and general middle and high school classes.

Food Safety from Prep to Plating
Lisa Graham - Director of ProStart and Member Communications - Kansas Restaurant and Hospitality Association
This session will review any updates to the ServSafe curriculum. We will also discuss food safety during kitchen prep and food plating.

Bonding thru Board Games: Development of the Six Traits of Strong Families Worldwide and Socio-Emotional Skills through board games
Elizabeth Brunscheen-Cartagena - K-State Research & Extension-Sedgwick County
Bonding thru Board Games is a tool to strengthen family relationships using board games as the medium. Board Games foster the six major qualities strong families exhibit across cultures worldwide and in all family types. While academics has been the spotlight in school years, studies have found that interpersonal or “soft” skills are actually far more predictive of outcomes into adulthood than early academics. Bonding thru Board Games program is a tool where families can expose their children to practice five vital “soft skills” that could enable success in school and the workplace. Simple and fun games will be introduced to families inspiring them to create a family board game night of their own.

Tech Savvy Program Promotion
KSU/PSU Students; Sheila Cook - PSU Teacher Educator; Janine Duncan - KSU Teacher Educator
This roundtable session will bring a new series of ideas for FCS program promotion for both early and late social media/technology adopters. K-State and Pittsburg State University students will offer strategies to move FCS program initiatives into mainstream social media conversations.
Preparing Students for Culinary Competition and tour of Maize Career Academy (Super Session - 2:10 - 4:00 pm)

*Cara Poole - Culinary Teacher and Advisor - Maize Career Academy*

This session will include traveling off-site to tour the Maize Career Academy opened in 2017. The Culinary Arts department will also be the location of a demonstration by the students who are preparing for the upcoming Pro Start Competition. Car pooling encouraged - 11700 W 45th St N - corner of 45th & 119th.

KAFCS Event: Everyone plays a role in advocacy

It is possible to apply the levels of "play" to the levels of advocacy. Solitary, onlooker, parallel, associative, and cooperative labels all can be applied to advocacy. Come and share in discussions with seasoned and newer professionals on what they have done to advance the issues that are important to the profession and learn how to network in making your own impact.

Friday Session Information

**Round Tables**

This session is designed to share BEST PRACTICES from all of the various professions involved at this Conference. Volunteers will be sharing some of their most successful activities/lessons/strategies from their areas of expertise. This is frequently one of the most sought after sessions if you want to get ideas that are ready to implement and create renewed energy in your chosen profession. The Planning Committee is seeking volunteers who are willing to help others by sharing their ideas and success stories. If you are willing to share one of YOUR BEST PRACTICES, please contact Lynette Yevak at lyevak@gmail.com for more information and to be included on the session information.

**Breakout Sessions**

**Quick Meals for Busy Families**

*Debra Andres, K-State Extension & Research - Geary County*

Are you interested in teaching people in you community how to make healthy food, nutrition, and lifestyle choices?

The Healthy for Life Educational Experiences guides focus on interactive features like healthy cooking demonstrations, shopping skills presentations, and nutrition and heart health workshops. The goal of this evidenced-based community nutrition and well-being program is to help individuals and families learn how healthy food can help them accomplish their goals and reach their potential every day.

**Reload your toolbox with 2020 Vision**

*Janet Holden - FCS Teacher - Southeast High School, Cherokee; Monique Litherland - FCS Teacher - Royal Valley High School*

Need a new teaching strategy to give energy to your lessons? Come and join these teachers who have been recognized for their innovative ideas. You'll take away strategies ready to implement and update your curriculum.
Federal Reserve System Resources in your Financial Literacy Courses
Goldie Prelogar, CPFFE, Pittsburg State University, Instructor for the Department of Family & Consumer Sciences

The Federal Reserve system is the central bank of the United States and it performs five general functions to keep the economy running smoothly. In addition to regulating interest rates and our paper money supply, they also provide some wonderful and FREE tools for educators. In this session you can see some of these resources first hand and learn how to use them in your Financial Literacy course.

Vision for FCS - Work Session -
FCS Leaders
Join in the discussion and planning for ACTION as we enter the new decade with a great need for more professionals in Family and Consumer Science.

UAC 2020
Conference Schedule

Wednesday, March 4
4:00 p.m. UAC Planning Committee Meeting
5-6 p.m. KAFCS Bd.Mtg.
6-7 p.m. KATFACS Bd. Mtg.

Thursday, March 5
8:00 a.m. Registration
8:30-9:45 a.m. KAFCS Meeting
9:00 a.m.- Noon Exhibits & Professional Pride/ Tools of the Trade
10:00-10:30 a.m. Welcome/Opening
10:40-11:30 a.m. Breakout Sessions - BBB; Toxic Stress; ServSafe
11:30-1:00 p.m. Lunch: Keynote Speaker - Jim Richardson
1:10-2:00 p.m. Breakout Sessions - FAID; ACES; Blue Zone; Human Trafficking
2:10-3:00 p.m. Breakout Sessions -KSU/PSU; LifeSmarts; ACES; Blue Zones; Tour
3:10-4:00 p.m. Breakout Sessions - KSU/PSU; Board Games; LifeSmarts; Tour (con’t)
4:15-5:30 p.m. KAFCS Event - Everyone plays a role in advocacy

Friday, March 6
8:00-9:00 a.m. KATFACS Meeting
9:00-10:50 a.m. Round Tables
11:00-11:50 a.m. Breakout Sessions - Quick Meals; Teaching Strategies; Federal Reserve Resources; Vision Work Session
Noon - 2:00 p.m. Lunch and Closing Session with Julia Fabris McBride
2:00 p.m. Planning Committee Review