

United Associations Conference 2025 Program



25th Annual United Associations Conference
February 27 and February 28, 2025
Sedgwick County Extension Education Center



2025 UAC Wednesday Pre-Conference

Wednesday, February 26th

Pre-Conference Opportunities

Time: 8:00 am - 5:00 pm

Title: Youth Mental Health First Aid (YMHFA) Training

Description: Youth Mental Health First Aid (YMHFA) training is designed to teach parents, family members, caregivers, teachers, school staff, health and human services workers, and other caring adults who regularly interact with young people how to help adolescents (ages 12-18) in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. **Please note:** To receive your YMHFA certification, you must be pre-enrolled and complete a brief online module and two short surveys prior to participating in the instructor-led portion of the training at the conference. Thus, enrollment is required by February 12th.

Objectives:

1. Describe the purpose of Youth Mental Health First Aid and the role of the Youth Mental Health First Aider.
2. Recognize the signs and symptoms of mental health challenges that may impact youth.
3. Explain the role of resilience and the impact of traumatic experiences on adolescent development.
4. Apply the appropriate steps of the MHFA Action Plan (ALGEE) in crisis and non-crisis scenarios.
5. Practice appropriate methods for self-care following the application of Youth Mental Health First Aid in a crisis or non-crisis situation.

Minimum of 5 participants to host the session, cap at a maximum of 30 participants.

\$20 registration fee, will include lunch

Wednesday - 5:00 pm - KAFCS Board Meeting - Sunflower Room

Wednesday - 6:00 p.m. KATFACS Executive Council Meeting - Meadowlark Room

Wednesday - 7:00 p.m. - Alumni and Associates - Sunflower Room

Thursday, February 27 Session Information

2025 UAC SCHEDULE

8:00 am Registration - Hallway

Each Day Mother's Room - 4-H Ticket Office

8:00 - 9:00 KAFCS Business Meeting - Sunflower Room

9:00 - 2:00 Exhibits, Professional Pride, Book Swap - 4-H Hall B

9:15 - 9:30 UAC Welcome - Presidents

Join us as leaders of the UAC organizations (KEAFCS, KAFCS, KATFACS) who will share with attendees updates from the organizations.

9:35- 10:15 FCS Collaboration - learn about the regions across the state, meet professionals by location, and participate in conversations for FCS collaborations and partnerships.

4-H Hall A - District I
Sunflower - Districts C, D & G
Meadowlark - Districts EE & EW
Bison - Districts JE, JW & H
Sedgwick - Districts A & B
Chisholm - District F

Stretch Raffle **Opens** - Thursday - 10:00 am - **Ends** - Friday - Noon

* Repeat Session on Thursday ** Repeat Session on Friday

10:20 - 11:10

2025 Breakout Session 1

“Homemade: The American Family Cookbook” - Culinary and Food Safety

Courtney Hill, Homemade/ Cookbook Author

4-H Hall A

I am a graduate of the PSU FCS Education program (08) and Master's program (14). I taught for 4 years then decided to stay home when my twins were born. As a creative outlet, I started a Vintage style video cooking blog. In 2020 my husband (a food photographer) and I decided to try and turn it into a cookbook. My dream was realized in Oct 2022, when the book was published. My main focus is bringing back the family meal with simple recipes, using real ingredients that you will actually make. I aim to inspire a new generation to cook and eat together at home. I have a vintage flare to all of my recipes and photos and will be in that sort of character for the presentation. The recipes are classic American recipes that we passed down from my mother and grandmother or ones I have written myself. My teaching background gives my recipes something extra with easy to follow instructions and cooking tips and techniques thrown in. I am a regular feature on Fox 4's Great Day KC midmorning news show and I also have a side business of custom cakes and cookies out of my home, under the MO cottage law. In my presentation, I'll talk about my story and using my cookie recipe from the book, I'll demonstrate some decorating techniques that I also use in my side business.

Objectives:

1. Work hard to make dreams come true.
2. Overcome obstacles in your path
3. Focus on Family

***“Teaching Investing” - Personal and Family Finance**

Goldie Prelogar-Hernandez, Pittsburg State Associate Instructional Professor

Sunflower Room

Teachers will learn strategies to break down complex financial concepts, emphasize the importance of responsible investing, and incorporate interactive tools and simulations that inspire real-world application. By equipping students with these foundational skills, we empower the next generation to make informed financial decisions, manage risk, and build wealth responsibly.

Objectives:

1. Understand the Basics of Investment Education for Teens.
2. Incorporate Interactive Learning Tools.
3. Address Common Misconceptions and Encourage Financial Responsibility.

“21st Century Transferable Traits and Skills; Future Ready! -Revision”- Work and Life Balance

Elizabeth Brunscheen-Cartagena, K-State Research & Extension Sedgwick County

Meadowlark Room

Learning through play is a powerful educational approach that enables participants to develop skills and gain knowledge in an enjoyable, engaging way. This principle is central to the Bonding thru Board Games program, where learning feels natural, not forced. By turning skill-building into a fun, social activity, the program helps participants of all ages develop essential soft skills, making it an effective tool for teaching life skills needed at home, school, workplace and civic life.

Objectives:

1. Explore five essential soft skills crucial for success at home, in school, careers, and civic life.
2. Discover how board games can help develop these skills through engaging resources and how these align with school district standards.
3. Gain access to a new evaluation tool designed for youth.

“Sparkling Conversations: Local Food Systems and Food Access” - Culinary and Food Safety

Rebecca McMahon, K-State Research & Extension - Local Food Systems

Bison Room

Participants will experience a local food and food access simulation exercise followed by discussions about how the exercise can increase empathy and understanding around these topics for both youth and adult audiences.

Objectives:

1. An appreciation for the complexities of local food systems and food access challenges.
2. Knowledge of an activity that can be used to spark conversation with a variety of Audiences.

“AlphaGal (Red Meat Allergy) from a Mom/Teacher/Advisor perspective” - Health

Kandace Metcalf, West Elk High School FCS Teacher & KATFACS

Sedgwick Room

My 15 year old son was recently diagnosed with AlphaGal Syndrome, the Red Meat Allergy you get from the Lone Star Tick. AlphaGal is becoming more and more common particularly in Eastern Kansas. It is important to understand what it is and how we can help our students as Teachers/ FCCLA Advisors/ or 4-H Leaders.

Objectives:

1. Understand AlphaGal Syndrome.
2. How each person's symptoms and restrictions are different.
3. Learn how we can help students when taking them on day trips or longer.

11:15 - 12:05

Breakout Session 2

“Proposed Changes to FCS Courses and Pathways” - Community Development

Taylor Spangler, KSDE

4-H Hall A

KSDE encourages FCS teachers and CTE administrators to come and hear the proposed updates to the FCS Human Services Career Cluster and the three pathways it contains - Family, Community and Consumer Services, Fashion, Apparel and Interior Design, and Early Childhood Development and Services. Topics covered during this session will include proposed pathway design changes, changes to course benchmarks and competencies, and timeline for when changes may take effect.

Objectives:

1. Attendees will learn about the latest news and updates affecting FCS from the Kansas Department of Education
2. Attendees will learn about updates specifically related to teaching FCS courses in the CTE Pathways system in Kansas
3. Attendees learn more about the National Career Cluster Framework released in October of 2024.

Repeat Session (Thursday)

***“Teaching Investing” - Personal and Family Finance**

Goldie Prelogar-Hernandez, Pittsburg State Associate Instructional Professor

Sunflower Room

"Kansas School Garden Guide" Health

Abbey Draut, K-State Research and Extension - Sedgwick County

Meadowlark Room

K-State Research and Extension Kansas Garden Guide was written with the intent to help administrators, teachers, staff, volunteers, and garden organizations successfully grow and teach from a school garden. As school gardens have become more popular, there has been a corresponding increase in resources to help promote and educate in a school garden setting. However, very few of those resources touch on the practical aspects of what to plant and when, especially in the unique Kansas climate. This workshop will guide participants through this valuable resource for educators looking to add green space to their curriculum and school landscape.

Objectives:

1. Facilitate School Garden Success: Provide practical guidance to help administrators, teachers, and volunteers overcome challenges like Kansas-specific weather, water, and soil conditions.
2. Promote Effective Gardening Practices: Focus on what to plant and when, offering templates and strategies tailored to novice and experienced gardeners alike.
3. Integrate Gardens into Education: Share diverse resources, including lesson plans and curricula, to support hands-on learning in classrooms and afterschool programs.
4. Encourage Adaptability and Creativity: Equip users with flexible garden plans and ideas to ensure success within unique school schedules and environments

"2025 KTOY Team: We get by with a little help from our FRIENDS!"- Community Development

2025 Kansas Teachers of the Year Team -

Whitney Aves, FCS Teacher, USD 308 Hutchinson; Liz Anstine, Business Teacher, USD 453 Leavenworth; Ryan Mellick, Industrial Arts, USD 204 Bonner Springs; Olive Winegeart, 2nd grade USD 260 Derby; Ben Eckleberry, 1st grade, USD 450 Shawnee Heights; Amber Pagan, Preschool, USD 512 Shawnee Mission; Erik Stone, Music and Digital Marketing, USD 359; Maegen Stucky, 5th grade, USD 418 McPherson

Bison Room

So no one told you life was gonna be this way! The 2025 KTOY team is here to remind you about FRIENDS in education to help current and future teachers remember the joys of teaching and revisit their passions in an era where teaching is harder than ever! "Friends bring Fun to every moment, building Rapport that strengthens connections. They celebrate each other's Identity, offer Endurance through challenges, and are Needed in every season of life. Friends have a Dynamic presence and always show up with Support when it's needed most."

Objectives:

1. Encourage current and future teachers in their profession
2. Help them find the joy in teaching through Fun, Rapport, Identity, Endurance, Need, Dynamism, and Support

"Supporting First-Generation College Students Before They Arrive on College Campuses" -Human Development

Brett Bruner, Wichita State University

Sedgwick Room

As of 2020, 54 percent of undergraduate students in the United States identified as first-generation college students. During the past decade, colleges and universities have become more intentional to support and amplify first-generation student success. However, for many first-generation college students, pre-college experiences will determine academic and social choices made during the college experience. This session will explore how support can be provided to first-generation college students before even arriving on college campuses.

Objectives:

1. Define a first-generation college student.
2. Compare and contrast the pre-college experiences between first-generation college students and continuing-generation college students.
3. Identify at least 2 strategies to assist first-generation college students in acquiring cultural and social capital prior to college.

12:10-1:45

Thursday Lunch and Opening Keynote:

4-H Hall A

Peterson Brothers

The Peterson Farm Bros are made up of Greg (34), Nathan (31), and Kendal (28) Peterson. We are brothers who farm together with our families between Lindsborg, KS and Assaria, KS. We produce entertaining and educational videos on our YouTube channel and post farming and video updates to our social media pages (Facebook, Twitter, Instagram, TikTok, and Snapchat). Ever since we began producing content, we have realized a need to inform people about what we do in farming and in agriculture as a whole. There are many misconceptions about modern day farmers and we feel led to help correct some of those misconceptions. Aside from our production on social media, we travel around the country to speak/entertain. We also blog about misunderstood topics in agriculture and open up our farm for tours, weddings, and overnight stays on Airbnb. Through all of this we hope to educate the general public on where their food comes from and what a real Midwest family farm looks like!

2:00-2:50

Breakout Session 3

“COMET-Changing Our Mental and Emotional Trajectory” Part 1 - Health

Teresa Hatfield, KSRE - Meadowlark District

Cindy Williams, KSRE - Meadowlark District

4-H Hall A

This training recognizes our rural values of neighbor helping neighbor, and communities being their own best resource-especially when concerned about another's emotional and mental well-being. COMET empowers friends and neighbors to be more prepared to support others' mental health needs-especially in a crisis. COMET does not ask community members to "be the fix", rather the program trains you how to initiate a supportive interaction using simple conversational seven question guide.

Objectives:

1. Learn a natural way to talk with a friend, neighbor, or an acquaintance about difficult topics.
2. Learn the importance of being "the other person".
3. Learn how you can use COMET to have conversations about another person's well being.

***"Preparing for the Financial Literacy Graduation Requirement" - Personal and Family Finance**

Kate Mielitz, Powercat Financial

Sunflower Room

Learn how K-State's Powercat Financial High School Initiative supports Kansas educators in meeting the new state financial literacy requirement. Discussion will include information on a free, flexible curriculum aligned with national standards that has been vetted by K-State. Furthermore, this session will cover tips on teaching students insurance and taxes, the top two challenging topics for high school personal finance teachers, according to the National Endowment for Financial Education (NEFE). Discover tools and resources to elevate personal finance education and help shape the financial future of high school students.

Objectives:

1. Attendees will know how to access the high school financial literacy curriculum vetted by Kansas State University.
2. Attendees will leave the session with more knowledge on teaching insurance to high school students.
3. Attendees will leave the session with more knowledge on teaching taxes to high school students.

***" Preserve It Fresh, Preserve It Safe" - Culinary and Food Safety**

Karen M Blakeslee, Kansas State University Research and Extension

Meadowlark

Home food preservation is alive and well! But are you following safe preservation methods and practices? Learn about some of the new equipment and hot topics to safely preserve food at home.

Objectives:

1. The importance of science in food preservation
2. Preservation methods not recommended
3. New equipment for home use

***"The Science of Food for Public Health and Disease Prevention" - Health**

Valentina Trinetta, Kansas State University

Bison Room

Poor diets lead to chronic diseases. Making healthy food available and affordable in key settings allows people to make healthier food choices.

This talk will highlight the connection between food and the complex science of preventing disease and discuss several research projects ongoing in the Food and Nutrition Department at KSU, including (1) data from microbiome, and epidemiological research in food safety and public health, nutrition and (2) how the science of food can build on systems to address complex issues.

Objectives:

1. Become familiar with the food and nutrition program at KSU and the Food as Medicine Initiative
2. Learn about some research projects ongoing at KSU relevant to food security, public health and functional foods
3. Create connections for future collaborations between researchers at KSU and Attendees.

“A Recipe for Independence: Blending Nutrition and Assistive Technology to Prevent Falls”- Health

Erin Martinez, Kansas State University / K-State Research and Extension

Sedgwick

Did you know that malnourished older adults are eight times more likely to experience harmful falls? This presentation will explore the critical link between nutrition and fall risk, and discuss how assistive technology can help older adults maintain independence and safety in the kitchen. We'll end by brainstorming practical strategies to promote healthy aging and prevent falls in your community.

Objectives:

1. Participants will be able to identify the relationship between malnutrition and fall risk in older adults.
2. Participants will understand the role of assistive technology in promoting safe and independent meal preparation for older adults.
3. Participants will be able to discuss strategies for implementing assistive technology and nutrition interventions in community-based programs.

2:55-3:45 PM

Breakout Session 4

“COMET-Changing Our Mental and Emotional Trajectory” Part 2 - Health

Teresa Hatfield,KSRE - Meadowlark District

Cindy Williams, KSRE - Meadowlark District

4-H Hall A

This training recognizes our rural values of neighbor helping neighbor, and communities being their own best resource-especially when concerned about another's emotional and mental well-being. COMET empowers friends and neighbors to be more prepared to support others' mental health needs-especially in a crisis. COMET does not ask community members to "be the fix", rather the program trains you how to initiate a supportive interaction using simple conversational seven question guide.

Objectives:

1. Learn a natural way to talk with a friend, neighbor, or an acquaintance about difficult topics.
2. Learn the importance of being "the other person".
3. Learn how you can use COMET to have conversations about another person's well being.

Repeat(from Thursday)

***“ Preparing for the Financial Literacy Graduation Requirement” - Personal and Family Finance**

Kate Mielitz, Powercat Financial

Sunflower Room

Repeat (from Thursday)

***“ Preserve It Fresh, Preserve It Safe” - Culinary and Food Safety**

Karen M Blakeslee, Kansas State University Research and Extension

Meadowlark

REPEAT (from Thursday)

***“The Science of Food for Public Health and Disease Prevention” - Health**

Valentina Trinetta,, Kansas State University

Bison Room

“ Kids Feeding Kids: Empower Your Students to Cook with Purpose!” - Culinary and Food Safety

Diane Mora, Kids Feeding Kids a high school program of Pete's Garden

Sedgwick Room

Join Chef Diane for an inside look at Kids Feeding Kids, a hands-on Real World Learning (RWL) initiative that funds high school foods-related classrooms to tackle food insecurity in their communities. Discover how your students can move beyond the classroom, cooking and distributing free, nutritious meals to families in need—while building essential culinary and gaining an understanding of the root causes of food insecurity.

Want to bring this impactful experience to your students? Join us to find out how!

<https://www.flipsnack.com/petesgardenkc/kids-feeding-kids/full-view.html>

Objectives:

1. Learn how Kids Feeding Kids integrates hands-on cooking projects with community impact, providing students with meaningful, skill-building experiences.
2. Understand how KFKids provides financial and logistical support to help you implement a food insecurity-focused cooking project with your students.
3. Learn how to apply for the 2025 Summer Educator Institute, where you'll connect with fellow educators, gain new teaching strategies, and receive resources to launch or expand a KFKids project in your school.

Plus, learn how you can attend our 2025 Summer Educator Institute at no cost! Applications are now open, but the deadline is March 14.

Friday, February 28 Session Information

2025 UAC SCHEDULE

8:00 am Registration
Hallway

8:00-9:00 KATFACS Business Meeting
Sunflower Room

9:15-10:05 Breakout Session 5

“ Integrating FCCLA Competitive Events into the FCS Classroom” - Work and Life Balance
Taylor Spangler, Kansas State Department of Education, FCS Program Consultant
Shandi Andres, KSU, State FCCLA Advisor

4-H Hall A

FCCLA provides powerful opportunities for both students and adult advisers to grow and be a positive force in their schools and communities, but trying to integrate something new can be a time consuming and cumbersome process. FCS teachers and FCCLA advisers are encourage to attend this session to learn more about how FCCLA events directly relate to FCS pathway course competencies and benchmarks and can be a time and energy saving resource for teachers.

Objectives:

1. Attendees will learn more about FCCLA competitive Events
2. Attendees will learn more about coaching students through the competitive event process in FCCLA
3. Attendees will learn how FCCLA competitive events can reduce some of the workload involved with assessing learning.

****“Fashion Toolkit: Practical Ways to Teach Sustainable Fashion in the FCS Classroom”
Clothing and Textiles**

Nicole Clancy, Fashion Studies, Kansas State University

Sunflower Room

In this session, you’ll discover practical mending and hand-sewing projects that require minimal equipment and can be easily incorporated into your classroom. We’ll also explore machine sewing projects suited for various skill levels and learn how to integrate simple sustainability principles into the lessons you already teach. Join us and expand your teaching toolkit with innovative ideas for teaching sustainability, sewing, and mending!

Objectives:

1. Discover mending and hand-sewing ideas that require minimal equipment.
2. Identify sewing projects suited for your FCSed classroom
3. Integrate one-sentence sustainability principles into what you already teach.

“Sweet Success: Building Skills in a Student Run Bakery” - Culinary and Food Safety

Nicole Linenberger, Hays Culinary Arts Kitchen

Meadowlark Room

My presentation will highlight our successful and unique, hands-on learning opportunities offered by the Hays High Culinary Arts Kitchen at Hays High School, a student-operated commercial bakery. Attendees will learn how this program prepares students for careers in the culinary field by teaching essential skills such as food preparation, event planning, marketing, and business management. The presentation will also cover the integration of classroom and bakery management software, equipping students with the tools to start and manage their own CTE student-run business. Additional focus will include budgeting, invoicing, inventory and management skills. This program showcases the value of experiential learning in preparing students for success in the culinary arts profession.

Objectives:

1. Understanding the Framework for a CTE Student-Run Bakery: Participants will learn how to establish and manage a student-operated commercial bakery, including key components such as curriculum integration, workplace readiness, and business operations.
2. Incorporating Technology for Business Success: Attendees will explore how to effectively use classroom and bakery management software to plan, operate, and sustain a student-run business.
3. Building Career Readiness Skills: Participants will gain insights into how this program fosters career readiness by teaching students essential skills like food safety certification, budgeting, inventory management, marketing, and customer service.
4. Implementing Industry Standards in Education: The session will emphasize how to align CTE programs with industry regulations and expectations to prepare students for real-world culinary and business careers.

**** “Bake to Give: Achieving FCS Standards and CTE Connections” - Culinary and Food Safety**

Sharon P Davis, Home Baking Association and Kansas Wheat hbadavis@gmail.com

Bison Room

Programs and foods or culinary labs that include baking can serve to achieve many FCS and CTE standards including early childhood, culinary, food safety, family development, nutrition and entrepreneurial development. The Home Baking Association is uniquely suited with industry and FCS guidance to assist in applying resources, developing opportunities and executing Bake to Give locally. Gaining FCS visibility and connections can be difficult to achieve locally. Baking to Give is one way to assist others in getting to know the multiple programs FCS offers.

Objectives:

1. Review the multiple benefits and standards achieved by a bake to give program within your FCS or Culinary program contrasting with or complementing competitive events
2. Demonstrate 3 applicable baking methods, techniques, tools or plans to bake to give
3. Receive resources that support and assist FCS Educators in classrooms, extension and culinary programs to achieve national standards, culinary pathways and goals for individuals and families in 2025
4. Receive information reproducible baking resources and recognition for FCS, students or local bakers

“Topic: Affordable Housing 101: Basic Breakdown of Affordable Housing in Urban and Rural Cities”-Housing

Na’Shon Edwards, Sr., MCD, Prairie View A&M University ’17 & ’19

Sedgwick Room

This proposal aims to equip Cooperative Extension Agents and FCS professionals with a foundational understanding of affordable housing issues. It will explore the definitions, trends, importance, characteristics, and challenges of affordable housing in urban and rural contexts and strategies for promoting it within communities.

10:10-11:00

Breakout Session 6

****"FCCLA Escape Room" - Work and Life Balance**

Shandi Andres, Kansas FCCLA Advisor, KSU

4-H Hall A

Come participate in a FCCLA theme escape room to learn more, enjoy a session, or gain ideas for programming.

Objectives:

- 1- Have fun
- 2 - Learn about FCCLA
- 3 - Gain ideas for engagement for programming.

REPEAT (from Friday)

****"Fashion Toolkit: Practical Ways to Teach Sustainable Fashion in the FCS Classroom" - Clothing and Textiles**

Nicole Clancy, Fashion Studies, Kansas State University

Sunflower Room

**** "Healthy Body, Healthy Brain" - Health**

Sharolyn Flaming Jackson, K-State Research and Extension

Meadowlark Room

Discover the vital connection between heart health and brain health. Learn how maintaining a healthy cardiovascular system -- through nutritious eating and improving gut health, regular physical activity, and other lifestyle practices -- can protect your brain, support mental health, and enhance wellbeing.

Objectives:

1. Describe risk factors that may contribute to reduced brain and body function
2. Identify ways to support a healthy digestive system and improve gut bacteria
3. Recognize the health benefits related to the MIND Diet and regular physical activity
4. Understand health improvements possible from small changes in lifestyle behaviors

REPEAT (from Friday)

**** "Bake to Give: Achieving FCS Standards and CTE Connections" - Culinary and Food Safety**

Sharon P Davis, Home Baking Association and Kansas Wheat hbadavis@gmail.com

Bison Room

"Building Neighborhoods through Community Resources" - Mental Health

Itzel Moya and Tara Gwynn with NAMI Kansas

Sedgwick Room

This presentation will provide an insight into services NAMI Kansas and local affiliates offer including our Justice-Involved Persons Project, Assisted Outpatient Treatment programs, Crisis Intervention Team Trainings for Law Enforcement, our Signature Education, Support, and Presentation Programs for those living with mental health concerns and their loved ones, and our Standing in the Gap: Rural and Frontier Access to Mental Health Care programs. Our goal is to spark dialogue between NAMI representatives and the audience regarding the services and programs highlighted and how they can bring these programs to their communities.

Objectives:

1. Engage in conversations about mental health programs and the community, particularly in the rural and frontier counties.
2. Participants will gain more information about NAMI's programs, free community resources, education programs, and support groups and how to access them.
3. Participants will gain more information about the mental health community and how to get involved.

11:05-11:55

Breakout Session 7

REPEAT (from Friday)

****“FCCLA Escape Room” - Work and Life Balance**

Shandi Andres, Kansas FCCLA Advisor, KSU

4-H Hall A

REPEAT (from Thursday)

**** “Proposed Changes to FCS Courses and Pathways” - Community Development**

Taylor Spangler, KSDE

Sunflower Room

REPEAT (from Friday)

****“Healthy Body, Healthy Brain” - Health**

Sharolyn Flaming Jackson, K-State Research and Extension

Meadowlark Room

Discover the vital connection between heart health and brain health. Learn how maintaining a healthy cardiovascular system -- through nutritious eating and improving gut health, regular physical activity, and other lifestyle practices -- can protect your brain, support mental health, and enhance wellbeing.

Objectives:

1. Describe risk factors that may contribute to reduced brain and body function
2. Identify ways to support a healthy digestive system and improve gut bacteria
3. Recognize the health benefits related to the MIND Diet and regular physical activity
4. Understand health improvements possible from small changes in lifestyle behaviors

“Hands-On Early Childhood Education Program” - Human Development

Cassy Dalbom, KAFCS, Belle Plaine High School – Dragon Daycare (Human Services, Early Childhood Development and Services Pathway)

Bison Room

This interactive workshop aims to equip FCS teachers with essential hands-on skills in Early Childhood Education. Participants will engage in practical activities, virtually tour the Dragon Daycare facility, see projects from students in the Early Childhood pathway at Belle Plaine High School. The session will also cover dual credit opportunities and certification training, providing educators with valuable resources and insights to enhance their teaching practices and support student success.

Objectives:

1. Gain Practical Experience: Participants will see hands-on activities that can be implemented in the classroom to enhance early childhood education.
2. Understand Real-World Applications: Attendees will virtually tour the Dragon Daycare facility to see effective childcare centers.
3. Explore Student Pathways: Participants will learn about dual credit classes and certification opportunities that prepare students for success in Early Childhood Education.

“Self Care 101” - Human Development

Tara Gwynn, NAMI Wichita

Sedgwick Room

Description: Burn out is a state of emotional, physical, and mental exhaustion experienced by individuals in a variety of professions, but the top five include 1. Program and project management. 2. Health-care services. 3. Community and social services. 4. Quality assurance. 5. Education. The concept of wellness refers to the connection between the mind, body and spirit. It's essential that we nurture each of those aspects – especially our mental wellness. Failing to care for our mental health can limit our ability to help others, thrive, flourish and reach our personal potential. Self-care directly contributes to wellness and mental health by allowing individuals to actively prioritize their physical and emotional needs, leading to a more balanced and healthy state of being.

Objectives:

1. Participants will be able to define what self care is and what it is not and why self care is important for everyone.
2. Participants will learn about the different dimensions of self care, barriers to practicing self-care, and learn how to objectively decide which dimensions of self care they need to focus on.
3. Participants will learn how to create a self care plan and how to make it a habit they will stick with.
4. Participants will learn about free, simple self care activities that can be done almost anywhere and by anyone.

12:00 pm - 2:00 pm

Friday - Lunch and Closing Keynote Speaker: Marla Day

“Waste Not, Want Not: Reimagining Fashion through Thrift Style”

4-H Hall A

Thrifting and upcycling are not new concepts. The practice of reusing empty feed sacks, flour sacks, and sugar sacks—also known as commodity bags—as raw material for clothing and other home goods was popular during the austere decades of the 1920s through the 1940s. This program highlights a collection of sacks from Kansas mills, thoughtfully selected to honor a family with deep Kansas roots in agricultural extension, 4-H, and a family-owned feed and farm supply store. This collision between commercial waste and homespun ingenuity provides a model for our modern emphasis on sustainability!

Marla is the curator of Kansas State University's Historic Costume and Textile Museum in Manhattan.



Note: There will be a Mother’s Room available.

Upcoming UAC Dates for 2026, 2027, 2028

2026 - February 25 - 27, 2026

2027 - March 3 - 5, 2027

2028 - March 1 - 3, 2028

AAFCS PDUs:

AAFCS PDU Certificates will be available. Contact Shandi Andres at sdandres@ksu.edu for more information.

Graduate Credit 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 (\$80) must be made **through Baker University’s website: This website will be available after the program has been approved by Baker University.**

Requirements for this graduate credit will be available at registration or by contacting sharonfrankenbery@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 Thursday and 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.

Stretch Raffle	Cash or Check payments for raffle Stretch=Fun sampling i.e. scooters card - Money divided among affiliates if all donate
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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.

KAFCS is doing a Community Service project at UAC

ICT S.O.S. Service Project

Help Human Trafficking Victims!!

KAFCS is facilitating a service project to contribute to ICT S.O.S (<https://ictsos.org/>), an organization in Wichita, Kansas fighting to end human trafficking. Contributions will be accepted at the 2024 UAC Conference for “Fresh Start Bags”. These bags meet the needs of children and young adults who have experienced trauma and need basic necessities. A list of accepted items is provided below. Only new items are accepted because ICT S.O.S. believes it sends a message that the receiver is WORTH nice, new things. Collected items will be delivered to ICT S.O.S. offices following the conference. Thanks for your participation!

Kid Fresh Start Items	Adult Fresh Start Items
Kids Shampoo or Kids multiwash	Shampoo
Kids Conditioner or Kids multiwash	Conditioner
Kids body wash or Kids multiwash	Body Wash or Men’s multiwash
Body lotion	Body lotion
Kids toothpaste	Face wash
Kids toothbrush	Toothbrush
Hairbrush	Toothpaste
Hoodie/Sweatshirt	Deodorant
Shirts	Hairbrush
Bottoms	Comb
Pajama set	Tampons/pads
Underwear	Hoodie/sweatshirt
Socks	Shirts
Blanket	Bottoms
Age appropriate toy	Sports bras
Storybook	Underwear
Fast food gift card	Socks
Duffel bag	Journal with pen
	Fast food gift card
	Duffel bag