

**PROGRAM HIGHLIGHTS
NUTRITION AND FAMILY RESOURCE MANAGEMENT
NOVEMBER 2005**

- ❖ A team meeting was held on Nov. 9, with Nutrition staff as well as Financial Educators. The purpose was to analyze ongoing initiatives using various planning strategies including a SWOT (Strengths, Weaknesses, Opportunities and Threats), introduce key communication techniques and continue the process of team building. Team members derived important implications for more effective programming from the exercises. Implications and suggestions will be compiled and shared with the CCEU Management Team and the Program Committee. Team members also discussed the use of success stories and other items that could prove useful in fund-raising and program promotional efforts. Nutrition Program Educators (NPEs) prepared an 'educational' lunch that was shared with the rest of the CCEU staff. Team Meetings will be held on a monthly basis.
- ❖ The Executive Director, Lee Reidy has arranged a series of meetings to introduce Issue Leader JM Alexis Smalec to key people in charge of social development programs in the County.
- ❖ Led by Eileen Polk, Nutrition Coordinator, the nutrition team hosted "Phillies Bridge Night." Families from ESNY, EFNEP, and Healthy Start gathered together with staff from these agencies and the Phillies Bridge Farm Project to prepare recipes with produce from the farm. The recipes were certainly interesting. The menu included "Root Soup," Sautéed Greens," and "Pumpkin Cranberry Cookies" prepared by the children. This was a wonderful cooperative event in which families from diverse backgrounds came together to share, learn and celebrate in a very festive atmosphere.
- ❖ Nutrition Initiatives were displayed at the annual Human Services Fair hosted by the U.C. Dept. of Social Services at the Hillside Manor.
- ❖ The Nutrition Program Educators (NPEs) completed the final lesson from Navigating for Success (NFS) by planning and presenting their lessons at "Teach Back Day." In presenting these lessons, they had to exemplify the educational practices taught in NFS. The NPEs were recognized for their exemplary team efforts during the training.
- ❖ Other NPE activities included:
 - ◆ A program display at the "Community Baby Shower" in Ellenville that was held in cooperation with the Maternal-Infant Services Network and 'Healthy Start'
 - ◆ A series of sessions at Able House in Saugerties, a residence for recovering alcoholics.
 - ◆ Weekly group meetings at "Family Inn" for homeless families.
- ❖ JM Alexis Smalec attended the seminar for new Nutrition Educators in Ithaca and had discussions with nutrition staff, professors and the Associate Dean of Extension, on her interests in innovative approaches in community nutrition education and potential collaboration efforts with the CCEU nutrition team. The Associate Dean, J. Swanson asked Jude-Marie to sit on an advisory committee set up to explore Smith-Lever funding for obesity initiatives.
- ❖ Financial Educator, Ruth Hirsch was asked to give a workshop presentation to First Time Home Buyers on Tuesday evening October 26th. The meeting was held in a conference room at Ulster Savings Bank, a supporter of the First Time Home Buyers program. The program is an educational one that helps households with moderate incomes examines the reality of home ownership, and assists with the home search and purchase process. There are matching funds to help with down payments, as well as other financial assistance available. Ruth Hirsch's presentation was '*Money-Smarts: It's Your Money, Ways to Keep More in Your Pocket*'. There was a great deal of appreciation for her presentation.

Team Members

Nutrition: Eileen Polk, Pablo Shine, Deanna Young, Joan Baglio, Ron Baatz, Denise Reid

Family Resource Management: Ruth Hirsch, Tom Heffernan

Team Secretary: Barbara Grumberg

Issue Leader: JM Alexis Smalec