

2006 Awards

Another great year for recognition of outstanding FCS programming in Pasco County.

A total of six awards were received and are listed below.

NEAFCS/FEAFCS Distinguished Service Award

The highest honor for outstanding educational programming. Received both national and state recognition.



UF/IFAS Mary Harrison Professorship Award

State recognition of outstanding FCS faculty for programming efforts. The \$500 stipend was used to support Pasco County employee workshops.



UF/IFAS Gold Image Award

State recognition as part of a team involved in Pasco Agricultural Tour.



FEAFCS Professional Development Award

State recognition offering \$250 scholarship to attend NEAFCS meeting in Denver, CO.



FAFCS 25-Year Service Award

State recognition for 25 years of active membership in the Florida Association of Family and Consumer Sciences professional organization.



SOLUTIONS for *your* LIFE



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Pasco County Extension

Family &
Consumer Sciences
Programs

2006
Success Stories
& Awards



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FCS Success Stories for 2006

Pasco County FCS programs help families and consumers find solutions for their lives in many areas related to home and family. These programs help people to help themselves through the power of education. In 2006, 132 FCS programs and special events were held, reaching a total of 7,565 consumers face-to-face and 5,287,285 through the media. A total of 1,654 volunteers donated 10,242 hours of their time valued at \$184,766 (\$18.04/hour 2005) and reached 299,288 more (teaching and mass-media contacts).

Medicare Part D – Got Drugs? The opportunity to provide education for elderly residents to simplify the process of selecting a Medicare Part D drug plan first materialized in April 2006. The original grant from pharmaceutical company, Astra Zenica, provided laptop computers, laser printers, and Internet service to access mymedicare.gov website to assist elderly residents in several Florida counties. Two \$10,000 grants were awarded to Pasco from AARP to provide a bilingual program assistant to serve Hispanic residents in Pasco and Hillsborough counties. A third \$12,000 grant from AARP followed to continue local efforts through the new enrollment period that ended December 31, 2006. Pasco-Hillsborough's success was credited as the model for not only the state but also the nation as an additional 3 million dollar grant proposal was developed. Based on the Center for Medicare & Medicaid Services' (CMS) estimate of a lifetime savings for Low Income Subsidy (LIS) individuals, our local efforts April through September 2006 in Pasco-Hillsborough saved approximately \$4,000/person/year = \$1,024,000/life!

The Way to the Mind Is Through the Stomach – Lunch-and-Learn Programs Clerk of Circuit Court's employees wanted educational programs presented during their lunch hours. They contacted Extension FCS agent for ideas and were given a list of 54 possible topics. The top six requests from surveys were: Living

Wills and Funeral Planning; Stress Management; Money Management; Family Records and Valuable Papers; Disaster Preparedness; Food and Fitness. Management was willing to stagger lunches so that more could attend. The monthly series began in September 2006 and ran through March 2007. Agent received NEAFCS DSA Award this year primarily based on past ten years of presenting two-hour employee professional development workshops. The Mary Harrison Professorship was also awarded to FCS agent and provided \$500 in funding for materials for this new one-hour Lunch and Learn series. Targeting 120 county employees per topic; 10 topics per year (presented 6 times each); a company would normally pay at least \$100 per person to an outside agency for training, so cost savings to Pasco County government for 2006-2007 year is approximately \$120,000!

Talking Trash - Annual Coastal Cleanup Is Big Success!

This local effort is linked to an international program that has been active for 19 years. On Saturday, September 16, a total of 1,382 volunteers were enlisted countywide to collect a total of 17.12 tons of trash. FCS agent works with county recycling coordinator (past 16 years) to promote the event county-wide as well as serves as a "captain"/coordinator for the volunteers at the Land O' Lakes drop-off site in central Pasco. This was only one site out of 13 but it consistently has the largest number of volunteers (450 = 33%) and sponsorship/donations by local businesses (approximately \$5,000). Total county-wide volunteer support value: 1,382 volunteers x 4 hours average each x \$18.04/hour = \$99,725.12 in addition to the cleaner beaches, lakes, rivers, and roadways. Individuals who did not participate but observed others working as they passed by local businesses asked questions, praised workers, and expressed interest to be involved next year!

Stressed for Success? - Pasco County Clerk of the Circuit Court employees selected "Stress Solutions" as their first choice out of a list of 54 topics. With lunch in hand, they met for class to "lunch and learn." FCS agent spent the next hour reviewing what stress is, how it affects you, and offering ways to cope using various strategies including a management plan. At the end of the session, 39 attendees reported an average increase of 1.6 (on a scale of 1=lowest to 5 = highest) in learning four new coping skills they plan to use to reduce their stress. Reducing stress at home and work improves outlook, reduces illness/absences from work, saves time and money!

From the Cradle to the Grave - Extension FCS Offers Solutions for Your Life at Annual Expo

Pasco County residents look forward to this annual event sponsored by local Extension office showcasing all program areas. Family life skills teachers come to gather information and even one reporter has attended faithfully the past five years to provide media coverage. FCS agent worked with Home & Community Education (HCE) volunteers to provide educational opportunities for all ages by featuring 19 displays; 8 hands-on activities; 3 lectures and demonstrations. Topics ranged from nutrition/health/food safety to money management, water/energy conservation and recycling. HCE volunteers also held a fund raiser to support 4-H. A total of 596 attended.

You Can Have the Last Word, Even After Death

"Five Wishes" has been called "the living will with a heart and a soul!" FCS agent uses this one-hour program to help individuals make end-of-life decisions. The five wishes are for: 1) the person I want to make care decisions for me when I can't; 2) the kind of medical treatment I want/don't want; 3) how comfortable I want to be; 4) how I want people to treat me; 5) what I want my loved ones to know. The fact is, no one really likes to talk about death even though we all know that it is inevitable. This program opens communication between family members. "Five Wishes" is for anyone 18 or older, married, single, parents, adult children, and friends. Participants at these programs have really appreciated the guidance in making these difficult decisions. In 2006, 41 attended this program and requested additional copies for 95 other family members. They have saved \$60 per person (what a local attorney would charge to complete a living will), making a total savings of \$8,160. As a result of the success of these programs, seven more programs have already been scheduled for 2007.

Extension Family & Consumer Sciences provides information to help YOU raise kids, eat right, spend smart, and live well!