



COLLEGE OF
FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES



Welcome to
*"Surviving Work and Life...
Smarter, Healthier and Happier!"*



October 30 and 31, 2006
Holiday Inn-Worthington
175 Hutchinson Avenue
Columbus, OH 43235
Phone: 614.885.3334

*Conference brought to you by
OSU Extension Human Resources, College of FAES and Chi Epsilon Sigma*

Welcome...

Thanks for taking time to join us today at the 2006 Support Staff Conference. The theme for this year is *Surviving Work and Life...Smarter, Healthier and Happier!* We hope that take away information and tips to help you survive all aspects of your busy lives.

It is important that we all take time for professional development opportunities not only to learn different skills but also to take a moment to network with our colleagues in Extension, in the College and throughout the state. Please take time today to meet someone new or reconnect with someone you met previously.

We hope that you enjoy this year's conference. After the conference, you will have receive an email asking you to complete a Zoomerang survey on this event. Please take the time to submit your comments and suggestions so next year's committee will again aim to provide you with the tools you need to be *smarter, healthier and happier!*

Again, welcome. We're glad you're here!

Sincerely,
The 2006 Planning Committee

Carol Bunn—Co-Chair
Teresa Funk—Co-Chair
Terri Gustafson—Co-Chair
Marsha Amlin
Michelle Czarnecki
Theresa Gross
Jenny Lindimore
Carol Packer
Carol Poe

Activities ...

OSU Wellness—Milan/Pompeii Rooms

Professionals are on hand to check cholesterol, glucose, blood pressure, and perform osteoporosis screenings, and chair massage. Flu shots are also available and are free as part of your OSU health benefits.

Office Max—Upper Terrace

They offer the best deals on office supplies—deals only available to Extension—and keep up to date with the newest products to market. They are set up in the lobby. Check them out!!

Displays—Upper Terrace

Several on-campus groups have graciously agreed to spend some time with us today. Check them out on the Upper Terrace during your breaks to learn more .

Silent Auction—Florence

Sponsored by CES

Bid on some great items from around the state throughout the day until 3:00 p.m.! Check them out and participate to raise funds for next year's conference.

Special Thanks to ...

Our sponsors and organizations that made donations to support this conference:

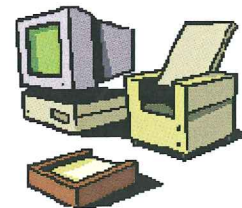
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Keith L. Smith, Associate Vice President for Agricultural Administration and Director, OSU Extension.

Events: Day 1—OSU Extension Focus
Monday, October 30, 2006

- 12:30 - 1:00 p.m. Registration—Outside Florence
- 1:00 - 1:15 p.m. Welcome—Florence
- 1:15 - 2:00 p.m. Administrative Update—Florence
- 2:00 - 2:15 p.m. Break/Move to Regional Director Updates
- 2:15 - 3:00 p.m. Regional Director Update
North Central, Bev Kelbaugh, Interim Regional Director—Verona
South East, Lou Fourman, Regional Director—Palermo
West Region, Stephen Wright, Regional Director—Ferrara
- 3:00 - 3:15 p.m. Break for Concurrents
- 3:15—4:15 p.m. Concurrent Sessions
Business Office Update (PCard Island)—Verona
Cindy Tschanen, Assistant Manager, Extension Business Office
Blue Ribbon Youth Enrollment—Taming the Beast—Palermo
Jim Elder, Extension Educator, West Regional Office
County Web Sites—Ferrara
Bonnie Scranton, Staff Training and Development Coordinator,
Communications and Technology
CommTech's Best-Kept Secrets—Naples I
Martha Filipic, Technical Editor, Communications and Technology
- 4:15 - 4:30 p.m. Break/Move To Concurrent Sessions
- 4:30—5:30 p.m. Concurrent Sessions
Stress Management/Relaxation—Naples I
Lisa Borelli, Program Specialist, OSU Managed Health Care
Business Office Update (Grants and Contracts) - Verona
Jackie LaMuth, Leader, Resource Development and Management,
Grants and Contracts and
Cindy Tschanen, Assistant Manager, Extension Business Office
Caregiving Realities: Help and Hope—Palermo
Patty Callahan, LISW, Information & Assistance, Caregiver Advocate
Mentoring Program—Ferrara
Linda Kutilek, Leader, OSU Extension Human Resources and Interim
Associate Director, Operations, and
Kaye Clay, Guernsey County Extension Office



Events: Day 2—Extension and College Focused
Tuesday, October 31, 2006

- 8:15 - 9:00 a.m. Registration and Continental Breakfast—outside of Florence
OSU Wellness—health screenings/flu shots—Milan and Pompeii
- 9:00 - 9:15 a.m. Welcome
- 9:15 - 10:00 a.m. Administrative Update—Florence
Keith Smith, Associate Vice President, Ag Administration; Associate Dean, CFAES;
Director, OSU Extension; and Gist Chair in Extension Education and Leadership
Bob Moser, Dean and Vice President for Agricultural Administration, CFAES
- 10:00 -10:15 a.m. Icebreaker
- 10:15 - 10:30 a.m. Break/Move to Concurrents
- 10:30 - 11:30 a.m. Concurrent Sessions
Financial Tools and Strategies for a Healthier You!—Palermo
Cyndi Renn, Program Manager, Family Resource Management and
Susan Shockey, Extension Educator, Family Consumer Sciences, Franklin Co.
Stress Management/Relaxation—Naples II
Lisa Borelli, Program Specialist, OSU Managed Health Care
Business Office Update (GL Inquiry) - Ferrara
Jesse Buxton, Business Operations Accountant, Extension Business Office
Benefits Update: *Your Plan for Health* and Open Enrollment, OSU-HR—Rome 1
Kim Schuette, Communications Manager, *Your Plan for Health* and
Gina Johnson, Benefits Consultant, OSU Human Resources
Payroll/Personnel Issues—Rome II
Marge Hall, Linda Roberts, Laura Butts—OSU Extension Human Resources
- 11:30-11:45 a.m. Break/Move to Lunch
- 11:45 a.m.-1:00 p.m. Lunch—Florence
- 1:00-2:00 p.m. Concurrent Sessions
Sick and Tired of Being Sick and Tired—Verona
Kathy Lechman, Leader, Diversity Development, Extension Human Resources
Payroll/Personnel Issues—Rome II
Marge Hall, Linda Roberts, Laura Butts—OSU Extension Human Resources
Surviving and Thriving on Extension Island—Palermo
Andrea Bowlin, Project Director, College of Human Ecology
Athletes at Work—Ferrara
Dr. Robin Hunter, DC, OSU Center for Integrative Medicine
Benefits Update: *Your Plan for Health* and Open Enrollment, OSU-HR—Rome I
Kim Schuette, Communications Manager, *Your Plan for Health* and
Gina Johnson, Benefits Consultant, OSU Human Resources
- 2:00-2:15 p.m. Break/Move to Concurrent Sessions
- 2:15-3:15 p.m. Concurrent Sessions
Going Back to School—Verona
Jill Pfister, Assistant Dean for Academic Affairs, CFAES
Retirement Planning, OPERS—Palermo
Robert Cummerlander, OPERS Representative
Stress Management and Relaxation—Naples II
Lisa Borelli, Program Specialist, OSU Managed Health Care
Work Life Balancing Act—Rome I
Mona Fitzer, Project Manager, OSU Human Resources
Business Office (PCard Island)—Ferrara
Cindy Tschannen, Assistant Manager, Extension Business Office
- 3:15-3:30 p.m. Break/Announcement of Silent Auction Winners
- 3:30-4:30 p.m. Capnote Speaker - Cea Cohen Elliott—Florence