October Mental Health Tip
(Source: onCampus Today) . . .

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and behave, along with how we handle stress, relate to others, and make healthy lifestyle choices. Ohio State Chief Wellness Officer Bernadette Melnyk reminds us professional help is available if stress, anxiety and depression are interfering with your life. Ohio State has an on-line program called "Beating the Blues" that you can access by contacting the employee assistance program.

Employee Assistance Program
Contact: 800.678.6269
Welcome! . . .

We Welcome . . .
Katie Lorentz, Program Assistant, SNAP-Ed, who started in Wyandot County on October 3.

Director’s Drop-In . . .
The Inaugural Leadership Summit held last week was a great success! Thanks to the OSU Extension folks who attended the event and made time to talk about leadership principles and practices. The leadership lessons shared by Jim Kouzes were fantastic, and the panel discussion after lunch truly helped round out the day with real-life insights from several local key leaders. It was quite the panel of experts; and it was great to have Dr. Bruce McPherson, our former dean and now university executive vice president and provost, share his thoughts as part of the panel.

I know a number of Jim’s key points really hit home for many of us, and I encourage our Extension faculty and staff who attended to spend some time thinking about how you can incorporate Jim’s message into your daily work and personal life. There were so many good, and immediately applicable suggestions, that I hope you also share what you learned with your co-workers who couldn’t attend the event. And please visit http://u.osu.edu/leadershipsummit for links to more information about Jim’s work in leadership education.

We all have numerous opportunities to be a leader every day, and I hope – whether or not you attend a program such as the summit last week – that all of our employees make time for some type of leadership development in your plan of work this year. It’s important for each of us to see what’s going on “out there,” take stock of where we are in our own leadership skills, and spend some time improving how we do what we do.

Kudos and many thanks to the Inaugural Leadership Summit steering committee (listed online) for planning an excellent day and setting the bar high for the next Leadership Summit. I’m excited to see what’s next!

Happy October Birthdays …

- October 8 Ruby Randolph – Program Assistant, Sandusky County
- October 10 Cindy Dininger – Office Associate, Ashland County
- October 12 Chris Comden – Office Associate, Defiance County
- October 15 Deb Knapke – Office Associate, Van Wert County
- October 18 Lisa Schlumbohm – Program Assistant, Ottawa County
- October 25 Cheryl Barber Spires – Program Specialist, Northwest Region
- October 31 Erika Lee – Program Assistant, Paulding County

OUTSTANDING U!
Congratulations! . . .

We would like to take this opportunity to recognize our FCS colleagues who recently made presentations, posters and were award recipients at their national conference held in Big Sky, Montana.

Presentations:
Katie LaPlant, Extension Educator, FCS, Ottawa/Sandusky Counties (and colleagues) – Review and Adaptation of Parenting Programs with Incarcerated Parents (Concurrent Session)
Nancy Stehulak, Extension Educator, FCS, Henry County (and colleagues) – Review and Adaptation of Parenting Programs with Incarcerated Parents (Concurrent Session)
Melissa Welker, Extension Educator, FCS, Fulton County (and colleagues) – Review and Adaptation of Parenting Programs with Incarcerated Parents (Concurrent Session)

Poster:
Cheryl Barber Spires, Program Specialist, FCS, Northwest Region (and colleague) – Year 2 Results of an Extension On-line Diabetes Education Class

Awards:
Katie LaPlant, Patrice Powers-Barker, Extension Specialist, FCS, Lucas County, – Communications: Educational Pub (3rd Place Region)

Leadership:
Congratulations also to our Ohio 4-H professionals who have assumed leadership of five of the 13 NAE4-HA Task Forces:
• Kathy Bruynis (Highland) – Ag Literacy
• Kate Feldhues (Ross) – Camping and Environmental Education
• Andrea (Daubenmier) Rees (Knox) – Animal Science
• Laura Rohlf (Henry) – Communication and Expressive Arts
• Cassie Anderson (Hancock) and Jenna Hoyt (Ashtabula) – Youth Empowerment

Intro to Health Reimbursement Accounts
(Source: onCampus Today) . . .

One of the changes to 2017 wellness incentives is the introduction of Health Reimbursement Accounts (HRA). An HRA can be used to pay for health care expenses such as copayments, coinsurance and deductibles. Participants will earn credits for their personal HRA as part of the Your Plan for Health (YP4H) incentive program. The Open Enrollment website provides additional details about HRAs and other benefits changes for 2017. Dates to enroll: Tuesday, November 1, through Tuesday, November 15. Read more Contact or 614.292.1050
**eXtension News . . .**

**Opportunity for Extension Professionals to Review Proposed Changes to Ask an Expert**

Recently eXtension led a reassessment of Ask an Expert. While Ask an Expert is one of eXtension’s most valued assets with more than 321,284 questions answered by 6,474 experts since February 21, 2008, the steadily increasing volume of questions from 2008 to the present has posed challenges for the professionals and volunteers who serve as experts to answer the questions. To get your input, eXtension will be hosting a web meeting on **Wednesday, October 12 at 3 p.m. Eastern** to discuss the findings and recommendations for changes. Prior to attending the web meeting, we suggest that attendees review this document – **Recommendation for Ask an Expert Changes**. For more information, to register for this web meeting, and to add this event to your calendar, visit [learn.extension.org/events/2853](http://learn.extension.org/events/2853).

**Professional Development Opportunities**

Begin your search for professional development opportunities with a new quick link on extension.org that allows you to view the whole range of offerings and begin looking for exactly what you need in just a few clicks. Included is a curated list of webinars, both recorded and upcoming, that are deemed to have professional improvement value for Extension educators, staff and administrators, along with a guide to online professional development courses. It also highlights competency frameworks developed for Extension professionals and links to the Extension professional associations. **Try it out!** And give us your suggestions for other professional development opportunities to include.

**Where is Brutus? (Source: onCampus Today) . . .**

While there is only one Brutus Buckeye, did you know that more than 30 life-sized statues of our beloved mascot can be found on or near campus? Ohio Staters, Inc. invites you to visit [http://go.osu.edu/wib](http://go.osu.edu/wib) and use the map to find these Brutus statues. Take pictures with the statues and post online using the hastag “findbrutus. The map is available in both a PDF and mobile-friendly format. Enjoy! [Contact](#) or 614-886-1476. As a side note – we’d also love to share your photos in Northwest Region Touchpoint. Forward your photos to Carol at [bottoms.6@osu.edu](mailto:bottoms.6@osu.edu).
It's that time of year again — cheering crowds at The Shoe, dotting the "i" in Script Ohio, the Best Fans in the Land, and of course, the 7th annual Hit the Road with the Buckeyes team walking challenge. It's no doubt that we are Miles Ahead of the Rest.

Join the tradition this year and be a part of the 7th annual walking challenge! Gather a team of 2 to 10 teammates and challenge yourselves to walk the distance to Ohio State's away Big Ten football games (about 3 million steps)!

**Login to the YP4H portal to lead or join a team.**

The challenge started on Monday, October 3 and ends November 20, 2016.

**WIN!** You’ll also be able to earn up to 500 YP4H points and entered to win SKicks*! Learn more at yp4h.osu.edu

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**October Pcard Deadline (Source: Brian McClain) . . .**

The October PCard deadline is Friday, October 28 for the university. In order to ensure that all PCards transactions are approved and reallocated for October, FAES is using Thursday, October 27 as the PCard deadline. This will allow for the PCard transactions to be completed before Friday and, hopefully, prevent many of us from staying late on Friday. Your reallocator and many others thank you.
Navigating the PI Portal
Join us to learn tips on how to use the PI Portal system to manage financial aspects of a project, verify remaining balances, reconcile outstanding expenditures, monitor cost share activity, and review commitments and personnel appointments. We will also review project deadlines, uploaded documents, invoices/payments, expenditure allocation, important alerts from the Office of Sponsored Programs (OSP) and how to use the Portal to close Purchase Orders. The training will be conducted by Angie LeMaster, CFAES Finance.

*This is a basic/novice course, ideal for new investigators/grant awardees. A more advanced session will be held at a later date.

Two sessions will be held:
Wooster Campus
**October 10, 2016, 9:30 am-11:00 am**
Fisher North

Columbus Campus
**October 13, 2016, 9:30 am-11:00 am**
333 Kottman Hall
October 17 - November 27
Time Out 4 Health Fall Email Wellness Challenge

Sign up for the Ohio State University Extension, Live Healthy Live Well 6 week Email Wellness Challenge.

Two weekly e-mails will be sent directly to you from your local OSU Extension Family and Consumer Sciences Professional.

Participants will:
- Explore ways to take time out for health and wellness.
- Be encouraged, motivated and supported to take time for wellness.
- Track progress on wellness goals during the challenge.
- Increase physical activity to include at least 30 minutes of movement five times per week.
- Learn strategies to help you Take Time 4: fun, relationships, others, self, movement, healthy foods, sleep, and laughter.

What does it cost? Nothing – it is free!

Who can participate? Any adult with an email account.

How do I sign up? Look at this chart and find your county. Go to the link listed beside your county and register.
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If your county isn’t listed, you may register with this link:

[Link](http://go.osu.edu/YP4HLHLWF16)

For more information, contact Lisa Barlage, barlage.7@osu.edu or Michelle Treber, treber.1@osu.edu
**eReports and BuckIQ (Source: Ric Hunter) . . .**

BuckeyePass is coming to the eReports and BuckIQ services on Saturday, November 12. In September, BuckeyePass was implemented at Ohio State. All employees now use BuckeyePass to log into the Employee Self Service (ESS) system. Anyone who needs to change or renew benefits will also be using BuckeyePass to log in during Open Enrollment next month. Some departments who use a virtual private network to allow staff to work remotely are also using BuckeyePass to provide extra security when remote users connect. Users only need to sign up once.

Anyone who is already using BuckeyePass for ESS or any other system will automatically be able to use it to log in to eReports and BuckIQ and will not need to register again or make changes.

**Blog Links . . .**

- CFAES Weekly News Digest – [http://u.osu.edu/cfaesadmin](http://u.osu.edu/cfaesadmin)
- Extension Director, Roger Rennekamp – [http://u.osu.edu/conspectus/](http://u.osu.edu/conspectus/)
- Community Development – [http://u.osu.edu/extensioncd/](http://u.osu.edu/extensioncd/)
- Ag Law – [http://aglaw.osu.edu/blog](http://aglaw.osu.edu/blog)

**National Meeting Information . . .**

- October 24-27 in Cape May, New Jersey
- The site of the 2016 meeting is The Grand Hotel of Cape May

**Award Nominations . . .**

Chi Epsilon Sigma – **Due October 31**
- Newsletter, Brochure and Website Contest
- Dorothy Rex Inspiration Award

Schindler Excellence in CD Award – **Due November 1**