



# Where We've Been, Where We're Going

## MSU Extension Family & Consumer Science Agent Update

### AGENDA via WebEx

May 12-14, 2020

#### Tuesday, Afternoon, May 12

- 2:00 – 2:50 **Keynote Address: Montana FCS Extension “Where We’ve Been”**  
**Jan Scholl**, Extension Historian; Former Hill County FCS Agent; Professor Emeritus Penn State University
- 2:50 – 3:00 **Stand up and Exercise break**  
Exercises You Can Do While Listening to a Webinar  
**Michelle Grocke**, MSU Extension Health and Wellness Specialist
- 3:00 – 4:00 **Congratulations! You’re a government employee!**  
**Tracy Ellig**, Vice President, University Communications  
Perspectives on Professionalism when Representing MSU: As government employees we take on special responsibilities about public trust and the reputation of the institutions we work for. This presentation will review best practices for the use of email, social media, websites and public presentations.

#### Wednesday, Morning, May 13

- 10:00 – 10:50 **WORD Readability**  
**Wendy Wedum**, FCS/4-H Pondera County  
**Tech Tools: Box storage and Sharing**  
**Lori Mayr**, Administrative Assistant, Nutrition, Health & Wellness
- 10:50 – 11:00 **Brain Break & Chair Yoga**  
Jackie Rumph, FCS Yellowstone County
- 11:00 – Noon **Sharing of FCS Success Stories** Pre-Coronavirus Crisis, During Coronavirus Crisis or Plans for After Coronavirus Crisis  
**Speakers:** Those attending the Webinar—Be prepared to share and tell your story in 5 minutes

#### Thursday, May 14

- 9:00—9:50 **Mental Health and Self Care During These Trying Times**  
**Michell Grocke**, MSU Extension Health and Wellness Specialist  
**Alison Brennan**, MSU Extension Mental Health Specialist  
**Katelyn Andersen**, FCS Ravalli County
- 9:50 – 10:00 **Break and Exercise** (on your own)
- 10:00 –11:00 **Closing Keynote: Montana Extension FCS “Where We’re Going”**  
**Suzanne Stluka**, Associate Director, MSU Extension