

OneOp Monthly Newsletter

MARCH 2023

Upcoming Programming

 **March 1, 2023**

Increasing Children's Fruit and Vegetable Exposure: Tools for Practitioners

This discussion provides steps providers can implement to improve health and developmental outcomes for children in low-income families.

 **March 7, 2023**

Social Security Benefits in 2023

In this webinar participants are provided important information about the basics of the SSDI and SSI programs and the application process.

 **March 22, 2023**

Benefits of Plants for Chronic Kidney Disease

Learn about the benefits of plant-based diets and get actionable advice for implementing with patients with non-dialysis-dependent CKD.

 **March 28, 2023**

Fundamentals of Mutual Funds

This webinar addresses mutual fund fees, taxes, performance, and special considerations essential to make informed investing decisions.

 **March 29, 2023**

Identifying Key Collaborators for School Services for Military-Connected Students

The first session of the Collaborative Connections series assists participants in understanding the points of contact for an array of educational services and the roles of various service providers in schools.



Military Culture: A Guide for Extension Professionals

The well-being of families in the military is essential to the Department of Defense (DoD) and its goals for service readiness (National Academies of Sciences, Engineering, and Medicine, 2019). Historically, DoD programs and resources were designed for the service member, but research shows that family-related factors play an important role in service members' readiness. One approach to support families in the military and strengthen both formal and informal networks off the installation is through the Cooperative Extension System. However, many community providers aren't trained or experienced in supporting this unique military community (RAND, 2014).

As an extensive community-based support system, Cooperative Extension has a yet untapped opportunity to serve families in the military with our practical, applicable education as members of the communities in which they live, work, and play. Cooperative Extension can meet the needs of the military community by sharing knowledge and bringing value to build the skills and practices of families in the military. This course provides an overview of military culture and the unique needs of military families to help Extension professionals better understand how to recognize, engage, ask, and deliver education in the community.



ENROLL TODAY!

On-Demand Programming



Relative Energy Deficiency in Sport (RED-S): Evaluating the Impact on Health and Performance

Learn how RED-S impacts health and sports performance and gather practical recommendations for understanding, evaluating, and educating athletes and active people.



2023 Tax Updates: What Service Providers Need to Know

Explore popular tax strategies and learn about the inflation bump to the 2023 tax figures, including the standard deduction, tax brackets, and other relevant accounts.



Waste Not, Want Not: Reducing Food Waste in Your Communities

Discover the types of food most often wasted and how making some simple changes in how we shop, cook, and store food can help stretch your food resources and budget.

Focused Programming: **Finances**



Like most individuals, military service members and their families face many financial decisions throughout their lifetime. From preparation for the future and monthly budgeting to investments and unexpected costs, the financial well-being of a family plays a large role in the readiness of military families.



PCS Series: Dispelling the Myths of the VA Home Loan

After their return home from deployment, military couples experience various changes in their relationship. This webinar explores the findings of an 8-month longitudinal study of 555 military couples during the reintegration period.



The Importance of Estate Planning for Military Families

As a provider, your connection with your clients and greater communities is important in supporting healthy, engaged parents and caregivers. Explore resources to bolster your conversations and support those navigating the ever-shifting journey of parenthood.



How Military Couples Can Improve Communication About Money

What is relationship education? Dr. John Gottman and other researchers have shown that there are distinct patterns of interaction and communication that form the basis of healthy couples' relationships.



SEASON 4 | EPISODE 1

Building Capacity in Military-Connected Schools with Dr. Ron Avi Astor


In the latest episode of the Practicing Connection podcast, Dr. Astor talks about his work and the "whole community" approach his team used in addressing the issues in the schools they worked with. Dr. Astor holds the Marjorie Crump Chair Professorship in Social Welfare at the UCLA Luskin School of Public Affairs with a joint appointment in the UCLA Graduate School of Education and Information Studies.

Since the 1980s, Dr. Astor and his colleagues had been working on addressing school safety issues. His work caught the attention of several military-connected school districts in Southern California and prompted them to request his help on what they perceived as a school bullying issue.

We invite you to join the OneOp mailing list to stay updated!

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 Practicing Connection