



# Erin L. Yelland, Ph.D., CFLE

253 Justin Hall, 1324 Lovers Lane ▪ Manhattan, KS 66506  
erinyelland@ksu.edu



## EDUCATION

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| <i>Doctor of Philosophy</i> | FAMILY SCIENCES<br>University of Kentucky<br>Lexington, Kentucky<br>May, 2015  |
| <i>Graduate Certificate</i> | GERONTOLOGY<br>University of Kentucky<br>Lexington, Kentucky<br>December, 2012   |
| <i>Bachelor of Science</i>  | YOUTH, ADULT, AND FAMILY SERVICES<br>Minor: Organizational Leadership and Supervision<br>Purdue University<br>West Lafayette, Indiana<br>May, 2010 |

## ACADEMIC APPOINTMENTS

May 30, 2021 – present

*Associate Professor and Interim Director*

Center on Aging | College of Health and Human Sciences | Kansas State University

July 1, 2015 – May 29, 2021

*Assistant Professor and Extension Specialist*

Department of Applied Human Sciences | College of Health and Human Sciences  
Kansas State University

*Affiliated Faculty Member*

Master of Public Health | College of Veterinary Medicine | Kansas State University

## RESEARCH

### PUBLICATIONS

#### REFEREED JOURNAL ARTICLES

Burton, D., O'Neal, L., **Yelland, E. L.**, Stluka, S., & Rennekamp, R. (2022).

Cooperative Extension in urban America: Place-based approaches for improving health. *Journal of Human Sciences and Extension*, (10)2.

Astle, S. †, McAllister, P. †, Stanfield, M. H., **Yelland, E. L.**, & Gimarc, C. † (2022).

Assessing public opinions of sexual advance directives among older adults with dementia. *Journal of Applied Gerontology*, 41(11).

doi:10.1177/07334648221114632

\* undergraduate student

† graduate student

- Kostelic, A., **Yelland, E. L.**, Smith, A. †, Shuman, C., & Cless, A. (2021). Keys to Embracing Aging: A healthy aging intervention. *Journal of Prevention & Intervention in the Community*, 0, 1 – 14. doi: 10.1080/10852352.2021.1930816
- Bates, J. S., **Yelland, E. L.**, & Benson, J. J. (2020, June). Creating a place for aging in the Cooperative Extension System. *Journal of Human Sciences and Extension*, 8(2), 260 – 261.
- Stanfield, M. H., & **Yelland, E. L.** (2020, April). When Allie forgot Noah: Perspectives of healthy partner considerations in cases of dementia. *The American Journal of Family Therapy, online first*. doi: 10.1080/01926187.2020.1731380
- Yelland, E. L.**, & Piper, J. † (2020, April). Gray for a Day: Exploring the impact of a sensory aging experience. *Journal of Extension*, 58, v58-2a6.
- Kostelic, A., **Yelland, E. L.**, Smith, A. †, Goss, K. † (2020, February). Keys to Embracing Aging: A curriculum to promote healthful living across the life span. *Journal of Extension*, 58, 1TT5.
- Bates, J. S., Benson, J. J., & **Yelland, E. L.** (2020, February). Forming a multistate network: From passion and coincidence to vision and sustainability. *Journal of Extension*, 58, 1IW1.
- Yelland, E. L.**, Benson, J. J., Litzelman, K., Gerstenecker, C. B., Bartholomae, S., & Stanfield, M. H. † (2019, December). An analysis of aging-related needs and programming across the North Central Extension Region. *Journal of Extension*, 57, 6FEA2.
- Yelland, E. L.**, Piper, J. (2019, June). Gray for a Day: Implementing a curriculum to promote empathy for older adults. *Journal of Extension*, 57, 3IAW2.
- Yelland, E. L.** & Bates, J. (2019, June). Translating Policy, Systems, and Environmental Change for Use in the Family Context. *Journal of Human Sciences Extension*, 7, 212.
- Bates, J., & **Yelland, E. L.** (2018, October). Reconceptualizing policy, systems, and environmental change at the family-level. *Journal of the National Extension Association for Family and Consumer Sciences*, 13, 112 – 125.
- Yelland, E. L.** (2018, October). Facilitating dialogue to improve community health. *Journal of the National Extension Association for Family and Consumer Sciences*, 13, 101 – 111.
- Yelland, E. L.**, Cless, A. W. †, Mallory, A. B. †, & Cless, J. D. † (2018, June). Public perspectives toward the sexual behavior of an individual with dementia residing in long-term care. *The Journal of Aging and Health*, 30, 800 – 815. doi: 10.1177/0898264317696774
- Yelland, E. L.** & Stanfield, M. H. † (2018, January). Public Perspectives toward Long-Term Care Staff Intervention in Demented Resident's Sexual Relationships. *Dementia*. Online first. doi:10.1177/1471301218772915
- Yelland, E. L.** (2016, June). Gathering evaluation data on fact sheet publications. *Journal of Human Sciences and Extension*, 4(3), 158.
- Syme, M. L., **Yelland, E. L.**, Cornelison, L., Poey, J., Karjicek, R. \*, & Doll, G. (2016, October). Content analysis of public opinion on sexual expression and dementia: implications for nursing home policy development. *Health Expectations*. Advanced online publication. doi: 10.1111/hex.12509

- Yelland, E. L.,** & Hosier, A. (2015, August). Public attitudes toward sexual expression in long-term care: Does context matter? *Journal of Applied Gerontology*, OnlineFirst. doi: 10.1177/0733464815602108
- Hans, J. D., & **Yelland, E. L.** (2013, June). Posthumous sperm retrieval for cryopreservation and reproduction: Attitudes in context. *Journal of Clinical Research & Bioethics*, *S1: 008*. doi: 10.4172/2155-9627.S1-008

#### MANUSCRIPTS UNDER REVIEW

- Pearson, M. †, Roe, A., Safaii-Waite, S., **Yelland, E. L.**, & Buck, J. (2022). Dairy Based Probiotic Intake and Cognitive Performance in Older Adults.
- Astle, S., McAllister, P., Hanna-Walker, V., Anders, K., **Yelland, E. L.** (2021). Whose sexual self-concept and sexual self-schema is being measured and how? A systematic literature review.

#### MANUSCRIPTS NEARING COMPLETION

- Yelland, E. L.**, Piper, J. †, Wu, Z. †, & Maddy, M.\* (2021). Examining hiring trends of family and consumer science Extension professional in the United States: A content analysis.

#### OTHER PUBLICATIONS

- Burton et al. (2021). Cooperative Extension's National Framework for Health Equity and Well Being. [Report of the Health Innovation Task Force] Extension Committee on Organization and Policy: Washington, DC Available at <https://www.aplu.org/members/commissions/foodenvironment-and-renewable-resources/board-on-agriculture-assembly/cooperative-extensionsection/ecop-members/ecop-documents/2021%20EquityHealth%20Sum.pdf>
- Yelland, E. L.**, & Stanfield, M. H. † (Spring, 2019). A hands-on approach to teaching about aging: 32 activities for the classroom and beyond [book review]. *National Council on Family Relations Network Newsletter*.
- Yelland, E. L.** (Summer, 2016). Living, loving, and loss: The interplay of intimacy, sexuality and grief [book review]. *National Council on Family Relations Network Newsletter*.

#### **CONFERENCE PRESENTATIONS**

##### INTERNATIONAL

- Astle, S., McAllister, P., Hanna-Walker, V., Anders, K., **Yelland, E. L.** (2021, November). Whose Sexual Self-Concept and Sexual Self-Schema is Being Measured and How?: A Systematic Literature Review. Oral presentation at the Society for the Scientific Study of Sexuality, San Juan, Puerto Rico.
- Yelland, E. L.** (2021, June). Preserving Intimate Relationships and Norms in Later Life: Exploring Opinions Toward Sexual Advance Directives. Poster. International Association of Relationship Research, virtual.
- Astle, S., McAllister, P., & **Yelland, E. L.** (2020, November). Public Opinions of Sexual Advanced Directives: A Qualitative Analysis. Virtual brief communication at the Society for the Scientific Study of Sexuality, virtual conference.

- Yelland, E. L.** (2020, February). The Elephant in the Room: Intimacy and Romantic Relationships Among Older Persons. Invited Plenary speech prepared for presentation at the Community Care Conference, Singapore. Conference cancelled due to COVID-19 pandemic.
- Yelland, E. L.** (2020, February). Intimacy and Romantic Relationships in Nursing Homes: Implications for Practice. Invited workshop prepared for presentation at the Community Care Conference, Singapore. Conference cancelled due to COVID-19 pandemic.
- Yelland, E. L.** (2017, July). Sex, dementia, and long-term care: Does degree of intimacy affect public perceptions? Poster presented at the 21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Syme, M., Doll, G., Cornelison, L., **Yelland, E. L.**, & Poey, J. (2017, July). Resident-informed sexual expression policy: An examination of future consumers of nursing home care. Symposium presented at the 21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.

#### NATIONAL

- Yelland, E. L.**, & Stanfield, M. H. (2020, November). Love in later life: Examining relational and emotional fidelity to a partner with dementia. Paper presented at the National Council on Family Relations Annual Conference, virtual.
- Yelland, E. L.**, Bates, J., & Benson, J. J. (2020, May). Forming a Multistate Network: From Passion and Coincidence to Vision and Sustainability. Paper accepted and prepared for presentation at the National Health Outreach Conference, Kansas City, KS. Conference cancelled due to COVID-19 pandemic.
- Yelland, E. L.**, Piper, J. †, Goss, K. †, & Honig, N. (2020, March). Gray for a Day: Exploring the Impact of a Sensory Aging Experience. Paper accepted and prepared for presentation at the Aging in America Conference, Atlanta, GA. Conference cancelled due to COVID-19 pandemic.
- Yelland, E. L.**, & John, D. (2020, March). Addressing Adult Development and Aging Challenges through Outreach at Land Grant Universities. Paper accepted and prepared for presentation at the Aging in America Conference, Atlanta, GA. Conference cancelled due to COVID-19 pandemic.
- Yelland, E. L.**, Piper, J. L. †, & Goss, K. N. † (2019, November). Preparing volunteers to promote individual, family, and community health: Lessons learned and recommendations for practice. Roundtable presented at the National Council on Family Relations Annual Conference, Fort Worth, TX.
- Yelland, E. L.**, Stanfield, M. H. †, Goss, K. N. †, & Campfield, M.\* (2019, November). Public perspectives of sexual advance directives for aging adults experiencing cognitive decline. Poster presented at the National Council on Family Relations Annual Conference, Fort Worth, TX.
- John, D. H., **Yelland, E. L.**, & Montgomery, S. (2019, November). Cooperative Extension's responsiveness to adult development and aging challenges. Paper presented at the American Public Health Association Annual Meeting, Philadelphia, PA.

- Bates, J. S., **Yelland, E. L.**, Byers Gerstenecker, C. (2019, May). Educational toolkit for enhancing aging programming. Paper presented at the National Health Outreach Conference, Fort Worth, TX.
- Yelland, E. L.**, & Piper, J. † (2019, May). Gray for a Day: Exploring the impact of a sensory aging experience. Paper presented at the National Health Outreach Conference, Fort Worth, TX.
- Yelland, E. L.** (2019, February). Facilitating critical conversations for community health: Lessons learned in Kansas. Poster presented at the Extension Leadership Conference, San Antonio, TX.
- Yelland, E. L.**, Kostelic, A., Goderwis, A. †, Goss, K. † (2018, November). Keys to Embracing Aging: An educational effort to improve lifelong well-being. Paper presented at the American Public Health Association Annual Meeting, San Diego, CA.
- Yelland, E. L.**, & Piper, J. L. † (2018, November). Utilizing an empathic sensory experience to understand age-related sensory and functional decline. Paper presented at the American Public Health Association Annual Meeting, San Diego, CA.
- Stanfield, M. H. †, & **Yelland, E. L.** (2018, November). When Harry forgot Sally: Opinions toward caregivers seeking new relationships. Poster presented at the National Council on Family Relations National Conference, San Diego, CA.
- Piper, J. †, **Yelland, E. L.**, & Goss, K. † (2018, November). Utilizing an empathic sensory experience to understand age-related sensory and functional decline. Paper presented at the National Council on Family Relations National Conference, San Diego, CA.
- Yelland, E. L.** (2018, November). The opioid crisis in America: Community-based strategies to address the epidemic. Poster presented at the National Council on Family Relations National Conference, San Diego, CA.
- Kostelic, A., **Yelland, E. L.**, Seyferth, K. †, & Goderweis, A. † (2018, September). Keys to embracing aging. Paper presented at the National Extension Association of Family and Consumer Sciences Annual Meeting, San Antonio, TX.
- Benson, J. J., **Yelland, E. L.**, Brown, L., & Byers, C. (2018, May). Consciousness-raising about age and ageism. Facilitated discussion presented at the National Health Outreach Conference, Minneapolis, MN.
- Yelland, E. L.**, Shipley, A., Johannes, E., Cuthbertson, C., Norrell-Aitch, K., & Cudney, A. (2018, May). The opioid epidemic and Extension's role. Facilitated discussion presented at the National Health Outreach Conference, Minneapolis, MN.
- Yelland, E. L.** (2018, April). Facilitating critical conversations for community health. Paper presented at the Public Issues Leadership Development annual conference, Crystal City, VA.
- Kostelic, A. F., **Yelland, E. L.**, Goderwis, A. †, & Seyferth, K.\* (2017, November). Keys to embracing aging: A Cooperative Extension health challenge. Paper presented at the National Council on Family Relations annual conference, Orlando, FL.
- Yelland, E. L.**, Benson, J. J., Bates, J., Litzelman, K., & Stanfield, M. H. † (2017, November). Aging-related priorities in the North Central Region: A needs

- assessment. Paper presented at the National Council on Family Relations annual conference, Orlando, FL.
- Stanfield, M. H. †, **Yelland, E. L.**, & Seyferth, K.\* (2017, November). Sex, dementia, and long-term care: Public opinion and importance of policy. Paper presented at the National Council on Family Relations annual conference, Orlando, FL.
- Yelland, E. L.** (2017, October). Gray for a day. Program presentation at the National Extension Association of Family and Consumer Sciences annual meeting. Omaha, NE.
- Bates, J. S., Stum, M., Byers-Gerstenecker, C., Brown, L., **Yelland, E. L.**, Cronk, L., Bartholomae, S., Beaulieu, B., Benson, J., Litzelman, K., & Strommen, J. (2017, May). Exploration of aging in the National Framework for Health and Wellness: The educator's view. Panel Discussion at the National Health Outreach Conference, Annapolis, MD.
- Kiss, E., Wiles, B., **Yelland, E. L.**, Johannes, E. J., Olsen, C. S., Riportella, R., & Durband, D. (2016, April). Healthy Kansas is...IGNITE! presentation at the National Health Outreach Conference. Roanoke, VA.
- Yelland, E. L.** (2015, November). Sex and dementia in long-term care: Does spousal disposition toward adulterous relationships matter? Poster presented at the Gerontological Society of America annual scientific meeting. Orlando, FL.
- Yelland, E. L.**, Syme, M., Cornelison, L., Mosier, D., Poey, J., Krajicek, R.\*, & Doll, G. (2015, November). Sex, dementia, and a husband on trial at age 78: An analysis of reader commentary. Poster presented at the Gerontological Society of America annual scientific meeting. Orlando, FL.
- Frey, L., **Yelland, E. L.**, & Hans, J. D. (2013, November). Attitudes toward assisted suicide among older adults. Poster presented at the National Council on Family Relations annual conference. San Antonio, TX.
- Westmoreland, A., **Yelland, E. L.**, & Hans, J. D. (2013, November). Sex in the nursing home: Does context matter? Poster presented at the National Council on Family Relations annual conference. San Antonio, TX.
- Yelland, E. L.**, & Hans, J. D. (2013, November). Let's talk about sex...maybe? Studying sexuality among older adults. Poster presented at the National Council on Family Relations annual conference. San Antonio, TX.
- Yelland, E. L.**, Hans, J. D., & Norman, J. L. (2012, November). Posthumous sperm retrieval for cryopreservation and reproduction: Attitudes in context. Poster presented at the National Council on Family Relations annual conference. Phoenix, AZ.
- Powell, E. L.** (2011, November). Sexuality in aging adults from a biosocial perspective: A literature review. Poster presented at the National Council on Family Relations annual conference. Orlando, FL.

#### REGIONAL/STATE

- Bates, J. S., & **Yelland, E. L.** (2020, October). Making powerful impacts with a new family ecological framework. Professional development for The Ohio State University Extension Family and Consumer Sciences Conference.

- Yelland, E. L.,** Brown, L., & Strommen, J. (2020, October). Facts on aging and ageism: Preparing the Extension workforce to better serve older adults. Professional development for the 2020 Multi-State Extension Conference.
- Bates, J. S., & **Yelland, E. L.** (2020, October). Redefining PSE for application to the family context: Family rules, family relationships, and the home, and values. Poster presentation at the OSUE Family and Consumer Sciences Annual Conference. Columbus, OH.
- Yelland, E. L.** (2018, July). Gray for a day. Program presented at the Kansas Association of Teacher's Annual Conference. Manhattan, KS.
- Yelland, E. L.,** & Chladny, B. (2018, April). Utilizing deliberative dialogue to facilitate conversations on Extension's role in community health. Paper presented at the Kansas State University 2018 Engagement Symposium. Manhattan, KS.
- Yelland, E. L.,** & Seyferth, K.\* (2017, March). Gray for a day. Program presented at the United Associations Conference. Wichita, KS.
- Yelland, E. L.** (2017, February). Advance health care planning in Kansas. Program presented at Women Managing the Farm annual Conference. Manhattan, KS.
- Yelland, E. L.** (2016, October). Gray for a day. Program presented at Kansas State Research and Extension Annual Conference. Manhattan, KS.
- Yelland, E. L.** (2016, March). Keys to embracing aging. Program presented at the United Associations Conference. Wichita, KS.
- Yelland, E. L.** (2016, March). Over the hill and between the sheets: Exploring sex in later life. Plenary presentation at the Southeastern Council on Family Relations Annual Conference. Orlando, FL.
- Yelland, E. L.** (2016, February). The 10 signs of Alzheimer's disease. Poster presented at Women Managing the Farm annual conference. Manhattan, KS.

## GRANTS

### FUNDED PROPOSALS

- Yelland, E. L.** (2022). Program Innovation Grant. *Epsilon Sigma Phi*, \$1,000.
- Yelland, E. L.** (2020). Epsilon Sigma Phi Professional Development Grant. *Epsilon Sigma Phi*, \$1,000.
- Yelland, E. L.,** & Johannes, E. J. (2017). Kansas Health Extension. *Kansas Department of Health and Environment*, \$25,500.
- Yelland, E. L.,** & Johannes, E. J. (2017). Rural Health and Safety Education Competitive Grants Program. *USDA NIFA*, \$349,778.
- Yelland, E. L.,** Bartholomae, S., Bates, J., Beaulieu, B., Benson, J., Brown, L., Byers, C., Cronk, L., Litzelman, K., Strommen, J., & Stum, M. (2017). Multi-State Rural Development Research or Extension Projects Grant. *North Central Regional Center for Rural Development*, \$24,655.
- Yelland, E. L.** (2016). K-State Research and Extension MIPPA Outreach for Region 9. *Kansas Department of Aging and Disability Services*, \$10,000.
- Yelland, E. L.** (2016). Katey Walker Extension Excellence Fund. *College of Human Ecology, Kansas State University*, \$200.

- Johannes, E., & **Yelland, E. L.** (2016). Kansas Health Extender Pilot Project. *Kansas Department of Health and Environment*, \$37,260.
- Yelland, E. L.** (2016). Extension Endowment Fund Grant. *Alpha Rho Chapter of Epsilon Sigma Phi*, \$2,925.
- Yelland, E. L.**, & Hosier, A. F. (2016). Rural Health and Safety Education Competitive Grants Program. *USDA NIFA*, \$356,257.
- North Central Region Aging Network** (2016). Sponsored Funds from the North Central Region Program Directors, \$18,100.
- Yelland, E. L.** (2015). Academic Excellence Funding. *Office of The Provost and Senior Vice President*, \$2,500.
- Yelland, E. L.** (2015). Extension Endowment Fund Grant. *Alpha Rho Chapter of Epsilon Sigma Phi*, \$2,660.
- Yelland, E. L.** (2015). Katey Walker Extension Excellence Fund. *College of Human Ecology, Kansas State University*, \$400.

#### PENDING PROPOSALS

- Yelland, E. L.** (2022). Injury Prevention through Falls Prevention in Kansas. *Kansas Department of Health and Environment*, \$4,999.

### **EXTENSION ENDEAVORS**

#### **EXTENSION PUBLICATIONS AND PROGRAMS**

##### EXTENSION FACT SHEET PUBLICATIONS

- Yelland, E. L.** & Maddy, M.\* (2021). *Simple Home Modifications*. In press.
- Yelland, E. L.**, & Stanfield, M. H. †, Cherry, R. †, & Goss, K.\* (2018). *So, now what? Tips for managing life after retirement*. (MF3426). Manhattan, K-State Research and Extension.
- Yelland, E. L.** (2018). *The opioid crisis: What you need to know*. (MF3404, English; MF3404S, Spanish). Manhattan, K-State Research and Extension.
- Yelland, E. L.** (2017). *Building a culture of health: Policy, systems, and environmental change*. (MF3399). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2017). *Alzheimer's 101*. (MF3365). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2017). *Elder abuse and neglect: What you should know*. (MF3343). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2016). *Advance Health Care Planning in Kansas*. (MF3280). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2016). *Essential Living Skills: Essential Steps to Healthy Aging*. (S-134I). Manhattan: K-State Research and Extension.
- Hosier, A., Traywick, L. S., & **Yelland, E. L.** (2015). *Keys to embracing aging: Positive attitude*. (MF3257). Manhattan: K-State Research and Extension.
- Hosier, A., Traywick, L. S., & **Yelland, E. L.** (2015). *Keys to embracing aging 101*. (MF3255). Manhattan: K-State Research and Extension.



- Hosier, A., **Yelland, E. L.**, & Traywick, L. S. (2015). *Keys to embracing aging: Brain activity*. (MF3259). Manhattan: K-State Research and Extension.
- Hosier, A., **Yelland, E. L.**, & Traywick, L. S. (2015). *Keys to embracing aging: Eating smart*. (MF3257). Manhattan: K-State Research and Extension.
- Hosier, A., **Yelland, E. L.**, & Traywick, L. S. (2015). *Keys to embracing aging: Social activity*. (MF3260). Manhattan: K-State Research and Extension.
- Hosier, A., **Yelland, E. L.**, & Traywick, L. S. (2015). *Keys to embracing aging: Tuning into the times*. (MF3261). Manhattan: K-State Research and Extension.
- Hosier, A., **Yelland, E. L.**, & Traywick, L. S. (2015). *Keys to embracing aging: Know your health numbers*. (MF3263). Manhattan: K-State Research and Extension.
- Hosier, A., **Yelland, E. L.**, & Traywick, L. S. (2015). *Keys to embracing aging: Taking time for you*. (MF3267). Manhattan: K-State Research and Extension.
- Traywick, L. S., Hosier, A., & **Yelland, E. L.** (2015). *Keys to embracing aging: Physical activity*. (MF3258). Manhattan: K-State Research and Extension.
- Traywick, L. S., Hosier, A., & **Yelland, E. L.** (2015). *Keys to embracing aging: Practice being safe*. (MF3262). Manhattan: K-State Research and Extension.
- Traywick, L. S., Hosier, A., & **Yelland, E. L.** (2015). *Keys to embracing aging: Stress management*. (MF3264). Manhattan: K-State Research and Extension.
- Traywick, L. S., Hosier, A., & **Yelland, E. L.** (2015). *Keys to embracing aging: Sleep*. (MF3266). Manhattan: K-State Research and Extension.
- Traywick, L. S., Hosier, A., Connerly, L., & **Yelland, E. L.** (2015). *Keys to embracing aging: Financial affairs*. (MF3265). Manhattan: K-State Research and Extension.
- Yelland, E. L.**, & Hosier, A. (2012). *Talking with your child about sexuality*. (FCS7-207). Lexington: University of Kentucky Cooperative Extension Service.
- Powell, E. L.**, & Hosier, A. (2011). *Sexual health in young adulthood: Protecting yourself from sexually transmitted infections (STIs)* (FCS7-197). Lexington: University of Kentucky Cooperative Extension Service.

#### OTHER NUMBERED EXTENSION PUBLICATIONS

- Yelland, E. L.** (2018). *The opioid crisis: What you need to know*. (MF3406, English; MF3406S Spanish; 3-panel display). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2018). *The opioid crisis*. (MF3405, English; MF3405S, Spanish; postcard). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2017). *Steps to Better Brain Health*. (MF3391; 3-panel display). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2017). *Alzheimer's 101*. (MF3366; leader's guide). Manhattan: K-State Research and Extension.
- Yelland, E. L.**, & Waldeck, H.\* (2017). *Keys to Embracing Aging*. (MF3344; 3-panel display). Manhattan: K-State Research and Extension.
- Yelland, E. L.**, & Seyferth, K.\* (2017). *Advance Health Care Planning in Kansas*. (MF3345; 3-panel display). Manhattan: K-State Research and Extension.

#### AUTHORED EXTENSION PROGRAM CURRICULA

- Yelland, E. L.**, Piper, J.,<sup>†</sup> & Goss, K.<sup>†</sup> *Extension Master Health Volunteer*. In press.
- Yelland, E. L.**, & Piper, J.<sup>†</sup> *Elder Abuse and Neglect: What You Should Know*. In press.

- Yelland, E. L. & Maddy, M.\*** (2020). *Simple Home Modifications*. In press.
- Yelland, E. L.** (2018). *So Now What? Tips for Managing Life in Retirement*. Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2017). *Alzheimer's 101* (2nd ed.). Manhattan: K-State Research and Extension.
- Yelland, E. L.** (2017). *Gray for a Day* (2nd ed.) Manhattan: Kansas State Research and Extension.
- Yelland, E. L.** (2017). *Advance Health Care Planning in Kansas*. Manhattan: Kansas State Research and Extension.
- Yelland, E. L.** (2016). *Essential Living Skills: Essential Steps to Healthy Aging*. Manhattan: Kansas State Research and Extension.
- Hosier, A., Traywick, L. & **Yelland E. L.** (2015). *Keys to Embracing Aging*. Manhattan: Kansas State Research and Extension.

## INVITED PRESENTATIONS AND PROFESSIONAL DEVELOPMENT TRAININGS

### INVITED NATIONAL WEBINARS

- Yelland, E. L.** (2022, August). Gerontological interventions and partnerships, and the National Cooperative Extension Model of Health Equity and Well-Being. *President Biden's Cancer Prevention Moonshot Day of Action: Hosted by USDA*.
- Yelland, E. L., Sigman, K., & Fox, A.** (2022, June). Ok boomer, you need to retire! A conversation on ageism in the workplace. *Epsilon Sigma Phi*.
- Yelland, E. L.** (2022, June). Gray hairs and rocking chairs: Exploring our own age-related biases. *Administration on Community Living: Nutrition and Aging Resource Center*.
- Rennekamp, R., Burton, D., **Yelland, E. L.**, Gutter, M., & O'Neal, L. (2022, February). Prioritizing nutrition security: Cooperative Extension's National Framework for Health Equity and Well-Being. *USDA NIFA Nutrition Security Webinar*.
- Yelland, E. L., Fox, A., Sigman, K.** (2022, January) Ok, boomer. You gonna retire? *North Central Region Aging Network Webinar Series*.
- Yelland, E. L.** (2021, September). Incorporating ageism into the American Red Cross DEI action plan. *American Red Cross Leadership Conference*.
- Yelland, E. L.** (2021, July). Exploring and overcoming age-related bias. *North Central Region Aging Network Series*.
- Yelland, E. L.** (2021, May). The social determinants of health: Applying the concept to aging. *North Central Region Aging Network Series*.
- Yelland, E. L.** (2021, April). Let's get vulnerable: Exploring and overcoming our own age-related biases. *Keynote presentation at the Tri-State Learning Collaborative on Aging's Summit*.
- Yelland, E. L.** (2020, September). Simple home modifications for aging in place. *North Central Region Aging Network Series*.
- Mao, A., & **Yelland, E. L.** (2020, February 21). Federal resources for elder abuse. *North Central Region Aging Network Webinar Series*.
- Jackson, S. L., & **Yelland, E. L.** (2020, February 7). Understanding elder abuse in rural America. *North Central Region Aging Network Webinar Series*.

- Yelland, E. L.,** Gerstenecker, C. B., Garden-Robinson, J. (2019, December 10). Applying brain boosters to your Extension program. *Brain Boosters: Fads, Facts, and Fundamentals Webinar Series.*
- Yelland, E. L.,** Benson, J., & Bates, J. (2019, September 5). North Central Region Aging Network: A Multi-State Collaboration to Enhance Aging-Related Extension Outreach. *North Central Regional Center for Rural Development.*
- Yelland, E. L.,** Kostelic, A., Smith, A. †, Honig, N., & Klee, M. (2019, August 2). International professional development enhances Extension outreach and impact. *North Central Region Aging Network Webinar Series.*
- Yelland, E. L.** (2019, July 19). Exploring age-related sensory decline. *North Central Region Aging Network Webinar Series.*
- Yelland, E. L. &** Ludwig, K. (2019, April 3). Tips for adding some (Adobe) spark to your Extension outreach. *Epsilon Sigma Phi National Webinar Series.*
- Yelland, E. L.** (2018, October 19). Enhancing your Extension elevator pitch. *North Central Region Aging Network Webinar Series.*
- Yelland, E. L.** (2018, July 12). Finding inner strength: Beyond opioid misuse. *Administration for Native Americans.*
- Yelland, E. L.** (2018, June 28). The opioid crisis: Where things stand and how we can help. *United States Department of Agriculture Rural Development.*
- Yelland, E. L.,** Benson, J. J., & Byers-Gerstenecker, C. (2018, June 12). Aging-related needs in the North Central Region: A needs assessment. *National Extension Association of Family and Consumer Sciences Webinar Series.*
- Yelland, E. L.** (2018, May 16). Alzheimer's 101. *North Central Region Aging Network Webinar Series.*
- Yelland, E. L.,** Stanfield, M. H., & Cherry, R. (2018, April 20). Tips for a healthy transition into retirement. *Epsilon Sigma Phi National Webinar Series.*

#### INVITED PRESENTATIONS

- Yelland, E. L.** (2022, January 19). What does it mean to age well? *North Central Flint Hills Area Agency on Aging Conference*; virtual.
- Yelland, E. L.** (2021, September 1). The science behind positivity and successful aging. *North Central Flint Hills Area Agency on Aging*; Marion, KS.
- Yelland, E. L.** (2021, July 14). Advance Health Care Planning in Kentucky. *Kentucky State Family and Consumer Science Training*; virtual.
- Yelland, E. L.** (2021, March 29). Health and Longevity: The Blue Zones and Power Nine. *Master Food Volunteer Training*; virtual.
- Yelland, E. L. &** Piper, J. (2020). Finding joy in retirement: Tips and tricks for living your best act three. *Prep to Retire Seminar*; Manhattan, KS. Prepared presentation but it was cancelled due to COVID-19.
- Yelland, E. L.** (2019, July 24). The opioid epidemic: Where things stand and how we can help. *K-State Olathe Staff Professional Development*; Olathe, KS.
- Yelland, E. L.** (2019, May 16). So now what? Tips for managing life after retirement. *Southeast Kansas FCE Workshop*; *Humboldt United Methodist Church*; Iola and Humboldt, KS.

- Yelland, E. L.** (2019, April 24-25). The opioid epidemic: Where things stand and how we can help. *Pioneer Manor; Elkhart Public Library; Hugoton Senior Citizen's Center; Stevens County Library*; Hugoton and Elkhart, KS.
- Yelland, E. L.** (2019, February 21-22). Advance health care planning in Kansas. *Estate Planning Workshops*, Colby and Wakeeney, KS.
- Yelland, E. L.** (2019, February 16). The opioid epidemic: Where things stand and how we can help. *National Grange Conference*, Wichita, KS.
- Yelland, E. L.** (2018, August 20). So now what? Managing life after retirement. *Family and Community Educators Regional Training*, Salina, KS.
- Yelland, E. L.** (2018, August 7). The opioid epidemic in Kansas: Where things stand and how we can help. *Foster Grandparents Semi-Annual Meeting*, Salina, KS.
- Yelland, E. L.** (2018, May 17). The opioid epidemic in Kansas: Where things stand and how we can help. *Foster Grandparents Semi-Annual Meeting*, Junction City, KS.
- Yelland, E. L.** (2018, April 27). Over the hill and between the sheets: Exploring intimacy in later life. *Active Aging Expo*, Iola, KS.
- Yelland, E. L.** (2018, April 27). Picking up the pieces in later life. *Active Aging Expo*, Iola, KS.
- Yelland, E. L.** (2017, February 27). The Grand Challenge for Health. *Huck Boyd National Institute for Rural Development*, Manhattan, KS.
- Yelland, E. L.** (2017, January 17). Alzheimer's 101. *Family and Community Educators program day*. Iola, KS.
- Yelland, E. L.** (2017, January 17). Alzheimer's 101. *Wellness workshop*. Chanute, KS.
- Johannes, E., **Yelland, E. L.**, Flaming Jackson, S. (2017, December 7). K-State Research and Extension's contributions to chronic disease prevention in Kansas. *Invited presentation at the Chronic Disease Alliance of Kansas' semi-annual meeting*, Hutchinson, KS.
- Yelland, E. L.** (2017, September 27). Keys to embracing aging. *Keynote presentation at the Southwest Area Agency on Aging's fall expo*, Dodge City, KS.
- Yelland, E. L.** (2017, August 21). Alzheimer's 101. *Family and Community Educators Regional Training*, Salina, KS.
- Yelland, E. L.** (2017, June 23). Alzheimer's 101. *Senior Health and Wellness Expo*, Manhattan, KS.
- Yelland, E. L.** (2017, May 31). Gray for a day. *4-H Discovery Days*, Manhattan, KS.
- Yelland, E. L.** (2017, January 25). Elder abuse and neglect: What you should know. *PILOT International*, Manhattan, KS.
- Yelland, E. L.** (2016, December 1 & 6). Gray for a day. *FSHS 110 (Introduction to Human Development)*, Manhattan, KS.
- Yelland, E. L.** (2016, November 3). Advance health care planning in Kansas. *Keynote Presentation at the Advance Health Care Planning Symposium*, Burlington, KS.
- Yelland, E. L.** (2016, October 14). Alzheimer's: Tips for practitioners. *Third Annual Geriatric Symposium*, Hays, KS.
- Yelland, E. L.** (2016, October 4). Know the 10 Signs of Alzheimer's disease. *Kansas Association of Family and Community Education Annual Conference*, Topeka, KS.

- Yelland, E. L.** (2016, October 3). Alzheimer's 101. *Personal Actions to Health*, Ottawa, KS.
- Yelland, E. L.**, Holmes, C., & Hessong, C. (2016, September 7). Keys to embracing aging. *K-State Research and Extension*, Pittsburg, KS.
- Clark, K. K.<sup>†</sup>, & **Yelland, E. L.** (2016, June 17). Gray for a day. *FSSH 110 (Introduction to Human Development)*, Manhattan, KS.
- Yelland, E. L.** (2016, June 1). Gray for a day. *4-H Discovery Days*, Manhattan, KS.
- Yelland, E. L.** (2016, May 6). Keys to embracing aging. *Piecing Together Our Health: Spring Program*, Winchester, KS.
- Yelland, E. L.** (2016, May 5). Advance health care planning in Kansas. *Active Aging Expo*, Paola, KS.
- Yelland, E. L.** (2016, April 28 & May 3). Gray for a day. *FSSH 110 (Introduction to Human Development)*, Manhattan, KS.
- Yelland, E. L.** (2016, March 17). Keys to embracing aging. *Pottawatomie County Extension's 37<sup>th</sup> Annual Tasting Luncheon*, Wamego, KS.
- Yelland, E. L.** (2016, February 24). Advance health care planning in Kansas. *Preserving the Family with Estate Planning*, Oakley, KS.
- Yelland, E. L.** (2016, February 23). Advance health care planning in Kansas. *Preserving the Family with Estate Planning*, Oberlin, KS.
- Yelland, E. L.** (2015, September 12). An overview of dementia and tools for caregivers. *PILOT International Fall Workshop*, Manhattan, KS.
- Yelland, E. L.** (2015, November 30). Age-related sensory decline. *Olathe South High School*, Olathe, KS.

#### CERTIFIED LEAD TRAINER: COMMUNITY HEALTH WORKERS IN KANSAS

##### Chronic Disease Self-Management

2022: October 25, August 8, March 23, February 10

2021: December 28, December 1, September 22, June 10

2020: October 10

##### Stress Management and Self-Care

2022: November 15, October 17, August 8, May 18, April 7, February 2

2021: July 29

2020: December 3

##### Group Facilitation

2022: November 17, November 15, October 11, September 12, April 14, March 3, January 18

2021: December 22, June 28

2020: November 2

##### Professional Communication

2022: November 29, September 21, April 25, January 27, January 10

2021: July 8

2020: November 9

##### Understanding Behavior Change

2021: September 29

PROFESSIONAL DEVELOPMENT TRAININGS

- Yelland, E. L.**, Fox, A. L., & Sigman, K. (2021, December 9). If you're not getting older, you're dead. Identifying and combatting ageism at Kansas State University. *Safe Zone Advanced Training*, online.
- Kansas chapters of the Alzheimer's Association, & **Yelland, E. L.** (2021, February 10). Connecting Extension with the Alzheimer's Association in Kansas. *FCS Agent Update*, online.
- Yelland, E. L.** (2021, February 9). ELI5: The Social Determinants of Health. *FCS Agent Update*, online.
- Kansas chapters of the Alzheimer's Association, & **Yelland, E. L.** (2020, December 16). *Kansas Extension Alzheimer's Community Forum*, online.
- Yelland, E. L.** (2020, May 1). Social isolation and loneliness before, during, and after COVID-19, *presentation to Family and Consumer Sciences Extension agents*, online.
- Yelland, E. L.**, Jackson, S., Argabright, J., Honig, N., & McPheter, C. (2019, August 26). The Blue Zones: Lessons learned from the world's longest lived people, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2018, August 28). The opioid crisis in Kansas, *FCS Update*, Manhattan, KS.
- Yelland, E. L.**, Eschbach, C., & Tired, H. B. (2018, August 28). Rx for health, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2018, August 28). So now what: Managing life after retirement, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** & Jackson, S. (2018, June 1). Putting it all together: The culture of health and policy, systems, and environmental change initiatives, *Northeast Area Program Enhancement*, Manhattan, KS.
- Jones, B., Haskett, L., & **Yelland, E. L.** (2018, May 10, 14, 18). Better living for your brain and body, Salina/Parsons/Garden City, KS.
- Peters, P., **Yelland, E. L.**, Johannes, E., Lim, S., Flaming-Jackson, S., Kidd, T., & Procter, S. (2018, March 26-27). Critical conversations for healthy communities, Colby/Garden City/Salina/Wichita/Manhattan/Olathe/Girard, KS.
- Peters, P., **Yelland, E. L.**, Johannes, E., Lim, S., Flaming-Jackson, S., Kidd, T., & Procter, S. (2017, February 13). Extension's role in creating a culture of health. *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2017, January 16). Purposeful Extension programming, *Southwest Area Program Day*, Manhattan, KS.
- Yelland, E. L.** (2017, December 13). K-State Research and Extension's role in chronic disease prevention in Kansas, *Northeast Area Program Day*, Manhattan, KS.
- Yelland, E. L.** (2017, December 12). K-State Research and Extension's role in chronic disease prevention in Kansas, *Southeast Area Program Day*, Burrton, KS.
- Yelland, E. L.** (2017, December 8). K-State Research and Extension's role in chronic disease prevention in Kansas, *Northwest Area Program Day*, Oakley, KS.
- Yelland, E. L.**, & Johannes, E. J. (2017, November 1). The opioid epidemic in Kansas: Where things stand and how we can help, *K-State Research and Extension's Annual Conference*, Manhattan, KS.

- Yelland, E. L., & Johannes, E. J.** (2017, October 24). K-State Research and Extension's health systems initiatives, *Northwest Area SNAP-Ed Regional Meeting*, Hays, KS.
- Yelland, E. L.** (2017, August 29). Results from the north central region's needs assessment on aging-related programming, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2017, August 28). Alzheimer's 101, *FCS Update*, Manhattan, KS.
- Johannes, E., **Yelland, E. L.**, Snook, S., Mulcahy, E., Moore, T. (2017, May 25). Towards a culture of health, Parsons, KS.
- Johannes, E., **Yelland, E. L.**, Snook, S., Mulcahy, E., Moore, T. (2017, May 19). Towards a culture of health, Manhattan, KS.
- Johannes, E., **Yelland, E. L.**, Snook, S., Mulcahy, E., Moore, T. (2017, May 11). Towards a culture of health, Garden City, KS.
- Johannes, E., **Yelland, E. L.**, Snook, S., Mulcahy, E., Moore, T. (2017, May 10). Towards a culture of health, Colby, KS.
- The Kansas Department of Aging and Disability Services & **Yelland, E. L.** (2017, February 24). Senior Health Insurance Counseling For Kansans and Medicare Improvements for Patients and Providers Act, Holton, KS.
- Yelland, E. L.**, Johannes, E. J., & Mulcahy, E. (2017, February 9). Kansas health extension, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2017, February 9). Advance health care planning in Kansas, *FCS Update*, Manhattan, KS.
- Yelland, E. L.**, & The Kansas Department of Aging and Disability Services. (2017, February 9). SHICK/MIPPA/SMP/Operation Red File, *FCS Update*, Manhattan, KS.
- Yelland, E. L.**, & Markham, M. (2017, February 9). Introducing: Applied Family Science, *FCS Update*, Manhattan, KS.
- Yelland, E. L.**, & Hosier, A. F. (2017, February 1). Keys to embracing aging: Rural Health and Safety Education Grant, webinar.
- Yelland, E. L.** & The Kansas Department of Aging and Disability Services. (2016, August 23). Operation Red File, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2016, May 18). Gray for a day, webinar.
- Yelland, E. L.** (2016, February 12). Know the 10 Signs of Alzheimer's disease, Manhattan, KS.
- Yelland, E. L.** (2016, February 2). Advance health care planning in Kansas: Publication update, *FCS Update*, Manhattan, KS.
- Yelland, E. L.** (2016, February 2). Essential living skills: Essential steps to healthy aging, *FCS Update*, Manhattan, KS.
- Yelland, E. L.**, Hosier, A., & Traywick, L. (2016, February 1). Keys to embracing aging, *FCS Update*, Manhattan, KS.
- Yelland, E. L.**, & Miller, C. (2016, January 26). Know the 10 Signs of Alzheimer's disease, Parsons, KS.
- Yelland, E. L.**, & Vann, D. (2016, January 20). Know the 10 Signs of Alzheimer's disease, Garden City, KS.
- Yelland, E. L.**, & Vann, D. (2016, January 19). Know the 10 Signs of Alzheimer's disease, Colby, KS.

**PRESS****EXTERNAL QUOTES AND APPEARANCES**

- K-State's Yelland: Put advance health directive in place. *Salina Post*. September 6, 2022. Retrieved from <https://salinapost.com/posts/e3de82ce-79fb-4425-b5b8-c6bd30d0cbb4>
- Secured memory care units: What are they and what are the benefits? *A Place for Mom*, April 7, 2022. Retrieved from <https://www.aplaceformom.com/caregiver-resources/articles/secured-memory-care-units>
- 6 things to do right now if you want to 'age in place'. *Woman's World*, November 9, 2021. Retrieved from <https://www.womansworld.com/posts/aging/how-to-age-in-place>
- Intro to gerontology sparks interest in the Center on Aging. *Kansas State Collegian*, October 29, 2021. Retrieved from <https://www.kstatecollegian.com/2021/10/27/intro-to-gerontology-sparks-interest-in-the-center-on-aging/>
- Experts weigh in on current job market trends. *Zippia: The Career Expert*, October 8, 2021. Retrieved from <https://www.zippia.com/gerontologist-jobs/trends/>
- Gerontologist skills for your resume and career. *Zippia: The Career Expert*, August 18, 2021. Retrieved from <https://www.zippia.com/gerontologist-jobs/skills/>
- How a senior care plan manages care after the move to senior living, *A Place for Mom*, August 2, 2021. Retrieved from <https://www.aplaceformom.com/caregiver-resources/articles/manage-senior-care-after-moving-into-senior-living>
- Better health and wellness: Caregiving for loved ones with Alzheimer's and dementia, *KSNTV and online*, June 7, 2021. Retrieved from <https://www.ksn.com/news/health/better-health-and-wellness-caregiving-for-loved-ones-with-alzheimers-and-dementia/>
- The coronavirus is pushing more people to ponder if they are ready for death, *KMUW Radio Wichita*, August 24, 2020. Retrieved from <https://www.kmuw.org/post/coronavirus-pushing-more-people-ponder-if-theyre-ready-death>
- You should be filling out Advance Directives earlier than you think, *KSNT News*, September 23, 2020. Retrieved from <https://www.ksnt.com/news/health-check/you-should-be-filling-out-advanced-directives-earlier-than-you-may-think/>
- Blue zones lifestyle, *released to Nex-Tech cable subscribers and YouTube*, July, 2019.
- Senior scams, *released to Nex-Tech cable subscribers and YouTube*, May, 2019.
- The last word: The opioid epidemic, *Good Day!*, April 16, 2019.
- How to protect yourself from STIs at any age, *Next Avenue Magazine*, April 15, 2019. Retrieved from <https://www.nextavenue.org/protect-yourself-stis/>
- Tips for managing life after retirement, *released to Nex-Tech Cable subscribers and YouTube*, February 1, 2019
- Fall prevention: Are you prepared? *released to Nex-Tech Cable subscribers and YouTube*, January 1, 2019
- Brain health, *released to Nex-Tech Cable subscribers and YouTube*, January 1, 2019
- Stay active, prevent falls: tips for a safe, active winter, *Great Bend Tribune*, December 26, 2018. Retrieved from <https://www.gbtribune.com/news/local-news/stay-active-avoid-falls/>



- Elder abuse and neglect: What you need to know, *released to Nex-Tech Cable subscribers and YouTube*, March 1, 2018
- The opioid crisis in America, *released to Nex-Tech Cable subscribers and YouTube*, March 1, 2018
- Devastating Alzheimer's has some warning signs, *Chanute Tribune*, January 19, 2018. Retrieved from [http://www.chanute.com/community/article\\_7e25ab98-fd95-11e7-ad96-7f49e0e70431.html](http://www.chanute.com/community/article_7e25ab98-fd95-11e7-ad96-7f49e0e70431.html)
- How's your folks doin'?, *High Plains Journal*, March 26, 2018. Retrieved from [http://www.hpj.com/ag\\_news/how-s-your-folks-doin/article\\_393787a0-8043-56e2-9797-41b46182500e.html](http://www.hpj.com/ag_news/how-s-your-folks-doin/article_393787a0-8043-56e2-9797-41b46182500e.html)
- Keys to Embracing Aging, *released to Nex-Tech Cable subscribers and YouTube*, September 26, 2017
- Advance Health Care Planning in Kansas, *released to Nex-Tech Cable subscribers and YouTube*, July 31, 2017
- Keys to Embracing Aging, *2016 KSRE Report to the Kansas Legislature*, September 7, 2016
- Understanding Alzheimer's disease, *Science Daily*, January 14, 2016. Retrieved from <https://www.sciencedaily.com/releases/2016/01/160114114149.htm>

## BLOGS

- Yelland, E. L.** (2021, July 16). Bias and broccoli: Exploring and overcoming our own biases. *Connect Extension Health and Well-Being Blog, North Central Region Aging Network Blog, and Health Means blog*. Retrieved from <https://ncran.org/2021/07/16/exploring-and-overcoming-your-own-biases/>
- Yelland, E. L.** (2021, April 23). Health means looking at the bigger picture, getting uncomfortable, and addressing wicked issues. *Health Means blog*. Retrieved from <https://blogs.k-state.edu/healthmeans/2021/04/23/health-means-looking-at-the-bigger-picture-getting-uncomfortable-and-addressing-wicked-issues/>
- Yelland, E. L.** (2020, December 15). Social determinants of health: What's happenin' on the hill? *Connect Extension Health and Well-Being Blog and North Central Region Aging Network Blog*. Retrieved from <https://connect.extension.org/g/health-and-well-being/blog/social-determinants-of-health-what-s-happenin-on-the-hill>
- Yelland, E. L.** (2020, November 30). ELI5: The social determinants of health. *Connect Extension Health and Well-Being Blog and North Central Region Aging Network Blog*. Retrieved from <https://connect.extension.org/g/health-and-well-being/blog/eli5-the-social-determinants-of-health>
- Myer, C., & **Yelland, E. L.** (2020, June 19). Loneliness and social isolation... What should we know and what can we do? *North Central Region Aging Network*. Retrieved from <http://www.ncran.org/2020/06/19/loneliness-and-social-isolation-what-should-we-know-and-what-can-we-do/>
- Melgares, P., **Yelland, E. L.**, & Nwodake, L. (2020, March 3). Use common sense to protect from coronavirus. *North Central Region Aging Network*. Retrieved from <http://www.ncran.org/2020/03/04/use-common-sense-to-protect-from-coronavirus/>

- Yelland, E. L.** (2019, July 23). Gray for a Day. *North Central Region Aging Network*. Retrieved from <http://www.ncran.org/2019/07/23/gray-for-a-day/>
- Yelland, E. L.** (2019, May 5). Protecting yourself from senior scams. *North Central Region Aging Network*. Retrieved from <http://www.ncran.org/2019/05/15/protecting-yourself-from-senior-scams/>
- Yelland, E. L.** (2018, December 18). Preventing slips, trips, and falls during the winter months. *North Central Region Aging Network*. Retrieved from <http://www.ncran.org/2018/12/18/prevening-slips-trips-and-falls-during-the-winter-months/>

## **K-STATE PRODUCED RADIO, PODCASTS, VIDEOS, AND WRITTEN NEWS**

### K-STATE RADIO NETWORK – SOUND LIVING

#### **2022**

Advance Health Care Directives, September 2, 2022

#### **2021**

Not growing old, but aging well, September 12, 2021

The Blue Zones Lifestyle, May 28, 2021

Resolutions for Older Adults, January 15, 2021

#### **2020**

Social Determinants of Health, December 11, 2020

Addressing Ageism, October 30, 2020

A Need for Connection, September 14, 2020

Older Adult Medication Management, September 11, 2020

Keys to Aging in Place, July 3, 2020

Older Adults and COVID-19, April 3, 2020

Elder Abuse and Neglect, March 13, 2020

#### **2019**

Make Holiday Memories, December 19, 2019

Aging Related Outreach, September 9, 2019

Common Senior Scams, July 19, 2019

Older Adult Medication Management, July 12, 2019

A Longer, Healthier Life, May 24, 2019

Conversations on Health, May 17, 2019

Tips to Stay Heart Healthy, February 15, 2019

Embrace the Holiday Spirit, December 7, 2018

Addressing the Opioid Crisis, October 19, 2019

#### **2018**

Staying Physically Active, August 31, 2018

Elder Abuse and Neglect, June 1, 2018

Advance Health Care Directives, April 13, 2018

Improving the Health of Kansas, February 20, 2018

The Signs of Alzheimer's Disease, January 23, 2018

#### **2017**

The Opioid Crisis in Kansas, August 24, 2017

Fall Prevention, August 22, 2017  
Medication Management for Older Adults, July 7, 2017  
Improving the Health of Older Adults, June 9, 2017  
Keeping your Heart Healthy, February 17, 2017

#### **2016**

Successful Multi-Generational Holidays, December 23, 2016  
Ready, Steady, Balance: Fall Prevention, September 16, 2016  
World Elder Abuse Awareness Day, June 10, 2016  
Keys to Embracing Aging: Part 3, May 20, 2016  
Keys to Embracing Aging: Part 2, May 13, 2016  
Keys to Embracing Aging: Part 1, May 6, 2016  
Advance Health Care Planning, March 11, 2016  
Top 10 Signs of Alzheimer's, January 8, 2016

#### **2015**

Falling Less in Kansas, September 4, 2015

#### PODCASTS

Caring for older adults II, *The Extension Files*, April 15, 2020.  
Caring for older adults I, *The Extension Files*, April 14, 2020.  
Aging in America, *Dig Deep Podcast*, March 2, 2020.

#### VIDEO RELEASES TO NEWS MEDIA

The Opioid Crisis, December 14, 2017  
Successful Intergenerational Holidays, December 13, 2017  
Fall Prevention in Kansas, September 23, 2017  
Successful Multi-Generational Holidays, December 21, 2016  
Keys to Embracing Aging: Other Tips to Healthful Aging, released to national news media, August 11, 2016  
Keys to Embracing Aging: Emotional Health, released to national news media, August 11, 2016  
Keys to Embracing Aging: Physical Health, released to national news media, August 11, 2016  
World Elder Abuse Awareness Day, released to national news media, June 14, 2016  
Advance Health Care Directives, released to national news media, March 23, 2016  
The Signs of Alzheimer's Disease, released to national news media, January 8, 2016

#### K-STATE WRITTEN NEWS ARTICLES

K-State aging expert urges Kansans to put advance health directive in place, *K-State Research and Extension News Release*, September 5, 2022. Retrieved from <https://www.ksre.k-state.edu/news/stories/2022/09/aging-advance-health-care-directives.html>  
K-State specialist shares tips for healthy aging, *K-State Research and Extension News Release*, September 27, 2021. Retrieved from <https://www.ksre.k-state.edu/news/stories/2021/09/healthy-aging-smile-big-for-positivity.html>

- Population of older Americans tops young children for the first time, *K-State Research and Extension News Release*, September 13, 2021. Retrieved from <https://www.ksre.k-state.edu/news/stories/2021/09/healthy-aging-starts-while-younger.html>
- K-State expert on aging outlines keys to longevity, *K-State Research and Extension News Release*, June 1, 2021. Retrieved from <https://www.ksre.k-state.edu/news/stories/fam-con-science/index.html>
- Health rises to top of 2021 New Year's resolutions, *K-State Research and Extension News Release*, January 19, 2021. Retrieved from [www.ksre.k-state.edu/news/stories/2021/01/health-tops-new-years-resolutions.html](http://www.ksre.k-state.edu/news/stories/2021/01/health-tops-new-years-resolutions.html)
- Healthy aging goes beyond eating right, exercise, *K-State Research and Extension News Release*, December 15, 2020. Retrieved from <https://www.ksre.k-state.edu/news/stories/2020/12/aging-risk-factors-for-healthy-living.html>
- Experts on aging outline ideas for overcoming 'implicit bias', *K-State Research and Extension News Release*, November 2, 2020. Retrieved from <https://www.ksre.k-state.edu/news/stories/2020/11/ageism-and-implicit-bias.html>
- Older adults, teens could be an ideal match for support during pandemic, *K-State Research and Extension News Release*, September 22, 2020. Retrieved from [www.ksre.k-state.edu/news/stories/2020/09/older-adults-teens-support-during-pandemic.html](http://www.ksre.k-state.edu/news/stories/2020/09/older-adults-teens-support-during-pandemic.html)
- Be proactive in managing medications, says K-State Specialist, *K-State Research and Extension News Release*, September 16, 2020. Retrieved from <https://www.ksre.k-state.edu/news/stories/2020/09/manage-prescription-medication.html>
- Apart but connected: Stay in touch with older adults, *K-State Research and Extension News Release*, April 6, 2020. Retrieved from <https://www.ksre.k-state.edu/news/stories/2020/04/stay-in-touch-with-older-adults.html>
- Use common sense to protect from coronavirus, *K-State Research and Extension News Release*, March 4, 2020. Retrieved from <https://www.ksal.com/use-common-sense-to-protect-from-coronavirus/>
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- New fact sheet on opioid crisis available, *K-State Research and Extension Press Release*, April 1, 2018. Retrieved from <http://www.ksre.k-state.edu/news/stories/2018/04/opioid-fact-sheet.html>
- Alzheimer's disease: Research and Extension raises awareness of symptoms, *K-State Collegian*, December 13, 2017. Retrieved from <http://www.kstatecollegian.com/>

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Across the globe, elder abuse is top-of-mind June 15, *K-State Research and Extension Press Release*, June 14, 2016. Retrieved from <https://www.ksre.k-state.edu/news/stories/2016/06/elder-abuse061416.html>

Advance health care directives important to all adults, *K-State Research and Extension Press Release*, March 15, 2016. Retrieved from <https://www.ksre.k-state.edu/news/stories/2016/03/care-directives031516.html>

Understanding Alzheimer's disease, *K-State Research and Extension Press Release*, January 13, 2016. Retrieved from <https://www.ksre.k-state.edu/news/stories/2016/01/alzheimers-disease011316.html>

Prevent falls among seniors in four steps, *K-State Research and Extension Press Release*, September 28, 2015. Retrieved from <https://www.ksre.k-state.edu/news/stories/2015/08/senior-falls082815.html>

## SERVICE AND CITIZENSHIP

### ACADEMIC LECTURES AND STUDENT SUPPORT

#### INVITED COURSE LECTURES

HDFS 305: Family Violence, *Sex, dementia, and long-term care* (Fall 2022)

Physician's Assistant Program, *A conversation on ageism* (Fall 2022)

KINES 110: Intro to Public Health, *A look into healthy aging and population health* (Fall 2022)

HDFS 800: Intro to HDFS Graduate Program, *Conducting research within Extension* (Fall 2021, Fall 2022)

HDFS 302: Intro to Human Sexuality, *Over the hill and between the sheets: Sexuality among older adults* (Spring 2020, Fall 2020, Spring 2022)

HDFS 375: Introduction to Research Methods in HDFS, *Adult development and aging and Extension research* (Fall 2019, Fall 2020, Fall 2021, Fall 2022)

FSHS 979: Advanced Professional Issues in Family Science, *Grant writing and reviews* (Spring 2019)

FSHS 852: Family Theories, *Human ecological theory* (Fall 2017)

FSHS 110: Introduction to Human Development, *Late adulthood* (Spring 2016, Summer 2016, Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019, Summer 2019, Fall 2019, Spring 2020, Summer 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Summer 2022)

GNHE 410: Seminar in Human Ecology, *Cooperative Extension in Kansas* (Fall 2016)

CNRES 530: Coping with Life Crises, *Sensory and functional decline in older adulthood*, (Summer 2016, Summer 2017)

GRADUATE STUDENT COMMITTEES

| <b>Committee Role</b> | <b>Master's Advisory Committee</b>   | <b>Doctoral Advisory Committee</b>                      |
|-----------------------|--|---|
| <b>Chair</b>          | Karyn Fry (IP)<br>Patricia Bergh (IP)<br>Helga Kjartansdottir (IP)<br>Diana Cervantes (IP)<br>Virginia Myers (IP)<br>Jennifer Webster (IP)<br>Amy Hallquist (IP)<br>McKenzie Tuttle (IP)<br>Lindsay Waldman (IP)<br>Elizabeth Kwitny (M.S., 2022)<br>Lambra Holloway (2022)<br>Kaylee Goss (M.S., 2020)  |   |
| <b>Co-Chair</b>       | Jing You (M.S., 2020)  | Jessie L. Piper (PhD, 2020)                             |
| <b>Member</b>         | Kelly McVicker (IP)<br>Grace Jankelen (IP)<br>Stephany Ikpe (IP)<br>Stephanie Schultz (IP)<br>Katherine Ruyle (IP)<br>Rachel Bale (IP)<br>Chloe Vincent (IP)<br>Michael Halpner (IP)<br>Laura Cribb (IP)<br>Haylee Bergeland (IP)<br>Maley Swift (IP)<br>Lasonia Dozier (IP)<br>Reanna Williams (IP)<br>Kendra Marstall (IP)<br>Denise Waller (IP)<br>Heather Hopkins Bowers (IP)<br>Christopher Hotchkiss (IP)<br>Clarissa Moon (M.S., 2022)<br>Kristina Wilson (M.S., 2021)<br>Roberta Stevens (M.S., 2021)<br>Kristina Wilson (M.S., 2020)<br>Lauren Stefovic (M.S., 2020)<br>Jennifer Bundy-Jones (M.S., 2019)<br>Morgan Pearson (University of Idaho; M.S., 2019)<br>Madison Parker (M.S., 2019)<br>Brenda Gregg (M.S., 2019)<br>Maura Suggs (M.S., 2019)<br>Heather Brown (M.S., 2019)<br>Jeanne Squires Lake (M.S., 2019) | M. Hunter Stanfield (PhD, 2019)<br>C. Ramel Strong (IP) |

|                      |  |                                 |
|----------------------|--|---------------------------------|
|                      | Scott May (M.S., 2019)<br>JoEllyn Argabright (M.S., 2018)<br>Lisa Lange (M.S., 2018)<br>Aubrey Mentis (M.S., 2018) |                                 |
| <b>Outside Chair</b> |  | Abdulaziz H. M. Alshehri (2022) |

Notes: IP = in progress

## ACADEMIC JOURNAL LEADERSHIP

### EDITORSHIP

Associate Editor, *Journal of Extension*, 2020- 2023

### JOURNAL EDITORIAL COMMITTEE

Journal of the National Extension Association of Family and Consumer Sciences, 2019 – 2020

## REVIEWER SERVICE

### AD-HOC MANUSCRIPTS

The Gerontologist, 2022  
 Journal of Aging and Health, 2019; 2020; 2021  
 American Journal of Alzheimer's Disease and Other Dementias, 2018  
 Journal of the National Extension Association for Family and Consumer Sciences, 2018  
 Family Relations, 2012-2013; 2016-2018; 2020-2021  
 Journal of Applied Gerontology 2016; 2018 – 2019  
 Marriage and Family Review 2016 -2017  
 Sexuality Research and Social Policy, 2015

### CONFERENCE PROPOSALS

National Extension Association of Family and Consumer Sciences, 2018 – present  
 Southeastern Council on Family Relations Annual Conference, 2017  
 IAGG World Congress of Gerontology and Geriatrics, 2016  
 Gerontological Society of America Annual Scientific Conference, 2015 – present  
 National Health Outreach Conference, 2015 – present  
 National Council on Family Relations Annual Conference, 2011 – present

### GRANT PROPOSALS

National Institute of Food and Agriculture, United State Department of Agriculture –  
 Rural Health and Safety Education (panel manager), 2023  
 Community Care Corps, *OASIS Institute*, 2022  
 Administration for Community Living, U. S. Department of Health and Human Services  
 – CDSME (panel chair), 2022  
 Administration for Community Living, U. S. Department of Health and Human Services  
 – Nutrition Innovation Grants (panel chair), 2021

Administration for Community Living, U. S. Department of Health and Human Services  
– Falls Prevention (panel chair), 2021  
Administration for Community Living, U. S. Department of Health and Human Services  
– CDSME (panel chair), 2021  
Administration for Community Living, U. S. Department of Health and Human Services  
– CDSME, 2020  
National Institute of Food and Agriculture, United State Department of Agriculture –  
Rural Health and Safety Education, 2019  
Administration for Community Living, U. S. Department of Health and Human Services  
– CDSME, 2019  
Administration for Community Living, U. S. Department of Health and Human Services  
– CDSME, 2018  
SEEDS: The OARDC Research Enhancement Competitive Grants Program at The Ohio  
State University, 2016

#### MULTISTATE RESEARCH ACTIVITIES PROPOSAL

United States Department of Agriculture, 2019  
United States Department of Agriculture, 2018

#### EXTENSION PUBLICATIONS

The Ohio State University, 2020  
University of Illinois Extension, 2019  
Michigan State University Extension, 2018  
University of Kentucky Extension, 2018  
Utah State University Extension, 2016

#### BOOK AND VOLUME PROPOSALS

Age, sex, and sexuality in the twenty-first century, *Policy Press*, 2018  
Sex and diversity in later life, *Policy Press*, 2018  
Limits and constraints to aging sexuality and intimacy: Desexualization, *Policy Press*,  
2018

#### AWARDS

Kansas State's Advancement of Women in Science and Engineering (KAWSE) Award  
Reviewer, *Kansas State University*, 2022 – 2023  
Kansas State's Advancement of Women in Science and Engineering (KAWSE) Award  
Reviewer, *Kansas State University*, 2021 – 2022  
HDFS Outstanding Senior Awards Reviewer, *Department of Applied Human Sciences*,  
2020 – 2021  
Student and New Professional Best Paper Award Reviewer, *National Council on Family  
Relations' Families and Health Section*, 2018 – 2019  
Professional Best Paper Award Reviewer, *National Council on Family Relations'*  
*Families and Health Section*, 2018 – 2019



**EXTERNAL TENURE REVIEWER**

Iowa State University, 2022  
University of Idaho, 2022  
East Tennessee State University, 2020

**ELECTED AND SELECTED LEADERSHIP POSITIONS****NATIONAL**

Member, Extension Committee on Policy (ECOP) Health Innovation Taskforce, *ECOP*, 2020 - 2021  
Co-Chair, Adult Development and Aging National Workgroup, *USDA NIFA Division of Family and Consumer Sciences*, 2019 – 2020  
Member, Adult Development and Aging National Workgroup, *USDA NIFA Division of Family and Consumer Sciences*, 2017 – 2018  
Chair, Curricula Review Task Force, *National Council on Family Relations*, 2018 – 2020  
Secretary/Treasurer, *Families and Health Section of the National Council on Family Relations*, 2018 – 2020

**REGIONAL**

Co-Chair, *North Central Region Aging Network*, 2016 – 2019  
Liaison to the North Central Region Family and Consumer Science Program Directors, *North Central Region Aging Network*, 2016 – present

**UNIVERSITY EXTENSION**

Chair, Epsilon Sigma Phi Endowment Board of Trustees, *K-State Research and Extension*, 2019 – 2020  
Chair, Extension Impact Task Force for Family and Consumer Sciences, *K-State Research and Extension*, 2019 – present  
Chair, Professional Development Awards, *Kansas Extension Association of Family and Consumer Sciences*, 2019 – 2020  
Chair, Professional Development Committee, *Kansas Joint Council of Extension Professionals*, 2019 – 2020  
National Extension Leadership Development Program Participant, 2019  
Past-President, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2019 – 2020  
President, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2018 – 2019  
President-Elect, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2017 – 2018  
Co-Chair, *Adult Development and Aging Program Focus Team*, 2015 – present

**COMMITTEE SERVICE****UNIVERSITY**

Member, *Microcredentialing Taskforce and Internal Process Subgroup*, 2022 – present  
Member, *Faculty Senate JEDAII Committee on Social Justice*, 2021 – 2022  
Faculty Senator, 2020 – 2021  
Member, *Faculty Senate Academic Affairs Committee*, 2020 - 2021

Member, *Faculty Senate University Handbook and Policy Committee*, 2016 – 2019

#### UNIVERSITY EXTENSION

Culture of Health Impact Task Force, *K-State Research and Extension*, 2020 – 2021  
Chair, Professional Development Committee, *Kansas Extension Association of Family and Consumer Sciences*, 2018 – 2019

Chair-Elect, Professional Development Committee, *Kansas Extension Association of Family and Consumer Sciences*, 2018 – 2019

Task Force on Government Stakeholder Support, *K-State Research and Extension*, 2018 – 2020

Board of Trustees, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2017 – 2020

Annual Conference Planning Committee, *K-State Research and Extension*, 2018 – 2020

United Associations Conference Committee, *United Associations of Kansas*, 2018 – 2020

National Conference Planning Committee, *Epsilon Sigma Phi*, 2017 – 2018

Recognition Committee, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2016 – 2018

Member, *SNAP-ED Advisory Committee*, 2016 – 2017

#### COLLEGE

Dean's Advisory Council, *College of Health and Human Sciences*, 2021 - present

#### DEPARTMENTAL

Department Committee on Planning, *Department of Applied Human Sciences*, 2020 – 2021

Unit Chair, *Department of Applied Human Sciences*, 2020 – 2021

Publicity Committee, *Applied Family Science Graduate Program*, 2017 – 2021

PEAK Advisory Committee, *Center on Aging*, 2018 – present

#### UNIVERSITY SEARCH COMMITTEES

Assistant/Associate Professor, *Communication Sciences Disorders*, 2022

Student Success Coordinator, *Center on Aging*, 2022

Northwest Area Family and Consumer Sciences Specialist, *K-State Research and Extension*, 2022

Dean of the College of Health and Human Sciences, 2021 – 2022

Interim Department Head, *Applied Human Sciences*, 2021

School Director, *Family Studies and Human Services*, 2019

Extension Specialist, *Food, Nutrition, Dietetics, and Health*, 2017

Project Coordinator, *School of Family Studies and Human Services*, 2016

Senior Instructor, *Family Studies and Human Services*, 2016

### **PROFESSIONAL AFFILIATIONS, COALITIONS, AND TASK FORCES**

#### PROFESSIONAL AFFILIATIONS AND SUBGROUPS

American Public Health Association, 2018 – present

Kansas Public Health Association, 2017 – present

North Central Region Aging Network, 2016 – present

American Society on Aging, 2016 – present

Families and Health Section of the National Council on Family Relations, 2016 – present  
Gerontological Society of America, 2015 – present  
Epsilon Sigma Phi, Alpha Rho Chapter, 2015 – present  
eXtension Community of Practice – Family Caregiving, 2015 – present  
eXtension Expert – Creating Healthy Communities Section, 2015 – present  
eXtension Expert – Families, Food, and Fitness, 2015 – present  
National Council on Family Relations, 2009 – present

### COALITIONS AND TASK FORCES

Justice, Equity Diversity, and Inclusion: National Urban Extension Leaders Action Team (JEDI NUEL), 2022 – present  
Kansas Older Adult Falls Prevention Coalition, 2022 – present  
Midwest Collective for Healthy Aging, 2021 – present  
Community Health Worker Certification Leadership, 2019 – present  
Immunize Kansas Coalition, 2017 – 2021  
Community Health Worker of Kansas Coalition, 2017 – present  
Chronic Disease Alliance of Kansas, 2017 – present

### **CERTIFICATIONS AND DESIGNATIONS**

Kansas State University's Supervisory Foundations: Pillar I (2022)  
Safe Zone Ally (2021 – present)  
Achieving the Extension Mission Through Volunteerism (2019)  
Certified Family Life Educator (2011 – present)

### **FELLOWSHIPS AND AWARDS**

#### FELLOWSHIPS

National Extension Foundation Fellowship in Health and Wellness (Social Determinants of Health), 2020 – 2021  
Kansas State University Civic Engagement Fellow, 2017

#### AWARDS

##### NATIONAL

Jeanne M. Priester Award for Leadership in Health and Well-Being, *National Health Outreach Conference*, 2021  
Jeanne M. Priester Award for Innovative Health and Well-Being Programming, *National Health Outreach Conference*, 2021  
Excellence in Multi-State Collaboration, *National Extension Association of Family and Consumer Sciences*, 2018  
Jeanne M. Priester Award for Innovative Health and Wellness Programming, *National Health Outreach Conference*, 2018  
Best Paper Award, *National Council on Family Relations' Families and Health Section*, 2017

REGIONAL

Team Excellence in Extension, *North Central Region Cooperative Extension Association*, 2022

Communications Educational Curriculum Package Award, *National Extension Association of Family and Consumer Sciences*, 2018

Excellence in Multi-State Collaboration, *National Extension Association of Family and Consumer Sciences*, 2018

Excellence in Multi-State Collaboration, *National Extension Association of Family and Consumer Sciences*, 2018

Program Excellence through Research, *National Extension Association of Family and Consumer Sciences*, 2018

UNIVERSITY

Excellence in Innovation and Economic Engagement, Center on Aging's PEAK Program, 2021

Meritorious Service, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2021

Professor of the Week, 2021

Outstanding K-State Research and Extension Team Award, 2019

Outstanding K-State Research and Extension Program Focus Team Award, 2018

Communications Educational Curriculum Package Award, *Kansas Extension Association of Family and Consumer Sciences*, 2018

Excellence in Multi-State Collaboration, *Kansas Extension Association of Family and Consumer Sciences*, 2018

Alpha Rho Chapter of Epsilon Sigma Phi Horizon Award Recipient, 2016

SCHOLARSHIPS

Epsilon Sigma Phi Professional Development Scholarship, 2019 – 2020

National Extension Leadership Development, 2019

Epsilon Sigma Phi Professional Development Scholarship, 2018