



Erin L. (Yelland) Martinez, Ph.D., CFLE

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EDUCATION

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

ACADEMIC APPOINTMENTS

October 2025 – present

Interim Associate Director for Extension Programs
K-State Extension
Kansas State University

February 2025 – present

Program Leader Coordinator, Family and Consumer Sciences Extension
K-State Extension
Kansas State University

June 2023 – October 2025

Associate Professor and Extension Specialist
School of Human Sciences | College of Health and Human Sciences
Kansas State University

May 2021 – May 2023

Associate Professor and Interim Director
Center on Aging | College of Health and Human Sciences | Kansas State University

July 2015 – May 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
Center on Aging | College of Health and Human Sciences | Kansas State University

RESEARCH**PUBLICATIONS**REFEREED JOURNAL ARTICLES

- Meinertz, N., Lee, J., **Martinez, E. L.**, Brown, L., Byers, C., Richie, S., & Tutt, K. (2025). What do rural caregivers need? Implications of formal service usage and the role of Cooperative Extension systems. *Journal of Human Sciences and Extension, 13*(2). doi: 10.55533/2325-5226.1546
- Martinez, E. L.** & Bates, J. S. (2025). Propelling Aging-Related Initiatives in a Next-Gen Cooperative Extension System: Editors' Introduction to the JHSE Special Issue on Aging. *Journal of Human Sciences and Extension, 13*(2). doi: 10.55533/2325-5226.1629
- Bates, J. S. & **Martinez, E. L.** (2025). You're Only Old Once: And Other Truths about the Extension Work We Do in Aging. *Journal of Human Sciences and Extension, 13*(2). doi: 10.55533/2325-5226.1630
- Martinez, E. L.**, Jun, J. S., Rack, M.*, Biehler, S.*, Guo, X., & Chang, S. I. (2025). Perceptions on financial exploitation and technology-based solutions among older adults. *Journal of Elder Abuse & Neglect, 1-10*. doi:10.1080/08946566.2025.2544278
- Tuttle, M. †, **Martinez, E. L.**, & Fox, A. (2024). Who cares for the caregiver? Exploring Extension's role in informal caregiving support. *The Journal of Extension*. doi: 10.34068/joe.62.04.21
- Astle, S. †, Anders, K., McAllister, P. †, Hanna-Walker, V. †, & **Yelland, E. L.** (2023). The conceptualization and measurement of sexual self-concept and sexual self-schema: A systematic literature review. *The Journal of Sex Research*. doi:10.1080/00224499.2023.2244937
- 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
- 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). 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). 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). 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). 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). 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). 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). Gray for a Day: Implementing a curriculum to promote empathy for older adults. *Journal of Extension, 57*, 3IAW2.
- Yelland, E. L.** & Bates, J. (2019). 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). 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). 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). 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). 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). 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). 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). 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). Posthumous sperm retrieval for cryopreservation and reproduction: Attitudes in context. *Journal of Clinical Research & Bioethics, SI: 008*. doi: 10.4172/2155-9627.SI-008

MANUSCRIPTS UNDER REVIEW

Strong, R., Lim, H., Heckman, S., MacDonald, M., & **Martinez, E. L.** (2025). Bequest intent and the moderating impact of estate planning and self control on wealth composition: A tax perspective. *Financial Services Review*.

BOOK CHAPTERS

Martinez, E. L. (2024). The transformation of Extension Family Consumer Science programs to Health Extension. In C. L. Eschbach, E. Weybright, & J. Dwyer (Eds.). *Health Extension: Community-Based Healthcare and the Future of Cooperative Extension*. Michigan State University Press.

Kennedy, L., Eschbach, C. L., & **Martinez, E. L.** (2024). Health equity in Extension: Accounting for our history and forging an authentic path forward. In C. L. Eschbach, E. Weybright, & J. Dwyer (Eds.). *Health Extension: Community-Based Healthcare and the Future of Cooperative Extension*. Michigan State University Press.

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.

Yelland, E. L., & Stanfield, M. H. † (2019, Spring). 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. (2016, Summer). 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 21st 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 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.

NATIONAL

- Martinez, E. L.**, & O'Toole, G.[†] (2025, October). SPARKing the future of Extension: Insights from a longitudinal content analysis of FCS Extension positions. National Extension Association of Family and Consumer Sciences Annual Session, Grand Rapids, MI.
- Martinez, E. L.** (2025, October). Resources on aging for national Extension program leaders. National Extension Association of Family and Consumer Sciences Annual Session's National Program Leader Meeting, Grand Rapids, MI.
- Brown, L., Richie, S., **Martinez, E. L.** (2025, October). Reframing aging in Cooperative Extension: Tools and resources for Extension professionals. National Extension Association of Family and Consumer Sciences Annual Session, Grand Rapids, MI.
- Brown, L., Byers, C., Demitz, C., Keys, J., **Martinez, E. L.**, Richie, S., Tutt, K., Williams, G., & the North Central Region Aging Network. (2025, October). Igniting innovation in aging across Extension: A pre-conference. National Extension Association of Family and Consumer Sciences Annual Session, Grand Rapids, MI.
- Chaudhuri, N., Johnson, D., & **Martinez, E. L.** (2025, May). Falls Prevention Strategies Linked to Resource-Poor Senior Nutrition Settings: Promising Practices from Three NCOA. Age + Action Conference, Arlington, VA.
- Martinez, E. L.** & O'Toole, G. (2025, May). Cultivating the Future of Extension: Insights from Job Market Trends. National Health Outreach and Engagement Conference, Omaha, NE.
- Johannes, E. M., Kiss, D. E., **Martinez, E. L.**, & Latta, S. (2025, May). Improving Rural Healthcare Access Through a Network of Extension CHWs: Extension CHW Systems Model for Rural Health Improvement. National Health Outreach and Engagement Conference, Omaha, NE.
- Martinez, E. L.** & The North Central Region Aging Network (2025, May). Aging-Related Priorities for Cooperative Extension: A Needs Assessment. National Health Outreach and Engagement Conference, Omaha, NE.
- Kennedy, L., Eschbach, C., & **Martinez, E. L.** (2024, May). Cooperative Extension Cannot Simply Pivot to Folding Health Equity into Existing Efforts: Foundations in Health Equity as a Practice. National Health Outreach and Engagement Conference, Greenville, SC.

- Eschbach, C., Kennedy, L., Myers, A., & **Martinez, E. L.** (2024, May). Building capacity for Health Extension. National Health Outreach and Engagement Conference, Greenville, SC.
- Martinez, E. L.**, Johannes, E. M., & Kiss, D. E. (2024, May). Innovation in Next-Gen Extension: Lessons Learned and Next Steps in Collaborative Hires of Community Health Workers. National Health Outreach and Engagement Conference, Greenville, SC.
- Buys, D., Harris-Speight, J., Redwine, P., Sansing, A., & **Yelland, E. L.** (2023, November). Gray for a Day: A simulation of geriatric syndromes to increase empathy. Gerontological Society of America Conference, Tampa, FL.
- Byers, C., Keys, J., Bates, J., & **Yelland, E. L.** (2023, May). Inclusive Expansion of the North Central Region Aging Network: A Success Story. National Health Outreach Conference, Ithaca, NY.
- 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

- Martinez, E. L.**, Jun, J. S., Rack, M.*, Biehler, S.*, Guo, X., & Chang, S. I. (2025, October 16). Perceptions on financial exploitation and technology-based solutions among older adults. *Kansas State University AI Symposium*.
- Martinez, E. L.** (2025, February 27). A Recipe for Independence: Blending Nutrition and Assistive Technology to Prevent Falls. *United Associations Conference*, Wichita, KS.

- 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

- Chang, S., Guo, X., **Martinez, E. L.**, & Jun, S. (2024). S&CC-PG: Empowering Older Adults to Use Smart Assistive Technology for Combating Financial Exploitation. *National Science Foundation*, \$149,186.
- Martinez, E. L.** (2024). Innovations in Falls Prevention Grant Program. *National Council on Aging*, \$75,000.
- Johannes, E., **Martinez, E. L.**, Kiss, E. (2024). Rural and Ag Health and Safety CHW Workforce Initiative. *K-State 105*, \$641,687.a
- Yelland, E. L.** (2023). Building interdisciplinary relationships to promote excellent transdisciplinary engagement in Extension. *Epsilon Sigma Phi*, \$2,000.
- Yelland, E. L.** (2023). Implementing the Healthy for Life Program with Lower-Income Older Adults. *American Heart Association*, \$2,500.
- Yelland, E. L.** (2023). Injury Prevention through Falls Prevention in Kansas. *Kansas Department of Health and Environment*, \$3,000.

- 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.

PROPOSALS UNDER REVIEW

- Chang, S., Guo, X., Jun, S., & **Martinez, E. L.** (2025). CPS-CIR: Empowering older adults to use Smart Assistive Technology for combating financial exploitation. *National Science Foundation*, \$898,750.
- Martinez, E. L.** (2026). USDA NIFA AFRI SAS: HEAL-America: Health, Economies, and Agriculture Longevity – An Integrated Plan to Expand Markets, Combat Diet-Related Chronic Disease, and Strengthen Farm Prosperity. \$1,054,523 subaward proposal; **\$10,000,000** total proposal from KU Medical Center.
- Martinez, E. L.** (2026). USDA NIFA AFRI SAS: Real Plants, Pure Joy. \$1,035,960 subaward proposal; **\$9,999,053** total proposal from Michigan State University.

EXTENSION ENDEAVORS

EXTENSION PUBLICATIONS AND PROGRAMS

EXTENSION FACT SHEET PUBLICATIONS

- The North Central Region Aging Network.** (2025). *Reframing Aging Series*.
- Martinez, E. L.** (2024 revision). *Building a culture of health: Policy, systems, and environmental change*. (MF3399). Manhattan: K-State Research and Extension.
- Goul, K., Hatfield, T., & **Martinez, E. L.** (2024). *Understanding hospice* (MF3656). Manhattan, K-State Research and Extension.
- Yelland, E.L.,** Hessong, C., Ross, L., Rundus, T., & VanKooten, J. (2023). *Pathways to a healthy Kansas*. (MF3626). Manhattan, K-State Research and Extension.
- 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

- Goul, K., Hatfield, T., & **Martinez, E. L.** (2024). *Understanding hospice* (MF3657; leader's guide). Manhattan, K-State Research and Extension.
- Yelland, E.L.,** Hessong, C., Ross, L., Rundus, T., & VanKooten, J. (2023). *Pathways to a healthy Kansas.* (MF3627; leader's guide). Manhattan, K-State Research and Extension.
- 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.,** Hessong, C., Ross, L., Rundus, T., & VanKooten, J. (2023). *Pathways to a healthy Kansas.*
- Yelland, E. L.** & Maddy, M.* (2020). *Simple Home Modifications.*
- Yelland, E.L.** (2018). *Building a culture of health: Policy, systems, and environmental change.*
- Yelland, E. L.** (2018). *The opioid crisis: What you need to know.*
- Yelland, E. L.** (2018). *So Now What? Tips for Managing Life in Retirement.*
- Yelland, E. L.** (2017). *Elder abuse and neglect: What you should know.*
- Yelland, E. L.** (2017). *Alzheimer's 101* (2nd ed.).
- Yelland, E. L.** (2017). *Gray for a Day* (2nd ed.)
- Yelland, E. L.** (2017). *Advance Health Care Planning in Kansas.*

Yelland, E. L. (2016). *Essential Living Skills: Essential Steps to Healthy Aging*.
Hosier, A., Traywick, L. & **Yelland E. L.** (2015). *Keys to Embracing Aging*.

INVITED PRESENTATIONS AND PROFESSIONAL DEVELOPMENT TRAININGS

INVITED NATIONAL WEBINARS

- Martinez, E. L.** (2024, November 13). Fall proof your life: A guide to better balance. *Living Well Wednesday*.
- Martinez, E. L.** (2024, April 5). Program snapshot: Assistive Technology Basics. *North Central Region Aging Network Webinar Series*.
- Yelland, E. L.** (2023, March). Lightning session spotlight: Health and well-being in later life. *National Extension ECOP – Health Extension*.
- Yelland, E. L.** (2023, March). National Cooperative Extension Model of Health Equity and Well-Being: Where does aging fit? *North Central Region Aging Network Webinar Series*.
- Yelland, E. L.** (2023, February). Intimacy and companionship among older persons. *Agency for Integrated Care – Singapore*.
- 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

- Martinez, E. L.** (2025, April 2). End of Life Considerations. *Northwest Kansas Aging Expo*; Great Bend, KS.
- Martinez, E. L.** (2024, October 24). Utilizing *Gray for a Day* with the IDD population. *INTERHAB PowerUp! Conference*; Manhattan, KS.
- Martinez, E. L.** (2024, October 24). Simple home modifications for staying in place: IDD considerations. *INTERHAB PowerUp! Conference*; Manhattan, KS.
- Martinez, E. L.** (2024, October 10). Blue Zones living and creating thriving, age-friendly communities. *Southwest Kansas Area Agency on Aging Annual Conference*, Dodge City, KS.
- Martinez, E. L.,** Rundus, T., Hessong, C., & Ross, L. (2024, June 24). The role of nutrition in the independence of older adults and individuals with disabilities. *Kansas Department of Children and Families Virtual Learning Series*; virtual.
- Martinez, E. L.** (2024, April 3). K-State Research and Extension's role in partnerships for healthy aging across Kansas. *Title IIID Conference*; virtual.
- Martinez, E. L.** (2024, March 27-28). *Gray for a Day*. *Kansas HOSA Conference*; Manhattan, KS.

- Martinez, E. L.** (2024, March 21-22). Exploring aging-related programming and age-friendly best practices in Kansas. *K-State Research and Extension*; Great Bend, KS.
- Martinez, E. L.** (2023, July 13, July 26, August 9). Healthy for life. *Manhattan Senior Services Center*; Manhattan, KS.
- 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.
- 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, February 27). The Grand Challenge for Health. *Huck Boyd National Institute for Rural Development*, Manhattan, KS.
- Yelland, E. L.** (2017, January 25). Elder abuse and neglect: What you should know. *PILOT International*, 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.
- 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.[†], & **Yelland, E. L.** (2016, June 17). Gray for a day. *FSHS 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. *FSHS 110 (Introduction to Human Development)*, Manhattan, KS.
- Yelland, E. L.** (2016, March 17). Keys to embracing aging. *Pottawatomie County Extension's 37th 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, November 30). Age-related sensory decline. *Olathe South High School*, Olathe, KS.
- Yelland, E. L.** (2015, September 12). An overview of dementia and tools for caregivers. *PILOT International Fall Workshop*, Manhattan, KS.

CERTIFIED LEAD TRAINER: KANSAS COMMUNITY HEALTH WORKERS

Chronic Disease Self-Management

2023: October 31, September 18, April 13, February 13

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

2023: November 13, June 8, January 3

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

2021: July 29

2020: December 3

Group Facilitation

2024: March 6, February 7

2023: May 4, March 8

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

2025: February 6

2024: October 17, July 25, May 9, February 12, January 30

2023: December 5, October 16, August 8, May 11, March 15

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

2021: July 8

2020: November 9

Conflict Resolution Skills

2024: October 15, July 23, March 13, February 21, February 1

2023: October 18, August 10

Understanding Behavior Change

2021: September 29

PROFESSIONAL DEVELOPMENT TRAININGS**Martinez, E. L.** (2026, April 1). Demystifying AI for Extension (moderator). *K-State Extension Professional Development Series*, virtual.**Martinez, E. L.** (2026, January 7). Elevating your Extension impact: Communicating data driven needs and public value (moderator). *K-State Extension Professional Development Series*, virtual.**Martinez, E. L.** (2025, September 23). Laying the Foundation for Impact. *FCS Update*, Manhattan, KS.**Martinez, E. L.** (2025, September 22). Policy Shifts and Their Impact on Kansans (moderator and panel lead). *FCS Update*, Manhattan, KS.**Martinez, E. L.** (2025, August 25-27). Logic Model Outcomes and Telling our Story. *Programming with a Purpose Agent Training*; Manhattan, KS.

- Martinez, E. L.** (2025, January 30). Assistive technology, falls prevention, and nutrition: What's the connection? *Nutrition, Food Safety, and Health Program Focus Team Professional Development Retreat*; Manhattan, KS.
- Martinez, E. L.** (2024, October 3). Assistive technology in the kitchen. *Kansas SNAP-Ed Annual Meeting*, Manhattan, KS.
- Martinez, E. L.** (2024, September 3). Exploring the social determinants of health. *Kansas SNAP-Ed Connections*, virtual.
- Martinez, E. L.** (2024, May 1). Content basics: Adult Development and Aging. *FCS Professional Development Academy*, Manhattan, KS.
- Martinez, E. L.** (2024, April 30). Policies that promote health and well-being across the lifespan. *FCS Professional Development Academy*, Manhattan, KS.
- Martinez, E. L.** (2024, April 24). Keys to Embracing Aging. *Michigan State University Extension's Health and Nutrition Institute's Conference*, Gaylord, MI.
- Martinez, E. L.** (2023, October 25). Pathways to a healthy Kansas. *K-State Research and Extension Annual Conference*, Manhattan, KS.
- Martinez, E. L.** (2023, October 5). Engaging the older adult SNAP-Ed learner. *Kansas SNAP-Ed and EFNEP Annual Conference*, Manhattan, KS.
- Martinez, E. L.**, VanKooten, J., Rundus, T., & Ross, L. (2023, September 20). Pathways to a healthy Kansas. *Family and Community Educators Conference*, online.
- 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, 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.** (2017, January 16). Purposeful Extension programming, *Southwest Area Program Day*, Manhattan, KS.
- 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

- 7 unconventional habits longevity experts swear by. *HUFFPOST*. November 18, 2025.
- K-State’s “Gray for a Day” program helps Kansans understand and experience aging. *KCLY Radio*. September 29, 2025.
- The heat is on: Staying safe in the hot summer. *High Plains Journal*. July 23, 2025.
- Smile big and reap the rewards. *The Miami County Republic*. June 21, 2023.
- How to fight back against ageism – without starting a fight. *MarketWatch*. May 12, 2023.
- K-State’s Yelland: Put advance health directive in place. *Salina Post*. September 6, 2022.
- Secured memory care units: What are they and what are the benefits? *A Place for Mom*, April 7, 2022.
- 6 things to do right now if you want to ‘age in place’. *Woman’s World*, November 9, 2021.
- Intro to gerontology sparks interest in the Center on Aging. *Kansas State Collegian*, October 29, 2021.
- Experts weigh in on current job market trends. *Zippia: The Career Expert*, October 8, 2021.
- Gerontologist skills for your resume and career. *Zippia: The Career Expert*, August 18, 2021.
- How a senior care plan manages care after the move to senior living, *A Place for Mom*, August 2, 2021.
- Better health and wellness: Caregiving for loved ones with Alzheimer’s and dementia, *KSNTV and online*, June 7, 2021.
- The coronavirus is pushing more people to ponder if they are ready for death, *KMUW Radio Wichita*, August 24, 2020.

- You should be filling out Advance Directives earlier than you think, *KSNT News*, September 23, 2020.
- 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.
- 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.
- 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.
- How's your folks doin'?, *High Plains Journal*, March 26, 2018.
- 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.

BLOGS

- Martinez, E.L.** (2024, April 4). Assistive technology basics. *North Central Region Aging Network*.
- Martinez, E. L.** (2023, October 15). Be prepared for the unexpected: Advanced health care planning. *Rita R. Robinson, Consumer and Personal Finance Journalist*.
- 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, and Health Means blog*.
- Yelland, E. L.** (2021, April 23). Health means looking at the bigger picture, getting uncomfortable, and addressing wicked issues. *Health Means blog*.
- 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*.
- 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*.
- 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*.

- Melgares, P., **Yelland, E. L.**, & Nwodike, L. (2020, March 3). Use common sense to protect from coronavirus. *North Central Region Aging Network*.
- Yelland, E. L.** (2019, July 23). Gray for a Day. *North Central Region Aging Network*.
- Yelland, E. L.** (2019, May 5). Protecting yourself from senior scams. *North Central Region Aging Network*.
- Yelland, E. L.** (2018, December 18). Preventing slips, trips, and falls during the winter months. *North Central Region Aging Network*.

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

K-STATE RADIO NETWORK – SOUND LIVING

2025

- Aging in America: Boosting aging services, November 24, 2025
- Assistive technology combats exclusion, isolation, October 27, 2025
- Heat concerns for older adults, July 28, 2025
- The various stages of retirement, March 31, 2025
- Heart health for older adults, February 17, 2025

2024

- The seriousness of falls for older adults, September 2, 2024
- The changing dynamics of becoming a grandparent, August 19, 2024
- Understanding hospice care, May 27, 2024
- Assistive technology basics for making daily tasks easier, January 22, 2024

2023

- Age-related sensory challenges, September 25, 2023
- Navigating the stages of retirement, August 4, 2023
- Elder abuse and neglect, June 2, 2023
- Not growing old; aging well, March 24, 2023

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

Wildlife around brush piles...Annual medical exam, *Agriculture Today*, March 10, 2026
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

Healthy farmers start with a checkup: Why annual exams matter, *K-State Research and Extension News Release*, March 18, 2026.

Tips for grandparents: Setting boundaries and communication are key, *K-State Research and Extension News Release*, January 19, 2026.

K-State expert helps lead national call to boost aging services, *K-State Research and Extension News Release*, November 24, 2025.

Help for living: K-State expert says assistive devices are good at any age, *K-State Research and Extension News Release*, October 27, 2025.

K-State aging expert shares tips for preventing falls, *K-State Research and Extension News Release*, September 4, 2025.

Nearing retirement? K-State aging expert suggests making a plan ahead of time, *K-State Research and Extension News Release*, March 31, 2025.

Healthy Hearts: K-State expert outlines steps to reduce risks of heart disease, *K-State Research and Extension News Release*, February 17, 2025.

K-State aging expert shares tips for positive family get-togethers during the holidays, *K-State Research and Extension News Release*, December 16, 2024.

Gray for a Day helps caregivers, youth understand sensory decline in older adults. K-State Research and Extension News Release, September 6, 2024.

Tips for grandparents: Setting boundaries and communication are key. K-State Research and Extension News Release, August 19, 2024.

Help for living: K-State expert says assistive devices are good at any age. K-State Research and Extension News Release, January 22, 2024.

Guiding parents through living transitions. K-State Research and Extension News Release, January 15, 2024.

Gray for a Day helps caregivers, youth understand sensory decline in older adults. K-State Research and Extension News Release, September 25, 2023.

Nearing retirement? K-State aging expert suggests making a plan ahead of time. K-State Research and Extension News Release, August 7, 2023.

Caring for elders: Watching for signs of abuse, *K-State Research and Extension News Release*, June, 5, 2023.

K-State aging expert urges Kansans to put advance health directive in place, *K-State Research and Extension News Release*, September 5, 2022.

K-State specialist shares tips for healthy aging, *K-State Research and Extension News Release*, September 27, 2021.

Population of older Americans tops young children for the first time, *K-State Research and Extension News Release*, September 13, 2021.

K-State expert on aging outlines keys to longevity, *K-State Research and Extension News Release*, June 1, 2021.

- Health rises to top of 2021 New Year's resolutions, *K-State Research and Extension News Release*, January 19, 2021.
- Healthy aging goes beyond eating right, exercise, *K-State Research and Extension News Release*, December 15, 2020.
- Experts on aging outline ideas for overcoming 'implicit bias', *K-State Research and Extension News Release*, November 2, 2020.
- Older adults, teens could be an ideal match for support during pandemic, *K-State Research and Extension News Release*, September 22, 2020.
- Be proactive in managing medications, says K-State Specialist, *K-State Research and Extension News Release*, September 16, 2020.
- Apart but connected: Stay in touch with older adults, *K-State Research and Extension News Release*, April 6, 2020.
- Use common sense to protect from coronavirus, *K-State Research and Extension News Release*, March 4, 2020.
- K-State specialist studies safe sex between older adults, *K-State Research and Extension News Release*, March 2, 2020.
- New scam targeting seniors. *High Plains Journal*, October 5, 2019.
- KSRE Agents: Advance health care directives important to all adults, *McPherson Sentinel*, April 17, 2019.
- New fact sheet on opioid crisis available, *K-State Research and Extension Press Release*, April 1, 2018.
- Alzheimer's disease: Research and Extension raises awareness of symptoms, *K-State Collegian*, December 13, 2017.
- Across the globe, elder abuse is top-of-mind June 15, *K-State Research and Extension Press Release*, June 14, 2016.
- Advance health care directives important to all adults, *K-State Research and Extension Press Release*, March 15, 2016.
- Understanding Alzheimer's disease, *K-State Research and Extension Press Release*, January 13, 2016.
- Prevent falls among seniors in four steps, *K-State Research and Extension Press Release*, September 28, 2015.

SERVICE AND CITIZENSHIP

ACADEMIC LECTURES AND STUDENT SUPPORT

INVITED COURSE LECTURES

- HDFS 552: Social Justice in a Family Context, *Ageism and Aging in Kansas* (Spring 2025)
- FSSH/HDFS 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, Fall 2022, Spring 2023, Summer 2023, Fall 2023)
- 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)
 CNRES 530: Coping with Life Crises, *Sensory and functional decline in older adulthood*, (Summer 2016, Summer 2017)
 FSHS 852: Family Theories, *Human ecological theory* (Fall 2017)
 GNHE 410: Seminar in Human Ecology, *Cooperative Extension in Kansas* (Fall 2016)

GRADUATE STUDENT COMMITTEES

Committee Role	Master's Advisory Committee	Doctoral Advisory Committee
Chair	Grace Jackelen (M.S., 2025) Stephanie Schultz (M.S., 2025) Kristen Galle (M.S., 2025) Karyn Fry (M.S., 2025) Laura Cribb (M.S., 2023) Chloe Vincent (M.S., 2023) Kelly McVicker (M.S., 2023) (Rachel) Frances Bale (M.S., 2023) McKenzie Tuttle (M.S., 2023) Diana Cervantes (M.S., 2023) Haylee Bergeland (M.S., 2023) Lindsay Waldman (M.S., 2023) Stephany Ikpe (M.S., 2023) Virginia Myers (M.S., 2023) Amy Hallquist (M.S., 2023) Helga Kjartansdottir (M.S., 2023) Elizabeth Kwitny (M.S., 2022) Lambra Holloway (2022) Kaylee Goss (M.S., 2020)	
Co-Chair	Jing You (M.S., 2020)	Jessie L. Piper (PhD, 2020)
Member	Brenda Olague (M.S., 2025) Alexis Peraza (M.S., 2024) Autumn Holt (M.S., 2024) Kendra Marstall (M.S., 2024) Kathleen Schuler (M.S., 2023) Michael Halpner (M.S., 2023)	Joann Wu (IP) C. Ramel Strong (PhD, 2023) Abdulaziz H. M. Alshehri (2022) M. Hunter Stanfield (PhD, 2019)

Katherine Ruyle (M.S., 2023) Maley Swift (M.S., 2023) Clarissa Moon (M.S., 2022) Kristina Wilson (M.S., 2021) Roberta Stevens (M.S., 2021) Kristina Wilson (M.S., 2020) Lauren Stefovich (M.S., 2020) Jennifer Bundy-Jones (M.S., 2019) Morgan Pearson (University of Idaho; M.S., 2019) Madison Parker (M.S., 2019) Brenda Gregg (M.S., 2019) Maura Suggs (M.S., 2019) Heather Brown (M.S., 2019) Jeanne Squires Lake (M.S., 2019) Scott May (M.S., 2019) JoEllyn Argabright (M.S., 2018) Lisa Lange (M.S., 2018) Aubrey Mentis (M.S., 2018)
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Notes: IP = in progress

ACADEMIC JOURNAL LEADERSHIP

EDITORSHIPS

Associate Editor, *Journal of Extension*, 2020 – 2022, 2023 – 2025

Special Issues Co-Editor, *Journal of Human Sciences and Extension*, 2024 – 2025

JOURNAL EDITORIAL COMMITTEE

Journal of the National Extension Association of Family and Consumer Sciences, 2019 – 2020, 2025 – 2026

REVIEWER SERVICE

AD-HOC MANUSCRIPTS

Sexuality Research and Social Policy, 2015, 2023, 2024

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

CONFERENCE PROPOSALS

National Extension Association of Family and Consumer Sciences, 2018 – 2020; 2022; 2025

Southeastern Council on Family Relations Annual Conference, 2017
IAGG World Congress of Gerontology and Geriatrics, 2016
Gerontological Society of America Annual Scientific Conference, 2015 – 2020; 2022
National Health Outreach Conference, 2015 – 2023
National Council on Family Relations Annual Conference, 2011 – 2022

GRANT PROPOSALS

The Ohio State University Internal Grants Program, 2026
Community Care Corps, *OASIS Institute*, 2025
U.S. Army Medical Research and Development Command's Congressionally Directed Medical Research Programs – Alzheimer's Research Program, 2024.
National Institute of Food and Agriculture, United States Department of Agriculture – A1661, 2024
Administration on Community Living, U.S. Department of Health and Human Services - Expanding Outreach and Professional Training to Engage Older Adults with Behavioral Health Conditions in Evidence-Based Health Promotion Programs, 2024
National Institute of Food and Agriculture, United States Department of Agriculture – Rural Health and Safety Education (panel manager at the rank of GS-15), 2024
Administration on Community Living, U.S. Department of Health and Human Services – Lifelong Respite Care Program: State Program Enhancement Grants (panel chair), 2023
Administration on Community Living, U.S. Department of Health and Human Services – Senior Medicare Patrol (panel chair), 2023
KU Med Frontiers Lauren S. Aaronson Pilot Grant, *KU Med*, 2023
Administration on Community Living, U.S. Department of Health and Human Services – CDSME (panel chair), 2023
National Institute of Food and Agriculture, United State Department of Agriculture – Rural Health and Safety Education (panel manager at the rank of GS-15), 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

INVITED EXPERT REVIEWER

Kansas Dementia Roadmap, Kansas Department of Aging and Disability Services, 2024
EFNEP Paraprofessional Recruitment & Retention, EFNEP, 2023
Healthy Aging Guide, National Association of County and City Health Officials,
Mobilizing for Action through Planning and Partnership, 2023

MULTISTATE RESEARCH ACTIVITIES PROPOSAL

State Agricultural Experiment Stations and United States Department of Agriculture,
2024
United States Department of Agriculture, 2019
United States Department of Agriculture, 2018

EXTENSION PUBLICATIONS

Kansas State University, 2025
University of Wisconsin-Madison, 2025
Kansas State University, 2024
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

POPULAR PRESS EXPERT REVIEWER

A Place for Mom, 2022 – present
Zippia, 2021

AWARDS

Kansas State University Extension – Extension and Engagement Week Awards, 2025
National Extension Association of Family and Consumer Sciences Awards, 2024
Kansas State’s Advancement of Women in Science and Engineering (KAWSE) Award
Reviewer, *Kansas State University*, 2023 – 2024
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

Montana State University, 2023
Iowa State University, 2022
University of Idaho, 2022
East Tennessee State University, 2020

ELECTED AND SELECTED LEADERSHIP POSITIONS

NATIONAL

Member, National Extension Framework for Health and Well-Being Steering Committee,
ECOP, 2025 - 2026
Member, Extension Committee on Policy (ECOP) Health Innovation Taskforce, *ECOP*,
2020 - 2022
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 Membership Recruitment and Retention Committee, *K-State
Research and Extension*, 2023 – 2024
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 – 2020
Chair, Professional Awards, *Kansas Extension Association of Family and Consumer
Sciences*, 2019 – 2020

Chair, Professional Development Committee, *Kansas Joint Council of Extension Professionals*, 2019 – 2020
Past-President, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2019 – 2020
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
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, *Wildcat Scholar Implementation Group*, 2025 – 2026
Member, *Faculty Senate Committee on University Planning*, 2024 – 2025
Member, *College of Health and Human Sciences College Committee on Planning (CCOP)*, 2023 – 2026
Member, *Faculty Senate Professional Staff Affairs*, 2023 – 2024
Faculty Senator, 2023 – 2026
Member, *K-State Microcredentialing Taskforce and Internal Process Subgroup*, 2022 – 2023
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

Member, *Extension Annual Conference Planning Committee*, 2026
Member, *Extension Annual Conference Awards Committee*, 2025
Member, *Extension Administration Team*, 2025 – present
Member, Professional Development Committee, *Epsilon Sigma Phi*, 2022 – 2023
Member, Culture of Health Impact Task Force, *K-State Research and Extension*, 2020 – 2021
Member, Task Force on Government Stakeholder Support, *K-State Research and Extension*, 2018 – 2020
Member, *Extension Annual Conference Planning Committee*, 2018 – 2020
Member, *United Associations of Kansas Conference Committee*, 2018 – 2020
Board of Trustees, *Alpha Rho Chapter of Epsilon Sigma Phi*, 2017 – 2020
Member, *Epsilon Sigma Phi National Conference Planning Committee*, 2017 – 2018
Member, *Alpha Rho Chapter of Epsilon Sigma Phi Recognition Committee*, 2016 – 2018
Member, *SNAP-ED Advisory Committee*, 2016 – 2017

COLLEGE

Dean's Advisory Council, *College of Health and Human Sciences*, 2021 – 2023, 2024 – present

DEPARTMENTAL

Family and Community Services Core Team, 2024
Department Committee on Planning, *Department of Applied Human Sciences*, 2020 – 2021, 2024
Marketing and Recruitment Committee, 2023 – 2024
PEAK Advisory Committee, *Center on Aging*, 2018 – present
Extension Unit Chair, *Department of Applied Human Sciences*, 2020 – 2021
Publicity Committee, *Applied Family Science Graduate Program*, 2017 – 2021

UNIVERSITY SEARCH COMMITTEES

Dean of the College of Health and Human Sciences, 2024 – 2025
SNAP-Ed Evaluator, *K-State SNAP-Ed*, 2023
Teaching Assistant Professor, *Center on Aging*, 2023
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 FORCESPROFESSIONAL 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 – 2025
National Extension Association of Family and Consumer Sciences, 2015 – present
Gerontological Society of America, 2015 – present
Epsilon Sigma Phi, 2015 – present
eXtension Community of Practice – Family Caregiving, 2015 – 2022
eXtension Expert – Creating Healthy Communities Section, 2015 – present
eXtension Expert – Families, Food, and Fitness, 2015 – 2022
National Council on Family Relations, 2009 – 2025

COALITIONS AND TASK FORCES

Kansas Health Institute's Age-Friendly Kansas Advisory Board, 2024 – present

State of Kansas Alzheimer's Disease and Related Dementias Coalition, 2024 – present
Kansas State Improvement Health Plan for Healthy Kansas 2030, Inequities in Health Outcomes Priority Workgroup, Kansas Department of Health and Environment, 2023 – present
Kansas Department of Transportation (KDOT) Older Drivers Team, 2023 – 2024
Justice, Equity Diversity, and Inclusion: National Urban Extension Leaders Action Team (JEDI NUEL), 2022 – 2023
Kansas Older Adult Falls Prevention Coalition, 2022 – present
Midwest Collective for Healthy Aging, 2021 – 2023
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 – 2020

CERTIFICATIONS AND DESIGNATIONS

Age-Friendly Public Health Systems Champion, 2025
Systems Approaches to Healthy Communities, 2024
When Everyone Leads, Kansas Leadership Center, 2024
Your Leadership Edge, Kansas Leadership Center, 2023
Kansas State University's Supervisory Foundations: Pillar I, 2022
Safe Zone Ally, 2021 – present
National Extension Leadership Development Program Participant, 2019
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