



January 2021

## SMART CHOICE – SMART USE Health Insurance™ SCHOLARSHIP 2020

### **Peer-Reviewed Journal Articles**

Ketterman, J., Braun, B., & Pippidis, M. (2020, October). Extension Programming to Build Farm and Farm Family Resilience. *Journal of Extension*, 58(5), tt1. <https://www.joe.org/joe/2020october/tt1.php>

### **Non-Peer Reviewed and Invited Publications**

Braun, B. & Pippidis, M. (2020, January). *Farm and Farm Family Risk and Resilience Guide for Extension Educational Programming*. University of Maryland Extension & University of Delaware Cooperative Extension. <https://www.udel.edu/content/dam/udelImages/canr/pdfs/extension/economic-personal-development/Farm-and-Farm-Family-Risk-and-Resilience-Guide-1-17-20.pdf>

Pippidis, M. (2020, January). *Farm Operations and Health Care Insurance Options*. University of Delaware Cooperative Extension & University of Maryland Extension. <https://www.udel.edu/content/dam/udelImages/canr/pdfs/extension/economic-personal-development/Farm-operations-and-health-care-insurance-final.pdf>

Pippidis, M. (2020, April). *Focus on Farmers and Ranchers - What to Do if You've Lost Your Health Insurance Due to the Coronavirus Crisis*. University of Maryland Insure Your Health. <https://extension.umd.edu/insure/farmers-0>

Pippidis, M. (2020, June). *Small Business Operations and Health Care Insurance Options*. University of Delaware Cooperative Extension & University of Maryland Extension. <https://www.udel.edu/content/dam/udelImages/canr/pdfs/extension/nutrition-wellness/insurance/small-business-healthcare.pdf>

### **UME FCS Breathing Room, A Wellness Blog**

Ketterman, J. (, 2020, January). *Cheers to Your Health (Insurance)!* University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/01/02/cheers-to-your-health-insurance/>

Ketterman, J. (2020, March). *Choosing a New Doctor*. University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/03/05/choosing-a-new-doctor/>

Ketterman, J. (2020, August). *Understanding Medicare*. University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/08/13/understanding-medicare/>

Ketterman, J. (2020, December). *Time is Running Out! Open Enrollment ends December 15, 2020!*. University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/12/11/time-is-running-out-open-enrollment-ends-december-15-2020/>

Nuckols, D. (2020, October). *Mental Health Insurance Benefits*. University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/10/22/mental-health-health-insurance-benefit/>

Pippidis, M. (2020, November). *Health Insurance Open Enrollment is Around the Corner - Are you Ready?*. University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/11/03/health-insurance-open-enrollment-is-around-the-corner-are-you-ready/>

Sorenson, C. (2020, June). *Get the Most Out of Your Health Insurance by Using Your Essential Benefits*. University of Maryland Family and Consumer Breathing Room A Wellness Blog. <https://breathingroom.umd.edu/2020/06/11/get-the-most-out-of-your-health-insurance/>

### **Curricula/Module Development**

Ketterman, J., Galeano, J., Braun, B., Brown, V., Little, L., McCoy, L, Nuckols, D., Pippidis, M., & Sorenson, C. (2020). *Smart Choice - Smart Use Health Insurance™ Certified Educator Training Course*, eXtension Campus.

Nuckols, D. (2020). *Smart Choice - Smart Use Health Insurance™ Managing Health Insurance Conflicts*.

Pippidis, M. (2020). *Health Insurance for Farmers and Small Business Owners*.

Pippidis, M. (2020). *Health Insurance 4 U*, University of Delaware Cooperative Extension, <https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/health-insurance/health-insurance-4-u/>

### **Proposals Submitted**

Ketterman, J. Pippidis, M., Sorenson, C., Nuckols, D., McCoy, L., Brown, V., Terhune, C., Jurgenson, J., Hurtado, A., & Wang, C. (2020). *Understanding Health Insurance and the Financial Implications in Your Senior Years*. AFCPE Annual Symposium. (Accepted)

Ketterman, J., Nuckols, D., & Sorenson, C. (2020). *Taking the Confusion Out of Health Insurance*. Maryland Community Action Partnership 2020 Human Services Conference, Ocean City, MD. (Accepted, Conference Cancelled).

Nuckols, D. (2020) *Protecting Health and Financial Well-Being: Managing and Resolving Health Insurance Disputes*. 2020 Virtual Maryland Rural Health Conference. (Accepted)

Nuckols, D., McCoy, L., Ketterman, J., Pippidis, M., Sorenson, C., & Brown, V., (2020). *The Case for Case Narratives and Active Engagement for Measurable Adult Education Outcomes*. NEAFCS Annual Conference. (Accepted)

Nuckols, D., McCoy, L., Ketterman, J., Pippidis, M., Sorenson, C., & Brown, V., (2020). *There can be Fun and Games: Experiential Learning and Problem Solving Techniques for Youth and Adult Learners*. AAFCS Annual Conference. (Rejected)

Ketterman, J. & Pippidis, M. (2020). *Using a Case Study Method to Estimate Health Care Costs*. AAFCS Annual Conference. (Rejected)

Ketterman, J., Pippidis, M., McCoy, L., Sorenson, C., Nuckols, D., Brown, V., Terhune, C., Jurgenson, J., & Hurtado, A. (2020). *Healthcare In Your Senior Years*. NEAFCS Annual Conference. (Accepted)

McCoy, L., Sorenson, C., Nuckols, D., Ketterman, J., Pippidis, M., Brown, V. & Wang, C. (2020). *Understanding Health Insurance Benefits* (poster presentation). NEAFCS Annual Conference (Accepted)

Pippidis, M. & Ketterman, J. (2020). *Health Insurance in Our Senior Years - Medicare and Other Options*. Extension Risk Management Education National Conference. (Rejected, Conference Cancelled)

Pippidis, M., Braun, B. & Ketterman, J. (2020). *Creating Thriving Farms - Tools You Can Use with Farmers, Professionals and Communities*. Extension Risk Management Education National Conference. (Accepted, Conference Cancelled)

Pippidis, M., Ketterman, J., & Bercaw, S. (2020). *Mindfully Managing Stress and Building Farm and Farm Family Resilience*. Mid-Atlantic Women in Agriculture Conference. (Accepted)

Pippidis, M., Ketterman, J., & Braun, B. (2020). *Farmers Need FCS Too!*. NEAFCS Annual Conference. (Accepted)

### **Peer-Reviewed Presentations**

Ketterman, J., Pippidis, M., Sorenson, C., & Nuckols, D. (2020). *Healthcare In Your Senior Years*. NEAFCS Annual Conference (Virtual).

Ketterman, J., Pippidis, M., & Nuckols, D. (2020). *Understanding Health Insurance and the Financial Implications in Your Senior Years*. Association for Financial Counseling and Planning Education (AFCPE) Annual Research and Training Symposium (Virtual).

McCoy, L., Sorenson, C., Nuckols, D., Ketterman, J., Pippidis, M., Brown, V. & Wang, C. (2020). *Understanding Health Insurance Benefits* (ignite presentation). NEAFCS Annual Conference (Virtual).

Nuckols, D. (2020) *Protecting Health and Financial Well-Being: Managing and Resolving Health Insurance Disputes*. Maryland Rural Health Conference (Virtual).

Nuckols, D., McCoy, L., & Sorenson, C. (2020). *The Case for Case Narratives and Active Engagement for Measurable Adult Education Outcomes*. NEAFCS Annual Conference (Virtual).

Pippidis, M., Ketterman, J., & Bercaw, S. (2020). *Mindfully Managing Stress and Building Farm and Farm Family Resilience*. Mid-Atlantic Women in Agriculture Conference. Dover, DE.

Pippidis, M., Ketterman, J., & Braun, B. (2020). *Farmers Need FCS Too!* NEAFCS Annual Conference (Virtual).

### **Invited Presentations**

Nuckols, D. (2020) *Managing Health Insurance and Resolving Conflicts*. 2020 Money Power Day (Virtual) Invited by CASH Campaign of Maryland.

### **Invited Reviewed Presentations**

Pippidis, M., Braun, B. & Ketterman, J. (2020, April). *Creating Thriving Farms - Tools You Can Use with Farmers, Professionals and Communities*. Extension Risk Management Education National Webinar.

[https://agrisk.umn.edu/Conferences/Presentation/creating\\_thriving\\_farms\\_tools\\_you\\_can\\_use\\_wit](https://agrisk.umn.edu/Conferences/Presentation/creating_thriving_farms_tools_you_can_use_wit)

Pippidis, M., Ketterman, J., & Bercaw, S. (2020, February). *Mindfully Managing Stress and Building Farm and Farm Family Resilience*. Mid-Atlantic Women in Agriculture Conference, Dover, DE.

### **Referred Conference Proceedings**

Ketterman, J. Pippidis, M., Sorenson, C., Nuckols, D., McCoy, L., Brown, V., Terhune, C., Jurgenson, J., Hurtado, A., & Wang, C. (2020). *Understanding Health Insurance and the Financial Implications in Your Senior Years*. AFCPE Annual Symposium (Virtual).

### **Teaching (Certified Educators, Other Educators and Consumers)**

The HILI (Health Insurance Literacy Initiative) team led 33 Smart Choice / Smart Use workshops reaching 466 individuals. Workshops were offered mostly online to certify educators, as professional development for partnering organizations, and consumer workshops. Consumer and professional development were offered in person until March and virtual for the remainder of the year. Certified educator training involved 29 participants.

### **Certified Educators**

Ketterman, J., Nuckols, D., Pippidis, M., & Sorenson, C. (August, 2020). *Smart Choice - Smart Use Health Insurance™ Basics, Smart Actions, Understanding and Estimating Health Care Costs, and Healthcare in Your Senior years*. Kansas State University Extension.

## **Professional Development of Community Partners**

Sorenson, C, Nuckols, D., Graves, P., & Ketterman, J. (May, 2020). *Healthcare in Your Senior Years - A Case Study*. Personal Finance Seminar for Professionals Pre-Conference.

Pippidis, M., Braun, B., Chan, A., & Wolinski, L. (October, 2020). *Culture and Resilience of Farms in your Community*, Sustainable Coastal Communities Project.

Wolinski, L., Pippidis, M., Braun, B., Chan, A. (October, 2020). *The Stalwart Family Case Study. Culture and Resilience of Farms in Your Community*, Professional Development Series for Health Professionals.

Ketterman, J. (November, 2020). *Health Insurance Literacy Initiative Overview*, Purdue University Extension.

## **Consumer Workshops**

### *In Person*

Ketterman, J. (January, 2020). *Smart Use Health Insurance™ Smart Actions*. YMCA Young Mothers.

Ketterman J. & Sorenson, C. (January, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*. Farm Succession Workshop, Montgomery County.

Nuckols, D. (January, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*. Farm Succession Workshop, Carroll County.

Nuckols, D. (January, 2020). *Smart Use Health Insurance™ Your Health Insurance Benefits*. Rockville Public Library, Montgomery County.

Sorenson, C. (January, 2020). *Smart Use Health Insurance™ Smart Actions*. The Seton Center, Frederick County.

Ketterman, J. (February, 2020). *Smart Use Health Insurance™ Smart Actions*, Work Experience Program (WEX), Allegany College of Maryland, Allegany County.

### *Virtual*

Ketterman, J. & Pippidis, M. (February, 2020) *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*. Financial Security for All Webinar Series.

Ketterman, J. & Pippidis, M. (April, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*. Mid-Atlantic Women in Agriculture.

Ketterman, J. & Pippidis, M. (April, 2020). *Smart Use Health Insurance™ Understanding and Estimating Health Care Costs*.

Ketterman, J. & Sorenson, C. (April, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*.

McCoy, L, Brown, V., & Ketterman, J. (April, 2020). *Smart Choice Health Insurance™ Basics*.

Pippidis, M. (April, 2020) *What to do if you lost your health insurance*.

Sorenson, C. & Nuckols, D. (April, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*.

Pippidis, M. (May 2020). *Smart Choice Health Insurance™ Basics* - for State Employees.

Pippidis, M. & Ketterman, J. (May, 2020). *Weathering the Storm*.

Nuckols, D. & Ketterman, J. (June, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*. Financial Planning in Tough Times: Personal Finance Series for Adults.

Pippidis, M. & Ketterman, J. (June, 2020). *Communicating with Farmers Under Stress*.

Pippidis, M., Ketterman, J., & Nuckols, D. (June, 2020). *Health Insurance for Farmers and Small Business Owners*.

McCoy, L, Sorenson, C., & Ketterman, J. (July, 2020). *Smart Choice - Smart Use Health Insurance™ Basics*.

Nuckols, D., McCoy, L., & Ketterman, J. (July 2020). *Smart Use Health Insurance™ Managing Health Insurance and Resolving Conflicts*.

Sorenson, C., Nuckols, D., & Ketterman, J. (July, 2020). *Smart Use Health Insurance™ Smart Actions*.

Pippidis, M., Ketterman, J. (August, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care In Your Senior Years*. Part of the Succession Planning: Investing in Your Farm's Series.

Ketterman, J. & Galeano, J. (October, 2020). *Smart Choice - Smart Use Health Insurance™ Smart Actions*. Work Experience Program, Allegany College.

Nuckols, D. (October, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care in Your Senior Years*. Montgomery County Public Library.

Ketterman, J., Pippidis, M., & McCoy, L. (November, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care In Your Senior Years*.

Ketterman, J., Pippidis, M., & McCoy, L. (November, 2020). *Smart Choice - Smart Use Health Insurance™ Health Care In Your Senior Years*.

Nuckols, D. (November, 2020). *Smart Use Health Insurance™ Managing Health Insurance Conflicts*.

Nuckols, D., Pippidis, M., & Sorenson, C. (November, 2020). *Smart Choice Health Insurance™ Basics*.

Nuckols, D., Pippidis, M., & Sorenson, C. (November, 2020). *Smart Choice Health Insurance™ Smart Choice Basics*.

Nuckols, D. (December, 2020). *Smart Use Health Insurance™ Your Health Insurance Benefits*. Johns Hopkins University.

## **Awards**

Pippidis, M. (April 2020). University of Delaware, Ratledge Family Community Service Award.

Pippidis, M. (June 2020). University of Delaware College of Agriculture and Natural Resources, Excellence in Extension Award.

## **Applied Research**

Ketterman, J., Nuckols, D., Pippidis, M., & Sorenson, C. (2020). *Special Edition – Smart Use Health Insurance™ Healthcare in Your Senior Years – Findings Revealed.*

[https://extension.umd.edu/sites/extension.umd.edu/files/\\_images/uploaded/Findings%20Revealed%20Healthcare%20in%20Your%20Senior%20Years.pdf](https://extension.umd.edu/sites/extension.umd.edu/files/_images/uploaded/Findings%20Revealed%20Healthcare%20in%20Your%20Senior%20Years.pdf)

## **Poster Presentations**

McCoy, L., Sorenson, C., Nuckols, D., Ketterman, J., Pippidis, M., Brown, V. & Wang, C. (2020). *Understanding Health Insurance Benefits.* NEAFCS Annual Conference.

Nuckols, D. (2020). *Protecting Health, Protecting Financial Well-Being through Health Insurance Empowerment.* An AGNR Cornerstone Event: Improve Human, Animal, and Environmental Health.

## **HILI Team**

University of Maryland Extension -

**Bonnie Braun, Ali Hurtado, Jesse Ketterman, Jinhee Kim, Lynn Little, Lisa McCoy, Dorothy Nuckols, Carrie Sorenson and Chenzi Wang.**

University of Delaware Cooperative Extension –

**Maria Pippidis**