



January 2026

SMART CHOICE – SMART USE SCHOLARSHIP 2025

Peer-Reviewed Journal Articles In Progress

Matava, L., & Sorenson, C. (2025). *From Confused to Confident: Educator Training and Tools for Health Insurance Literacy*.

Curricula/Programs

Sorenson, C. (2024) *Smart Use, Smart Actions for Diabetes*.

Wolen, M., Ketterman, J., Sorenson, C., & Sipple, K. (2025) *Smart Choice, Smart Use Instructor Preparation Course*. Extension Foundation Campus Online Course.

Wolen, M., Ketterman, J., & Sorenson, C. (2025) *Smart Choice, Health Insurance Basics*. Extension Foundation Campus Online Course.

Wolen, M., Ketterman, J., & Matava, L. (2025) *Smart Use, Understanding and Estimating Health Care Costs*. Extension Foundation Campus Online Course.

Wolen, M., Sorenson, C., McCoy, L., & Matava, L. (2025) *Smart Use, Essential Health Benefits*. Extension Foundation Campus Online Course.

Wolen, M. & Nuckols, D. (2025) *Smart Use, Smart Actions for Health Insurance*. Extension Foundation Campus Online Course.

Proposals Submitted

Matava, L., Sipple, K., & Sorenson, C. (2026). *Empowering Extension Leaders: Guiding Professionals to the Benefits of Understanding Health Insurance Options*. Extension Leadership Conference, Savannah, GA (2026, Feb 3-6). (Accepted, 50 min workshop)

Peer-Reviewed Presentations

Sorenson, C., Matava, L., Ketterman, J., McCoy, L., Nuckols, D., & Sipple, K. (2025). *Critical Skills for People with Diabetes: The Importance of Health Insurance Literacy*. Maryland Rural Health Conference. Annapolis, MD.

Peer-Reviewed Posters

Sorenson, C., Ketterman, J., McCoy, L., Nuckols, D., Sipple, K., Cooke, S., & Matava, L. (2025). *Improving the Health of Diabetics Through Health Insurance Education*. National Health Outreach Conference, Omaha NE.

Invited Presentations

Goeringer, P. & Ketterman, J. (2025). *Helping Producers Plan for the Future Success of their Farms and Ranches: An Introduction to Succession Planning*. University of Florida Institute of Food and Agricultural Sciences. Invited by Hannah Baker, State Specialized Extension Agent.

Ketterman, J. & Sorenson, C. (2025). *Health Insurance Literacy Overview*. DC Health Link. Invited by Dr. Linda Wharton-Boyd.

Teaching

Professional Development of Community Partners

Sorenson, C. (September 2025). *Understanding Health Insurance Literacy (HIL) and Resources for HIL Education*. Continuing Education Training for Certified Health Education Specialists.

Ketterman, J. & Sorenson, C. (September 2025). *Health Insurance Literacy*. DC Health Link. Invited by Dr. Linda Wharton-Boyd.

Nuckols, D. (October, 2025) *Smart Use, Managing Health Insurance and Resolving Conflicts*. Master Money Mentor Professional Development Series.

Goeringer, P. & Ketterman, J. (January 2025). *Helping Producers Plan the Future Success of their Farms and Ranches: An Introduction to Succession Planning*.

Consumer Workshops

Sorenson, C. (December, 2025). *Smart Choice Health Insurance Basics*. CareFirst BlueCross Blue Shield.

Nuckols, D. (December, 2025) *Smart Choice Health Insurance*. Montgomery County Public Library.

Matava, L. (November 2025) *Smart Use, Managing Health Insurance and Resolving Conflicts*. Extension Advisory Council.

Sorenson, C. & Wolen, M. (November, 2025). *Smart Choice Health Insurance Basics*. St. Paul's Lutheran Church.

Nuckols, D. (October, 2025) *Smart Use, Managing Health Insurance and Resolving Conflicts*. Building a Better You 50+ Wellness Series.

Sipple, K. (October 2025) *Smart Choice, Health Insurance Basics*. Teen Warehouse.

Sorenson, C. (September, 2025). *Smart Actions for People with Diabetes*. Enterprise Residential.

Sorenson, C. (August 2025). *Smart Use, Managing Health Insurance and Resolving Conflicts*. Carroll Hospital Parkinson's Support Group.

Sorenson, C. (June 2025). *Smart Choice, Health Insurance Basics*. University of Maryland's Department of Transportation Services.

Sorenson, C. (June 2025). *Smart Choice, Health Insurance Basics*. University of Maryland's Department of Transportation Services.

Sipple, K. (June 2025) *Smart Use, Your Health Insurance Benefits*. Seaford Community of Hope.

Nuckols, D. (April 2025). *Smart Choice, Health Insurance Basics*. Hood College.

Sorenson, C. (April 2025). *Smart Use, Smart Actions for People with Diabetes*. Calvert Pines Senior Center.

Sorenson, C. (April 2025). *Smart Use, Smart Actions for People with Diabetes*. North Beach Senior Center.

Sorenson, C. (April 2025). *Smart Use, Smart Actions for People with Diabetes*. Southern Pines Senior Center.

Sorenson, C. (January 2025). *Smart Use, Smart Actions for People with Diabetes*. Salisbury Dining with Diabetes Group.

Sorenson, C. (January 2025). *Smart Use, Smart Actions for People with Diabetes*. Carroll Hospital Diabetes Support Group.

Webinar Programs

Ketterman, J. (December 2025). *Smart Choice, Smart Use, Healthcare in Your Senior Years*. Prince Georges County Libraries.

Sorenson, C. (November 2025). *Smart Use, Smart Actions for People with Diabetes*. Work Experience Program.

Ketterman, J. (November 2025). *Smart Choice, Smart Use, Healthcare in Your Senior Years*. Navigating Dementia Care for Caregivers.

Ketterman, J. (October 2025). *Smart Choice, Smart Use, Healthcare in Your Senior Years*. Work Experience Program.

Ketterman, J. (September 2025). *Smart Choice, Health Insurance Basics*. Work Experience Program.

Ketterman, J. (August 2025). *Smart Use, Your Health Insurance Benefits*. Work Experience Program.

Nuckols, D., and Matava, L (June 2025). *Smart Use, Managing Health Insurance and Resolving Conflicts*. Work Experience Program.

Matava, L. (June 2025). *Smart Use, Health Insurance in Your Senior Years*. Building a Better You 50+ Series.

Nuckols, D. (May 2025) *Smart Use, Managing Health Insurance and Resolving Conflicts*. Building a Better You Series.

Ketterman, J. (May 2025). *Smart Use, Understanding and Estimating Health Care Costs*. Work Experience Program.

Ketterman, J. (March 2025). *Smart Use, Smart Actions*. Work Experience Program.

Ketterman, J. (February 2025). *Smart Use, Understanding and Estimating Health Care Costs*. Work Experience Program.

Ketterman, J. (January 2025). *Smart Use, Smart Actions*. Work Experience Program.

Awards

Ketterman, J. (2025). *Extension Educator of the Year*. Maryland Association of Family and Consumer Sciences.

Grants

Goeringer, P., Chan, A., & Ketterman, J. (2025). *Estate and Succession Planning in Maryland. Developing Resources to Help a New Generation*. Northeast Center for Risk Management Education. \$75,000.