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COMMUNITY

CONNECTIONS THROUGH PURDUE EXTENSION

EXTENSION QUARTERLY REPORT
OCTOBER – DECEMBER 2022

EXTENSION BY THE NUMBERS

8,455+

Total Minutes
of education
provided to
youth and adults
within the
community



CLIENT
CONSULTATIONS
506

COMMUNITY
& COALITION
MEETINGS
35



2,500+ **Total Number**
of in-person & virtual
education participants



120+
Educational Programming
sessions held from Oct. – Dec. 2022

*Numbers illustrated here are combined from educational efforts for all program areas from October-December 2022.



Extension - Lawrence County

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COMMUNITY WELLNESS

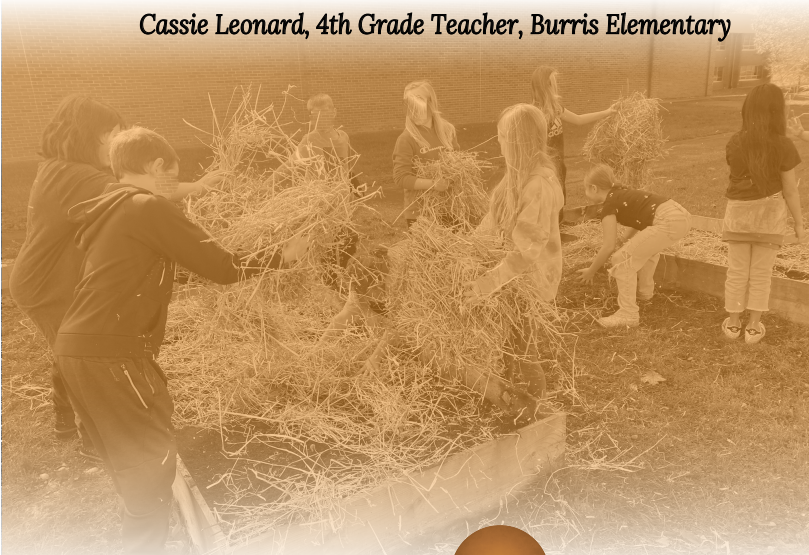
Positive Programming Across the Community

During this quarter, many programs coordinated by the Community Wellness Coordinator (CWC), were wrapping up before the new year.

- The Lawrence County Food as Medicine program concluded in 2022. The Health and Human Sciences (HHS) Educator completed classes in October at the Solutions Center in Mitchell. Each family that signed up for the program received one free meal kit per week, over a 20 week period, with the program ending in October of 2022.
- The Food, Fun and 4-H program concluded at the end of the year. Families who completed the entire program received cookbooks and a 4-H membership for the youth who participated. Planning for the future of these programs depends on funding to offer both again in 2023.
- In the fall of 2022 Burris Elementary teacher Cassie Leonard invited the CWC, accompanied by an Area Health Educator from IU, to help the class close the garden for the winter. Students harvested produce that was still growing and ripe, while preparing the beds to be planted again in the spring.

“Thank you for coming to help us, the kids loved it!”

Cassie Leonard, 4th Grade Teacher, Burris Elementary



NUTRITION EDUCATION

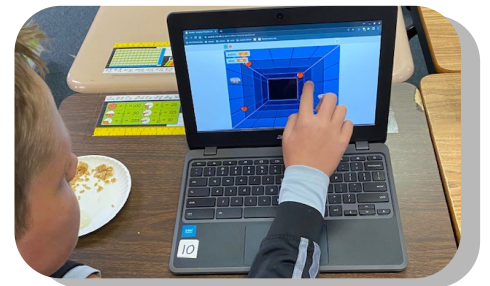
CATCH

During this quarter, the Coordinated Approach to Child Health(CATCH) program was in full swing in our local schools. The Nutrition Education Program Advisor (NEPA) taught lessons at Dollens, Lincoln, Parkview, and Shawswick Elementary Schools. CATCH enables students to expand healthy habits while introducing healthy foods and simple, fun physical activity games into everyday life. With childhood obesity on the rise and health education in schools declining, it is important to offer CATCH programming to students.

When students talk about trying new foods, eating more fruits and vegetables, drinking more water, and going outside to play, you know students are listening and applying knowledge from these lessons to their everyday life. During a CATCH lesson at Shawswick Elementary school, students learned how whole foods can be processed and changed. An example would be using a whole food, such as an apple, and turning it into apple pie. While apple pie is delicious, it is less nutrient dense than the apple. A 5th grade student took this knowledge and developed a game where various foods rapidly appear on a video screen

and students choose the healthier options. Foods are assigned point values, and when the

healthier the foods were chosen, the point value increased. Students in Mrs. Burton's 5th grade class were excited to share news of the game and several students had already tested it. It is exciting to see the knowledge learned, had created a resource to help educate others about healthier food options.



4-H YOUTH DEVELOPMENT

An Essential Element to Positive Youth Development: The Caring Adult

In Indiana 4-H, the number one priority is the safety of youth in its program. One of the top components to positive youth development is a relationship with a caring adult; therefore, 4-H has a screening process for volunteers who wish to become a part of the Lawrence County program.

Each volunteer completes an application and reference check process. Then, all volunteers go through an in-person training with the 4-H Educator in small groups to receive knowledge on the basics of 4-H and expectations of all volunteers. They get an opportunity to ask questions and feel more comfortable in their role. Annually, registry checks are completed, volunteers are asked to agree to behavior expectations, and complete online training modules related to protection of minors, ability to be inclusive, and information about 4-H.

This process takes staff and volunteer time, but we feel it is important to keep youth safe and provide positive role models. Annually, our program relies on approximately 130 registered volunteers. In 2022, 33 new volunteers complete the screening process. 4-H Educators also work each year to provide trainings to help volunteers improve their skills and knowledge. In Lawrence County, offerings include Club Leader Trainings, Judges and Leaders Clinics, Volunteer Cafes, and more. Our program is not possible without volunteer support, but we also strive to give young people the support they need to succeed.



HEALTH & HUMAN SCIENCES

Encouraging Self-Awareness through Social-Emotional Learning

The need for more social-emotional learning (SEL) opportunities in Lawrence County has been highly requested throughout 2022. Teachers, parents, and students are finding it difficult to manage their emotions and make connections with others around them. To help with this challenge, Health and Human Science (HHS) Educator, Grace Thompson, and the 4-H Youth Development Educator, Lesley Lodmell, have worked with Hoosier Uplands After School program to connect with 91 students on different SEL topics. In December, students focused on the topic of self-awareness.

The Collaborative for Academic, Social, and Emotional Learning identifies self-awareness as one of five core competencies of SEL. Students who are self-aware better understand their own emotions and make better decisions. During December's program, students were asked to participate in an activity and a craft where they identified some of their personal strengths. Some of their strengths included being creative, nice, friendly, or good at sports. Students then learned about negative self-talk and how they can utilize deep breathing to positively change their mindset. Future lessons with Hoosier Uplands After School program include programs on relationship skills and responsible decision-making.

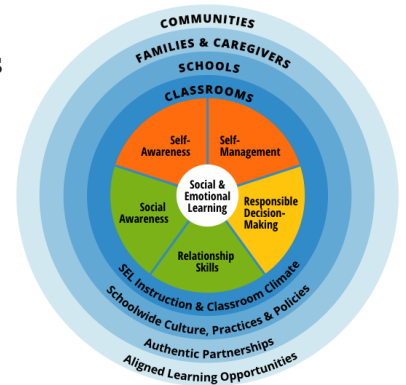


Photo Left: Lawrence County 4-H Volunteer, Keri Barker (left) and Junior Leader President, Nora Howat (right) were awarded Indiana 4-H 'Volunteer of Excellence' awards for their outstanding commitment to the Lawrence County 4-H program. Keri and Nora are two of ten awardees within the State of Indiana.



AGRICULTURE & NATURAL RESOURCES

Vet 106

According to the USDA Ag Census, Lawrence County is the top county for beef cows in the state. However, the number of large animal veterinarians making farm calls is decreasing annually. The Vet 101 series started in 2017 in partnership with Spring Mill Veterinary Services, Dr. Jerry Rusch and Dr. Ellen Burcham. This program includes hands-on demos utilizing live animals to teach skills to producers. They can then perform these skills on their home farms. This year's program featured topics included: when to contact the vet, calving issues, calf fractures, respiratory issues, scours, handling facilities discussion, and more. Ninety-one percent of individuals in attendance reported that having insight related to after calving care was useful to their operation needs.

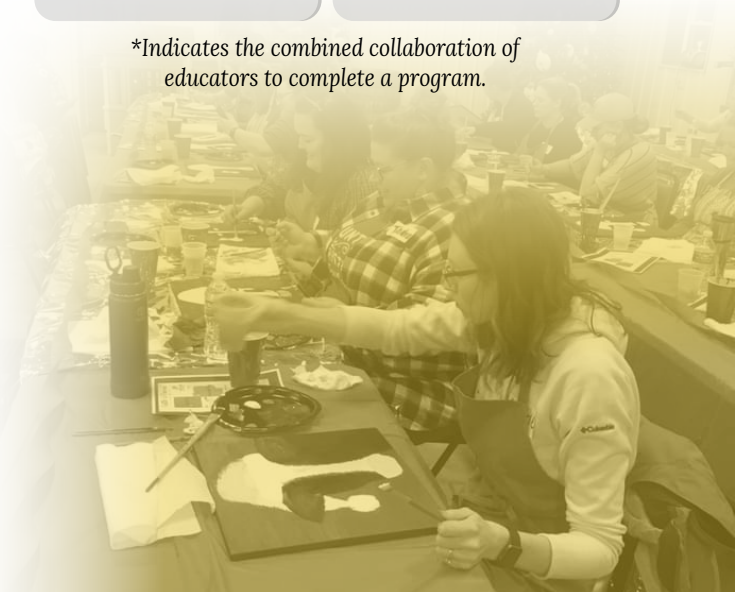
Cattle & Canvas

According to the 2017 Census of Agriculture, 36% of all ag producers are female. For Lawrence County this figure is 38% with 534 of county farms having a female as the principal operator. In order for local producers to continue their efforts successfully in beef production through a cow herd, where Lawrence County ranks number 1, education related to beef production is needed. Ag and Natural Resources (ANR) and Health and Human Sciences (HHS) Educators from Lawrence and Washington Counties hosted a program that focused on beef programming opportunities and healthy meal options with beef while providing an opportunity for farm women to find fellowship. Registrations for this program were filled in less than one week. Ninety-two percent of attendees learned of Extension programming or opportunities they had no knowledge prior to the event.

EVENT & PROGRAM DATA OCTOBER – DECEMBER 2022

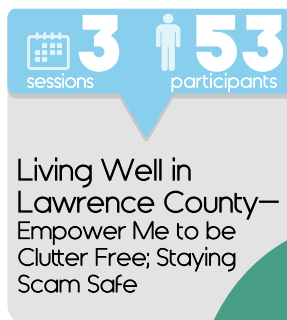


**Indicates the combined collaboration of educators to complete a program.*



EVENT & PROGRAM DATA (CONTINUED)

OCTOBER – DECEMBER 2022



8,320+ Social Media reach from Oct. – Dec. 2022

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Find out more about Purdue Extension-Lawrence County's current and upcoming programs by visiting their website or by scanning the QR code.

www.extension.purdue.edu/lawrence

Nutrition Education Program Data provided for October-December 2022

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