

Purdue Extension Spencer County



Annual Report 2019

What Does Purdue Extension Do?

EXTENSION DOES

AGRICULTURE & NATURAL RESOURCES



Extension strengthens all areas of Indiana's agriculture. From new and aspiring farmers to multigenerational experts, and small farms to commercial enterprises, we provide objective diagnostics and best practices. Building on our foundation of face-to-face instruction for Indiana farmers, we ensure Indiana remains at the forefront of American agriculture with global reach.

EXTENSION DOES

4-H YOUTH DEVELOPMENT



By teaching the value of teamwork and a strong work ethic, Purdue Extension and Indiana 4-H are preparing today's youth to become tomorrow's leaders – whom we'll all need to overcome the challenges of the future.

EXTENSION DOES

HEALTH & HUMAN SCIENCES



Purdue Health and Human Sciences Extension provides education to people of all ages in Indiana's 92 counties. The community is our classroom – where we bring university information to the local level and help people strengthen families, spend smart, eat right, and live well.

EXTENSION DOES

COMMUNITY DEVELOPMENT



Since its inception in 1914, Purdue Extension has helped strengthen the entire state of Indiana and continues to do so today. Extension helps provide communities of all sizes, urban and rural, with the resources and opportunities they need to succeed – from enhancing public spaces to creating positive change.

www.extensiondoes.org

4-H Youth/Development



The **4-H/Youth Development Program** serves the youth of Indiana by providing a strong education youth development program. This program delivers educational experiences in a variety of settings. Caring, capable and contributing adults assist in the 4-H program as role models for youth. The rich heritage of the 4-H Program is one to be valued and passed along to future generations.

STEM Opportunities Grow, Reach More Youth

Each year **STEM** (science, technology, engineering and math) programming expands thanks to amazing volunteers. In 2018-2019, more classrooms than ever participated in the **National Youth Science Day Experiment, "Code Your World"**. Youth in grades 3-6 learned basic scratch programming and were able to animate their name. Monthly visits were made to Chrisney Elementary and Nancy Hanks Elementary classrooms.

Schools also participated in **field trips** to the 4-H Fairgrounds where they were able to rotate through different STEM stations as well as learn about additional 4-H opportunities.

In addition, **STEM After-school Clubs** continued at David Turnham Elementary with **30 students** filling the program. A **Mini STEM Club** was held for the first time serving youth in grades K-2. This program filled to capacity with **10 youth**. Finally, three new **Summer STEM programs** were held in conjunction with summer feeding programs at Rockport, Chrisney and David Turnham, serving **18 youth**.



Youth Learn, Help Others in Summer Healthy Living Program

In collaboration with the Kid's Farmers' Market that takes place during summer feeding, a **Summer Garden Club** was started at Rockport Elementary, David Turnham Educational Center and Chrisney Elementary. **Eleven youth participated** in the program, weeding, watering, planting and caring for the garden weekly. Youth also participated in educational activities through the summer to increase the knowledge and confidence. Participants also helped with the Kid's Farmers Market by **harvesting vegetables and helping give away the produce to their peers** during lunch.

Junior Leaders Help Fight Summer Hunger

Spencer County Junior Leaders again raised money to fight summer hunger. Working the baked potato booth during the 4-H Fair, they donated the funds received from working the booth to **Bag of Blessings**; a community organization providing items to go home with food insecure youth over the weekend. One youth stated that until she started volunteering for summer programs she had no idea how many youth in Spencer County experienced food insecurity. This group of leaders truly does make a difference in their community every year.



Health & Human Sciences



The **Health & Human Sciences Program** provides education to people of all ages in Indiana's 92 counties. The community is our classroom – where we bring university information to the local level and help people strengthen families, spend smart, eat right, and live well.

Mental Health First Aid

Thirteen individuals took part in a workshop detailing how to interact with and support someone struggling with a **mental health illness or experiencing a crisis**, gaining new perspectives on **mental health struggles** and a better understanding of available resources.

Workshops Promote Tobacco Awareness, Dangers

In partnership with **Tobacco Free-Spencer County**, Purdue Extension offered **5 sessions** covering tobacco and e-cigarette education, prevention, and awareness. The programs provided information to participants on making healthy changes and understanding of the dangers of substance in order to reduce the risk of developing a chronic disease. As a result of the program, participants indicated **an increased awareness of the dangers of tobacco/e-cigarette use**, an intent to **make changes to improve their health**, and a willingness to discuss with family members and friends the **dangers of substance abuse**. At the close of program, all participants registered with the **Indiana Quit Line** and received follow-up support as they strove to quit tobacco use.

Community Development



The **Community Development Program** helps strengthen the entire state of Indiana by providing communities of all sizes, urban and rural, with the resources and opportunities they need to succeed – from enhancing public spaces to creating positive change.



Revamped Leadership Program Grows Leaders

Purdue Extension began a partnership with **Leadership Spencer County** in 2019. The revamped and enhanced program began with a retreat in February at St. Meinrad Archabbey. Participants meet monthly at locations throughout Spencer County and participate in presentations and activities on a variety of personal and professional leadership development topics. Participants will also plan and implement a **class project**. The 2019 class consists of **8 participants** and will conclude in November 2019.

HCI Empowers Spencer County

After three years of analyzing data, reviewing community input and participating in educational sessions, Spencer County's **Hometown Collaboration Initiative (HCI)** culminated in a capstone project addressing leadership development. **Empower Spencer County**, a leadership development speaker series, kicked off in January and featured Educational Consultant and Happiness Coach Kim Strobel presenting "**The Science of Happiness**". The workshop was attended by over **50 participants**. Three additional sessions are planned for the remainder of 2019.



Agriculture & Natural Resources



The **Agriculture and Natural Resource Program** provides educational programs and non-biased information to improve the quality of life by enhancing economic well-being, improving farm and business financial security, and developing and enhancing agricultural, horticultural, and leadership skills.



Workshops Help Producers Face Challenging Times

Margins in corn and soybean production continue to be tight, resulting in increasingly **challenging times for producers**. As this trend continues, many producers will be facing tough decisions

and will require tools and resources to help them gain a better understanding of their financial situation. To address this need, a series of **Crop Marketing and Farm Finance Workshops** was held across Indiana in early-2019. **Thirteen individuals** attending the Spencer County workshop heard from presenters from the **Purdue Center for Commercial Agriculture**. Participants **rated the workshop highly**, indicating the information was valuable and useful to their operations.

Master Gardener Course “Helps Others Grow”

An abundance of consumer horticulture information sources, particularly online and social media sources, often makes it difficult for home gardeners and landscapers to determine what is accurate and reliable. Purdue Extension in Dubois, Perry and Spencer Counties partnered in 2019 to offer the **Purdue Extension Master Gardener Course** to help address this need. The course, held in Spencer County, provided participants hands-on, interactive training in a variety of home horticultural topics. **Eleven participants** took part in the 14-week course. Participants indicated the course **helped them become better gardeners**. In addition, **most changed, or intended to change, a gardening practice as a result of the course**, including improved watering strategies, proper planting of trees, soil testing, and reading pesticide labels. To earn full Master Gardener Certification, each participant will now return **35 volunteer educational hours to the community**.



Greener Pastures Field Day Continues Tradition

Held every 3 years, and rotated between three counties, **Greener Pastures** has a long history of providing local livestock producers with information on current issues and timely topics related to forage production and grazing. This year's field day, hosted by **E and F Farms** in Evanston was no exception. Over **120 producers** attended the program and took part in presentations on forage species selection, rotational grazing, use of pollinators and soil testing for pastures. Participants reported that **as a result of what they learned at the field day they would make changes in their operations** related to forage species selection, rotational grazing, use of pollinators and soil testing.



Nutrition Education Program

Community Wellness Coordinators in the Nutrition Education Program (NEP) work on policy, systems and environmental changes to improve nutrition and health in limited resource communities. Our statewide initiatives concentrate on NEP's five focus areas: diet quality, physical activity, food security, food safety and food resource management.

Nutrition Education Program Assistants provide programming that is fun, hands-on, and easy to understand. The highly interactive lessons help participants plan nutritious meals, be active, handle food safely, spend food dollars wisely, and improve food purchasing and preparation skills.

"Making the healthy choice, the easy choice."

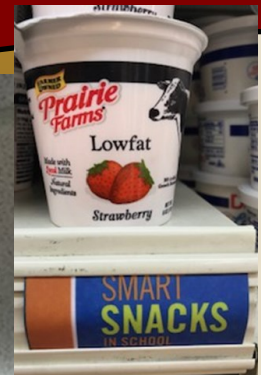
Smart Snacks brought to Local Retailers

The Purdue Extension Nutrition Education Program (NEP) partnered with **Holiday Foods, Inc.** to bring **Smart Snacks in Schools** nutrition standards into the local stores. *Smart Snacks* accommodates time-honored traditions like fundraisers and celebrations while encouraging healthier foods over those considered unhealthy. As more than a quarter of a child's daily calories may come from snacks, *Smart Snacks* supports better health for students and promotes a positive health culture.

Following NEP's goal of **making the healthy choice the easy choice**, Purdue Extension CWCs in Spencer and Dubois Counties provided and installed **signs, shelf tags and aisle banners** that direct customers to food items that meet the *Smart Snacks* guidelines, bringing an innovative way of educating families about *Smart Snacks* and showcasing available options within the grocery store.



Curious if your snack choice is a **Smart Snack**? See foodplanner.healthiergeneration.org/calculator/ to find out!



Monthly Senior Food Boxes Delivered to Spencer County Residents

Beginning in September 2018, Purdue Extension, with **Tri-State Food Bank**, initiated the **Commodity Supplemental Food Program (CSFP)** in Spencer County. CSFP works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. By visiting residents at the **Rockport Housing Authority** and **Lincoln Hills Development Corporation** senior housing units in December 2018, applications were obtained and deliveries were scheduled for January 2019. Since that time, approximately **40 residents have been receiving monthly food boxes** delivered to their housing unit.

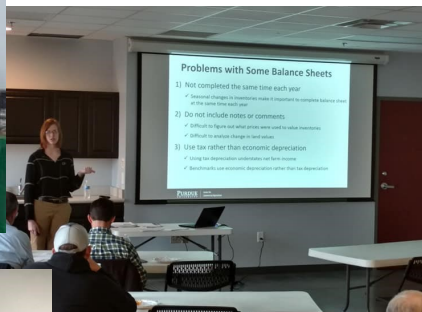
Town of Chrisney Completes Trail Project

On October 10, 2018, the Town of Chrisney celebrated the new **Chrisney Shared Use Trail** expansion with a ribbon cutting ceremony. This addition to the trail connects the existing trail located in the park to the nearby neighborhoods in the Town of Chrisney. The project was funded by a grant from the **Welborn Baptist Foundation** and was a joint effort between the **Town of Chrisney, Tri-County YMCA** and **Purdue Extension**. Students and staff at Chrisney Elementary joined the celebration and after the ribbon was cut near the trailhead at St.

Martin Catholic Church, they hiked the trail and made a pit stop for healthy snacks in the park.



PURDUE EXTENSION



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Contact Us:

Purdue Extension-Spencer County

1101 E. CR 800 N.

Chrisney, IN 47611

Hours: 8:00 AM-4:00 PM, Monday-Friday

Phone: (812) 362-8066

Fax: (812) 362-8071

Website: www.extension.purdue.edu/spencer

Office Staff

Nicholas Held—nheld@purdue.edu

Agriculture & Natural Resources

Community Development

County Extension Director

Jennifer Mayo—allen393@purdue.edu

4-H/Youth Development

(open position)

Health & Human Sciences

Erin Meyer—meyer258@purdue.edu

Community Wellness Coordinator

Danica Williams— will1179@purdue.edu

Nutrition Education Program Assistant

Ryan Harris—harri877@purdue.edu

Extension Program Assistant

Pat Cochenour—pcocheno@purdue.edu

Office Manager