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Floyd County
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Floyd County Purdue Extension

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What is Cooperative Extension?

The Cooperative Extension Service is one of the nation's largest providers of scientific research-based information and education. It's a network of colleges, universities, and the U.S. Department of Agriculture, serving communities and counties across America. The Purdue University Cooperative Extension Service program areas are:

- Agriculture and Natural Resources
- Health and Human Sciences
- Community Development
- 4-H Youth Development
- Community Wellness

Purdue Extension is Making a Difference

Purdue Extension is a service tailored to meet the needs of Indiana; needs we know firsthand. Our educators, specialists, and volunteers live and work in all 92 Indiana counties. We provide the link between Land Grant research and Indiana citizens. In doing that, we provide practical solutions to local issues. We provide information and expertise that's available in the form you want, when you want it. That's Purdue Extension, Indiana's home team advantage.

Our Mission

To deliver practical, research-based information that transforms lives and livelihoods.

Our Vision

To be a leader in providing relevant, high-impact educational programs that transform the lives and livelihoods of individuals and communities in Indiana and the world.

Answer a Question/Solve a Problem

Looking for helpful information to answer that nagging question? We can answer questions ranging from what to do about the opossum that lives in the backyard, home or farm financial management, 4-H membership & activities, heart health, diabetes education, or home canning tips, and many other questions.

- Give us a call at 812-948-5470. If we don't know the answer we'll put you in touch with the expert who will!
- Search Purdue Extension web pages for information, answers, and agriculture news. [www.extension.purdue.edu/floyd](http://www.extension.purdue.edu/floyd)
- Check our Floyd County Extension Facebook page for live and recorded programs and information.
Purdue Extension Floyd County

Our Floyd County Extension Office provides research-based education for citizens in 4-H programs, Agriculture and Community Development activities, and Health and Nutrition education throughout the year.

Thanks to the Floyd County Council, Floyd County Commissioners, our volunteer Extension Board, Advisory Councils, Master Gardeners, and 4-H Corporation Board for their strong support of our many services to the citizens of Floyd County. A special thank you to the many community volunteers and participants who make our programs and events successful!

Our 2023 Annual Report shows the numerous ways the Floyd County Extension Office serves our citizens throughout the year.

I hope you enjoy our 2023 Annual Report.

Janet Steffens, Floyd County Extension Director

2023 Floyd County
Extension Board Members

Joe Evinger—President
Jeremy Paden—Secretary
Dale Bagshaw
Terry Becker
Rebecca Didelot
Rebecca Gardenour

Dr. Al Knable—Vice President
Tony Kruer
Andy Lemon
Chris Redden
Connie Schilmiller
Diana Topping

Purdue CARET Representatives:
Joe Evinger
Andy Lemon
Diana Topping
Janet Steffens, M.Ed., Health and Human Sciences Educator and County Extension Director, provides research-based programs to help Floyd County citizens lead healthier lives. In 2023, health programs focused on three main areas: Encouraging healthier eating habits, Food Safety (at home and in the food service industry), and increasing physical activity for all citizens. All wellness programs were promoted by Janet’s membership on the Floyd County Nutrition/Physical Activity Coalition. This community coalition promotes improved nutrition and physical activity for citizens across their life span. Following are titles of the HHS programs, activities, and names of community health partners in 2023.

2023 Community Health Partners

- Baptist Health Floyd Nutrition/Physical Activity Coalition
- Floyd County Health Department
- NAFC Schools Wellness Committee
- Floyd County Family YMCA
- SWAG Seniors with a Goal
- New Albany Housing Authority (NAHA)
- NAFC Public Library
- New Albany Parks Department
- Floyd County Head Start
- Floyd County Commissioners
- Floyd County Council
- News and Tribune
- Floyd Memorial Foundation

2023 HHS Programs & Activities

- HHS Advisory Council
- Head Start Advisory Board
- Dining with Diabetes Program
- ServSafe Classes and Exams
- Where Does Your Money Go?
- Nutrition/Physical Activity Coalition Member
- Be Heart Smart! Programs
- Pressure Canner Dial Gauge Testing
- Master Home Food Preserver Programs (Canning)
- Senior Centers Food Safety and Healthy Eating Programs
- Get Walk IN’ Virtual Programs
- Healthy Meal Planning—New Albany Housing Authority (adults and youth)
- New Albany Parks Department Senior Nutrition Programs
- Managing Heart Health Risks Programs for Seniors
- Food as Medicine Programs
- Indiana Homesteaders Food Preservation Programs
ServSafe is a nationally recognized one-day food safety workshop and exam for persons who work in the food service industry and are seeking food safety certification to meet Indiana state food safety laws. One in six Americans get sick from foodborne illness each year. Indiana law requires that at least one person in every food service establishment be certified in food safety. Extension Educator, Janet Steffens, held three ServSafe classes in Floyd County for 65 participants. Fifty-two participants passed the exam with an average score of 84%.

Dining with Diabetes was taught three times in person for 38 participants by Area 2 Educators. This program is for persons diagnosed with Type 2 diabetes and their family members. Participants learned how to plan healthy meals and how to build exercise into their schedules. The program included four lessons with information on managing diabetes and food demonstrations of diabetic-friendly recipes showing foods to eat to balance blood sugars. Participants said:

- “The information in this program was life-changing.”
- “Learning was easy due to the friendly instructors and excellent presentations.”
- “At my last check-up my numbers improved a lot because of this program.”
- “I learned how to read food labels to help plan better meals and shop.”

ServSafe is a nationally recognized one-day food safety workshop and exam for persons who work in the food service industry and are seeking food safety certification to meet Indiana state food safety laws. One in six Americans get sick from foodborne illness each year. Indiana law requires that at least one person in every food service establishment be certified in food safety. Extension Educator, Janet Steffens, held three ServSafe classes in Floyd County for 65 participants. Fifty-two participants passed the exam with an average score of 84%.

Get Walk IN’ Program

Three virtual Purdue walking programs, Get Walk IN’ were held during 2023 to help citizens improve health through increased exercise. Participants registered online and received walking information and encouragement over a period of 12 weeks. Promotion through the Baptist Health Floyd Physical Activity Coalition, Floyd County Family YMCA, and the News and Tribune newspaper brought registration of 38 participants to the program. The Baptist Health Floyd coalition provided free glow-in-the-dark armbands for participants who completed program surveys. Participants indicated they walked regularly with family members and friends. Participant comments included: “I am walking during my lunch hour and have increased energy.” “Our family walked together and it has improved our health and strengthened our relationships.”
Be Heart Smart, an HHS Signature Program, was provided twice for 30 participants at risk for heart disease and accompanying complications. Participants learned that most heart disease risk factors are controllable. They learned how to improve diet, physical activity, and stress levels in order to have a healthier lifestyle and cut their risks for heart disease.

Master Home Food Preserver (MHFP) is a five-day workshop for persons who want to learn in-depth information on safe methods of home food preservation. Educator Janet Steffens, M.Ed. is a trained MHFP and a member of the State team.

Participants study food safety, and get hands-on experience with canning, freezing, pickling, dehydrating, and making jams and jellies.

Health and Human Sciences Educator Data

- Provided Ten HHS Signature Programs
- Provided 62 Community Programs and 99 Learner Sessions this year.
- Worked with Extension Board to plan quarterly meetings, train new members, and provide diversity, equity, and inclusion training (DEI).
- Worked with HHS Advisory Council and held three meetings this year.
- Worked with Baptist Health Floyd Nutrition/Physical Activity Coalition.
- Assisted and co-taught Food as Medicine.
- Provided Six Food Preservation Programs.
Katie Davidson MS, RD
Community Wellness Coordinator (CWC)

I am so honored to share with you the initiatives I have worked on in 2023! As a Community Wellness Coordinator, I work with community partners to implement policy, system and environmental changes to increase access and decrease barriers to physical activity, nutrition and food security resources and by collaborating with many different community partners. On the next pages, I will highlight some of the areas I had the pleasure to work on with community partners this year.

Cindy Finerfrock
Nutrition Education Program Advisor (NEPA)

My name is Cindy Finerfrock. I am excited to be a part of the team in the Floyd, Clark, & Harrison County Extension offices as your NEPA/ Nutrition Education Program Advisor!

I was born and raised in the military. After receiving my Home Economics degree from the University of Dayton, Ohio, I followed my military husband around the globe. We then settled in Bartholomew County, Indiana for more than 17 years. We have grown to call Indiana our home! This state is the healthy location for our family. It was an easy choice to stay in Indiana!... and now, I hope to help make the healthy choice the easy choice for each of YOU!
Nutrition Education Program

2023 Initiative Highlights

**Food As Medicine Program**

This year, 29 participants completed our Food As Medicine program. This was a collaboration between CWC, HHS Educator, and Floyd Memorial Foundation, along with guests from Our Place, YMCA, a chair yoga instructor, and One Holistic Living. Participants received health screenings (labs, BP, BMI), completed 12 weeks of diabetes and heart health education along with food demos, received groceries to prepare the demonstrated meals at home, and received large and small barrier-specific incentive items to help them make healthy lifestyle changes. Participants have seen great improvements in A1c, weight, BP, and many lifestyle changes. We are awaiting grant awards that will hopefully allow us to continue this program in 2024!

**Food Waste Reduction**

This year, I worked with Floyd County Head Start to create new pathways to reduce food waste. Now, unopened snack-type foods are being donated to Floyd County Library’s Community Corner Food Pantry, and any crates of milk that will not be used before the expiration date are being donated to Hope Southern Indiana. These new systems have been working well, and Head Start has saved over $500 worth of food that would have otherwise been thrown away!

**Library Food Pantry Drives**

Our partners at Floyd County Library opened the Community Corner Food Pantry in 2021. This pantry uniquely serves many unsheltered community members, and therefore has a need for foods that are not commonly donated to food pantries. This year, I have helped local businesses host a food drive for their employees to benefit Community Corner Food Pantry. We will continue these food drives, along with other food security projects, in 2024!

For more information about these Nutrition Education Program initiatives, please contact Katie Davidson at davidskm@purdue.edu.
Nutrition Education Program

2023 Programming Highlights

Cindy Finerfrock, Nutrition Education Program Advisor
FLOYD County Extension 2023 Community Impact:

- Providing both Adult & Youth education sessions in collaboration with Family & Children’s Place Healthy Family Dinner Night programs. Held in Floyd County schools including: S. Ellen Jones Elem., Fairmont Elem., Hazelwood Middle School, and Slate Run Elem.

- Providing ESLS/Eat Smart Live Strong monthly Senior sessions @ NAHA Mark Elrod Tower.

- Providing Adult ESMM/Eat Smart Move More series sessions @ Floyd Head Start: Birth to Five Center for parents, guardians, caregivers and staff.

- Providing Teen Youth sessions in collaboration with the Blue River Services Inc, Pre-Employment Training Services Summer Program.

- Participating in community wide events, such as the Floyd/Clark Pinwheel for Prevention of Child Abuse.

- Supporting our Extension Educators programming, such as Food As Medicine, Pollinator Day, NAHA Summer Street Fair, and more!

For more information about these Nutrition Education Program initiatives, please contact Cindy Finerfrock at cfinerfr@purdue.edu.
4-H is the only federally authorized youth serving organization. It is also the largest youth serving organization in the country. It is a volunteer-led organization that reaches youth through a variety of programs in both urban and rural settings. 4-H provides fun, educational opportunities at the local, state, national, and international levels. 4-H programs are hands-on, age-appropriate, and university-based. 4-H helps youth improve their self-confidence, learn subject matter, and develop important skills including leadership, citizenship, communication, and decision-making that can be applied over a lifetime. For teens, 4-H also offers opportunities to develop and test their leadership skills as 4-H volunteers and in mentoring roles with younger members. For adults, 4-H offers opportunities for training in a variety of areas including youth development, instruction, and more.

4-H is a unique opportunity for youth, offering something for everyone! In Floyd County, the program is open to all youth from grades K-12. Grades K-2 are considered Mini 4-H members and have specific non-competitive, age-appropriate activities available to them. Grades 3-12 are considered regular 4-H members and can participate fully in the program’s clubs, projects, trips, and activities. The Floyd County 4-H program currently offers over 70 state eligible projects for youth to choose from, and 16 Mini Projects giving a broad spectrum for tastes and interests. The Junior Leader program is also available to members in 7th - 12th grades, giving them the opportunity to gain leadership skills and involvement in community service projects. This group meets monthly, working diligently to contribute to the betterment of the 4-H program and to work on projects to give back to their community.

4-H in Action
- After School Partnerships
- Junior Leaders
- Community Service Projects
- Bridge to Success After School Programs (NAFC Elementary Schools)
- Floyds Knobs STEM Club
- Volunteer Professional Development
- 4-H Camp Attendees
- 2023 Floyd County 4-H Showcase
- Indiana State Fair Exhibits
- 4-H Workshops
- 4-H Tips and Tricks Workshops
- Area 2 Career Development Events
- SPARK Clubs
2023 4-H Membership

Blazing Saddles Horse & Pony
   Leader: Shanna McKim
Hazelwood Bullpups
   Leader: Cora Flispart
Jr. Leaders
   Leader: Jamie Schilmiller & Kristina Kunaschk
Master Builders
   Leaders: David McDowell
Optimist 4-H
   Leader: Bev Oehrle
Paws, Claws & Hooves
   Leaders: Tammy Kruer & Athenus Mattingly
Blue Ribbon Rabbit Club
   Leader: Jennifer Evans & Giavana Harris
Safe Shooters
   Leader: Sue Demers
Shamrocks
   Leader: Rachel Schuetz
Backyard Critters Club
   Leader: Tammy Kruer
Floyds Knobs STEM Club
   Leader: Sam McCollum
4-H Farm Friends
   Leader: Melissa Dragoo
Feathered Friends Poultry Club
   Leader: Sue Demers
Floyd County 4-H Dog Club (New)
   Leader: Candy McKing
Floyd County 4-H STEM Club
   Leader: Laura Swessel

4-H Programs & Numbers
- 255 4-H'ers (3-12 grades)
- 40 Adult 4-H Volunteers
- 126 Fair Participants
- 589 Projects entered in the County Fair
At the beginning of June, the Floyd County 4-H Program Hosted its annual Floyd County 4-H Showcase/Fair for the hard working 4-H Youth to showcase all of their work! With static project judging kicking off the event, animal shows to the public, the Floyd County 4-H Jr. Leader Pedal Tractor Pull, free fair rides, our public auction and many more activities for our community, I feel confident in saying that this was our most successful and most fun event yet!

With 126 participants and 589 different projects (including animal events), this year was successful as we look to build our program each year!

All animal shows ran, with interest always growing with members trying different species, and working together to learn as much as they can. Floyd County 4-H is about education, fun and positive sportsmanship between exhibitors!

Static (Indoor) Projects were (once again) back to Open Judging this year, allowing exhibitors to talk with the judges giving them more insight on how to improve their projects.

4-H SPARK CLUBS

This year’s SPARK Club highlight focused on the SPARK Club titled “Kids in Culinary.” It was a two-day workshop for youth interested in expanding their kitchen skills! “Kids in Culinary” covered topics like Food and Kitchen Safety, Proper Handwashing, Healthy Eating, Cooking Terms, Measuring Skills, Label Reading and many other topics.

80% of youth have shown increased knowledge of kitchen skills.

100% of youth have shown increased knowledge of culture and its connection to food.

60% of youth have shown increased knowledge on foodborne illnesses in the kitchen.
Purdue Extension and the New Albany Housing Authority has always had a partnership allowing for effective outreach to the community. Recently, NAHA and the Floyd County 4-H Program has developed a program that will allow for the 4-H Educator, 4-H volunteers and the other Purdue Extension Educators the ability to connect with their youth on a weekly basis. This will allow for easier access to Extension Programing by families within the NAHA Communities with greatly reduced costs!

New Albany Floyd County Schools

For the past 12 years, the Floyd County 4-H program has been involved with NAFCS after school programs. With the help of the Floyd County 4-H Jr. Leaders and Teens as Teachers groups, we worked with multiple groups of youth throughout the school year. The most popular program is the Floyds Knobs Elementary STEM Club with more than 30 new youth participating throughout the year. This program enables youth to learn about various STEM topics with hands on activity and experiments.

This club is a great way to get youth introduced into the Floyd County 4-H Program!

Farm Bureau has always been a big supporter of the Floyd County 4-H Program. In years past they have donated funds for the popular "My Little Farm" activity at our Fair and Farm Bureau members are dedicated volunteers for a multitude of programs.

Farm Bureau has also presented the Tenure Award to two 4-H members that have gone above and beyond when it comes to their participation in the program at our Annual Recognition Night.

This year, Farm Bureau sponsored our award event at the 2023 Floyd County 4-H Showcase. For every youth that achieved a Reserve Grand Champion or Grand Champion ribbon, Farm Bureau included a $5 gift card as a bonus to the youth!

Thank you Farm Bureau for being there and working on ways to keep our community’s youth engaged in this program!
Beef—7 Exhibitors
Goat —9 Exhibitors
Dog — 4 Exhibitors
Poultry – 25 exhibitors
Rabbits – 11 exhibitors
Swine – 19 exhibitors
Llama— 15 exhibitors

2023 Floyd County 4-H Council & Fair Board Committee

President– Chris Redden
Secretary- Tammy Kruer
Treasurer-Liz Redden
Vice President–Scotty Hollis

Tony Toran
Misty Ronau
Barry McKim
Roger Jeffers
Sue Demers
Courtney Lewis

Livestock Superintendents

Livestock Chairman: Scotty Hollis
Beef: Scotty Hollis
Horse & Pony: Shanna McKim
Lamas: Abi Kreutner
Rabbits: Jennifer Evans
Poultry: Sue Demers
Sheep: Melisa Bays
Goats: Melisa Bays
Swine: Payton Kruer
Dog: Candy McKing
2023 has been a whirlwind for activities both in Floyd County and around the state of Indiana. The year started off with Master Naturalist Training, followed by a Farmer-to-Farmer trip to Trinidad. Then 10,000 pounds of seed potatoes were donated. We went right into the county fair which was followed by the International Master Gardener Conference. With all of that, new relationships were forged and new program ideas were created.

The mission statement for the Agriculture and Natural Resources Team is to be “A customer driven educational organization which will assist Indiana citizens in achieving their goals of profit agriculture, abundant and safe food, a clean environment, and effective stewardship of natural resources.”

The goal for the ANR program in Floyd County is to help expand the agriculture diversity within the county and to help others learn how to protect our natural resources.

This goal will be accomplished through building strong relationships within the community, developing key partnerships to deliver timely educational programs, and resources to strengthen Floyd County sustainability.

Upcoming ANR Programs & Activities

- Beginning/Advanced Beekeeping Webinars
- Master Gardener Training
- Southeastern Indiana Vegetable Growers Meeting
- Beginning Gardening videos on YouTube
- Pollinator Day
- Grow With Us
- Ag Community Breakfast

Master Gardeners
The Purdue Extension Master Gardeners have been busy this year helping with Pollinator Day, working on the gardens at Kevin Hammersmith Park, teaching youth how to garden through the Youth Master Gardener program, and talking with community members at the various farmers markets in the area. To date, the Master Gardeners have turned in 5,140 volunteer hours which is equivalent to $163,452. They have also talked to over 6,000 community members.
2023 Floyd County Master Naturalist Training

2023 has been packed with learning more about our natural resources. Indiana Master Naturalist Training is offered on the odd years, and this year we had so many people interested in becoming an Indiana Master Naturalist that we had a spring and a fall class. While the spring class was indoors due to weather, the fall class was able to visit O’Bannon State Woods and Deam Lake Recreational Area for hands on learning. To become an Indiana Master Naturalist, a person has to take the training class, pass the final exam and volunteer a minimum of 24 hours in naturalist related activities. Some of those volunteer activities can be helping at local weed wrangles, helping at the local state park, or working with the county parks department.

Pollinator Day

Pollinator Day was held on April 29, 2023. We had a record breaking year with over 1,400 participants. We were able to bring in new vendors and new activities. Our new activities included Pollinator Putt Putt and A Pollinator Made My Popsicle. It is important to have a booth like A Pollinator Made My Popsicle, because it helps to show the connection between our food supply and pollinators. One in three bites of our food is directly related to a pollinator. This event wouldn’t be possible without the support of Duke Energy and our many other community supporters.
Farmer-to-Farmer: Trinidad

In March, I was able to take some parts of Pollinator Day on the road. An opportunity came up with the Farmer-to-Farmer Program where the Extension Service in Trinidad wanted some education on beekeeping. Their Extension Service works differently than ours. It is more like our Natural Resource Conservation Service where they do some education, but also have funding for folks. While I couldn’t teach the participants how to keep bees because in Trinidad they keep Africanized honey-bees which is different than keeping the European honeybee, we were able to talk about ways to reach the public and what classes the public might want to participate in. While there, I was taken to a bee yard and suited up. Even though I didn't stay in the bee yard long, it was really interesting to compare beekeeping practices.
The goal of Community Development is to “Provide Indiana citizens with educational programs and information they can use to: increase community vitality, build leadership capacity, enhance public decision-making, and resolve public issues.” The five focus areas for this program are: Community and Public Policy Engagement, Entrepreneurship, Leadership and Civic Engagement, Learning Centers and Workforce, and Planning & Visioning.

3rd Grade Ag in the Classroom & 4th Grade Ag Careers Field Trip

Over the course of 2023, we have amped up our presence in the school by have 3rd Grade Ag in the Classroom in all 9 public schools, and creating a 4th Grade Ag Careers Field Trip that was visited by almost every 4th Grader in Floyd County. The 3rd grade curriculum consist of 4 lessons on habitat: what is a habitat, what is weather, weather data collection and graphing, and how do people impact habitats. The students have been very creative in designing their own habitats and making sure they have food, water, and shelter for the animals that live there.

For the 4th Grade Ag Careers Field Trip, students visited 6 different career stations. The stations included, tractor technology, popcorn manufacturing, wildlife research, drones, soy plastic, and law enforcement. The exposure to these careers allows the students to start thinking outside of the normal careers box and see that agriculture and natural resources play a role in our everyday lives.

10,000 pounds of seed potatoes were donated and distributed throughout Floyd County.
The Staff of Purdue Extension Floyd County wishes to express our thanks to all of our volunteers, members, families, partners, sponsors, and supporters! We appreciate you standing alongside us as we present our programs throughout the community.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.