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COMMUNITY

CONNECTIONS

THROUGH PURDUE EXTENSION

EXTENSION QUARTERLY REPORT

JULY — SEPTEMBER 2024

EXTENSION BY THE NUMBERS

3,350+

Total Minutes

of education
provided to youth
and adults within
the community



1,525+

Total Number
of in-person & virtual
education participants



37+

**Educational
Programming**
sessions held from July–Sept. 2024

5,958+

Social Media
reach from July–Sept. 2024



*Numbers illustrated here are combined from educational efforts for all program areas from July–Sept. 2024.



Extension - Lawrence County

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COMMUNITY WELLNESS

Lawrence County Community Involvement

Lawrence County Baby Shower

Purdue Extension-Lawrence County had a presence at the Lawrence County Community Baby Shower on August 17 at Hope Resource Center. Meal kits were purchased by IU Health Bedford for participants of the Baby Shower. Funding and bags for the food were provided by Caresource. The Purdue Extension-Lawrence County CWC provided guidance on the recipe selected and distributed the meals at the event. A total of 23 vendors participated and 88 moms were signed up to attend.



The Arc Lawrence County

In September the CWC was contacted by The Arc Lawrence County to present education to their clients and staff about nutrition. The Nutrition Education Program Advisor (NEPA), J.J. Goldsberry talked with the group about healthy snacks and provided about 35 people with a sample snack of sliced apples and pumpkin yogurt dip. The lesson led to a request for another in October that will be taught by the Lawrence County Health and Human Sciences Educator. We are excited for this new partnership and look forward to working more with The Arc in the future.



NUTRITION EDUCATION

Food For Health Program

In July, a Food as Medicine program was offered to residents at Cambridge Square Apartments. The Community Wellness Coordinator, Annie Eakin, received funding for this program from a Lawrence County Community Foundation Pennington Grant. Funding was utilized to purchase meal kits prepared by Lost River Market and delivered to residents who registered for the program. For four weeks, participants engaged in lessons from the Eat Smart, Live Strong (ESLS) curriculum. Taught our Nutrition Education Program Advisor (NEPA), this curriculum is designed to help older adults improve their health and well-being by increasing their fruit and vegetable consumption while participating in daily physical activity. The NEPA demonstrated preparations of the food.

Each week, a new recipe was introduced and participants were taught how to add vegetables to common or familiar meals. One such meal was Garden Sloppy Joes. Traditionally, we think of Sloppy Joe as meat, sauce, and bun, but the recipe added diced vegetables to make the meal more filling and healthier. On average, 30 residents participated and received meal kits. Residents were excited to go home with supplies and knowledge to make the meal. When the NEPA returned, the residents shared how much they enjoyed their meal kits and their preparations.

<https://eatgathergo.org/recipe/garden-sloppy-joes>

“Residents at Cambridge Square really enjoy learning about new nutritional meals that they can cook themselves. Having JJ come in and show the residents how to cook the meals is a game changer for them as they grow confidence to be able to cook the meal at home with their meal kits they get.”

Brittany Moore, Resident Service Coordinator
with Cambridge Square Apartments





4-H Junior Leader Officer Retreat

In September, Lawrence County 4-H hosted a successful Junior Leader Officer Retreat to kick off the new 4-H year. The retreat, attended by the eight elected officers of the Junior Leaders, provided a comprehensive leadership training experience. Using a statewide curriculum she co-authored, our 4-H Educator led the retreat, ensuring the officers were well-prepared to lead their peers throughout the year. This curriculum, which focuses on developing core leadership skills, specific officer roles, teamwork, and personal growth, was presented by the Educator at the National Extension Conference on Volunteerism earlier this spring.

The need for such leadership programming is critical. Research shows that teen leadership opportunities, such as the Junior Leaders, foster important life skills, including communication, problem-solving, and responsibility. These programs not only benefit the individual participants but also strengthen the broader 4-H community, by creating a pipeline of engaged, empowered youth leaders. As these teens transition into leadership roles, they model positive behavior for younger members and contribute to a more vibrant and inclusive 4-H program.

This retreat marks the beginning of a year-long journey for our Junior Leaders to grow as individuals, serve the community, and support the development of their peers in Lawrence County 4-H.

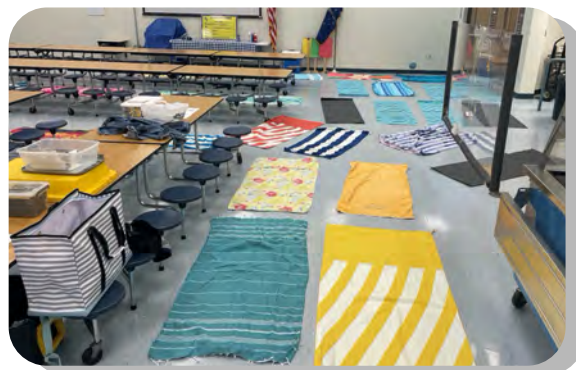


Yoga and Mindfulness Program- Hoosier Uplands Afterschool

In September, Extension Educators delivered a yoga and mindfulness program to approximately 50 students, K-5, at Mitchell Schools. The program introduced basic yoga poses that student can practice daily to calm their minds, slow their breathing, and relax their bodies. These techniques were highlighted as valuable tools for managing feelings of anxiety, fear, anger, or worry.

During the session, they discussed the importance of mindfulness in maintaining overall health and staying present. Yoga, which requires focus on both the body and mind, serves as an ideal activity for practicing mindfulness. The students were highly engaged, participating enthusiastically in the exercises. Each child created and took home a self-drawn page featuring three of their favorite yoga poses, encouraging them to continue practicing at home or in school.

This initiative is part of Purdue Extension-Lawrence County's ongoing commitment to providing social and emotional learning programs throughout the school year. In collaboration with the Hoosier Uplands After School Program, educators will continue the partnership by offering similar monthly programs, equipping children with strategies to enhance their emotional well-being and physical health.



AGRICULTURE & NATURAL RESOURCES



Land of Limestone Master Gardeners

The Master Gardener Program in Lawrence County is a community-driven initiative designed to enhance gardening knowledge and promote sustainable horticultural practices. Sponsored by Purdue University, the program trains volunteers in various aspects of horticulture, including plant care, soil health, pest management, and sustainable gardening techniques.

Certified Master Gardeners share their expertise through outreach activities such as workshops, demonstrations, and community gardening projects. They collaborate with local schools to establish educational gardens, teaching students about nutrition and environmental stewardship. Some recent activities in which the Land of Limestone (LOL) Master Gardeners have

participated in leading are lessons at Green Thumb Garden Club and tending to the donation garden with Lawrence County Soil and Water Conservation District (SWCD). The garden resulted in donating 398.4 lbs of produce to L.I.F.E. Food Pantry and Becky's Place. Additionally, Master Gardeners support community gardens that provide fresh produce to underserved populations, improving food security in the area. In the last three months LOL Master Gardeners have contributed almost 200 hours of volunteer time, along with almost 100 additional hours furthering their education.

The program not only enriches the community's agricultural knowledge but also fosters connections among residents, promoting collaboration and shared learning. By empowering local volunteers, the Master Gardener Program contributes to a healthier, more sustainable community in Lawrence County.

MEET YOUR NEW EDUCATOR

Agriculture & Natural Resources

Kristen Rappold

Raised in a small town in the state of Ohio called Pleasant Hill, Kristen cultivated her interest in agriculture through show pigs. She competed for 15 years on a national level and was heavily involved in both 4-H and FFA. Through her experience in showing pigs, she will say that she found her passion for agriculture. So much so, she decided to pursue a degree in Agricultural Education in hopes of helping others find their passion within agriculture as well.

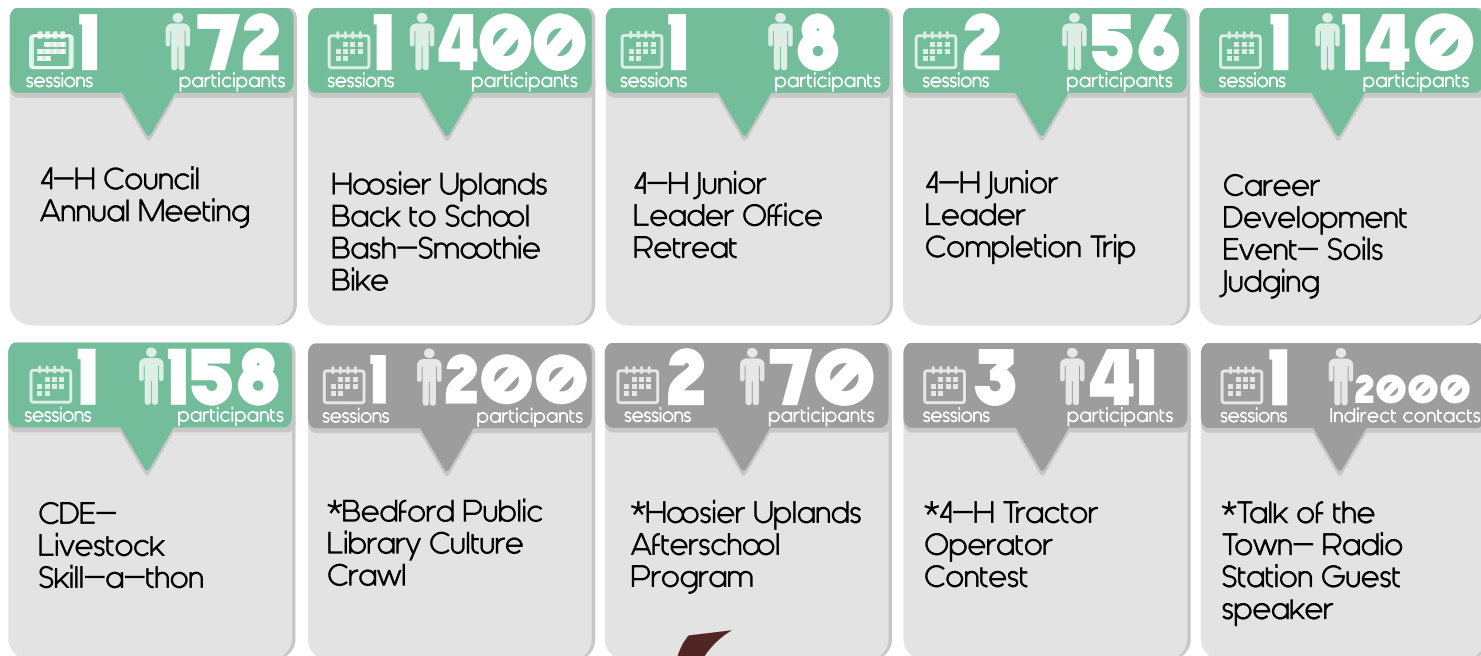
Kristen graduated from the University of Kentucky in May of 2022 with a degree in Agricultural Education and a minor in Animal Science. She spent her first two years after college, in a classroom as an agricultural instructor and FFA Advisor for high school students. It is from there that Kristen wanted to continue her passions in education and agriculture through Extension. She is prepared and looking forward to working with producers in Lawrence County and provide resources and insights needed to sustain and create success.

Outside of work Kristen spends her time in the barn or traveling around to shows or sales with her boyfriend Houston and their dog named Pig. Family is important to her as she enjoys spending time with her family back home in Ohio.



EVENT & PROGRAM DATA

JULY – SEPTEMBER 2024



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



2024 LAWRENCE COUNTY 4-H FAIR DATA



2,523 Total number of Entries exhibited at the Fair

40 Events hosted by Extension or 4-H Volunteers during Fair

557 ACTIVE 4-H MEMBERS

129 APPROVED VOLUNTEERS