

Health and Human Science Educator

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Matter of Balance

This program is designed to teach older adults fall prevention and increase their level of physical activity. It is an 8-session course where participants discuss fear and concerns regarding falling, do some physical activity, and a lot of group and individual work to help them realize that as long as they take the necessary precautions, they should be able to live a life without fear. This time around was at Bedford and they were a small, but mighty group!

Food as Medicine

Through the Jack Hopkins Social Service grant, money was awarded to carryout "Food as Medicine" program. This program was primarily for families who are low income and food insecure; it provides them with weekly meal kits and educational classes for 8 weeks, but anyone is welcome to attend. Participants are taught health related educational topics followed by a food demonstration. Families are then given a meal kit of the food that was demonstrated so that they can cook and incorporate what they learned from class at home. Incentive items were given along the way such as passes to Frank Arena and TLRC as well as market buckets to Farmer's market. These sessions were held at Banneker and this program was done in partnership with the City of Bloomington Parks and Recreation.



Captain Cash

This fun and educational program was taught in two 3rd grade classes at Highland Park Elementary School with Kanza Zafar, the Health and Human Science Educator in Greene County. Two sessions were taught by each educator over a span of 3 weeks. Each session, 46 students were taken on four financial islands where they learned about savings, spending, borrowing, and earning. Class concluded with a jeopardy game of all that they learned in those 4 sessions. The students had a great time!

Dining with Diabetes

It is a program that teaches you how to cook while diabetic. It is a 4-session program that has a 3 month follow up session. This program is also being taught with Kanza Zafar from Greene County. Each week, there will be a discussion on different food groups. Participants receive a handbook and a list of recipes from each topic of the week. Food samples are given to participants from the recipes that they receive.

Bloomington Women's Care Center

Continued monthly programming is being done at the Bloomington Women's Care Center teaching current mothers, expectant mothers, and their support person numerous life skills. "Stress and Smoke" was taught to help the clients cope with stress and new events that can occur in life; smoking cessation was also mentioned in the program. Another program that was taught was "Food Labels" which educated participants on how to read a food label. This is an important skill to have to help them make informed and healthy decisions for their babies, families, and themselves.

Children's Farm Festival- Peden Farm

A vegetable ID station was tacked onto the Purdue Extension table to educate kids on the variety of the vegetables that exist. This year, vegetables that were kindly donated by James Farmer were placed in a box and the kids had to guess what the vegetable was without looking inside. They relied on their knowledge of vegetables and their sense of touch. They also identified vegetables on a rainbow poster and were able to see the importance in eating the rainbow.

TASC- Taking Action Again Substance use in Communities

The goal of this work is to help Monroe County expand and create a coalition and maximize the impact of the group, so that more individuals reach recovery. This work is being done collaboratively with the Monroe County Health Department. The next step in the project is to identify gaps on the map, then a 30-90 day project will be determined to plan on how to address that gap. The project will likely begin early 2024.



Upcoming programs

- Dining with Diabetes 10/ 30 and 11/6
- "Steps to a Healthy You" Nov 7, 14, and 28 and Dec 5 & 12

Professional Development

- Professional Development Conference Dec 12 and 13
- Virtual webinars from Mississippi Behavioral Health Learning Network

4-H Youth Development

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Monroe County 4-H Holds a Memorable Year of Summer Programming

Now that we have entered our last quarter of 2023, it feels like the right time to highlight summer camps, state trips, fairs, festivals, school programs, and outreach events. Here are a few of the most noteworthy programs and events I was involved with as an Educator.

- Monroe County 4-H Camp “Out West”– June 4-7
- Indiana Junior Leader Conference – June 12-16 – Clint served as part of a 6-person team delivering this statewide trip to high school-age Junior Leaders.
- Monroe County Mini 4-H Camp – a full day of fun and independence for K-2nd graders
- Monroe County Fair – our favorite week to celebrate, experience, and educate!
- Indiana State Fair – working with Purdue to create an amazing experience for youth and fairgoers.

More Recent Programs and News

- The Children’s Farm Festival at Peden Farm – helped Rachel, her family, and partners reach 5,000+ visitors.
- Trained 67 4-H Volunteers on Sept 27th on our new THRIVE Model of Positive Youth Development; equipped them with new Club Kits to help their continued growth and leadership of youth. These kits were funded by the 4-H Board and will help leaders for many years.
- Grant Success - Awarded \$10,000 from Smithville Charitable Foundation for 4-H Camp, Shooting Sports, and Miscellaneous programming
- Grant Success - Awarded funding from Premier Ag for School to Farm Field Trips and 4-H Camp
- Reached over 2,000 youth at RBB’s Fall Festival Education Day, leading kids in robotics and coding principles with Sphero Bolts.
- Began teaching National Youth Science Day lessons related to energy at RBB and Templeton. I am filling a schedule on a first come, first serve basis for a variety of 3-6th grade lessons.
- Assisted with 8 of 10 School to Farm Field Trips, which were coordinated by CWC Annie Eakin.
- Area 5 Livestock Skill-a-thon and Soils Judging were successful. In a few weeks we will hold the Crops, Entomology, and Forestry Contests.
- Thousands of young people were introduced to 4-H at the Safe Night Trick or Treat event this past Sunday, October 22nd.

Upcoming Programs

- Statewide Natural Resources, Adulting 101 - Life Lessons, Resume-building, Welding, Coding, and Genealogy SPARK Clubs are in development with Clint serving as a team member.
- A new Youth Mentoring program will be introduced at a future 4-H Leadership Conference, details TBD.
- New project-based workshops and SPARK Clubs are in development, covering topics such as Geology, Woodworking, Forensics, and Shooting Sports.



Agriculture and Natural Resources Educator

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Master Gardener Program

The Monroe County Master Gardener program encompasses many activities including volunteer training, continuing education of certified volunteer and volunteer service to the community.

Volunteer Training Program: Coming January 2024. Class will be from January 16th to April 16th meeting once a week for 14 weeks, every Tuesday, three-hour sessions.

Continuing Education Programs: So far this year Purdue Extension and the Monroe County Master Gardener Association have offered 9 hours of continuing education programs. With 3 more left for the 2023 calendar year.

Community Involvement: So far this year Master Gardener have provided 1662.47 volunteers hours to the community.

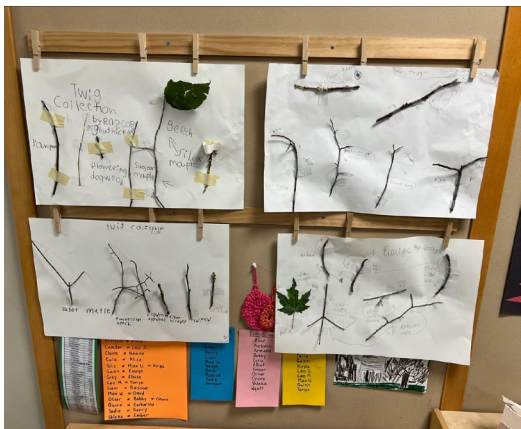
New this year we've started a Master Gardener Book Club to help keep membership engaged through the winter months and keep our minds active when our gardens don't need tending too. We've selected books with garden/nature themes that focus and expand on diverse educational topics.

Indiana Master Naturalist

The Monroe County Extension Office partnered with County Parks & Rec to offer Master Naturalist training. A Certification program training volunteers to better serve their community in ways related to nature and the natural world around them. We had **20** students and all successfully passed their final exam, well on their way to becoming certified master naturalists.



Nature of Teaching @ BMS



On the Last Thursday of every month starting in August, I'm spending 3 hours with 1-3rd graders at the Bloomington Montessori School helping to get students engaged with nature and better understand the world around them. Our August session was spent focusing on habitats and what habitats we can interact with in Indiana and the Monroe County Area. Our September Session was on tree bud identification and twig collections. Students were taught the fine details to look for and what to observe for tree identification by bud, and then each student put together a twig collection of a few common IN trees. Our upcoming October session will be on animal tracks, animal/human interaction, and camera trapping.

Other Activities

- County Plan Commission
 - Plat Committee
- County Parks and Recreation Department Board
- Bug Fest (over 1300 attendees)
- School to Farm Field Trips (8 of 10)
- Hilltop Garden, Shakespeare Garden Consultation
- Leonard Springs Nature Days Field Trip, Station Guide

Upcoming programs

- FFA National CDE Forestry @ Morgan-Monroe SF
- MCMGA Book Club
- Master Gardner Training: January 16th - April 16th
- Boiler Up Staff Meeting Trivia Session

Professional Development

- Indiana Society of American Foresters
- Society of American Foresters National
- ANR Retreat - November 16th-17th
- PDC - December 13th-14th

Community Wellness Coordinator

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Community Health Improvement Plan Subcommittee, Poverty and Navigating Health & Social Services

The Poverty and Navigating Health & Social Services workgroup is focusing on helping improve Transportation for residents to access health care both in and out of the county. The City of Bloomington Transportation Department has recently announced a plan to expand services to county residents and has been piloting ride sharing and free Uber rides. The PNHSS subcommittee has been following, providing input and encouraging the expanded services from the City and exploring alternate solutions that are developing in the community.

We are also working on creating a position summary and training suggestions for Community Health Navigators as well as securing funding for the positions. Several organizations have been discussed and approached to host the potential new community positions. The intent, as it relates to the Community Health Improvement Plan, is to provide Community Health Workers for the entire Monroe County to help people with less resources get help to access needed social services.

Food as Medicine Program

The Monroe County Food as Medicine program was a class about nutrition and healthy living taught at Banneker Community Center from 5:30-6:30pm over 8 weeks in August and September. About 15 people regularly attended classes where they received a free meal kit each week of the program in addition to health and nutrition education taught by Ody Ekwonwa, the HHS for Monroe County and Shelby Drake, the Health and Wellness Coordinator for the City of Bloomington. Funding for the food was provided by the Jack Hopkins Social Services Grant. Funds still remain and will be used for a second, similar class in late January and February of 2024.



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School to Farm Field Trips



For the second year in a row Purdue Extension-Monroe County was able to assist with planning, programming, teaching and securing funding for 7 Title I schools in the Monroe County Community School Corporation (MCCSC). A total of 10 field trips were planned during September and October of 2023 (1 more than 2022).

By the end of the field trips we will have hosted over 400 third graders at 4 local farms. All field trips have included in-person education about soil and water with partner Monroe County Soil and Water Conservation District, nutrition education taught by a Purdue Extension Nutrition Education Program Advisor, and a

farm tour. Children receive a snack during the trip and farm produce to take home with educational materials about nutrition, agriculture, and healthy food from Monroe County Farm Bureau, American Dairy Association, Indiana Grown, and 4-H.

This year funding was provided through multiple sources including: Monroe County Farm Bureau, the Sophia Travis Social Services Grant and Duke Energy.



Monroe County Health Equity Council

The Monroe County Health Equity Council (MCHEC) is coming together as a viable community forum. Over the past few months, the Council has worked to inform Monroe County citizens about upcoming policies that affect them such as the proposed Cascades Park road closing and the MCCSC referendum. The goal of the Council is to inform policy as it is being shaped in order to include underheard voices before they become law. MCHEC also helps to inform and support the Community Health Improvement Plan. The first in-person meeting was held on October 15th to share our work and recruit more member. New members are always being sought to participate in the process of community policy making, especially those who are typically under-represented.

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Monroe County Public Library Ellettsville Branch Garden

In 2022 the Community Wellness Coordinator, librarians and the Monroe County Library-Ellettsville Branch, a Master Gardener and the Agriculture and Natural Resources Educator applied for and received a Growing Together Grant. The grant went toward building 4 new raised garden beds and to purchase garden supplies and plants. 112 pounds of produce were harvested and donated to Pantry 279 in Ellettsville Indiana.



When the Growing Together Grant completed in 2002 at the Ellettsville Branch Library the head librarian, Chris Hosler had planned to have other librarians and staff work in the garden to grow produce again in 2023. This idea was discussed at the end of the 2022 growing season because it was also an opportunity for employees to get some physical activity and a mental health break while at work. Unfortunately, a number of staff resigned in the spring of 2023 so employees were not able to maintain and work in the garden in 2023. The Community Wellness Coordinator, Annie Eakin, was able to assist through the summer by sourcing free plants, using previously purchased or donated seeds, planting the garden and maintaining it through the summer. Chris was able to water occasionally.

This summer five of the six garden beds were simply planted. One was planted with green beans, one with carrots, one with tomato plants that were started indoors by Annie's 12-year-old son, one planted with potatoes donated by Extension and one with 2 different varieties of cucumbers. The sixth bed was planted with flower seeds later in the summer. Annie visited the garden twice per month to weed and harvest, sometimes with her son Ricky. The last big day of harvesting was on September 6th and the Agriculture and Natural Resources Educator for Monroe County, Edward Oehlman assisted. In total we harvested and donated 126 pounds in 2023 compared to 111 pounds in 2022.

Upcoming Projects/Programs

- Food As Medicine 2024
- School to Farm Field Trips 2024

Professional Development

- Purdue Extension Professional Development Conference presentation on Monroe County Health Equity Council with Ody in December 2023
- Indiana Extension Educators Association, Professional Improvement Committee Vice Chair
- Attained Community Health Navigator certification through Indiana Community Health Workers Association (INCHWA)