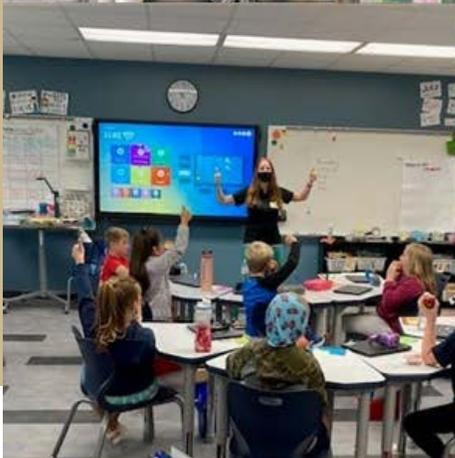


# ANNUAL REPORT 2021

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**Purdue  
Extension-  
Spencer  
County**



Extension - Spencer County

# WHAT DOES PURDUE EXTENSION DO?

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## **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.

# 4-H/YOUTH DEVELOPMENT



## Youth from Across Indiana "Coast into STEM"

Through a collaboration of SW Indiana Extension Educators and a grant from **Spencer County Tourism**, a state-wide STEM (science, technology, engineering, and math) event at **Holiday World** was developed to provide youth with a private, behind-the-scenes tour of the park. In addition, a booklet was created highlighting different rides and **applying STEM principles** to them, including finding the force or velocity of a roller coaster, averaging the number of turkeys, etc. Youth were tasked to ride the ride and solve the STEM problem, focusing on **frequency, force, motion, and averages**. A total of **65 youth from across Indiana** took part.



## Cooking Around the World Teaches Culinary Skills, Cultural Awareness

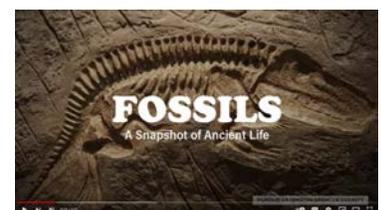
Each week during the virtual **Cooking Around the World Club**, a different country was highlighted along with a traditional recipe from that country. **Fourteen youth participated** and were provided with an apron, chef's hat, and spices or ingredients that may be difficult to find at the local grocery store. Participants indicated that as a result of attending, they were **more knowledgeable about food preparation skills** including how to follow a recipe, how to use measure ingredients, how to handle and use utensils properly and safely.

## 4-H Junior Leaders Fight Food Insecurity

4-H Junior Leaders worked with Spencer County 4-H alumni and current Purdue University students on a **service learning project** focusing on **food insecurity**. Teaming up with **Bags of Blessings** in North Spencer, youth secured enough funding through a grant and donations to provide meals for approximately **100 North Spencer students** over Thanksgiving Break. Youth indicated this project helped them better understand the **level of food insecurity** existing in the county.

## E-learning Videos Assist Teachers, Families

**E-learning materials** were developed to assist youth, parents, and teachers through the uncertainty of the school year due to COVID. **STEM videos** with lesson plans were uploaded to **YouTube** and **distributed to local schools**. Some videos went "viral", including one viewed over **7,800 times!**



# HEALTH & HUMAN SCIENCES



## Physical Activity, Nutrition, & Financial Education for Students - Eating Right, Spending Smart & Living Well

Despite restrictions due to COVID-19, several HHS programs were provided in **local schools** to educate our students on eating right, spending smart, and living well. In total, **185 students** participated in **nutrition and physical activity lessons, hand hygiene, or the Captain Cash program**, which provides financial education.



## Webinars Fill Need for Virtual Education

Over the course of the year, **38 virtual learning events** were provided to our community in the form of webinars or video education on the **topics of food, family, money, and health** reaching over **2,800 people** in Indiana and beyond.



## Creating a Safe, Healthy, and Thriving Spencer Co.

Along with leading local health coalition efforts and serving as the facilitator the Spencer County Health Coalition worksite wellness group, Spencer County HHS Extension has been invited to serve on the statewide **Coalition Capacity Building** team. The **Wellness Council of Indiana** featured Purdue Extension as speakers at their quarterly meeting for a webinar entitled **Setting Strategies to Improve Community Health** featuring Spencer County.



## Life Skills for Individuals in Recovery



**NOW Counseling** in Rockport exists to facilitate healing and instill hope in all individuals seeking recovery from addiction. Our **new partnership** with this organization allows us to provide ongoing weekly life skills sessions to residents of the program including **budgeting, job skills, stress management, time management, and nutrition education**. One participant said "I've learned how to use the tools I have gained to make myself a better person." **90% of participants indicated they know how to reduce stress.**

# AGRICULTURE & NATURAL RESOURCES



## Producers Learn about Cover Crop Trends

Due to COVID precautions, the 2021 **Perry-Spencer Crop Day** program looked a little different. With a keynote speaker presenting virtually, two on-site, socially-distanced locations in two counties, and virtual participants taking part from home, there were a lot of moving parts but still the same opportunities for educational presentations and applicator certification. Producers learned about **cover crop trends, weed control with cover crops, selling cover crop seed, and Driftwatch**. A total of **42 participants** took part in the program. A recording of the program is available on the **Purdue Extension-Spencer County YouTube channel**.



## Summer Field Days Provide Crop Production Knowledge and Applicator Training

Collaborations with local agronomic suppliers, including Superior Ag and Pioneer/Corteva, help reach producers with **timely, research-based information** as well as **applicator recertification opportunities**. Field day collaborations in Spencer County reached over **450 producers** in 2021, with **201 private applicators** receiving recertification credit. A strong majority of participants indicated the field days would help them **better address pest management and soil fertility challenges** and nearly half indicated a likeliness to change something in their operation. Examples included more **frequent soil testing, more awareness of pollinator activity and closely monitoring soil test results**.



## Land Leases are More than a Handshake

**More than a Handshake**, a virtual land leasing program offered statewide, covered **lease negotiation, lease types and legal issues of land leases**. The program was attended by **55 participants**, a majority of which indicated they **made changes in leasing practices** as a result of attending.



## More Than A Handshake

Building Successful & Equitable  
Land Lease Agreements

## SW Indiana Program features Grain Panel, Farm Stress and Emergency Planning

A southwest Indiana Purdue Extension collaboration featured a discussion panel of **local grain marketers** as well as **farm stress** and **Code Red** emergency planning presentations. This virtual program was attended by **32 individuals**, who indicated **knowledge gained or changes made** in farming operations as a result of participating.

# COMMUNITY DEVELOPMENT



## Leadership Spencer County Grows Leaders

Purdue Extension began a partnership with **Leadership Spencer County** in 2019. The second class of the revamped and enhanced program is currently underway with 10 participants. Sessions are held monthly at locations throughout Spencer County and participants take part in facilitated sessions and activities on a variety of **personal and professional leadership development topics**. The 2021 class will conclude in November. Upon completion, participants are encouraged to become more **involved in the community and take on leadership roles, both professionally and civically**.



## LEADERSHIP Spencer County

"A Tradition of Growing Leaders"



## Purdue Extension Partners on REDI Initiative

In 2019, Spencer County was one of 47 communities and regions in the US (and the only one in Indiana) to receive technical assistance from Purdue University and the University of Kentucky to help create and implement long-term economic development plans through the USDA's **REDI (Rural Economic Development Innovation) initiative**. Through this process, goals of **promoting a vibrant and diverse economy and enhancing the county's quality of life**, were identified, with specific objectives and strategies outlined under each. Locally, Purdue Extension staff in **CD, HHS and NEP** are partners in this effort, providing leadership and resources to various strategies in the plan. Specifically, these efforts have included the establishment of a **health and wellness committee**, development of a **comprehensive community health assessment**, promotion of health and wellness and facilitation of a county **Business Retention and Expansion** program.



# NUTRITION EDUCATION PROGRAM

## Gary's Place Community Garden Established in Spencer County

Gary's Place is named after Gary Buse who passed away in 2017 from cancer. Gary loved to garden and help anyone who was in need. In honor of him, his son Steve organized a **community garden** in Spencer County to help anyone in need of food. Steve approached Purdue Extension with a request for help in **coordinating donation sites as well as providing educational components**. A **Growing Together grant** was received to help fund the garden. The initial goal of producing 2,000 pounds of food for the summer was surpassed in the first month of operation and the end of summer total was **9,480 pounds of food donated to 12 partner agencies**. With the help of over **61 volunteers** and over **\$8,000 in grants and donations**, the 2021 growing season was a success!



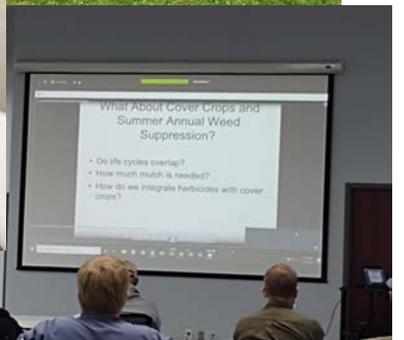
## Mobile Food Pantry Distributions

After the success of the Farmers to Families Food box distributions in 2020, awareness of **rural food insecurity** was brought to the attention of Tri-State Food Bank. A collaboration formed to coordinate smaller scale **trunk to truck food box distributions** using the TSFB mobile food pantry. Community partners willing to host distributions were identified and TSFB filled the trucks to serve **150-200 families** with each distribution. A total of **26 distributions** were conducted with **9 community partners**. This resulted in **265,780 pounds of food distributed** to families in need in Spencer County.

## NEP Quick Facts

- A single mother participating in a **virtual lesson series** decided to increase the amount of whole grains in her family's diet. She **switched to whole grain bread** instead of white and reported that her son liked it! Her son, a participant in the CATCH Kids Club Health Lessons, asked her to make some of the recipes at home as well, including his favorite, the smoothie.
- A virtual lesson scheduled through a local food pantry has helped a family **change their beverage habits**. After just two lessons, the woman reported that on a family outing she packed water instead of their usual sodas. They have since been working on **replacing sugary beverages with water**.
- Local elementary students have enjoyed the CATCH Kids Club lessons, including choosing **healthy "Go" snacks, hand washing and other food safety measures**.
- In 2021, the NEP Advisor reached **367 individuals** through **food pantries, schools, and libraries!**





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Extension - Spencer County

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