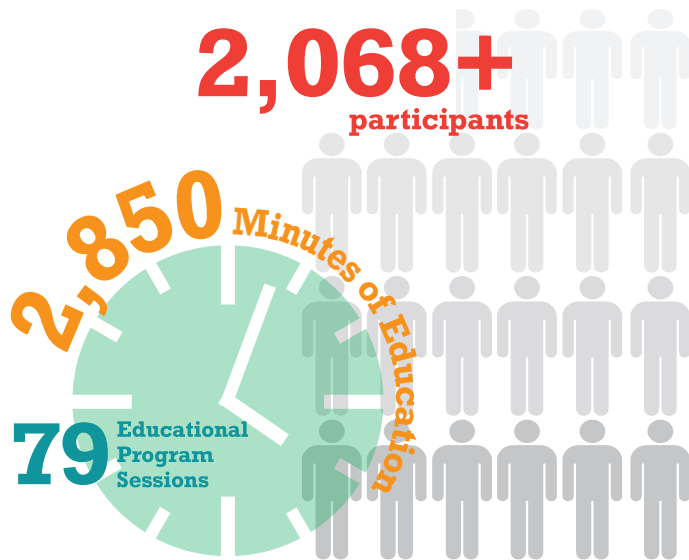


# LAWRENCE COUNTY



January-March 2021



## 4-H Youth Development

### Southeast Indiana Judges and Leaders Clinic

Lawrence County's 4-H Educator lead a team of Educators from across Southern Indiana to transition our bi-annual Judges' and Leaders' development program to a hybrid format to help everyone participate in a way they were comfortable. **On January 16, we hosted a six hour training where our 32 participants could join at one of four in-person host sites or via Zoom.**

Participants explored how to help our programming be more inclusive, have socially distant club meetings, help the project judging process be more educational, and they heard from a State 4-H Specialist. Participants appreciated the flexibility of the program and made positive comments about the selected speakers and their ability to implement ideas in their county programming.

Of survey respondents, 100% said they are more confident in serving during the fair as a leader or judge. 100% understand the purpose of the fair is to encourage communication, critical thinking, and decision making skills in youth as well as positive relationships.

## Extension Does PCARET

A dedicated group of community members assist in our mission by serving as PCARET Members (Purdue Council for Agricultural Research, Extension, and Teaching). PCARET members actively promote Purdue Extension's significance and strength to county officials, state legislators, members of Congress, and other decision-makers. Having these representatives from every county gives us the strength and local voice we value. PCARET Members enjoy sharing their story of how Extension has impacted their lives to help maintain good, working relationships with local, state, and federal legislators. If you have an opportunity to speak with a PCARET member, we encourage you to hear their story and the newest updates they have on the happenings at Purdue.



# Nutrition Education Program (NEP)

## CATCH

CATCH (Coordinated Approach to Child Health) is a program offered to our local schools. During this quarter, it was great to have an increase in the number of local students participating in virtual CATCH lessons. While CATCH lessons were increasing, NEP staff also worked to form a new partnership with Healthy Families. Our part in this new partnership is to provide nutrition education using Eat Smart, Move More (ESMM) curriculum. Families can enroll for a 4 lesson series and our idea was to offer a nice small appliance upon completion. Community Wellness Coordinator (CWC), Annie Eakin, applied and was awarded grant money from the United Way to help make this possible. When families complete their nutrition education series, they have the option to choose a crockpot or electric skillet. Being able to offer these families something that can help them in their ability to cook healthy meals for their family has been wonderful. 8 families have currently taken part in the program. We hope to see more families participate throughout the year. When asking the participants what they have learned, several have said they are paying more attention to nutrition labels to help make healthier choices and many are feeling more confident with their own cooking skills or ability to try a new recipe.

**32** CATCH lessons were held in Lawrence County with **847 contacts made.**

**19** Eat Smart, Move More (ESMM) lessons were taught this quarter, **23 contacts made.**



# Community Wellness

## LIFE Blessings Backpack

In 2020 the CWC wrote a grant for the LIFE Blessings Backpack program. The program provides food for kids at Burris and Hatfield Elementary Schools in Mitchell. \$4000 in grant funds from the Lawrence County Community Foundation was awarded to the program in the summer of 2020. As a result of COVID-19 restrictions funds were not able to be used until January of 2021. Thanks to the funding provided by the Community Foundation a total of 280 children at the elementary schools in Mitchell were sent home with food on the weekends for a total of 15 weeks this school year.

## Farmers to Families

The USDA Farmers to Families Food Box Program began during the pandemic to help farmers distribute produce and to help those in need get access to fresh produce, dairy and meat. In February boxes began being distributed in Mitchell through a collaboration with the CWC, Pam Tedrow with Jacob Finger United Ministries, Toya Lamm with Living Well Home Care and the Society of St. Andrew. The boxes have been distributed every Friday at the Solutions Center since February 5th and will continue through the end of May, 2021.

**5,655** Food boxes distributed from Feb-March. Equivalent to 169,650 lbs. Of food.

**40** Produce boxes distributed to Cambridge Square using grant funding provided by Glick Philanthropies. (\$48/per person)

**\$500** Grant rewarded by United Way for Healthy Families & Nutrition Education Program collaboration on classes taught by NEPA.

## Current Partnerships

Mitchell Community Schools	IU Health Bedford Hospital
Living Well Home Care	Healthy Families
Jacob Finger United Ministries	Ascension St. Vincent Dunn
Cambridge Square, Bedford	

# Agriculture & Natural Resources

## Poultry Basics 101

Backyard poultry production is something that many individuals in Lawrence County, both urban and rural, have an interest in pursuing for both egg and meat production purposes. As such, education is needed on how to start and maintain birds on both aspects of meat and egg production for the novice producer. A program was planned in late February, which is around the time that many are looking to begin purchasing young birds for flock development, especially for youth projects for 4-H, etc. This program was developed to include basic poultry education and included education over topics related to: brooding, nutrition and management. The original goal set for this program was to hopefully reach 15 people; however, after registration was closed, there ended up being **59 individuals who participated in the webinar offering**, including high school students enrolled in Animal Science classes.



Upon completion of the program, a Qualtrics survey was distributed to participants and the following information was collected from those who completed the evaluation:

**100% shared that they plan to utilize information from the program to assist them in their poultry growing efforts.**

**100% gained insight in how to identify problems within their own poultry growing experiences.**

**100% also want further education on more specific poultry related topics.**

“The information shared today was fairly broad but it was great and just what I was hoping for! I wanted help on brooding and nutrition and my questions were answered during the presentation. Thanks so much for offering this program, it was spot on in providing what I needed help with for my flock of birds.”

# Health & Human Sciences

## CATCH My Breath

According to the 2018 Indiana Youth Tobacco Survey, e-cigarette use has increased by more than 350 percent among high school students and middle school students since 2012, and between 2016 and 2018, nearly 35,000 more Indiana students used e-cigarettes. The former U.S. Surgeon General, Jerome Adams, labeled the rising use of e-cigarettes among youth an epidemic and has called for adults to take action to protect youth from the dangers of nicotine addiction. With such a steep rise in youth e-cigarette use, parents, teachers, and students continue to need education on e-cigarettes.

In Spring of 2021, the Health and Human Sciences Extension Educator, Sarah Richer, offered the CATCH My Breath program for the second consecutive year at Mitchell Jr. High with the 6th grade class. The students were very responsive to this educational e-cigarette prevention program. **24 sessions and 18 hours of education were offered** in the months of March and April. According to Sarah Richer, “one highlight of the CATCH My Breath program is seeing the youth practice refusal skills and exist strategies.” “These are skills the students will be able to utilize if they are every in a peer pressure situation.” The Health and Human Sciences Extension Educator hopes this program will continue to be provided each year, as the content continues to remain pertinent in the lives of Lawrence County youth.

## Couponsing 101

Individuals looking to save more at the grocery store participated in a Couponsing 101 Program hosted virtually on Feb. 23. Participation in the live event included 6 attendees. One participant shared, “this program reminded me that small savings add up, so it is beneficial in the long-run to use coupons.”



# Purdue Extension- Lawrence County Events & Programs

## January - March 2021

	Number of Sessions	Total Participation
Poultry Basics 101	1	59
Beef Cattle Breeding Soundness Education	1	22
Teens Learn about Positive Mental Health Strategies	1	13
Southeast Indiana Judges and Leaders' Clinic	1	31
Social Distancing Club Volunteer Café	1	31
Approved Volunteer Orientation	1	4
Life Lessons 101- Celebration	1	31
Wallet Wellness Wednesday	4	348
Life Lessons 101- Banking and Budgeting	1	42
InWork: Innovate, INvest, Inspire, Skills for Tomorrow's Workforce	3	6
Hope Resource Center- Safe Sleep	3	9
Empower Me to Be Clutter Free	2	174
Couponing 101	1	6
Infant Safe Sleep Classes: CASA Volunteers	2	15
Hope Resource Center- Stress Management	1	2

**CATCH My Breathe: E-Cigarette & JUUL Prevention Program**

Number of Sessions

**4**

Total Participation

**405**

**CATCH Lessons**

**32**

**847**

**Eat Smart, Move More (ESMM) Lessons**

**19**

**23**

**TOTALS:**

**79**

**2,068+**

**182** Consultations

**25** Community and Coalition Meetings

**Purdue Extension- Lawrence County Social Media Reach**

**15,586**

Since the beginning of COVID-19, our staff has utilized social media to broadcast different programs and communicate with the Lawrence County Community. Our reach has expanded week to week and this number reflects the combined number of individuals who have viewed or commented on posts through our Facebook and Instagram accounts.

Follow us on Social Media



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