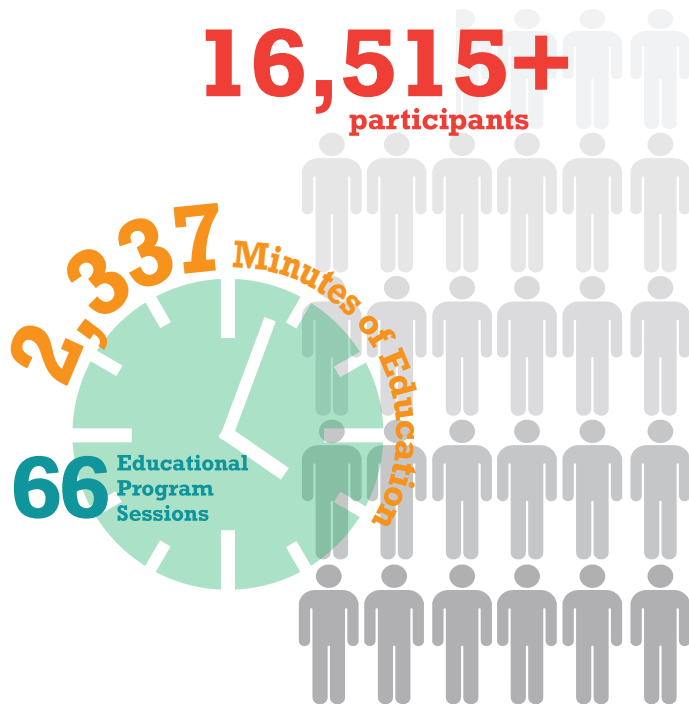


# LAWRENCE COUNTY



July-September 2020



## Extension Does

### Upcoming Extension Board Listen 'n Learn

The Extension Board will host their annual Listen 'n Learn on November 5, 2020. Due to the current pandemic, the board has decided to make a few changes. This year's event will be held virtually from 12 noon to 1:00pm. During such time, members of Purdue Extension-Lawrence County staff will present information on How to Stay Engaged with Volunteers and Staff while also discussing the happenings of Purdue Extension this year. We hope that you will choose to join us for this event! Please register by November 4 at <http://bit.ly/LnLRegister> to ensure that you receive connection details.

## Community Wellness Current Projects

Throughout the summer, the Community Wellness Coordinator (CWC) has worked with Cambridge Square, Bedford and the Bedford Farmers Market, as well as the Nutrition Education Program Advisor (NEPA), to increase access to fresh produce and nutrition education to seniors. With funds provided by Glick Philanthropies, vouchers were produced and distributed for use at the Farmers Market. Those who attended nutrition classes hosted by the NEPA or utilized produce from the Cambridge Square gardens, were eligible to receive the vouchers. **Three on site farmers markets were hosted at Cambridge Square in August and September.**

The CWC is currently serving on the Lawrence County Parks Partnership project. This project is a result of the Regional Opportunities Initiatives (ROI) grant funding to make Avoca Fish Hatchery the first County Park. The Trustees of Marshall Township and area residents have been improving, maintaining, and managing the park over the last several months.



# Agriculture & Natural Resources

## Black Vulture Webinar

Of the two species of vultures that reside in Lawrence County, the black vulture is increasingly becoming more of an invasive problem for livestock producers locally. Black vulture populations have been on the rise since the passage of the Migratory Bird Treaty Act which protects these birds from being controlled without proper permits. As the black vulture population increases due to migration patterns from southern states, the threat to our area livestock rises.

Black vultures are known to attack infant livestock, particularly newborn calves and sometimes lambs and kid goats. Typically the vultures attack the eyes first- blinding the calves, and then proceeding to other parts of the body. They have also been known to attack cows as they give birth. When chased off, black vultures will stay nearby and wait for their opportunity to return.

In response to this growing concern, a virtual program that included topics over how to utilize proper bird identification, learn the definition of depredation, control method options, indemnity claims process: Department of Diagnostic Laboratory- Southern Indiana Purdue Ag Center, and USDA-FSA.

During the time that this program was promoted on social media and website outlets, thousands (close to 20,000) were reached from all across the United States. There were nearly 100 participants during the live webinar from northern and southern Indiana as well as eight other states including: Kentucky, Maryland, Massachusetts, Michigan, Missouri, Ohio, Tennessee, and Virginia. Post program survey results included high marks and positive comments from participants proving this topic is one that needs addressed through educational efforts.



# Health & Human Sciences

## Back to School with Purdue Extension

A team of nine Health and Human Sciences (HHS) Extension Educators from Southeast Indiana collaborated on a *Back to School* program in August. The purpose of the program was to provide parents and caregivers of youth with resources to feel better prepared for the school year. Topics of the program included; mental health tips and tricks, back to school tips for success, saving on school lunches, quick supper ideas for school nights, healthy school lunches and afterschool snacks, sleep tips, quick breakfast and snack ideas, and mask wearing tips. Program topics were covered in short videos, as well as resource flyers. **The program reached 15,942** indirect contacts. Resources for the *Back to School* program can be found on the Lawrence County Purdue Extension Facebook page.

## Empower Me to Be Clutter Free

Getting rid of clutter is a physical and emotional task. Dealing with your own clutter may even seem overwhelming but in the end creating order in your living space will bring some order to your emotional struggle over what to do with your possessions.

The HHS Extension Educator is excited to offer a series on empowering yourself to be clutter free. Join three free virtual sessions to learn steps to eliminate clutter at home and work. Sessions will take place from 12-1pm.

**Session 1:** Beyond the Chaos of Clutter, November 12

**Session 2:** The Paper Trap, November 19

**Session 3:** Maintaining Order, November 24

Register online for one or more sessions at <http://bit.ly/RegisterClutterFree>





# Nutrition Education Program (NEP)

## Eat Smart, Move More

Eat Smart, Move More (ESMM) is an adult program which focuses on teaching participants ways to increase healthy eating and physical activity in their day to day activities. Cambridge Square residents have continued participating in virtual or phone lessons to receive vouchers for the Farmers Market as part of the Glick Grant that was awarded to Cambridge Square.



The Nutrition Education Program Advisor (NEPA) has partnered with Hope Resource Center over the past four years providing nutrition lessons to clients. Clients at Hope Resource Center work through a ten week Earn & Learn Parenting Program. Various topics related to parenting, health, and finance are taught. The NEPA teaches a nutrition lesson each month while the HHS Educator teaches stress management, setting goals, and safe sleep. As clients attend lessons, they are able to earn necessary essentials to care for their infants. When they finish the ten week series, they are able to earn a car seat or Pack 'N Play. This is a wonderful program and rewarding partnership.

**36** Adult lessons were held during this quarter.

“At Hope Resource Center, we strive to coach young moms and dads in living healthy lifestyles, making wise choices and achieving great parenting skills. Our goal is to strengthen families so that their homes become safe, nurturing, and loving environments. Purdue Extension-Lawrence County Extension Educator, Ms. Richer, and Nutrition Education Program Advisor, Mrs. Goldsberry, have been essential in delivering quality education and training to our clients. Both have been extremely accommodating and reliable, always bringing valuable, proven life skill lessons our families desperately need.”

-April Haskett, Director of Hope Resource Center

# 4-H Youth Development



## 2020: The Year of Two 4-H Project Showcases

It is no secret that many events have looked different in 2020, and the 4-H Fair was no exception. It was never on the table to cancel the opportunity for members to complete their learning experience through the 4-H exhibition and feedback processes; however, it was not an option with COVID-19 precautions at the time to host it the same as previous years. Counties were expected to offer a virtual option, and they could also choose to do some in-person activities if they could complete them safely. Lawrence County is one of 56 counties in the State that offered (essentially) two 4-H fairs. Due to the very hard work of MANY 4-H volunteers, Purdue Extension Staff, and 4-H families, we were able to offer youth the option to exhibit their project in the way they felt most comfortable- online or in-person.

**Approximately 400 youth still participated in the experiences with 1,531 exhibits.** While this is about 100 fewer youth and half of the exhibits of a traditional year, we still count this a huge success. There were a lot of unknowns when trying to re-plan everything, and many of our families' lives were impacted in countless ways through the pandemic.

## 4-H GROWS HERE

While hardly anything about this experience was easy, there was also a lot of value in it. Being pushed to rapidly rethink everything we do on an annual basis resulted in having some new processes we actually want to try in a more typical year such as project drop off procedures and animal check in methods.

# Purdue Extension- Lawrence County Events & Programs

**July - September 2020**

	Number of Sessions	Total Participation
<b>Planning the Fall Vegetable Garden Webinar</b>	<b>1</b>	<b>201</b>
<b>Black Vulture Webinar</b>	<b>1</b>	<b>82</b>
<b>Fall Lawn Care</b>	<b>1</b>	<b>70</b>
<b>Fall garden Roundup</b>	<b>1</b>	<b>88</b>
<b>4-H Volunteer Training</b>	<b>1</b>	<b>22</b>
<b>Hope Resource Center: Stress Management</b>	<b>2</b>	<b>5</b>
<b>Southeast District, Back to School Programming</b>	<b>1</b>	<b>15,942</b>
<b>Get WalkIN! Email Program</b>	<b>7</b>	<b>56</b>
<b>Hope Resource Center: Safe Sleep</b>	<b>2</b>	<b>4</b>
<b>Eat Smart, Move More (NEP) Lessons</b>	<b>36</b>	<b>45</b>
<b>Virtual 4-H Club, Committee, and Board Meetings</b>	<b>13</b>	
<b>TOTALS:</b>	<b>66</b>	<b>16,515</b>

**190** Consultations

**22** Community and Coalition Meetings

## Meet our Staff



Tammy Dodds is the youngest child of Junior and Evelyn Dodds of Norman. The family moved to Florida, and while there Tammy earned her B.A. in English/Communication from Warner Southern College. In addition to working at Extension, she is also the office manager at Bedford First United Methodist Church. She and her daughter reside in Norman.



Lesley Lodmell started as the Extension Educator for 4-H/Youth Development in June 2014. She has a long background with Extension starting as a ten year Kentucky 4-H Member and including multiple internships with Kentucky and Indiana Extension programs during her undergrad at Western Kentucky University. She graduated from Indiana University in 2014 with Masters of Public Affairs

concentrating in Nonprofit Management. Lesley's favorite parts of the 4-H program include the teen leadership, camps, and volunteer development opportunities. She loves helping volunteers and members learn by doing hands-on projects.



Dashia Meadows, is the Office Manager at the Lawrence County Extension and has worked in Extension since 2007. Originally from Jackson County and graduating from Brownstown Central High School, she became a resident of Lawrence County when she married her husband, Todd Meadows in 1990. They have three sons, Caleb, Cody (& Emily), Clay (& Ariana) and two beautiful granddaughters, Oaklynn and Adeline. Her sons were all ten year members in 4-H and the two boys with daughters say they will be in 4-H also.

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

**5,834**

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.