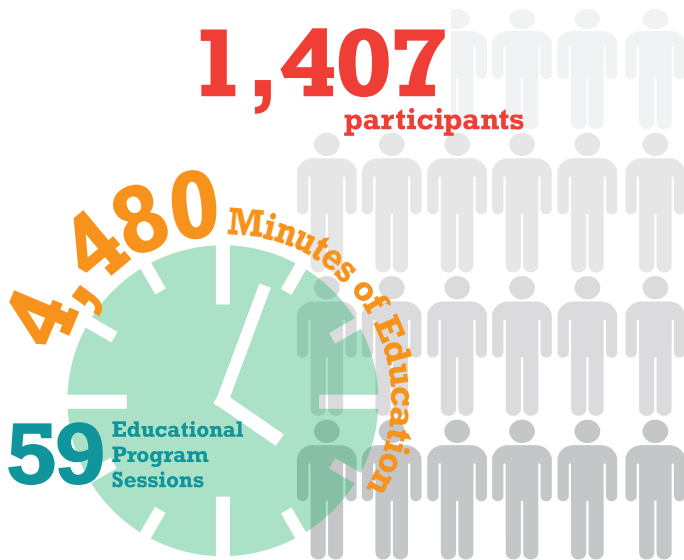


# LAWRENCE COUNTY



October-December 2020



## Community Wellness

### Current Projects

Closed out the \$7500 Senior Nutrition Glick Grant for Cambridge Square. We purchased produce and dairy for food boxes for Cambridge Square residents in October and November and stocked the food pantry with non-perishable items for the winter months. We have a second COVID-19 grant to use for gardens and nutrition through May of 2021.

Added new members to my Action Team and revised the Lawrence County Action Plan.

Collaborated on the Healthy Foods and Movement program for IU Health Bedford in October.

## Extension Does Extension Across the State of Indiana

Interested in knowing more about what Extension is doing across all of Indiana? Check out the annual report at <https://extension.purdue.edu/annualreport/>. Several of the programs highlighted here are possibilities and/or on the horizon in Lawrence County, including Dining with Diabetes, Co-Parenting for Successful Kids, and Clover Gaming Connection.

"I feel the produce packages we were able to hand out has been our most successful food program to date. I have had 100% positive feedback from residents. This program also provided two volunteer positions that were filled by two of our residents. Both volunteers have received positive feedback as well. This program began as a modified (COVID safe) food pantry, but I feel this will be a program we continue past COVID restrictions. We appreciate and applaud Annie Eakin with Purdue Extension for her assistance with planning, purchasing, and assisting with distribution."

-Samantha Morran, Cambridge Square Service Coordinator

Purdue Extension- Lawrence County Social Media Reach

**14,512+**

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.

# Agriculture & Natural Resources

## VET 104

According to the USDA Ag Census, Lawrence County is the top county for beef cows in the state, while on the flip side of animal husbandry, the number of large animal veterinarians making farm calls is decreasing annually. By learning skills producers can perform themselves is one way to address a lack of vet services and to save producers money. The Vet 101 series, started in 2017, in partnership with Spring Mill Veterinary Services-Dr. Jerry Rusch includes hands-on demos utilizing live animals to teach skills/practices to producers they can perform on home farms. Vet 104 was the fourth program offered in November 2020. This year's program featured topics included: calving complications and ways to manage, post calving care of the cow/calf, equipment/supplies to have on hand, reading medication labels and more. Evaluation results: **100% reported that they found learning about calving complications as useful take-home information**, also 91% reported that gaining skills related to after calving care for cows/heifers and calves would be useful skills needed for their operations.

## Why Soil Health and Fertility Matters

Connecting the dots between soil health and soil fertility may seem obvious but for many there are missing links in knowing how these two connected topics work together. A virtual program was hosted in November 2020 with university specialists who bridged common gaps between soil health/fertility. Program topics covered: defining soil health, how cover crops help soil health, cover crop recipes, soil fertility program for forages, forage cover crop options, and much more. The following impact was collected from surveys: 100% of participants better understand what soil health means; are more aware of soil health tests, uses and limitations; understand how cover crops can improve soil health; and more aware of resources available to guide them in adopting simple cover crop systems in their region.

# Health & Human Sciences

## 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 was excited to offer a series on empowering yourself to be clutter free. Three free virtual sessions were offered for participants to learn steps to eliminate clutter at home and work. Session topics included; determining a starting point to de-cluttering, overcoming emotional barriers, finding a system to maintain a clutter free environment, and organizing important documents.

**The sessions were offered live on a zoom meeting with 24 participants each.** The Sessions were also recorded and shared on YouTube. Since being shared, 52 viewers have tuned in to learn more about becoming clutter free. According to the program evaluation data, 100% of participants learned information that will improve their life positively, 95% plan to organize their important papers, and 100% plan to practice ways to reduce their stress.

One participant shared, "This program gave me some great tips to actually tackle the clutter. Loved some of the strategies used and recommendations on how to not even bring some of the paper into my home." A second participant shared, **"It gives me hope and encouragement with a plan to start to declutter. I'm sorry others are needing this help, but glad I am not alone. Feeling overwhelmed is very stressful and doesn't help with depression. Thank you for doing this!!!!"**

With the success of this program, the HHS Extension Educator is planning to offer this program on an annual basis.



# Nutrition Education Program (NEP)

## Eat Smart, Move More

In October, the NEP Advisor and CWC partnered with IU Health Bedford to offer Eat Smart, Move More (ESMM) to employees. ESMM is an adult program which focuses on teaching participants ways to increase healthy eating and physical activity in their day to day activities. A four week program was offered to employees of IU Health. Participants in the program were given basic knowledge, practical tips, healthy recipes, and weekly challenges related to the topics discussed: Heart Health, Sugar Consumption, Meal Planning, and Eating at Home vs. Eating Out. During each session, participants also learned practical ways to increase daily physical activity along with weekly challenges to keep them on track. **18 participants successfully completed the four week series.** As an incentive from IU Health to complete the program, participants were able to earn a discount on their health insurance.

A few examples of feedback received about the program were: "Glad to have this program to try to learn new ways to be able to start moving towards a more healthy life." **"Great presentation and love the recipe shared."** "I enjoyed learning about new ways to eat and loved getting new ideas of keeping active and trying to eat better."

**"I learned so much valuable information on planning meals."**

-Tina, 'Eat Smart, Move More' program participant



# 4-H Youth Development



## Bringing State Opportunities Closer to Lawrence Co.

While COVID-19 precautions have changed our programming a lot, there have been some interesting benefits. We have now been able to offer state-wide programming for youth and volunteers without them having to leave the comfort of Lawrence County. For example, we were able to serve as a host site for the Indiana 4-H Leadership Summit. Usually, we all gather in northern Indiana for this annual volunteer training and recognition event, but this year, Lawrence County was able to serve as a host site for any volunteers comfortable joining in-person while still participating in a quality, state-wide program connecting with those outside of Lawrence County.

Educators have also been able to come together to create larger, quality programs that reach beyond county lines. **Area 2 4-H Educators are offering monthly volunteer trainings via zoom that have been open to the state and received on average 100 registrations.** When we offer these in person, we get much smaller participation, and these larger groups are allowing participants to learn even more from other counties. This Volunteer Café series lets volunteers select from the menu of offerings to enhance their skills to match their needs.

While some events have been able to be offered in virtual or hybrid formats, we have still been able to offer quality in-person events like the Area 2 4-H Junior Leader Retreat. Thirty teens from surrounding counties came together to learn about conflict management and diversity, running effective club meetings, and creating a welcoming environment. They also pushed themselves to new experiences such as zip lining and rock climbing.

While COVID-19 has led to many challenges, it is also helping push and expand the 4-H program to try great, new things.

# Purdue Extension- Lawrence County Events & Programs

## October - December 2020

	Number of Sessions	Total Participation
Lawrence County KIC Applicator Program	1	72
Artificial Insemination Instruction and Reproduction Management Program	2	20
All About Bulbs Webinar	1	93
Why Soil Health & Fertility Matters	1	165
Vet 104	1	15
* Extension Board Listen 'n Learn	1	92
Virtual Horticulture PARP/CCH program	1	46
Holiday Plants Webinar	1	59
Wildlife Management Webinar	1	40
White River PARP/CCH Recertification Program	1	31
Tree in the Landscape Webinar	1	89
Forestry Update & Market Outlook	1	21
Healthy Living Youth Development 4-H Volunteer Training	1	14
Volunteer Café: Animal Science Ideas	1	32
Area 2 Junior Leader Retreat	1	30

	Number of Sessions	Total Participation
Approved Volunteer Orientation	1	3
Teens Learn about Holiday Spending & Maintaining Good Mental Health	1	4
Volunteer Café: Civic Engagement Training	1	18
Your Money Your Goals Program	1	1
Hope Resource Center: Safe Sleep	2	8
Party Planning with Indiana 4-H SPARK Club	1	13
INWorks: Money, Money, Money, & What Skills Pay the Bills	1	18
INWorks: Innovate, INvest, INspire, Skills for Tomorrow's Workforce	1	8
Hope Resource Center: Stress Management	1	7
Empower Me to Be Clutter Free Program	1	24
A Break to Educate Programs	5	19
Where Does Your Money Go? Program	2	15
CATCH lessons	19	376
Eat Smart, Move More Lessons	6	74
<b>TOTALS:</b>	<b>59</b>	<b>1,407+</b>

**209** Consultations **18** Community and Coalition Meetings

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