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Fear of Falling Addressed in Balance Class

More than one out of four adults over the age of 65 takes a fall each year, but fewer than half tell their doctor. A Matter of Balance is an eight week class that addresses the fear of falling, provides practical information on fall management, and leads seniors through an exercise routine to increase their balance. This past spring 15 adults in Spencer County attended this class at the Santa Claus Community Center. One participant shared, "This is a class that every senior should take. It's been so helpful and presented in an interesting and engaging way." A Matter of Balance will be offered again in the spring.

Crop Day Expands Reach to Producers

Perry-Spencer Crop Day has a long history of providing local producers with timely, relevant, research-based crop production updates. This year's program, offered in a hybrid in-person/virtual format expanded that reach. Forty-seven participants, with nearly half taking part virtually, heard corn and soybean production updates along with information on mini-bulk storage regulations. Private and commercial applicator credit was offered as well. Majorities of participants indicated they were better able to address crop production challenges and planned to make changes in their operations as a result of attending.

4-H Youth "Coast into STEM"

Coast into STEM, a physics-focused STEM program written by Extension Educators and volunteers for use at Holiday World and Splashin' Safari for hands-on STEM education was offered again this summer. Lessons focused on different STEM principles such as average, force, velocity, and energy and how they related to various park rides. Youth solved equations at each stop, followed by riding the ride. At this year's event, 69 youth participated. A strong majority of participants indicated they increased their knowledge of physics, engineering, and mathematics concepts.

Farm to School Expands in Spencer County

Both county school corporations received grants to support Farm to School efforts this year, with Purdue Extension partnering in both efforts. Purdue Extension facilitated Apple Crunch and Dairy Day events, as well as school gardening sessions at North Spencer schools, which helped support local growers and educate children on where their food comes from. At South Spencer schools, a Farm to School plan was developed that connected school staff with local growers who could help integrate local produce into cafeteria menus; improving the quality of school meals while helping to support and maintain a robust community food system.

Want to learn more? Contact Purdue Extension-Spencer County today at (812) 362-8066.