

County Extension Staff

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Union County Extension

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Iowa State University Extension in Union County provides relevant programs that support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Union County a better place to live.

Billie Jo Henrichs
Extension Council Chair

Sharon Wastenev
County Extension Education Director



Healthy people Lighten Up Iowa

When it comes to exercise, the rule of thumb appears to be that "even a little is good; more may be better!" exclaims an editorial published in *The Journal of the American Medical Association*. Extension partnered with Southern Prairie YMCA

and Greater Regional Hospital to set a county goal to increase participation by 10%. 125 participants in 2006, over 200 people on 37 teams In Union County, teams of 2-10 people were formed in January, 2007 to lose weight and/or to increase their activity levels. By May, 2007 many had reached their individual goals. One Union County participant stated "I reached my goal to increase my activity level by just 10 minutes each day but having team members who were continually supporting me and volunteering to walk with me, even when it was really cold or I was really tired made all the difference. I lost weight too and that wasn't even my main goal."



Healthy environments Rain Gardens

McKinley Lake was once a beautiful recreational area on the west side of Creston. However, in the past several years, McKinley Lake has fallen victim to storm water runoff and contamination. Iowa State University Extension of Union County and members of the county

decided to take action. Rain gardens have been planted by trained volunteers in an effort to clean the lake and make it safe for human use again. The main purpose of rain gardens is to reduce runoff and contamination into McKinley Lake. Youth and adults have, and will continue working together to maintain the rain gardens as well as ensure the gardens are doing what they are meant to do. The youth and adult volunteers working on this project are well prepared to handle the task of returning this beautiful recreational area to its community.



Iowa State University Extension: In sync with Union County

Union County Extension Council

Billie Jo Henrichs, *President*
Brenda Riemenschneider, *Vice-President*
Jean Sheridan, *Secretary*
Kim Waigand, *Treasurer*
Mindi Eslinger
Robert Hoffman
Chad Rieck
Deron Shawley
Kellee Wilson

Every Iowa county has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.



the new East Initiative program at the high school. The City of Creston was able to finalize plans and break ground for a skatepark, which will add to the active recreational opportunities at McKinley Park. East Union Community School was able to address the need for a safe playground and a milk machine was purchased and is maintained by the East Union

Healthy Economies

Grant writing support is offered to many community partners by Union County Extension. Over the past year, Extension helped gain \$187,500 from the Iowa Department of Public Health with the Harkin Community Wellness project. This provided the finances needed to improve the Southern Prairie

Extension also partnered with community supporters and school administrators to acquire \$65,000 for

Fresh Youth Initiative



“We are all still awash in the glow of the beautiful days that our young people and staff spent in your midst a few weeks ago. Words really don’t capture how grateful we are for every thing you and the many other members of Union County have done to create the kind of “magical” experience that helps youth choose to really move themselves forward” -Andrew Rubinson, Director

Fresh Youth Initiative is a youth organization in New York City. The group chose Union County as its destination to discover diversity outside the big city. Not only did the group experience how people live in Iowa, Union County was given the opportunity to learn about the culture of youth living in the Washington Heights neighborhood of New York City.



Celebrating 150 Years of Iowa State University

Iowa State University Extension in Union County honors the 150th anniversary of the founding of Iowa State University by providing a bench and planting a tree at

Coordinator and Kim Waigand, Union County Extension Council Treasurer. Standing from left to right at Billie Jo Henrichs, Extension Council President, Mindi Eslinger, Council Member, Sharon Bennett, former Council Member, Jan Knock, Iowa State University Extension Citizen Advisory Committee Member representative for southwest Iowa, Laura Hartman, District Representative for Steve King, her son Eli Hartman, John Tapken, Union County Conservation, and Dorothy Eyberg, former ISUE Home Economist in Union



We connect you to Iowa State University.

We are your local link to make connections for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.