

# BUILDING A #STRONGIOWA

## CEDAR COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State research and resources. We listen, learn, and work with the people of Cedar County for a #STRONGIOWA.

### Cedar County Extension Council

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.

We have identified these local issues as priority topics for current and future programming:

- Business & Community
- Agriculture & Environment
- Families & Healthy Living
- 4-H & Youth



### Business & Community

Did you know, Cedar County Extension staff, with leadership from Families and Youth Educator, Dionne Daedlow with support from Laura Webb, Extension support specialist, Noon Hour Power was initiated in January of 2019 to bring a small sampling of information on important topics impacting Iowans today.



### Extension Council Members

We want communities and farmers to thrive, and families and children to be healthy. And eventually we want to turn the world over to the next generation better than we found it.

**Alan Beyer**  
*Extension Council Chair*

**Jeff Macomber**  
*Regional Director*

**DeAnna Taylor**  
*Council Vice Chair*

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*Treasurer*

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*Council Member*

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*Council Member*

**Mike Boyle**  
*Council Member*

**Linda Jacobsen**  
*Council Member*

**Teri Baird**  
*Council Member*

## IN 2019



Highlighted topics have included Stress Management; Spend Smart Eat Smart; Human Trafficking; Department of Human Services 101; Reducing Food Insecurity through Ready Made Meals procurement and distribution; Iowa Corn Growers Information; the Farm Bill Update and more. In addition to presentations by Extension specialists, community partners have also delivered presentations as well.

Some of those partners have been Cedar County Public Health, Tipton and West Branch Police Departments, Cedar County Conservation and more. Community members are invited to bring their lunch to eat while they listen and learn about the topic of the day.

On average 18 people attend each month. Not only have we increased traffic coming in to our office we also included attendees on a mailing list to promote future educational programs. Noon Hour Power has proved to be a



successful way to connect with others in the community as we work toward building a #StrongIowa.

### **Agriculture and Environment**

Annie's Project is the agricultural business education program that empowers farm and ranch women who want to be more knowledgeable about their agricultural enterprises.

Women learn best with and from other women, and Annie's Project takes advantage of that fact by creating a comfortable and supportive learning environment focused in the best farm business management practices.

Course participants learned effective strategies to makes good decisions in five key management areas including financial, human resources, legal, marketing, and production topics.

Eighteen Cedar County women attended the six week course held at the Cedar County Extension Office.

**“Annie's Project helped educate me on decision making so I can feel confident going forward planning my future in farming.”**

**~Jenny Hemingway**





## Families and Healthy Living

Approximately 1.5 million Americans and 10 million people worldwide live with Parkinson's disease (PD), with approximately 60,000 people in the U.S. diagnosed with PD each year. The number of people with PD will increase substantially in the next 20 years due to the aging of the population.

A Journey Through Parkinson's Disease is a Human Sciences Extension and Outreach program for adults interested in increasing their knowledge of Parkinson's disease. Sessions were held at Prairie Hills and First Christian Church for 33 residents and community members.

### Impact

#### **Most Important things learned:**

- The many options that are available to help slow the progression.
- Suggested exercises superb!
- There are many symptoms and many ways to handle it.
- Life isn't over because of PD. There are things to do to make it easier to live with and manage PD.
- Exercise keep active.
- How the disease starts, symptoms; Some medication works
- More information about PD
- How beneficial music can be

#### **Because of your participation, what actions did you make:**

- Better able to support family and friends with PD
- Although we exercise five days a week, this expands our possibilities! So helpful!
- I intend to do more exercise. (6)
- Help support parent with PD
- Remain active, live a healthy lifestyle

#### **End of program evaluations revealed:**

- 88% had greater understanding of the cardinal symptoms of PD
- 83% had a greater understanding signs and symptoms differ for each individual
- 76% had a greater understanding of the causes of PD
- 94% had a greater understanding that physical activity can be helpful for individuals with PD
- 88% had greater understanding that singing can improve the voice, breathing, & swallowing
- 94% had greater understanding that using music helps people with PD move better

60% of program participants were Female and 40% were male.

60% of program participants were 70+ years of age.





and nutrition. By encouraging teachers to embed agriculture into their classroom, AITC cultivates an understanding and appreciation of the food and fiber system that we all rely on every day. AITC is unique within the agricultural education community as the lead organization to serve the full spectrum of K-12 formal education.

### 4-H and Youth

Cedar County impacted almost 1000 children through our 4-H and Youth Development programs. There were 217 4-H members as well as 766 youth involved in school enrichment programs. One of the newest partnerships that Cedar County Extension and Outreach has formed is with Cedar County Farm Bureau through their Ag in the Classroom program. ISUEO Cedar County's Youth Educator will be leading many of the lessons and activities throughout the Cedar County schools.



The mission of Agriculture in the Classroom is to "increase agricultural literacy through K-12 education." An agriculturally literate person is defined as "one who understands and can communicate the source and value of agriculture as it affects quality of life." Agriculture in the Classroom (AITC) programs seek to improve student achievement by applying authentic, agricultural-based content as the context to teach core curriculum concepts in science, social studies, language arts

### ISU Extension and Outreach Cedar County

107 Cedar Street  
Tipton, IA 52772  
563-886-6157  
[www.extension.iastate.edu/cedar](http://www.extension.iastate.edu/cedar)



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### County Extension Staff

**Greta Bierman**  
Office Manager

**Laura Webb**  
Office Assistant

**Teresa Bohlmann**  
K-12 Outreach

**Haley Mostaert**  
4-H Program Coordinator

**Dionne Daedlow**  
Families and Youth Educator

