



# BUILDING A #STRONGIOWA

## 2019 IN WAYNE 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 Wayne County for a #STRONGIOWA.

### Wayne 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:

- Economic Development
- Health and Wellbeing
- K12 Youth Outreach
- Agricultural Resources

### Economic Development

#### The VITA Program (Volunteer Income Tax Assistance)

provides free tax filing for individuals with incomes of \$55,000 or less. Wayne County's site is sponsored by the County Extension District. In 2019 the site had seven volunteers that met with 200 clients. Federal refunds totaled \$290,717, including over \$111,000 Earned Income Credits. The state refunds reached \$50,313, including approximately \$16,000 of Iowa Earned Income Credit. Two thirds of the returns were for families and one third of the clients were 60 years of age or older.

### Health and Wellbeing



Growing Strong Families is a grant-funded program sponsored by Kids First Communities, Early Childhood Iowa (KFC, ECI). Our parent educator, Michelle Brown, has completed her first year in the program. GSF offers educational programs for families in Wayne County,

from prenatal through five years of age. This program focuses on helping parents meet daily challenges, child development, healthy eating habits, and financial responsibilities. GSF also provides child development screenings as well as group connections for both parents and children to meet one another. This program uses the Parent as Teachers curriculum and has earned the Iowa family Support Credential with the Iowa Department of Management and Public Health. In 2019, 26 families with 38 children were visited 204 times along with 10 group connections. Our parent educator is involved with Trunk or Treat, which last year reached over 275 children. She is also active in the Back to School event that provides school supplies, public health screenings, and car seat checks/replacements.

### 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.

**Dan Rockhold**  
Extension Council  
Chair

**Bronson Allred**  
Council Vice Chair

**Brad Head**  
Council Member

**Sue Henderson**  
Regional Director

**Kari Dodson**  
Council Secretary

**Nicole Lutz-Polsdofer**  
Council Member

**Bridget Davis**  
Council Treasurer

**Mark Winslow**  
Council Member

**Melissa Davis-Dyer**  
Council Member

**Sarah Carter-Jones**  
Council Member

## K-12 Youth Outreach

### Summer Day Camps



During the month of June, a total of 17 youth in grades K – 3 participated in four different day camps and learned more about creative arts and paleontology. Through hands-on activities, youth were able to create their own designs using water colors, finger painting, and even followed a recipe to make their own version of slime. In another day camp called “Digging Up

Bones,” youth learned about dinosaurs and ancient fossils. They traveled to Walden Park where they explored in the dirt to find various pieces of a dinosaur skeleton. They used their knowledge of dinosaurs and fossils to assemble the skeleton pieces into a miniature tyrannosaurus.



### Kids in the Kitchen

In 2019, Wayne County youth had two new opportunities to learn about food preparation and kitchen safety. The first was an afterschool program called Upbeat Baking, which was held at the Extension Office for grades K – 5. The second opportunity, a 4-H specialty club, called Cooking Club, was for youth in grades 4 – 12.



Cooking Club met once a month and youth learned how to prepare different dishes requested by the members. Cooking Club was so well received by its members that they began making more than just a dish at their monthly meeting and began making an entire meal. Cooking Club prepared several pies that were sold by the slice at the Wayne County Fair and also donated pies that were auctioned off to raise money for the Wayne County 4-H Program.



### Pick A Better Snack

The Pick A Better Snack Program is funded by Wayne County and a Grant through Iowa Department of Public Health. Our program has extended this year to include the pre-schools in Wayne County. Pick A Better Snack serves 628 students through 6th grade. Ruth Clayton has been the Program Coordinator for five years. The program educates children about healthy eating and incorporates exercises. Each month focuses on a different fruit or vegetable and Ruth leads the students through a taste test activity as well as a group exercise.



### Agricultural Resources

Wayne County offers a variety of Continuing Instructional Courses such as, Private Pesticide Applicator Training, various Commercial Instructional Courses, as well as Manure Applicator Training. We have our Agronomist and other specialists available to answer any questions you might have. We have custom rate sheets and cash rental rate surveys as well as farm lease agreements available in the office. Contact us for any support or resources that you may need.

### County Extension Staff

**Syerra Niday**  
Office Assistant

**Michelle Brown**  
Growing Strong Families  
Educator

**Ruth Clayton**  
Pick a Better Snack  
Program Coordinator

**Sara Gillum**  
County Youth Coordinator

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