



#STRONGIOWA

2021 IN PAGE 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 Page County for a #STRONGIOWA.



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**



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Serving the People of Page County

The Page County Extension Council has been elected by the people of the county to guide local educational programming by partnering with extension staff. From needs assessment through program implementation and evaluation of outcomes, the council represents you and your issues. We are always serving Iowans and we are here for you. Now. Always.

Thank you for your support.

SPOTLIGHT:

Page County Growing Strong Families

Page County Growing Strong Families (GSF) is an in-home visit program for families expecting children, or with children up to age 5. This grant-funded program provides Parents-As-Teachers curriculum-based assessments and parental coaching in the comfort of the family's home by a certified parent educator.

Funding is provided by Corner Counties and Early Childhood Iowa. In 2021, Page County Growing Strong Families received \$28,500 in grant funding for this program.

During Spring 2021, Parent Educator Mary Auten provided monthly activity packages with resources, information and activities for families in the absence of face-to-face visits to 14-18 families. Mary retired in July of 2021 and we are excited to welcome back Debbie Pope as the GSF Parent Educator. Debbie held this role from 2012 to 2016.

Debbie is reaching out to parents all over Page County, and will be offering group activities as well as in-home visits. Debbie brings her 30+ years experience as an educator, along with her uniquely empathetic personal style and is a welcome addition to our Page County Extension staff.

Get In Contact:

Debbie Pope, Parent Educator
dpope@iastate.edu or 712.542.5171



Farmer Appreciation in Page County

Page County Extension Staff decided to honor the Page County Farmer in the wake of the Pandemic. We wanted our Farmers and Farm families to know they were not alone, and that we saw what they were going through. We chose this opportunity deliver mental health information into the hands of a population that does not always ask for help.

Donations from partner organizations helped to grow this idea into something really special. Donations ranged from funding to hand sanitizers, masks, treats and promotional items. Also included were mindfulness cards, Iowa Concern Hotline information and farmer rubber duckies.

We distributed these bags through our Private Pesticide Applicator training opportunities, and through those businesses who had donated to the program. These efforts were well-received, and were highlighted by Human Sciences at ISU as a success story.



We appreciate the
Farmers of
Page County, Iowa!
Thank you for
all you do!



Thank you to these Page County businesses for making this show of appreciation possible.

IOWA STATE UNIVERSITY
Extension and Outreach



Showcasing 4-H & FFA at County Fair and other Page County Youth Programs

The 4-H program is part of Page County's DNA. Page County native Jesse Field Shambaugh, the Mother of 4-H, started 4-H in Page County in 1901. In 2021 the Clarinda Post Office was renamed the Jesse Field Shambaugh Post Office in honor of her many contributions to 4-H and to Page County.

The Page County Agricultural Fair is an important partnership between the Page County Fair Board and ISU Extension and Outreach in Page County. 2021 was a time for both organizations to rededicate themselves to this partnership, and the result was a great County Fair!

The 2021 Page County Fair provided 229 exhibitors with the opportunity to showcase their year-long projects, which included 1,724 fair entries. There were 284 livestock entries, 63 of which placed at the Iowa State Fair. A total of 253 static projects were submitted, with 45 going on to State Fair. In addition, another 132 entries for exhibits and presentations were shown.



- *Page County supports Nine 4-H Clubs, serving 4th - 12th graders, 2 Clover Kids Clubs, serving K - 3rd graders, and a Cayuse Club for horse projects.*
- *In addition to club activities and County Fair, Page County 4-H held programs for youth in Cake Decorating, Sewing, Visual Arts, STEM activities and Babysitting.*
- *SWITCH Healthy Habits Programs were supported in the South Page School District and library programs were held in Clarinda, Essex and Shenandoah with STEM activities.*
- *Page County 4-H participated in the Summer Lunch Program, providing 2000 grab-and-go activity bags promoting 4-H enrollment and summertime learning.*

Serving Page County

As Iowans adjusted to life during the COVID-19 pandemic, ISU Extension and Outreach continued to prioritize health and safety as we delivered research-based education to the people of Page County.

Private Pesticide Applicator training, while challenging, was a huge success in Page County. We shifted from our usual 2 sessions to offering 14 in-person sessions with 10 people or less in the room, and 4 virtual sessions.

Page County Farmers rely on us for these IDALS recertification opportunities and what is important to them is important to us.





Page County Receives Mini-Grant Award to Create Food Donation Garden

A Growing Together Mini-Grant for \$4,000 was received through Iowa State University Extension and Outreach's SNAP-Education program. This grant funded a donation garden, designed to produce food donations to the local food pantries and supervised by Page County Master Gardeners.

Emily Furst, Dietitian at Montgomery County Regional Hospital helped to spearhead this grant opportunity and reached out to Page County Extension for support.

Master Gardeners Brenda Dehmer and Jim & Nancy Varley were instrumental in keeping things watered, weeded and delivered weekly donations. Brokaw FFA



Chapter of Clarinda built raised beds, assembled a shed kit and wired up panels for trellises.

Our little starter garden produced 690 lbs of fresh produce for the Sew & Share Food Pantry, Clar Haven Senior Housing and the Azria Health Care facility—all from the mighty power of a few dedicated folks.

The Page County Extension Council has approved reapplying for this grant and plans to expand the garden and involve more volunteers are underway.



To volunteer for the garden, contact:

Dee Dino, County Director
deedino@iastate.edu

Brenda Dehmer, Gardener
bkdehmer@outlook.com

Mental Health Recovery Initiative

ISU Extension and Outreach, Page County chose to focus on the Mental Health of our community in the wake of the COVID pandemic, incorporating mental health resources and information into all Extension programming including Ag & Natural Resources, Human Sciences, 4-H & Youth Programming and Community & Economic Development.

Anywhere you see Page County Extension, you'll see messaging on de-stigmatization and increasing mental health awareness and self-care. In addition, we are committed to having all our staff receive mental health training and plan to offer mental health training regularly to our partner organizations and community.

Extension Staff



Julie Hering-Kent
Regional Director



Dee Dino
County Director



Lexy Davies
County Youth Coordinator



Kimberly Cavalier
*GSF Supervisor
Family Wellbeing Specialist*



Emily Sybert
Office Manager



Debbie Pope
GSF Parent Educator



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