



2021 IN DALLAS COUNTY

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



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**



The Dallas 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 excited about our new building and growth of the Master Gardener program. We are always serving Iowans and we are here for you now. Always.

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Serving the People of Dallas 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 Dallas County. During 2021 we focused on the following efforts.

Showcasing 4-H at the County Fair

The Dallas County Fair returned in 2021, providing opportunities for youth to demonstrate what they had learned through their 4-H project work over the past year.

- 182 4-H and over 35 Clover kid members shared over 800 building exhibits with the public. The exhibits were reviewed by trained judges and showcased communications, arts, sciences, family and consumer sciences and personal development.



- 86 youth participated in our first ever online auction. Due to Covid-19 restrictions, the 4-H program and Fair board worked together to find an option for all youth to participate in this special auction.
- Dallas County Soccer For Success Club and First LEGO League shared their 4-H experiences at County and State Fairs.

Working toward Recovery

As our state works toward recovery, ISU Extension and Outreach Dallas County has been engaging Iowans in addressing mental health.

- In an effort to help Perry residents reconnect after being secluded due to COVID-19, a community garden was established. Staff and Master Gardeners supported the efforts of over 20 volunteers. Over 90 families were served by the garden that produced over 275 pounds of produce. Recipes were included with the produce.
- 30 Child care providers participated the in Circle of Security parenting training. This training allowed caregivers to learn



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how to better read emotional cues given by the children in their care. They also learned to see children's challenging behaviors as an unmet need, and how to better care for multiple children at a time. One class reported that five out of eight providers showed a reduction in stress due to attending this adult class.

- 170 Participated in Ag and Pesticide Safety Education and each received materials connecting them to Iowa Concern Hotlines.

Looking ahead to 2022, ISU Extension and Outreach Dallas County will :

- Offer a Family Mindfulness Program which focuses on practical strategies to manage stress and difficult emotions and help improve overall well-being and relationships for the whole family.
- Implement Powerful Tools for Caregivers, a series of classes designed to provide unpaid family caregivers with the skills needed to care for themselves, such as reducing stress, communicating feelings and improving self-confidence.
- Continue to support classes for early child care professionals as a strategy to encourage them to stay in the field.
- Offer Salir Adelante— for Latinx families with middle school students to help support their goals in college and career readiness.

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