



#STRONGIOWA

2021 IN WAPELLO 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 Wapello County for a #STRONGIOWA.



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**



The Wapello 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.

Paul Cartwright

Extension Council Chair

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Council Member

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Council Member

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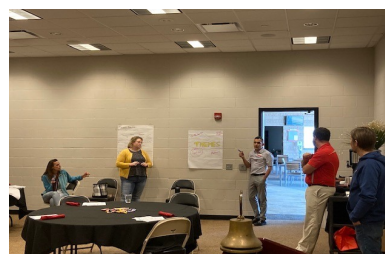
Council Member

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

ServSafe Food Protection Manager Certification Training teaches best practices in safe food handling to keep food establishments in compliance and protect the health of both customers and staff and was held twice this year in Wapello County with a total of 19 participants attending.

Pressure Canner Dial Gauge testing was a success at the Farmers Market in September - nine gauges were tested and increased awareness of ISU Extension and Outreach.



Karie McMillian-Sherwood, NEST Parent Educator

Wapello County has had the NEST program in the county since 2008. The program has had many changes, over the years.

Over the last year and half we have been in midst of a pandemic and we had to alter our program. We took a program from in person, group parent education, to 100% online. Over the last four months, we have had to start over. We lost our parent educator and tried to bring the program back into person.

Karie was hired as the new educator in July and over these past few months has started from zero. The program held its last class in April of 2021, so getting people to come back and get new ones enrolled was a challenge. Karie jumped in feet first and got six of the 10 that were enrolled to return and has enrolled six new families.

Karie has been taking numerous trainings and attending every event she can to get the word out about NEST. We look forward to 2022 and making this an even better program.

Get In Contact:

Karie McMillian-Sherwood
kariem@iastate.edu



Latinos Living Well, a series about how to improve health and stay fit to reduce diabetes, heart disease, and obesity, kicked off on Friday, November 12 with three families in attendance.

During the summer weekly educational garden lessons were presented to children participating in the Prime Time Youth Care program. The summer of 2021 held many new adventurous lessons, including Save the Bees where participants searched the garden for pollinators.

The Clover Kids after-school program is held at 10 schools in Wapello County. Each month, kindergarten through 3rd grade students explore a different topic and do hands-on STEM activities. About 230 are currently enrolled, making it the largest Clover Kids program in the state!

4-H Soccer for Success camp was held in April as a one-week afterschool program in partnership with the Cardinal Community School District, Iowa 4-H, and the U.S. Soccer Foundation. This program provides physical education and sporting experience for youth within a safe environment while also developing critical life skills.

In June, three families participated in 4-H Family Cooking Class, held in partnership with Indian Hills Community College Culinary Department. The four-week cooking series was designed for families to prepare meals together, engage youth in meal preparations, learn about food safety and knife safety, design menu plans that incorporate all five food groups, and enjoy preparing and eating meals together.

More than 1700 elementary students learned about fruits and vegetables through Wapello County's Pick A Better Snack program. Each month, students got to see, touch, smell and taste eggplant, jicama, pears and more! They also learned what makes them so good, where they grow and new ways to eat them.

Showcasing 4-H at the County Expo

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

In addition to the traditional livestock shows, static exhibits, communication presentations, and clothing event, the Wapello County Expo's schedule is filled with multiple educational opportunities for fairgoers.

Every morning at the Wapello County Expo, we had a story time with healthy snacks. We tried fruit kabob rockets, yellow/orange watermelon, jicama salsa and grilled/raw bell peppers. In the afternoons, a StoryWalk® was set-up with various books featured throughout the week.

4-H Kids Day at the Expo was filled with fun games, activities, and adventures. Youth were able to engage in STEM activities including Little Bits, Bee Bots, and Invent STEM. The Little Bits sparked creativity and imagination as they created a whole string of electric circuits. For the Bee Bots, their goal was to help the Bee Bot experience all the activities that Kids Day had to offer by programming the robot to travel to each image on the mat. We had one team participate in the Invent STEM activity where they drew three cards: User, Need, and Constraint, and then had to create an invention that solved the problem using materials provided. In total, over 50 youth stopped by to engage in the activities.



Top: Participants from the StoryWalk held in May.

Bottom Left: Families who participated in the 4-H Family Cooking Event held in June.

Bottom Right: Families that participated in the StoryWalk, walking along the trail.

Wapello County 4-H explored an avenue of astronomy during the 4-H Expo. 20 youth participants were able to build, decorate, and launch their rockets into flight. This hands-on experience gave the youth a feel for exploring science and space exploration. They used their own imaginations and engineering skills to plan, create, and test their design. Three instructors and three volunteers supported the implementation.

Working toward Recovery

As our state works toward recovery, ISU Extension and Outreach Wapello County has been supporting Iowans in improving financial security.

Wapello County Clover Kids hosted a financial security themed StoryWalk® in May on the Ottumwa City Trails river walk.

A StoryWalk® is where pages from a children's book are installed on some type of sign along a path. As participants walk along the path, they read a page and then are directed to the next page in the story. The program has been designed for families to engage in literacy activities while also getting exercise and enjoying the outdoors with their family. Two books were used for our StoryWalk®: "Just Saving My Money" by Mercer Mayer and "Have You Filled a



"Bucket Today" by Carol McCloud. Funding support came from the Iowa State Education Association through the Ottumwa Education Association.

The Legacy Foundation donated several books and bookmarks so every child could take a book home. South Ottumwa Savings Bank gave each child a bag with a green piggy bank, coloring sheets and a \$5 coupon to add to a newly opened savings account. The Ottumwa Public Library brought a fun ice cream cone activity. Each scoop had a price on it and after building their cone, they needed to figure out how much their ice cream cone would cost.

Some of our older 4-H members helped facilitate an activity where each child received a certain amount of money and had to determine whether they had enough money for the items on the table, such as a gallon of milk, a skateboard, and a pair of sandals. Over 50 youth and their families participated in the StoryWalk® and accompanying activities.

Looking ahead to 2022, ISU Extension and Outreach Wapello County will present the following programs and continue to support lowans in improving financial security:

- Cent Savers after school program
- K-5th grade Financial Literacy
- Getting organized: Personal & Financial Records
- Annie's Project

Planning for the Future

In 2021, ISUEO Community and Economic Development facilitated Action Planning and Goal Setting for the Ottumwa YMCA (in partnership with the Ottumwa Leadership Academy) and the Ottumwa Parks Foundation. These processes resulted in three-year plans for both organizations.

The YMCA project focused more on how to recover from the COVID impact in membership and sustainability. As a result of the plan, the Ottumwa YMCA now offers 24/7 access and has remodeled the lobby and is working on the rest of the action items identified in the plan.

The Ottumwa Parks Foundation project focused on finding a vision for the next three years. As a result of the Action Plan, the Foundation started a tree nursery with funds received from donations and grants. The Foundation has also started a fundraising campaign to build a new shower house at the Ottumwa Park Camping grounds. Both projects have received \$60,000 in total from the Ottumwa Legacy Foundation.

Extension Staff



Cindy Hall
Regional Director



Jessica Heisdorffer
Office Assistant



Cindy Emery
County Youth Coordinator



Kelli Anders
Local Foods Coordinator



Lisa Duff
Program Coordinator



Karie McMillian-Sherwood
Parent Educator

ISU Extension and Outreach

Wapello County

13011 120th Avenue
Ottumwa, IA 52501
641-682-5491

www.extension.iastate.edu/Wapello



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