



Health and Well-Being

A pilot study that examined the effects of singing on speech and swallowing in patients with Parkinson’s disease took place in Calhoun County in spring of 2017. This project was a collaboration between Dr. Elizabeth Stegemöller from the ISU Department of Kinesiology, ISU Extension and Outreach, and ISU Extension and Outreach Calhoun County who funded part of the research project.

The data collected from the participants in Calhoun County showed that after eight weeks of singing, they were able to breathe better and their voice improved. The results showed positive improvements in swallowing as well. This is an important finding since it provides the first insight into whether or not the singing program has the same effect as a live group. The program was delivered virtually and facilitated by an Dr. David Brown, a family life specialist with ISU Extension and Outreach. Dr. Brown, states, “From the results so far, this program looks promising!”

Food and Environment

The ServSafe® program blends the latest FDA Food Code and food safety research in a program offered by Katie Knobbe, a human sciences nutrition and wellness specialist with SU Extension and Outreach. Eleven individuals participated in training during the summer of

2017. Participants learned current best practices related to safe food handling and cleaning and sanitizing as well as tips on how to implement essential food safety practices and create a culture of food safety. The 8-hour course included a resource workbook and concluded with a certification exam.

K-12 Youth Outreach

On August 21 nearly 2,000 young lowans were able to experience a near-total solar eclipse at a local 4-H day camp, a rare opportunity to experience an interesting and scientifically significant event.

Nine Calhoun County youth took part in a wide variety of educational activities related to solar eclipses, such as learning how eclipses work and making pinhole viewers for safe eclipse viewing. Technology was also used to feature special speakers highlighting STEM career opportunities.

This program was made possible thanks to a partnership between the Iowa 4-H Youth Development program and the Iowa Space Grant Consortium.

“This was a great opportunity to encourage young people to explore the world around them, and get excited about potential future opportunities in STEM fields” states Tiffany Macke, County Youth Coordinator.

During the 2016-2017 school year, Calhoun County’s 4-H program had 471 total participants with 160 club members.

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