

BUILDING A #STRONGIOWA

TAMA COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Tama County for what we all want: A STRONG IOWA.

Tama 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:

- Building strong communities
- Maintaining an adequate & safe food supply
- Living a healthy lifestyle at all ages
- Teaching future leaders

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.

Judy Morrison
Council Chair

Jennifer Wrage
Council V Chair

Marla Clark-Hlas
Council Secretary

Jackie Skala
Council Member

James Poduska
Council Treasurer

Bill Arndorfer
Regional Director

Keith Zhorne
Council Treasurer

Eric Werner
Council Member

Jacob Benda
Council Member

Cathy Gethmann
Council Member



Food and Environment

Childcare Provider Training. Research suggests that lifelong health behaviors, which influence the risk of obesity and lifelong dietary practices/physical activity, begin to form in the toddler/preschool years. Extension provides programming to childcare providers in Tama County, which meets Dept. of Human Services licensure renewal and Child and Adult Care Food Program recertification. In 2017, over 30 county childcare providers were equipped with strategies to improve the nutrition and health status of children under their care.

Food Preservation. During other nutrition training, 14 people in Tama County were trained in a 2-hour general food preservation course that increased knowledge of foodborne illnesses and recommended safe canning practices. *Words on Wellness*, a mailed publication, brings tips on healthy living and eating to over 60 people monthly.

Horticulture. In other programming, seven ladies were taught to make winter garden containers for their homes. As a result of skills learned that evening, one home-based business creating containers for sale has been launched.

Farmland Leasing. Agricultural education continues to be important as current commodity prices will not support cash rents negotiated under better prices. In July, a Farmland Leasing program was attended by 11 participants. As a result, they intend to make changes to decrease rent, improve communication with other parties in the leasing agreements, and implement new conservation strategies.

Pesticide Applicator Certification. County pesticide applicator programs helped participants better understand how to select

IN 2017

herbicide to reduce weed resistance and increased awareness of precautions that can protect bees and other pollinators. Informational programs were also held on the identification and control of palmer amaranth and manure management practices.



Health and Well-Being

Family caregivers need tools to help them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, manage emotions, make tough decisions, and locate helpful community resources.

In Tama County, 19.6% of the population is 65+ years of age. The need to provide programs to address the unique needs of the aging population in the county is paramount.

Licensed class leaders in Tama County led 11 family caregivers in the Powerful Tools for Caregivers program during May and June of 2017. This 6-week educational program for family caregivers of older adults focuses on the caregivers learning skills for self-care and how to help them thrive, not just survive.

Participants reported the greatest improvement in feeling confident in asking for help with tasks needed for caregiving such as shopping, cooking, cleaning, and transportation. Learning and behavior changes led to increased work productivity and reduced reliance on health care and public services. During the closing session, when participants shared their individual accomplishments, one participant quietly and

thoughtfully shared the following, “I haven’t been able to attend many sessions...I paid \$30...but I was healed. I learned that when I was caring for my spouse I did OK.”

K-12 Youth Outreach

Our future resides with the next generation. In Tama County, the ISU Extension and Outreach staff provide opportunities, experiences and education to youth in the county. Twenty five percent of youth residing in Tama county were reached through Extension programs this past year. Many of these were possible through partnerships with schools, libraries, and other local groups to provide summer programs, workshops, day camps, babysitting clinics, safety training, and education about nature.

4-H. More than 200 Tama county youth were part of the 4-H effort to “empower youth to reach their full potential through youth-adult partnerships and research-based experiences” in 2017. The county has seen a 20% increase in 4-H and Clover Kid membership during recent years.

Communities and Economic Development

In the fall, Traer hosted ISU Retail Customer Service Training. Business people from several communities gathered to discuss working together to promote tourism and provide positive retail experiences. A presentation in Toledo gave local residents tools to access ISU resources for designing signage, planning public city spaces, and making the best use of assets already present in a community. As a result, plans are being made for a 2018 celebration event to embrace and bring together, the diverse cultures of Tama county.

ISU Extension and Outreach Tama County

203 W. High St.

Toledo, Iowa 52342

641-484-2703

www.extension.iastate.edu/tama



Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to Ross Wilburn, Diversity Officer, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, wilburn@iastate.edu.

County Extension Staff

Cheryl Bruene
Executive Director

Ellen Graff
Office Assistant

Jenny Hulme
County Youth Coordinator

