



# BUILDING A #STRONGIOWA

## 2019 IN ADAMS 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 Adams County for a #STRONGIOWA.

### Adams 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:

- Economic Development
- Food and the Environment
- Health and Well-being
- K12 Youth Outreach



### Economic Development

ISU Extension and Outreach partnered up with the USDA Farm Service Agency (FSA) county office to conduct a Farm Bill meeting. Producers and landlords can learn about the program rules and regulations, The ARC/PLC decision tools, Case studies using the Ag Decision Maker and Farm Stress Management and related resources. Speakers were Todd Perdew from FSA, Patrick Hatting and David Brown from ISU. 16 attended at the Corning Community Center.



### 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.

**Don Gee**  
Extension Council Chair

**Brooke Blessington**  
Regional Director

**Cliff Mann**  
Council Member

**Dan Lamgo**  
Council Member

**Emily Anderson**  
Council Member

**Susan Bagby**  
Council Member

**Marlene Hardisty**  
Council Member

**Lauri Greenlee**  
Council Member

**Rex Townsend**  
Council Member



## Health and Well-Being

### Stay Independent: A Healthy Aging Series

This program, attended by 14, helps those 60+ learn about the health benefits of eating well and moving more. New modules on stretching dollars, avoiding fraud and planning final arrangements have expanded the content.

### Healthiest State Walk

This was held on October 2nd, with eleven attending. The Fitness Center was kind enough to let us use their facilities due to the weather this year.

## Food and Environment

### ServSafe™

A certification program for food service managers developed by the National Restaurant Association. Nine people participated in the 8-hour training. Statewide, 2434 attended. Five of the participants are employed in Adams County, three in Union, and one in Ringgold-from local restaurants, nursing homes, day care, and one volunteer organization.

## K-12 Youth Outreach

Clover Kids is an introduction to 4-H for youth in kindergarten through second grade.

Clover Kids meets once a month at the Extension Office and enjoys games, crafts, STEM activities, literature, healthy snacks, and the grammatical beginnings of a 4-H Club meeting by following an adult leader and reciting the Pledge of Allegiance and 4-H Pledge. Approximately 20 youth attend each month.

Discovery Kids is a 4-H preparatory year for 3rd grade students. Discovery Kids attend regular 4-H Club meetings, have the opportunity to exhibit a limited amount of projects at County Fair, and learn by watching and interacting with regular 4-H members.

Three 4-H Clubs meet each month. The clubs provide 4th-12th grade youth with various learning opportunities, from holding officer positions to developing community service projects, delivering educational presentations to independent learning projects.

## Meeting the Needs of Senior Citizens

The "Time Out" newsletter for senior citizens is an important project that is printed each month. People 55 and over make up 35% of the total county population. Adams County Extension and Outreach publishes the Time Out newsletter with stories and articles that the senior population relate to.

Volunteer seniors assemble around 425 newsletters each month for delivery. They deliver to banks, churches, clinics, hospitals, and other locations around the county for easy pick up.

Advertising is sold each month to support the cost.

## ISU Extension and Outreach

### Adams County

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