



BUILDING A #STRONGIOWA

2019 IN APPANOOSE 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 Appanoose County for a #STRONGIOWA.

Appanoose 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. It is the goal of the Appanoose County Extension Council to provide a variety of programming to meet as many needs as possible in the community.

We have identified these local issues as priority topics for current and future programming:

- Economic Development
- K12 Youth Outreach
- Agricultural Resources
- Healthy Living



Pictured above are participants in the 2019/2020 Appanoose County Leadership Program.

Economic Development

The Appanoose County Extension Council identified a need in Appanoose County to build strong leadership within the community. In response, the Appanoose County Leadership program was initiated. Appanoose County Leadership is designed to identify, cultivate, and navigate future community leaders. Appanoose County Leadership is being led by Iowa State University staff in various locations throughout the community.

K-12 Youth Outreach

4-H Youth Development empowers youth to reach their full potential throughout youth-adult partnerships and research-based experiences. During the last 4-H year, there were 11 4-H Clubs and seven CloverKids Clubs in Appanoose County. With 82 CloverKids members and 222 4-H members, there was a total of 304 youth members served in Appanoose County. For more than century, 4-H has provided educational opportunities to youth through various learning experiences. This year, in an effort to expand the areas of interest to Appanoose County 4-H members, monthly project meetings



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.

Teddy Walker
Extension Council Chair

Sue Henderson
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Craig Sebolt
Council Member

Brent Martsching
Council Member

Melissa Neher
Council Member

Pat Amsden
Council Member

Andrew Felton
Council Member

Marketta Haines
Council Member

Lori McClintock
Council Member

Monte McCoy
Council Member

are being held with a variety of topics covered. New youth have been reached and joined 4-H through these events. Additionally this year, the Appanoose County 4-H Program hosted it's largest new member interest day in it's recent history. Multiple new families with no prior experience with 4-H were present and many joined that day. Throughout the summer, there were also three day camps provided to youth aged K-6th grade with various themes including Art, Cooking and STEM! 4-H will continue to strive to reach more youth within our county through the traditional club setting as well as new and exciting opportunities that arise.



Pictured above are participants at the Canvas Shoe Painting 4-H workshop.

Agricultural Resources

Agriculture has, and will continue to be, a main priority for the Appanoose County Extension Council. From offering a variety of educational courses such as Private Pesticide Applicator Training, Manure Applicator Training and other educational courses to working closely with Iowa State University Agronomists, Livestock specialists and various other resources, Appanoose County Extension Office has been a hub of information for our community for many years. Community members are often found in the Appanoose County Extension Office accessing the various ag-related publications available to them. If there are questions that are not able to be answered immediately, the Office Assistant is quick to find the best source to refer them to in order to provide continued good customer service.



Pictured above is the 2019 Crop Advantage course.

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Pick a Better Snack
Coordinator

Healthy Living

The Appanoose County Extension Council feels that healthy living is a priority in various ways for our county. Pick A Better Snack is a program provided to two school districts in Appanoose County, reaching over 450 youth per month! A healthy way to consume fruits and vegetables is introduced in the classroom with recipes and more informational sent home so the healthy choices can continue. In addition to serving within our local schools, community outreach is provided at various events throughout the year!

Another aspect of healthy living that is offered in Appanoose County is the NEST program. NEST is a free program that provides parent education & support to all families with children under the age of five. Weekly classes, offered at five different times each week, offer a chance for families to gain knowledge & skills needed to provide a nurturing & healthy environment for their children.

Iowa State University Human Sciences strives to build a #STRONGIOWA one person at a time. They provide research-based information and education to help Iowans make decisions that improve their lives. The Appanoose County Extension Council provided several program to our community through the Human Sciences team this year.

A Journey Through Parkinson's Disease series provided information about the many aspects of Parkinson's Disease (PD), so that all involved can live full and happy lives. During the three-part series, participants learned about the symptoms of PD, how to seek medical care and what to expect, the cause of PD, treatments and alternative therapies. Twelve community members attended the program in August at the Mercy Medical Center. Human Sciences Specialists Joyce Lash, Joy Rouse, and Sara Sprouse delivered the series.



Stay Independent: A Healthy Aging Series was held at the 18-80 Club in Centerville once per month for four months. Milestones Area Agency on Aging partnered with Appanoose County Extension and Outreach to offer this series to older adults in the county. Up to 25 community members attended each session. The program teaches older adults how to stay healthy and be independent.

Participants from the Stay Independent: A Healthy Aging Series

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