

# BUILDING A #STRONGIOWA

## LOUISA 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 Louisa County for a #STRONGIOWA.

### Louisa 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:

- *More Agriculture Education for All*
- *Adding to the Menu of Nutrition Education Options*
- *Local Business & Industry Assistance*
- *Exploring STEM Careers with Youth*
- *Putting Family Time First*



### #MOREAGRICULTURE

Louisa County has a strong agricultural past, present and future and Iowa State University Extension and Outreach plays a big part in that. Our state specialists teach the proper procedures for chemical spraying and manure application while our local educator partners with the schools for ag safety for all 152 5th Graders in Louisa County. In 2019, our ag education also included Boots in the Barn for women in beef production; a partnership with Farm Bureau to increase Ag in the Classroom in schools; Farmland Leasing & Transition workshops; responses to emerging issues like Delayed and Prevented Planting and Swine Biosecurity as well as taking part in regional events.

### 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.

**Paul Gieselman**  
*Extension Council Chair*

**Janet Smith**  
*Regional Director*

**Mark Carroll**  
*Council Member*

**Mark Cooley**  
*Council Member*

**Marsha Gerot**  
*Council Member*

**Henry Hoopes**  
*Council Member*

**Dana Howell**  
*Council Member*

**Joy Lekwa**  
*Council Member*

**Zion Nawl**  
*Council Member*

**David Wilson**  
*Council Member*

## IN 2019



## #MORENUTRITIONEDUCATION

Louisa County Extension and Outreach Staff delivers a monthly nutrition education series called Fresh Conversations at the Wapello Senior Meal Site. These lessons focus on healthy eating and independence for Seniors.

Plan, Shop, Save, Cook (PSSC) a new curriculum administered by ISU Extension and Outreach, is being piloted by seven trained nutrition educators in eight counties in Iowa including Louisa County. PSSC provides a series of adult classes that show participants how to: choose healthy foods, plan meals, save money at the grocery store, and handle food safely.

## #LOUISADEVELOPMENTS

Since its inception, Louisa Development Group has been focused on providing one-on-one assistance to Louisa County businesses and communities while representing the county at high level ventures so we are not "left behind".

Under the auspices of Extension and Outreach that idea has grown to include hands-on training for start-ups; weekly calls with industry as they navigate land acquisition and zoning, and a presence at SE Iowa Regional Planning and on trips to Des Moines, Chicago and Washington DC.

## #STEMCAREERSFORYOUTH

Eight Louisa County 4-Hers and students got hands-on science experience as they inspected organs, made their own finger casts and used simulators to understand laparoscopic surgery at a Mini-Med Science Day at the University of Iowa Hospitals and Clinics. They traveled to see the medical museum and helipad as well and there the air-care pilot and flight paramedics shared about the work they do and the education and experience required to work in those positions.

About 2 dozen Louisa County students traveled another day to the SE Iowa Research Farm for Ag Exploration. Students rotated through 8 stations learning about livestock and crops, precision agriculture and horticulture.

## #FAMILYTIMECOMESFIRST

The Strengthening Families Program (SFP) is an Iowa State University developed curriculum that teaches skills that strengthen families. SFP has been found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. SFP was provided in Wapello in the Fall of 2019 and is scheduled for Columbus Junction in Spring 2020 as part of the Prosper Grant in Louisa County.

## ISU Extension and Outreach

### Louisa County

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