



# BUILDING A #STRONGIOWA

## 2019 IN TAMA 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 Tama County for a #STRONGIOWA.

### 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:

- The Uncertain Ag Economy
- Ready Access to Healthy Food For All
- An Aging County Population
- Preparing Youth for the Future



### Communities and Economic Development

Each year our community and economic development specialists provide **skills training for more than 50,000 community leaders**, local government officials, business owners, entrepreneurs, and volunteers statewide.

Locally, our work with the STC Middle School Junior Achievement program on communities and entrepreneurship helped students understand how money flows through the economy and to see how everyone contributes to a global economic system.

Free income tax assistance and student government day were hosted in our county office this year. More than 150 people benefited from these 2 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.

**Judy Morrison**  
Extension Council  
Chair

**Jackie Skala**  
Vice-Chair

**Eric Werner**  
Secretary

**Lance Wauters**  
Treasurer

**Keith Zhorne**  
Treasurer

*Council Members*

**Cathy Gethmann**

**Don Linnenbrink**

**Trish Stadler**

**Jennifer Wrage**



## Health and Well-Being

**Healthy and Homemade**, a series focused on strategies to save money and prepare safe, nutritious foods, taught 12 people new food safety skills, recipes, and strategies for meal planning during January 2019.

In the spring, **Stay Independent**, a four session program for individuals 60+ that helps adults remain healthy and independent as they age, was held in Toledo with 11 people attending the series. Evaluations indicate 100% are now familiar with health benefits discussed in class, 85% are likely to now eat 3 meals a day, 100% are likely to eat fruit, vegetables and protein daily, 78% are likely to be physically active daily.

Two hands-on summer workshops taught 13 adults and youth about kitchen safety and correct use of canning equipment. 100% of the attendees reported they will use USDA approved food preservation resources in the future.

Looking forward, staff in Tama county are prepared to offer **Raising School Ready Readers**, a family centered literacy initiative, with partners in 2020.

## Food and Environment

We provide information and resources to **help lowans deal with an uncertain farm economy**. Every day more than 7,400 visitors consult our Ag Decision Maker website. Our farm financial management associates help lowans understand their farm's financial situation. With a toll-free phone number, live chat capabilities, and a website, Iowa Concern provides free, 24/7 access to stress counselors, an attorney for legal education, and referral services.

Locally, 6 people completed **Master Gardener**

### County Extension Staff

**Cheryl Bruene**  
Executive Director

**Jennifer Hulme**  
County Youth Coordinator

**Sara Sorensen**  
Office Assistant/  
Bookkeeper

**Adriane Carlson**  
Regional Director

**Training** this year. Three interns from last year's class logged a total of 158.5 volunteer hours in the community, a \$3526.73 value to the county. They provided literature and demonstrations at the Farmers' Market and distributed free seeds with growing information by establishing a seed library. With the addition of new volunteers, the impacts are expected to grow in 2020.

## K-12 Youth Outreach

Participation in youth programs continues to increase. This year we reached nearly one-third of all youth in the county through our programming. Summer library programs were delivered in every library in Tama county. 4-H enrollment is steady with just under 800 participants in Tama County's **4-H programs** in 2019.

Through a partnership with STC Middle School, the SWITCH program, an innovative school wellness initiative designed to support and enhance school wellness programming; was presented to seventh grade students. SWITCH helps students "**Switch what they Do, View, and Chew!**" Students sampled new foods, learned simple ways to exercise, and were made more aware of screen time through the lessons delivered during the sessions.

The **Water Rocks!** classroom visits program was brought to several county schools during the 2018-19 school year. This interactive presentation inspires youth across the state to think, care, and act towards protecting water, land, and other natural resources around them.

All lowans benefit when young people are prepared for college and careers, and are ready to become Iowa's future workforce and successful, contributing members of society. Our goal is to help make this happen for Tama county!

## ISU Extension and Outreach Tama County

203 W. High St.  
Toledo, IA 52342  
641-484 -2703

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, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, [extdiversity@iastate.edu](mailto:extdiversity@iastate.edu). ADV.19.04L September 2019

