

# BUILDING A #STRONGIOWA

## VAN BUREN 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 Van Buren County for a #STRONGIOWA.

### Van Buren 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:

- Community Development
- Health and Well-being
- Food and the Environment
- Agricultural Resources
- K-12 Youth Outreach



New Office



Safe & Healthy Kids Fair

### Community Development

**Workforce Development** - ServSafe™: A certification program for food service managers developed by the National Restaurant Association. Seven participated in the 8-hour training. Statewide, 2434 attended.

**Master Gardeners** - Our Master Gardener trainees were busy this year fulfilling their volunteer hours. They presented 4-H workshops, helped a 4-H club plant flower boxes on the fairgrounds, and organized a local Farmer's Market.

**Safe & Healthy Kids Fair** - This is a community event to help prepare students for the new school year. This year's attendance was 155 adults, 270 students and 340 meals were served.



### 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.

**Steve Kisling**  
Extension Council Chair

**Sue Henderson**  
Regional Director

**Sandra Coffman**  
Council Member

**Amy Eden**  
Council Member

**Tim Gilchrist**  
Council Member

**Kathy Noll**  
Council Member

**Twyla Peacock**  
Council Member

**Katie Plowman**  
Council Member

**Christine Westercamp**  
Council Member

**Will Whitaker**  
Council Member

IN 2019

## Health and Wellbeing

**What About Me?** My Wellbeing teaches participants how to enhance their well-being and quality of life. 23 participants attended this four-part series offered in May, June, July, and August at the Van Buren County Hospital in Keosauqua. Human Sciences Specialists, Joy Rouse, Joyce Lash, and Sara Sprouse gave the presentations. Attendees engaged in hands-on learning and developed a personal plan for their own well-being.

The purpose of **A Journey Through Parkinson's Disease** is to provide information about the many aspects of Parkinson's Disease, so that all involved can live full and happy lives. The learning objectives for the three-part series was: recognize the symptoms of Parkinson's Disease (PD), understand how to seek medical care and what to expect, understand the cause of PD, understand how treatments work, learn about alternative therapies, such as singing and exercise, learn simple at home activities and tools to help with PD. 12 community members attended the program in January at the Keosauqua Senior Center.

## Food and the Environment

### Safe Food for Concession Stand Workers

This program is a basic overview of safe food handling for those working where food is prepared and sold to the general public. Eight participants attended the class at the Van Buren County Hospital, Community Services meeting room. The program was led by Human Sciences Specialist in Nutrition and Wellness, Sara Sprouse. Participants were pleased with the review of food safety information and appreciated the opportunity to ask questions and discuss topics of concern. A follow-up e-mail was sent to all participants with links to on-line food safety resources. Bob Coffman, food safety inspector answered questions collected during the class via e-mail. An attendance certificate was awarded at completion of the program.

## County Extension Staff

**Nancy Carr**  
Office Assistant

**Jennifer Plowman**  
County Youth Coordinator

**Sara Sprouse**  
Human Sciences Specialist  
Nutrition & Wellness

## Agricultural Resources

Van Buren County offers a variety of Continuing Instructional Courses such as, Private Pesticide Applicator Training, various Commercial Instructional Courses as well as, Manure Applicator Training. We have our Agronomist and other specialists available to answer any questions you might have. We have custom rate sheets and cash rental rate surveys as well as farm lease agreements available in the office. Contact us for any support or resources that you may need.

## K-12 Youth Outreach

We have five active 4-H clubs, three specialty clubs, a county-wide Clover Kid club, plus a very involved Youth Council that helps youth engage in leadership and citizenship activities.

We had two new workshops this year:

**Herb 101:** 4-H members learned about herb use in everyday foods, how to repurpose an item (two liter bottle) and made an herb garden to take home. This could be used as a county fair project as well! Led by one of our Master Gardeners Mary Kay Koffman and our Summer Day Camp assistant Hannah Sprouse.

**Jam Making:** Sara Sprouse our Nutrition and Wellness Specialist for Van Buren County held a Youth Jam making workshop for our 4-H members. Youth experienced hands on learning on how to safely prepare strawberry jam. Youth were split into two teams so they each had the opportunity to participate, each team had a caring adult as well. Participants were able to take two jars of jam home and exhibited the jam at the county fair.



## ISU Extension and Outreach

### Van Buren County

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