

# BUILDING A #STRONGIOWA

## WASHINGTON 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 Washington County for a #STRONGIOWA.

### Washington 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

**Leadership Washington** is a Chamber of Commerce collaborative effort designed to bring emerging and existing leaders together to guide and foster positive change in the Washington area. Approximately 25 participants interacted with local leaders and learned about local resources. Washington County Extension contributes to Ag Day which highlights the agricultural businesses in the area.

**Farm Safety Day** led by 10 community presenters, 15 youth leaders provided 132 youth and educational experience to reduce the risk of ag related injuries. The topics included ATV safety, Fire Safety, First Aid, Tractor Safety, Bio-security and Poison Look Alike, Water/Pool safety, Train Safety, Bully Stopper and Disability Awareness. 87% of youth want to return again!

### Health and Well-Being

**Farm Stress** – Human Sciences Specialists presented a special workshop for the Turkey Federation Area Meeting in Washington, Iowa. Twenty four turkey farmers from the Washington County area were provided information on self-care, stress management, ISU Extension and Outreach Services and resources in this effort to help with farmers and stress.

**Small Change: Building Financial Security** is a personal finance course developed by ISU Extension and Outreach for city and county employees, educators, and other school personnel. The course focuses on making more informed decisions about financial management and building greater confidence to make small changes that can make a difference. In Washington, eighteen educators participated in the 8-hour course. Educators were able to earn one credit for teacher licensure renewal.

**A Journey through Parkinson's Disease** is a program from Iowa State University Extension and Outreach focused on

### 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.

**Kathy Ebert**

*Council Chair*

**Margaret Brining**

*Council Member*

**Gene Mohling**

*Regional Director*

**David Erwin**

*Council Member*

**Dennis Lampe**

*Council Member*

**Duane Hammen**

*Council Member*

**Sue Janecek**

*Council Member*

**Donna Palmer**

*Council Member*

**Rhonda Clough**

*Council Member*

**Ann Williams**

*Council Member*

## IN 2019



Parkinson's disease, its effects, and possible treatments. ISU Human Sciences Specialists partnered with The Halcyon House in Washington to offer the educational program. Twenty participants attended the three part series of interactive lessons, discussions, and activities.

**Healthy and Homemade** program focuses on using a person's time, resources and skills wisely to save money while still preparing nutritious and safe meals. During the sessions, individuals explored many strategies to eat healthy and save time and money. Six people participated in the program in Brighton.

## Food and Environment

**TryDay Friday** occurred every Friday for nine weeks. 117 Kindergarten students were introduced to fresh fruits and vegetables with basic food growing lessons. Students used their 5 senses to explore and understand the food each week and talk about other ways it can be eaten.

**Pick a Better Snack** worked with 106 first grade students for 9 weeks exposing them to new foods each week including a health lessons about exercise, handwashing, MyPlate, whole grains, hygiene, etc. 4 letters were sent home to educate the entire family.

**Kids in the Kitchen** is an afterschool club with 20 registered students who met for 6 weeks. This group learned to read recipes, organize food into meals and food groups, measure ingredients, use proper food preparation with safe kitchen practices and made new foods each week.

**Agronomy In the Field**—female landowners, farmers and ag retailers learn more about agronomy and related agricultural topics through distance-learning sessions of Agronomy in the Field. The objectives of Agronomy in the Field are to strengthen agronomic skills for women that allow for better decision-making, provide a better understanding of inputs for crop production, to see and understand different conservation practices and increase confidence in business communication.

## Washington County Extension Staff

**Karen Bates Chabal**  
Office Assistant

**Amy Green**  
County Youth Coordinator

**Diane Rinner**  
County Youth Educator

**Nancy Adrian**  
County Director

**Rebecca Vittetoe**  
Agronomist

**Tom Miller**  
Swine Specialist

## K-12 Youth Outreach

**4- H Youth Development** empowers youth to reach their full potential through youth-adult partnerships and research-based experiences. Currently, Washington County has 367 active 4-H members grades 4-12 in 17 traditional 4-H clubs and one specialty club, the Clover Cookers, 190 Clover Kid members grades K-3 in 8 Clover kids Clubs. Washington County Extension youth education in schools averages 570 students impacted each month!

**Babysitting Basics** aims to teach kids about responsible baby sitting where they learned developmental stages, first aid, CPR, how to call dispatch in an emergency, healthy and safe eating, age appropriate activities and proper care of a child. Twenty-one participants in 5th grade or above completed this 5 day course.

**Ag Exploration Day:** One-hundred and thirty area high school students participated in a new event at the Southeast Research and Demonstration Farm called Ag Exploration Day. Students engaged in hands-on learning, get students excited to enter careers in agriculture, teach students skills they can use at home, and provide networking opportunities. Students rotated through 8 stations learning about a variety of topics ranging from livestock and crops to precision agriculture and horticulture. Students also had the opportunity to visit with local community colleges, ISU, and sponsors.



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