

WHAT WE WANT #STRONGIOWA

2018 IN Washington COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Washington County for what we all want: **a strong Iowa.**



Extension Council Members

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
- Agriculture and the Environment
- Health and Well-being
- K12 Youth Outreach

*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. **We are building a strong Iowa.***

Extension Council Members: Kathy Ebert, Dennis Lampe, Sue Janecek, Cathy Rich, Margaret Brinning, David Erwin, Duane Hammen, Donna Palmer, Ann Williams

Agriculture and the Environment

100 years ago, the people of Washington County partnered with ISU to provide local access to education and research. The first extension agent brought resources of ISU to Washington County. At the time, hogs were \$16.84/cwt; cattle \$13.85; corn, \$1.27/bu.

Community Development

100th Birthday Bash: Washington County Extension celebrated their 100th birthday with an Alive After Five celebration at the Farmer's Market in downtown Washington. Guests were able to enjoy hands-on booths, register for door prizes and visit with Cy!



Food Drive: In celebration of the 100th birthday and to assist with food needs in the community, Washington County Extension spearheaded a food drive for the local pantry. 4-H Clubs and community members were encouraged to purchase items to prepare *Healthy & Homemade's* "Cheesy Chicken Enchilada Bake." The recipe card and family meal tips were included with all the ingredients for that healthy meal. 65 meals were packaged and donated.

Minimize Effects of Stress: Supporting the ever-changing mental health services is a regular discussion topic by the Washington County Interagency Group. In partnership, Washington County Extension prepared 70 packets of publications, news releases and business cards highlighting the ISUEO resources on stress and the threat of suicide. These went to churches, social services and physical/mental health care providers to better aid their members and patients regarding stress that can contribute to the threat of suicide.

Washington Co Extension continues to serve the agriculture community.

- Women in Agriculture & Beginning Young Farmer Education
- Pesticide & Manure Applicator Trainings
- Farm Lease & Risk Management Education
- Master Gardener & Horticulture Education
- Small Farms Conference
- Livestock Management
- Water Quality
- Agronomy Support



K-12 Youth Outreach

Afterschool clubs included: STEM Clubs and Kids in the Kitchen. IMPACT: Filled 190 seats providing 1140 added hours of STEM and healthy living learning. 9 units were taught



YOUTH OPPORTUNITIES:

Camps: Kids in the Kitchen, Put a Lid on It Helmet Design, Oceans of Fun, Monarchs on the Move, A Long Way Down Parachute Design, Farm Safety, Messy Scientists, Flight School, Magician's Laboratory, Ramp up with Robotics
Trips: Agronomy Day, Fashion 101, Grow Conference by FarmHer, Chicago
Workshops: Welding, Poultry, Swine, Sheep, Glass Ornaments, Wreath Making, Floral Design, Mini Med School, Photography, Bucket-Bottle, Rabbit

384

Youth participated in summer camps

33

Days this summer were filled with fun, friends and learning at Clover University Day Camps

Number of youth completing 9-week Pick a Better Snack program

451

Twenty-Six 4-H & Clover Kid Clubs

548

4-H & Clover Kid Members

Partnering Programs:

Kirkwood STEM Fest
 WCHC KidzFest
 Washington/Mid-Prairie Homeschool Summer Reading Programs
 Chamber of Commerce Summer Classic

Health & Well-being / Human Sciences:

Human Sciences reaches out to families across the lifespan sharing information about stress and relationships, personal finance, and nutrition and wellness.

Stay Independent: A Healthy Aging Series -

This nutrition and wellness program for adults age 60+ that provided community-residing older adults with research-based nutrition and wellness information intended to help reduce their nutritional risk and sarcopenia risk. 15 participants learned about the importance of three meals a day, how to increase fruit and vegetable consumption, current protein recommendations, how to increase protein consumption, and exercises that can be done anywhere.

Finances of Caregiving – This 5-week series provided assistance to 18 individuals as they planned for their retirement while they provided care for a loved one. One participant commented, "I am so glad I had the opportunity to attend this class. I wish I had this class when my husband was ill – but I just wasn't ready at that time. I have learned a lot since he passed away and understand things differently."

ACEs - In Washington, 15 participants attended a training about Adverse Childhood Experiences – or ACEs. These are categories of childhood experiences that produce toxic levels of stress for children. Physical, emotional, and/or sexual abuse, a parent or caregiver with substance abuse, and neglect are some examples of the ACEs. The explosion of brain research over the last few decades now provides convincing evidence that what happens to us as children is stored not just in our memory, but also in our biological make-up, and this has long term implications for our health and wellbeing as adults.

Growing Up WILD- This early childhood education program is for professionals teaching and caring for ages 3-7. ISUEO partners with Iowa DNR and local county conservation to offer this program. 11 Washington County child care professionals attended.



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Washington County Extension

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