



BUILDING A #STRONGIOWA

2019 IN DUBUQUE 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 Dubuque County for a #STRONGIOWA.

Dubuque 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:

- K-12 Youth Outreach
- Health and Well-being
- Food and the Environment

K-12 Youth Outreach

The Clover Kids Fall Fun Fest served as a great retention tool for the current Clover Kids. The youth had the chance to meet Clover Kids from other clubs, participated in fun STEM activities, and were able to learn a little bit more about 4-H and some of the after-school camps that are held by staff. Some of the activities included coding with Bee Bots, making Goblin Snot (slime), creating lava lamps, pumpkin painting and more! This event was a great way to show what 4-H is and the fun possibilities that come with being a 4-H member!



2019 National Youth Science Day Challenge, Game Changers. Game Changers taught the youth important computer science concepts, problem solving skills and created real-world connections between computer science and agriculture. Throughout the month, 400 students in the Dubuque area participated in this year's National Youth Science Day. The youth interacted with unplugged challenges that allowed the youth to learn about computer science concepts without internet access. The activities also provided an opportunity for kids to learn about STEM topics (science, technology, engineering and math) by participating in a hands-on STEM challenge. STEM creates critical thinkers, and enables the next generation of innovators.

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.

Cindy Kohlmann
Extension Council Chair

Matt Simon
Vice Chairperson

Ron Calondar
Council Member

Paul Mariman
Regional Director

Matt Monahan
Council Member

Deb Mahoney
Council Member

Mary Lou Baal
Council Member

Jared McGovern
Council Member

LuAnn Krapfl
Secretary

Bill Watters
Treasurer

Powerful Tools for Caregivers

Dyersville was the host site for Powerful Tools for Caregivers for Dubuque County which began on October 3. Two leaders took turns in leading the class. Powerful Tools for Caregivers is a six week course in Dubuque County that includes tools for how to reduce personal stress, change negative self-talk, how to communicate your feelings and ask for help, how to deal with emotions and make tough caregiving decisions.

This class was comprised of older adults who were caring for spouses or parents and one individual caregiving for both his wife and daughter. The participants were very appreciative of all the new ideas they learned and how to communicate effectively with family, care receivers, medical staff, etc. Some of the comments made were, "Many good suggestions" and "My feelings and emotions are a normal part of being a caregiver. It is okay to set limits."



"I never really looked at or read food labels before, but now I know how important it is. I watch more carefully when buying. My grocery bill has gone down a lot. I am exercising more and like trying new veggies. Thank you!" - Participant in Buy. Eat. Live Healthy

Health and Well-Being

Human Sciences Extension and Outreach works every day to empower people and grow lives. One educational offering, offered at no cost, "What About Me? My Wellbeing" program designed to enhance adult individual wellbeing and quality of life in ways that are personally meaningful to participants. This introductory program with group discussion and hands-on activities, includes four, 45 minute sessions. The first session helps participants understand wellbeing and the importance of making time for self. The next three sessions focus on the areas of social/emotional, financial, and physical wellbeing. The program was introduced to the wellness coordinator at Northeast Iowa Community College (NICC) and aligned with their wellness program. A partnership was established resulting in approval to offer the series for employees and students at both the Peosta and Calmar campuses. All participants at the Peosta campus reported learning something new and took action related to their wellbeing.

The Buy. Eat. Live Healthy program began serving Dubuque's families who have limited resources and are pregnant or parenting. The program is a series of eight lessons that focus on how to budget for healthy foods, make healthier food selections, keep foods safe and how to prepare foods for their families. Buy. Eat. Live Healthy reached 82 total household members. Of the program's participants:

22% identified with an underrepresented race and/or ethnic group

62% had income at or below 100% of the federal poverty level.

Of those who completed the program:

88% reported a positive increase in physical activity

90% reported improvement in managing their food resources, and

95% reported that they improved the quality of their diet





In September of 2019, Dubuque County Extension and Outreach introduced a second nutrition program for adults called Plan, Shop, Save & Cook. This four-lesson series also focuses on individuals who have limited incomes. The program teaches participants how to plan menus, shop for the healthiest options, save money on groceries and how to cook healthy meals.

Buy. Eat. Live Healthy and Plan, Shop, Save & Cook have already enrolled new participants this fall and look forward to serving more families this next program year!

Food and Environment

Harvest of the Month

This year, Iowa State University Extension and Outreach - Dubuque County launched the Harvest of the Month program in area childcare centers. This monthly program educates preschool students on local foods, where food comes from, and encourages students to make healthy choices. Each month 8 preschool sites throughout the county enjoy a 30 minute presentation on a local product, or 'harvest'. During these sessions, students learn how the product is grown or produced, where it comes from, and get to enjoy a sample of the food. Early education on healthy choices and where they come from helps promote lifelong healthy food preferences and eating patterns, and decreases the risk for childhood obesity. Over 280 preschool students in Dubuque County and 30+ teachers have been



impacted by this programming. To offset the cost to preschools in hosting this programming, food is provided through a grant from the Dubuque County Food Policy Council. These programs also provide an opportunity to connect area preschools and childcare centers with healthy, locally produced food for their regular lunches and snacks.

Local Producer Nights

Last winter, area local food producers started gathering for local producer networking nights. These monthly meetings held at the Dubuque County Extension office, connect area producers together to network, share ideas, and learn about each other's farm businesses. Each month a local producer is invited as a guest speaker to share about their business, how they got started, and how they choose to market their product. This insight has given producers a real world look at other farm businesses in the area, fostered connections among farmers producing a variety of local foods, and led to new marketing and business ideas. Producers have enjoyed the opportunity to learn from each other and connect outside of the traditional growing season. Making connections among producers to help strengthen their farm businesses is just one of the ways we are working to build a stronger food system in Dubuque County.



Home, Horticulture and, Small Farm Questions - Our office has helped with over 310 different client questions relating to homes, horticulture and small farms. Questions ranged from sick plants, to household insects, and cover crop seed certification. Our office also helped clients with submitting samples to the state Plant and Insect Diagnostic Clinic when a laboratory diagnosis was necessary or desired.

Homeowner Soil Testing - With the closure of Iowa State's Soil Testing laboratory on campus, homeowners were left without resources to assist them in testing their soils. Our office helped to solve this issue by creating the Soil Testing Kit made for homeowners. Our office worked with other soil experts in extension to make the kit as user friendly and clear as possible. In the 2019 year, our office had handed out over 50 kits.

Master Gardeners – Our county Master Gardeners work to educate others through their annual public events that include Spring Seminar, Tour of Gardens, and Fall Workshop. These events educated a combined 378 people on good gardening practices and new gardening techniques. A

new activity for the 2019 year is a Hydrangea Cultivar Display Bed hosted at the Dubuque Arboretum and Botanical Gardens. With the growing popularity of hydrangeas in our area, the Master Gardeners identified a need for more knowledge about the local performance of this shrub. They planted 38 hydrangeas to evaluate for performance and display to the public.

County Extension Staff



Paul Mariman
Interim County Program Coordinator



Laura Klatte
Office Manager



Sarah Ludwig
County Youth Coordinator



Leah Imoehl
K-12 Education Coordinator



Ray Kruse
Food Systems Program Coordinator & Master Gardener Coordinator



Brittany Demezier
Food Systems Program Coordinator



Abby Spiegel
Buy. Eat. Live Healthy Coordinator



Deb Pic-Deutmeyer
Administrative Assistant

ISU Extension and Outreach Dubuque County

14858 W. Ridge Lane, Ste.
Dubuque, IA 52002
563-583-6494

www.extension.iastate.edu/address



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. ADV.19.04L September 2019