



# BUILDING A #STRONGIOWA

## 2019 IN MARSHALL 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 Marshall County for a #STRONGIOWA.

### Marshall 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.



### Food and Environment

Marshall County has wrapped up its second year of logging donated produce from community gardens around Marshalltown with the help of the SNAP Education Mini Grant. The program donated 935 pounds, which was an increase of over 100 pounds from 2018. This was all done over four and a half months.

Donation sites receiving the produce from eight locations were the Emergency Food Box, House of Compassion, Salvation Army, and Marshall County Food Nutrition Program participants. We look forward to increasing by another garden location in 2020 and increasing the amount of pounds donated to the community.



### 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.

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|---|--|--|
| <b>Reed Riskedahl</b><br><i>Extension Council Chair</i> | <b>Ethan Crow</b><br><i>Council Member</i>       | <b>Sharon Kline</b><br><i>Council Member</i>     |
| <b>Rich Wrage</b><br><i>Regional Director</i>           | <b>Mary Giese</b><br><i>Council Member</i>       | <b>Mike Meling</b><br><i>Council Member</i>      |
|   | <b>Craig Hawkins</b><br><i>Council Member</i>    | <b>Joyce Thomas</b><br><i>Council Member</i>     |
|   | <b>Kim Jass-Rameriz</b><br><i>Council Member</i> | <b>Linda Von Holten</b><br><i>Council Member</i> |

## PROGRAM CONTACT HOURS INCREASE

2018-2019 Program Year



### K-12 Youth Outreach

Marshall County 4-H and youth programs were happy to increase its youth offerings during the 2018-19 program year. Program contact hours increased by over 3,000 hours. This includes programming done at youth teaching gardens, Marshalltown Community Summer STEM Camps, day camps, and library programs. Programming was completed by County Youth Coordinator Megan Carlson and Program Coordinator Chelsea Martens, as well as three full-time summer assistants.

### Economic Development

When MICA identified home-buying education as a need among Burmese immigrants, they turned to ISU Extension. Barb Wollan, Human Sciences specialist in family finance, met with MICA's outreach team to clarify needs, and then developed a three-part workshop tailored to those needs. Workshop materials relied heavily on pictures and numbers to accommodate participants with limited English skills. Wollan's comments were translated on-site into three Burmese languages.

Fifteen individuals participated, with most attending all three sessions. While language issues made formal evaluation difficult, reports from the interpreters made it clear that participants found the workshop series extremely helpful.

### Health and Well-Being

We live in an aging society. One in every eight Americans is older than 65. A person aged 65 can expect to live an average of 18 more years, according to the U.S. Department of Health and Human Services. In Iowa, 27.5% of households in 2017 had at least one person aged 65 or older. Physiological changes, sedentary lifestyles, and diets lacking nutrients can occur with increased age and result in illnesses that negatively affect independent functioning. Yet most older adults want to stay in their own homes or in an independent living community.

In response, ISU Extension and Outreach Human Sciences specialists offered a four-part series in Marshalltown in early 2019. The Stay Independent: A Healthy Aging Series was well-received by the residents at Tallcorn. As a result, 10 participants received research-based nutrition, wellness, and physical activity information throughout the series. At each session, participants sampled healthy, tasty, low-cost recipes, learned about the health benefits of eating well and moving more, and shared ideas. Their comments included positive response to the recipes and their intent on using them in the future.

### County Extension Staff

**Amy Pieper**  
County Director

**Chelsea Martens**  
Office Assistant  
Master Gardener  
Coordinator

**Carrie Gaier**  
Summer STEM  
Coordinator

**Megan Carlson**  
County Youth Coordinator

**Grisel Chavez**  
Family Nutrition Program  
Coordinator

**Madde Green**  
Summer Intern

**Shelby Larsen**  
Summer Garden Assistant

### ISU Extension and Outreach Marshall County

2608 South 2nd Street  
Marshalltown, IA 50158  
641-752-1551

[www.extension.iastate.edu/marshall](http://www.extension.iastate.edu/marshall)



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