

# EXTENSION EXPRESS

SUMMER 2025 EDITION

## COUNTY EXTENSION DIRECTOR | KELSEY GUADARRAMA

Working to utilize our resources in order to have effective and impactful programming. **Check out the 2024 Impact Report!**

### 4-H YOUTH DEVELOPMENT | LAUREN ALLISON & KELSEY GUADARRAMA

#### SCHOOL PROGRAMMING |

We have had a great time visiting schools throughout the county and continue to grow our school programming efforts. We have reached well over 1000 youth through our school-based educational opportunities this year.

- South Central Elementary- 4-H information session and STEM lessons with all 3rd grade students
- Westville Elementary- 4-H information session to all 3rd and 4th grade students
- Lake Hills Elementary- Soccer for Success programming with all 4th and 5th grade students and Invention Convention with 30 kids in K-6
- Rolling Prairie Elementary- STEM and 4-H information session with all Kindergarteners
- New Prairie High School- Resume writing workshop with 40 high school students
- Career Days at Westville High School, New Prairie High School, and LaPorte High School
- Ag Days with 4<sup>th</sup> Grade youth from across the county, reaching 791 Youth
- Field Days in partnership with LP County Soil and Water with 5<sup>th</sup> Grade Youth from across the county
- Indian Trail Elementary- Supported Drone Program led by Jesi, our ANR educator, and a STEM activity with all 4<sup>th</sup> grade students
- Coolspring Elementary- Supported Drone Program led by Jesi with all 3<sup>rd</sup> grade students
- School Buddies Partnership with the Youth Service Bureau, reaching 40 youth across grade levels

#### SENIOR CELEBRATION |

We have 79 ten-year and senior members, with 56 of those being ten-year members! We are excited to celebrate their hard work at our banquet on June 16th.

### COMMUNITY DEVELOPMENT |

#### AMERICAN CITIZEN PLANNER |

The American Citizen Planner is an online Indiana training program designed to help those currently, or potentially, serving on an area or advisory plan commission in Indiana learn at their own pace, Course participants also register for four live virtual event, which build and expand upon topics covered in the online course.

You'll understand the roles and responsibilities of public officials, community residents, and developers in the planning process, as well as tools and processes planners use to implement comprehensive plans.

**Register here**

#### REMOTE WORK CERTIFICATE |

The Remote Work Certificate is a 4-week online educational course designed to help employers enhance the productivity and efficiency of their distributed virtual teams. Our nine self-paced modules provide the essential tools and skills needed for employees to thrive in a remote work environment.

**Register here**

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## AG & NATURAL RESOURCES | JESI DAVENPORT

### PINNEY PURDUE DIAGNOSTIC TRAINING |

Mark your calendar for June 18 and join us at the Pinney Purdue Agricultural Center in Wanatah, IN for a hands-on Diagnostic Training Day!

Registration begins at 9:00 AM, and attendees will have the opportunity to earn pesticide credits across multiple categories, including PARP.

Spend the day gaining valuable insights into early-season crop development and the impact of insect pests, while also exploring the latest weather and climate tools to support your farm management decisions. It's an educational event you won't want to miss!

### PURDUE ON THE FARM |

This growing season, LaPorte County is proud to partner with Purdue on the Farm—a cutting-edge program bringing real-time, farm-specific insights directly to local producers. Through this initiative, partnering farmers will receive real-time reports that track disease emergence, helping to pinpoint the most effective times for treatment and application. In addition, UAV (drone) technology will be used throughout the season to capture thermal imagery, offering a powerful new perspective on crop health and field conditions.

### MASTER GARDENER BASIC TRAINING |

This late winter and spring, we've been hard at work with the 14-week Master Gardener Basic Training—and we're excited to share some great news!

A total of 22 participants from Porter and LaPorte Counties have successfully completed the course, with 4 new Master Gardeners joining us right here in LaPorte County.

If you or someone you know has a passion for gardening and a desire to give back to the community, now's the perfect time to get involved. Our next Master Gardener Basic Training begins this August in North Liberty—we'd love to have you grow with us!

## HEALTH AND HUMAN SCIENCES | CHRISSIE LAI

### GRACE LEARNING CENTER – MONTHLY HEALTH LESSONS |

A monthly partnership with Grace Learning Center has been established to provide interactive health education lessons focused on chronic disease prevention, healthy eating, and wellness. These sessions are designed to serve individuals and families facing economic challenges and have shown steady participation through ongoing community engagement.

### BE HEART SMART – BEGINNING JUNE AT THE ACTIVITY CENTER FOR OLDER ADULTS |

The Be Heart Smart program will be implemented in June at the Activity Center for Older Adults, in collaboration with LaPorte City Parks.

This four-week heart health education series is tailored for older adults and includes:

- Education on heart disease risk factors
- Strategies for managing blood pressure and cholesterol
- Recognition of heart attack and stroke symptoms
- Guidance on adopting simple, heart-healthy lifestyle habits

The program emphasizes goal setting, open discussion, and long-term behavior change.

### COMMUNITY OUTREACH AND ENGAGEMENT |

This quarter's work also focused on expanding outreach efforts to underserved populations, particularly older adults and low-income residents. Programming remains centered on accessible, research-based health education that reflects community needs and promotes long-term well-being.

## CONTACT US

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