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# COMMUNITY CONNECTIONS

THROUGH PURDUE EXTENSION

**EXTENSION QUARTERLY REPORT**  
OCTOBER – DECEMBER 2023

## EXTENSION BY THE NUMBERS

**6,740+**

**Total Minutes**  
of education  
provided to  
youth and adults  
within the  
community



CLIENT  
CONSULTATIONS

**315**

COMMUNITY  
& COALITION  
MEETINGS

**45**



**78+**

**Educational Programming**  
sessions held from Oct.–Dec. 2023



**1,994+**

**Total Number**  
of in-person & virtual  
education participants

\*Numbers illustrated here are combined from educational efforts for all program areas from Oct.-Dec. 2023.



**9,637+**

**Social Media**  
reach from Oct.–Dec. 2023



Extension - Lawrence County

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# AGRICULTURE & NATURAL RESOURCES

## VET 107

The Vet 101 series, started in 2017, in partnership with Spring Mill Veterinary Services-Dr. Jerry Rusch and Dr. Ellen Burcham includes hands-on demos utilizing live animals to teach skills/practices to producers they can perform on home farms. This year included new partners: Axiota and Elanco. Vet 107 was the seventh program offered in December 2023. Featured topics: rumen health, implants, ionophores, basic recordkeeping, and more. Evaluation results: 100% reported that they found learning about rumen health and other program related topics was needed for their herds.



## Passing It On: Farm Transition to the Next Generation

The average age of farmers continues to increase as does the need to transition farms from one generation to the next. Since 2016, succession planning topics have been offered for farm families in Lawrence County and across Area 2. In early December 2023, nearly 50 participants (several from Lawrence County) attended a full day workshop entitled "Passing It On: Farm Transition to the Next Generation" featuring industry leading speakers from out of state as well as some more locally. When given action steps on what they planned to do after the program, nearly 85% planned to work on farm plans related to transition. Participants expressed interest in more topic related programming continuing in 2024.

**"Excellent program, want more programs like this in the future!"**

*Program Participant of the Passing It On: Farm Transition to Next Generation*

# 4-H YOUTH DEVELOPMENT



## Smoothies, Hummus, Salsa, Art, OH MY!

Thanks to funding from Premier Companies through the Indiana 4-H Foundation, Lawrence County was able to purchase a Smoothie and Spin Art Bike to teach local youth about nutrition, mental health, and physical activity. Our Smoothie/Spin Art Bike has made appearances at many events in the summer and fall of 2023. It visited the Lawrence County 4-H Fair, Farmer's Market (twice), Bedford's Culture Crawl, and the Hoosier Uplands Back to School Bash.

Over 1,700 youth and adults have interacted with the bike at just five of the events we have used it. It is a great conversation starter to talk to people about healthy drink choices, the health benefits of art and exercise, and 4-H of today in general. People are constantly shocked at how good the smoothies are and that they can sneak spinach in and not even notice. At the Farmer's Market this fall, we used it to make pumpkin Hummus to incorporate more vegetables and protein into snacks. The most common response from many skeptical taste testers was, "Wow! That is way better than I expected." With the Spin Art attachment, youth in the Bedford Culture Crawl and the Farmer's Market made artwork to take home and think about art in a whole new way. We look forward to the bike making many more appearances in 2024.



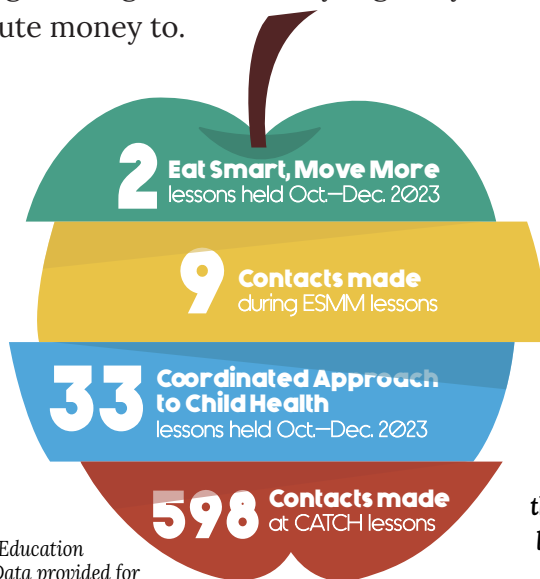


# HEALTH & HUMAN SCIENCES

## Captain Cash

With the increased costs of goods and services, it is crucial that individuals know how to manage their money to ensure lifetime financial wellness. Learning how to spend, save, earn, and borrow money at a young age can help students be better prepared to make smart financial decisions as they enter adulthood. The Captain Cash program was developed to help third graders learn how money behaviors they learn now will affect them in the future. In four lessons, students learn about earning, saving, spending, and borrowing money through the use of interactive activities, stories, and group discussions.

Students from St. Vincent, Springville Community Academy, and Needmore Elementary participated in this program. One activity the students completed, required them to think of an item they wanted to start saving for and set a savings goal for themselves. Items ranged from video games and toys, to a house and a car. Students found their items' costs and decided how long it might take before they were able to afford this item. This activity taught them the importance of having a savings account they regularly contribute money to.



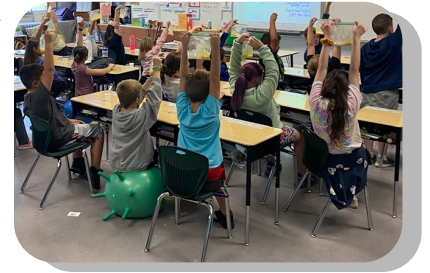
# NUTRITION EDUCATION

## CATCH

Visiting local schools and sharing CATCH (Coordinated Approach to Child Health) is fun, engaging, and allows for many hands-on opportunities to learn about nutrition.

During a sugary beverages lesson, students were able to read nutrition labels on various drinks and calculate how much sugar each contained. This activity is eye-opening for students and adults.

While visiting 3rd graders in Mrs. Bellush's class, students not only learned about sugar content in drinks, but the importance of drinking water and others that provide some health benefits. A favorite recipe to sample during this lesson is a fruit smoothie. As part of the Nutrition Education Program (NEP), there is importance placed on what is attainable and doable for limited resource individuals. When attainable, it is most likely to be replicated. Making smoothies is a great way to show students how to add more fruit and dairy into their diet, but may not be attainable for families who do not own a blender or food processor. However, making a smoothie in a bag is something that is likely to be replicated at home. Each student had the opportunity to make "Smoothie in a Bag." This smoothie was a hit with her students! Because this recipe was such a hit, the NEPA plans to use it in several other classrooms this semester.



*"JJ, and the Catch Program have been a wonderful addition to our classroom. This program introduces students to the benefits of clean, healthy eating. Many of my students would not have an opportunity to experience new foods that are beneficial to their health. JJ teaches students how they can prepare these healthy snacks at home with little ingredients and preparation. It is also an eye opener to the "slow" foods that might seem healthy. The students look forward to Miss JJ each week."*

# COMMUNITY WELLNESS

## Honoring Community Partners: A Heartfelt Thank You

We extend our sincerest gratitude to our invaluable community partners whose unwavering support has enriched our endeavors and fueled our shared vision for a better tomorrow. Among these esteemed partners in 2023 are Cambridge Square, Bedford; Mitchell Parks Board; Land of Limestone Master Gardeners; and the Lawrence County Soil and Water Conservation District.

**Cambridge Square, Bedford-** Cambridge Square Apartments commitment to providing for and creating a welcoming environment for residents has significantly contributed to the vitality of our community. We are deeply grateful for their ongoing collaboration and unwavering dedication to the improvement of the health of the people living at Cambridge Square through our collaboration to provide healthy, fresh food and education to residents for the past 5 years.

**Mitchell Parks Board-** Parks are the lifeblood of any community, providing spaces for recreation, relaxation, and connection with nature. The Mitchell Parks Board has been instrumental in maintaining and enhancing Mitchell's parks and ensuring that they remain accessible and enjoyable. Their passion for green spaces and community engagement inspires us all to experience, cherish and protect these invaluable resources.

**Land of Limestone Master Gardeners-** Gardening is not just a hobby; it is a testament to our connection with the earth and a commitment to sustainability. The Land of Limestone Master Gardeners

exemplify this ethos through their efforts to educate and empower our community in all things horticultural. Their workshops, demonstrations, and outreach initiatives have cultivated a greener, more vibrant landscape for us all to enjoy and provided hundreds of pounds of produce to the community.

**Lawrence County Soil and Water Conservation District-** Environmental stewardship lies at the core of our collective responsibility to safeguard the planet for future generations. The Lawrence County Soil and Water Conservation District's expertise and guidance have been invaluable in preserving our natural resources and fostering a more resilient community. We couldn't be more honored to have partnered with them in 2023 on the growing and donation of produce from the Bedford Community Garden to the community.

As we reflect on the past year and look ahead to the future, let us pause to express our deepest gratitude to these remarkable partners who have stood by our side. Their generosity, expertise, and support have been the cornerstone of our community's resilience and progress. Together, we will continue to build a brighter, more inclusive future for all who call Lawrence County home. Thank you for your partnership.



# EVENT & PROGRAM DATA

## OCTOBER – DECEMBER 2023

|                                                                                                             |                                                                                                         |                                                                                                    |                                                                                                        |                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b> sessions<br><b>129</b> participants<br>Invasive Species in Lawn/Landscaped Areas—Signature Program | <b>1</b> sessions<br><b>2</b> participants<br>BQA Statewide Training                                    | <b>4</b> sessions<br><b>49</b> participants<br>IBEP—Test Sale, Work Days, Delivery Days, Weigh Day | <b>2</b> sessions<br><b>57</b> participants<br>Bedford Parks Dept.—Monthly Program Series              | <b>1</b> sessions<br><b>22</b> participants<br>2023 KIC Weed Wrangle Program                                                                                                                                                            |
| <b>1</b> sessions<br><b>31</b> participants<br>Area 2 PARP Program                                          | <b>1</b> sessions<br><b>31</b> participants<br>2023 KIC Recertification PARP Program                    | <b>1</b> sessions<br><b>37</b> participants<br>VET 107                                             | <b>1</b> sessions<br><b>26</b> participants<br>Cattle & Canvas                                         | <b>1</b> sessions<br><b>47</b> participants<br>Area 2 IBCA Winter Meeting                                                                                                                                                               |
| <b>1</b> sessions<br><b>35</b> participants<br>Passing it on—Farm Succession Planning Program               | <b>2</b> sessions<br><b>14</b> participants<br>Junior Leader—Trick or Treat for Canned Goods Food Drive | <b>1</b> sessions<br><b>84</b> participants<br>Food, Fun, 4-H Meal Kit Program                     | <b>1</b> sessions<br><b>35</b> participants<br>Smoothie Bike Demonstrations for Hummus—Farmers' Market | <b>5</b> sessions<br><b>44</b> participants<br>Junior Leaders—Cooking lessons & Club Meetings                                                                                                                                           |
| <b>2</b> sessions<br><b>14</b> participants<br>Junior Leader: Officer Meetings & Leadership Training        | <b>1</b> sessions<br><b>6</b> participants<br>Meal Prep 101: Prep Now, Eat Later                        | <b>4</b> sessions<br><b>204</b> participants<br>CATCH My Breath—Shawswick                          | <b>7</b> sessions<br><b>149</b> participants<br>Captain Cash—St. Vincent & Springville Academy         | <b>1</b> sessions<br><b>16</b> participants<br>Rethink you Drink—Lawrence County 4-H Rabbit Club                                                                                                                                        |
| <b>4</b> sessions<br><b>19</b> participants<br>"Matter of Balance"—Johnson Christian Village                | <b>1</b> sessions<br><b>9</b> participants<br>Healthy Choices & Goal Setting—Homemakers                 | <b>6</b> sessions<br><b>261</b> participants<br>*Hoosier Uplands Afterschool Program               | <b>1</b> sessions<br><b>65</b> participants<br>Lawrence County Extension Board Annual Meeting          |  <p>Find out more about Purdue Extension-Lawrence County's current and upcoming programs by visiting their website or by scanning the QR code.</p> |

\*Indicates the combined collaboration of educators to complete a program.

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