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COMMUNITY

CONNECTIONS THROUGH PURDUE EXTENSION

EXTENSION QUARTERLY REPORT
JULY – SEPTEMBER 2023

EXTENSION BY THE NUMBERS

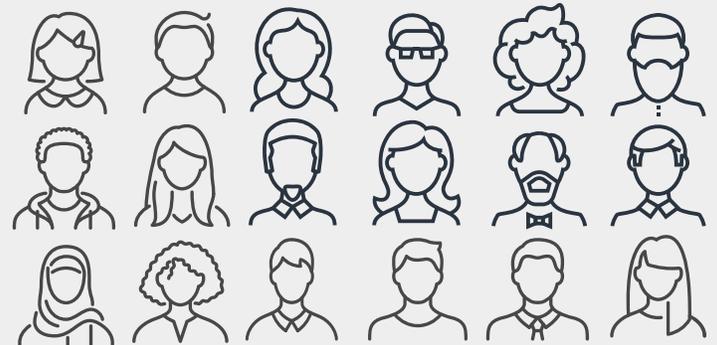
7,215+

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



CLIENT
CONSULTATIONS
346

COMMUNITY
& COALITION
MEETINGS
48



2,116+ **Total Number**
of in-person & virtual
education participants

*Numbers illustrated here are combined from educational efforts for all program areas from July-Sept. 2023.



72+
Educational Programming
sessions held from July–Sept. 2023



16,121+
Social Media
reach from July–Sept. 2023



Extension - Lawrence County

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COMMUNITY WELLNESS

Junior Jacket 5K: A SUCCESS!

The first Junior Jacket 5K in Mitchell was a success! The event was a project derived from the Mitchell Junior High Health Class in the spring of 2022. The student-lead and inspired event was funded by the Lawrence County Community Foundation. Eighty-four people participated and 167 food items were donated to the Mitchell Junior High Food Closet. The 5K had several objectives including, offering an additional avenue for community connection through physical activity, giving junior high and high school students community leadership opportunities, and to serve as an opportunity to stock the in-school food closet.



Growing Together Grant

Collaboration works best when all partners mesh well for a common purpose. The Purdue Nutrition Education Program, Purdue Extension–Lawrence County, Lawrence County Master Gardeners, and Lawrence County Soil & Water Conservation Department (SWCD) cohesively presented on behalf of the Growing Together Grant.

NUTRITION EDUCATION

Growing Together Grant (continued)

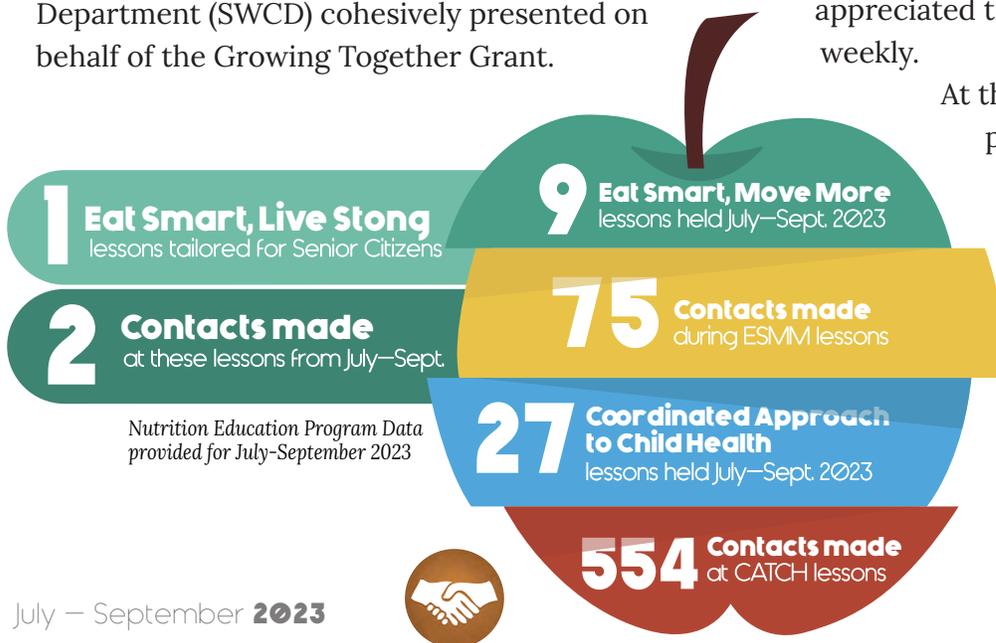
When the grant was awarded, it gave the Nutrition Education Program Advisor (NEPA), J.J. Goldsberry, the opportunity to teach, *Eat Smart, Move More* to women living at Becky's Place. The Master Gardeners grew and harvested produce which was then donated to Becky's Place.



Each week, the NEPA worked to incorporate the harvested produce into the lesson. Vegetables like beets, squash, zucchini, bell peppers, and spinach were just a few of the items used during recipe demos. The vegetables were also used to show participants how to preserve the produce for later use. Ladies sampled dishes like: roasted vegetables, sautéed beet greens, squash salsa, baked zucchini sticks, and skillet lasagna.

Topics included the MyPlate breakdown, the importance of incorporating more fruits and vegetables into meals, meal planning on a budget, easy family snack ideas, and nutrition label reading. The program was a success and the ladies appreciated the fresh produce they were given weekly.

At the end of summer, partners hosted a project celebration and invited the community to learn more. About 30 people attended. By the end of September the collaboration at the garden yielded 1151 pounds of produce and herbs harvested and donated and 147 volunteer hours. The garden is still producing into the fall and the groups involved are considering applying for funding to continue the project.



HEALTH & HUMAN SCIENCES

Matter of Balance: Managing Concerns about Falls

This fall, Health and Human Sciences (HHS) Educator, Grace Thompson, partnered with Johnson Christian Village to provide an eight-week program to increase activity levels and reduce fears of falling in older adults. *Matter of Balance* features topics such as assertiveness, fall hazards in the home, cognitive restructuring, and action planning through small group discussions and activities. Participants also participated in 30 minutes of exercise each week to improve balance and strength. During the sixth session, a physical therapist from IU Health spoke to participants about how to get up safely after a fall and why it's important to communicate falls with your healthcare provider.

At the end of the program, 100% of participants stated that they would continue exercising and felt more comfortable talking about their fear of falling with friends or family.



AGRICULTURE & NATURAL RESOURCES



Exploring Drone Technology for Agricultural Uses

According to the USDA Ag Census results, the average age of today's farmer is ~60 years old. Lawrence County's 800+ farms are mostly owned by farmers/ranchers in this age range, making education to assist in keeping them current on production agriculture topics vital to sustainability. In July, 18 participants attended a program organized by Purdue Extension-Lawrence County, Lawrence County SWCD, and Natural Resources Conservation Service (NRCS) featuring drone technology at Feldun-Purdue Ag Center. The program included two presenters - one from Purdue's campus and one who works within the drone/agriculture industry. Program topics covered: Applying Chemicals with Drone Technology, Seeding Cover Crops with Drones, and Commercial Drone Application Information. Drones were also on hand to demonstrate uses and attendees were able to practice operating a drone.

Program topics that were reported as useful and informative to producers included: 100% Applying Chemical with Drone Technology, 80% Seeding Cover Crops with Drones and 90% Commercial Drone Application Information. Among the attendees, 80% shared they now better understand drone usage and its uses related to production agriculture. Reportedly, 90% met new resources to contact regarding drone technologies and usage. After attending this program, two participants plan to obtain a Category 11 Commercial Applicator license. Nearly 75% of participants reported this program was their first drone related opportunity to attend.



4-H YOUTH DEVELOPMENT



Junior Leader's Explore

Research shows teens benefit from positive opportunities to interact with others through overnight 4-H experiences, which help to develop deeper social skills; however, youth hesitate to attend events outside the county. It is important to have “stepping stone” opportunities for them to expand and explore. The Junior Leaders (with help of the 4-H Educator) plan and attend an annual Achievement trip, which is funded by running a food stand at the fair.

In 2023, 12 teens, three chaperones, and an educator visited Cincinnati, Ohio July 24-25. The



teens create proposals and vote on their desired locations. From there, they select their lodging, transportation, activities, and even plan down to their meals. This year, they learned about the history, architecture, and pop culture related to the city by

participating in a Food Tour. Each tried something they had never tasted before, and some rode public transportation for the first time. They had time for team building at their lodging and even prepared breakfast casseroles together. The final day let them have some big fun at Kings Island, which ended up being more of a leadership and team building experience than anticipated as they worked to navigate the park together.



EVENT & PROGRAM DATA JULY – SEPTEMBER 2023

<p>1 sessions</p> <p>38 participants</p> <p>Plant & Soil Health: Kiddie Station @ Lawrence Co. 4-H Fair</p>	<p>1 sessions</p> <p>27 participants</p> <p>Lawrence County Pond Workshop</p>
<p>1 sessions</p> <p>6 participants</p> <p>IBEP Summer 2023: 63 Day Weights</p>	<p>1 sessions</p> <p>18 participants</p> <p>Exploring Drone Technology for Agricultural Uses Program</p>
<p>1 sessions</p> <p>37 participants</p> <p>Bedford Parks Dept.—Monthly Program Series</p>	<p>1 sessions</p> <p>29 participants</p> <p>Summer Bounty Open House</p>
<p>1 sessions</p> <p>35 participants</p> <p>Lawrence County Soil Health & Grazing Workshop</p>	<p>1 sessions</p> <p>15 participants</p> <p>IBEP Structure & Soundness: Work Day</p>
<p>1 sessions</p> <p>8 participants</p> <p>IBEP Off—Test Work Day</p>	<p>1 sessions</p> <p>16 participants</p> <p>IBEP Breeding Soundness Evaluations & Branding</p>



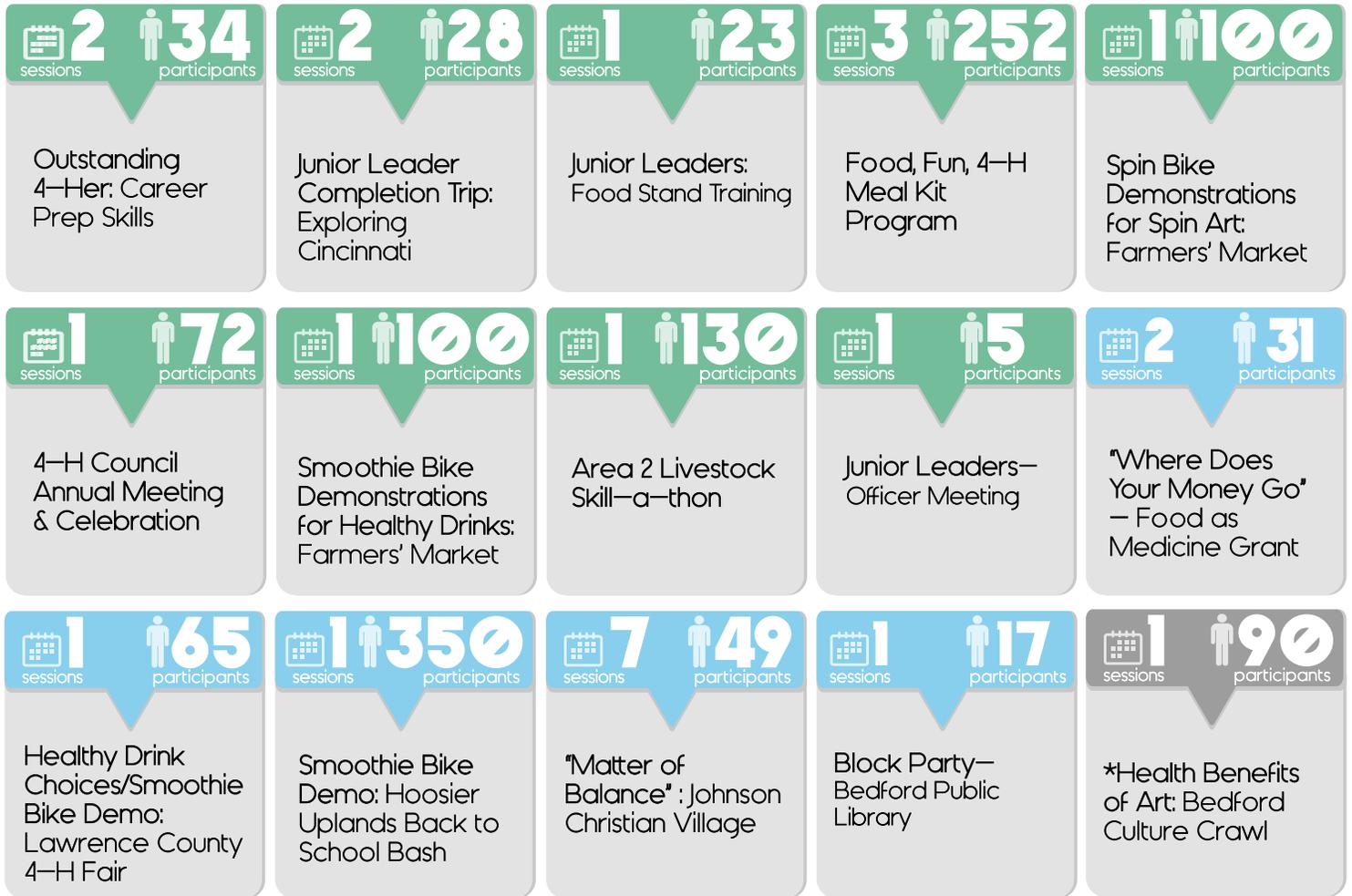
Find out more about Purdue Extension-Lawrence County's current and upcoming programs by visiting their website or by scanning the QR code.

www.extension.purdue.edu/lawrence



EVENT & PROGRAM DATA (CONTINUED)

JULY – SEPTEMBER 2023



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

2023 LAWRENCE COUNTY 4-H FAIR DATA

517 ACTIVE 4-H MEMBERS
= 10.5% increase in enrollment numbers from the previous year

2,349 Total number of Entries exhibited at the Fair | **32** Events hosted by Extension or 4-H Volunteers during Fair

140 APPROVED 4-H VOLUNTEERS
= 8% increase in volunteer involvement in 4-H from the previous year

