

Purdue Extension-Lawrence County
924 16th Street
Bedford, IN 47421

P:812.275.4623
W: <https://extension.purdue.edu/lawrence>



COMMUNITY CONNECTIONS

THROUGH PURDUE EXTENSION

EXTENSION QUARTERLY REPORT
JANUARY – JUNE 2024

EXTENSION BY THE NUMBERS

23,220+

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



94+ **Educational
Programming**
sessions held from Jan.-June 2024



2,637+ **Total Number**
of in-person & virtual
education participants

*Numbers illustrated here are combined from educational efforts for all program areas from Jan.-June 2024.

13,970+ **Social Media**
reach from Jan.-June 2024



Extension - Lawrence County

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Purdue University is an equal opportunity/equal access/affirmative action institution.

AGRICULTURE & NATURAL RESOURCES

2024 Purdue Beef Basics in the Eastern Corn Belt

This virtual program was a multi-session program tailored for beef cattle producers with less than five years of experience and individuals interested in the beef cattle industry. Participants had the opportunity to learn from and engage with Purdue educators and specialists, veterinarians, and other key beef industry members.

This 8-week course commenced in February, with sessions taking place every Tuesday and Thursday until late March. There were 56 participants registered to attend the program, representing 41 different cities in Indiana and six different states. The majority of participants were new, aspiring, or current beef producers, while others include students, teachers, and public educators.

Week five of the program covered areas such as: An Overview of the Beef Cattle Industry, IBCA & NCBA, Handling, Behavior, Facilities, Environmental Stress, Reproduction, Reproductive Health, Genetics, Bull Testing, and Forages.

Participants had numerous questions addressed, ranging from "What is a safe number of cows to have per acre for all grass-fed and grass-finished cows?" to "What are some options for marketing my cows?" and beyond.

The final three weeks, the agenda included topics such as: Cattle Nutrition, Herd Health, BOAH (Board of Animal Health), the Purdue Vet School, Understanding and Procuring Feedstuffs, the Indiana Forage Council, and Identifying Toxic Plants.

Information provided by Sabrina Allen, ANR Extension Educator-Decatur County, a member of the Beef Basics Team, which included the ANR Educator in Lawrence County.

HEALTH & HUMAN SCIENCES

Empower Me to Be Clutter Free

This program teaches participants how to remove clutter, organize paper, detach themselves emotionally from items they should remove, and stay organized. Residents of Cambridge Square Apartments, a federally subsidized apartment community, consists of older adults, received such programming.

The nine female participants shared their difficulty in getting rid of clutter while also advising one another on methods they use to reduce their clutter. One lady mentioned that she cannot get rid of her clutter because it was not "stuff," it was memories; this demonstrates the emotional attachment that people have which is also a common reason for hoarding items. Another shared that she had two storage units of items and that she got rid of a few items and made \$100. Another woman stated that as she moved from her house to her apartment, her daughters were diligent in helping her downsize and divide who gets what when she passes; that way, her children will not have to bear the burden of dividing her property afterwards. This showcased some of the strategies of removing clutter from your personal space.

They expressed gratitude as they appreciated the reminder to take the initiative to gradually remove the clutter that is holding them back.

Information provided by Ody Ekwonwa, HHS Extension Educator-Monroe County, who hosted this program in Lawrence County during our vacancy.



COMMUNITY WELLNESS

Lawrence County Community Involvement

Cambridge Square-Bedford

Purdue Extension is grateful for its long-standing partnership with Cambridge Square-Bedford. For over five years the Community Wellness Coordinator (CWC), Annie Eakin, has partnered with the Service Coordinator at the property, who nominated Purdue Extension to apply for Glick Community Relief Funding. Funds received from the Community Relief Fund have built and stocked an on-site food pantry, built and planted six raised garden beds, offered boxes of various produce and dairy to residents, brought the farmers market on-site while giving residents vouchers to spend at the market, and provided nutrition education. Since 2019, this partnership has been granted over \$60,000 that has gone directly to improving healthy food options and physical activity at Cambridge Square. Grant funding awarded for 2024-2025 will continue the same work and add quarterly congregate meals.

Indiana Food Vision Listening Session

Led by the Indiana Department of Health, the Indiana Food Vision strives to share understanding of the food system's challenges and opportunities to unify efforts across the state to identify what is already working in local food systems and provide support for improving them.

In June, a Food Vision listening session was hosted by the CWC. Community representatives from IU Health, Engleking Rx, Hoosier Uplands, Bedford Library, and Centerstone participated to share their voices.



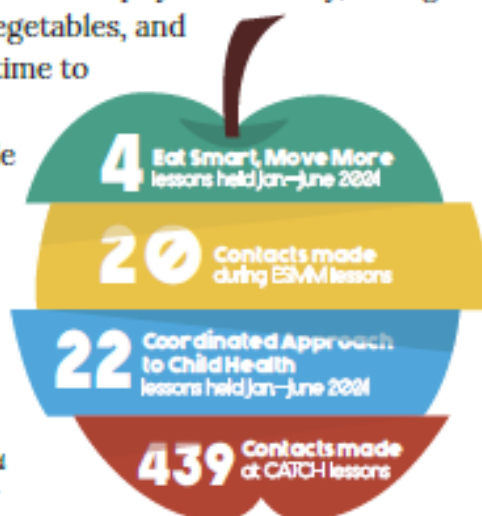
NUTRITION EDUCATION

CATCH

Did you know the Nutrition Education Program Advisor (NEPA) serves both Lawrence and Orange counties for youth and adult programming? Managing programming between each county can vary month to month.

At the beginning of March, the NEPA started sharing CATCH (Coordinated Approach to Child Health) with third grade students at Dollens Elementary. This hands-on curriculum focuses on sharing healthy habits with third grade through junior high students. Students at Dollens have learned the importance of physical activity, eating more fruits and vegetables, and lessening screen time to allow more time for other enjoyable activities. This CATCH series continued throughout April into early May.

Nutrition Education
Program Data provided
for January-June 2024.



Anyone who eats food in the state of Indiana is invited to share their opinion in the statewide survey. Share dreams and visions for the future of our food system. Visit the link: <https://bit.ly/3U7c3wB>



4-H YOUTH DEVELOPMENT



4-H Strives for Youth Success

During our programming year, there are a few routine processes we complete to make selections such as scholarships, awards, etc. Over the past few years, we have made changes to those processes to make them more educational and help our members succeed. Youth often face challenges in effectively communicating their experiences and aspirations verbally, or in writing. They do not like to “brag” on themselves, while this is a crucial tool for future job searches, scholarships, and so much more.

One example, the Lawrence County 4-H Outstanding 4-Her selection process is a comprehensive initiative aimed at recognizing and celebrating the exemplary achievements and contributions of 4-H youth within the community. The process begins with nominations from club leaders, volunteers, and peers, highlighting individuals who have demonstrated exceptional leadership, service, and personal growth through their involvement in 4-H activities.

To further assess candidates' qualifications, nominees are invited to compile a life skills resume, showcasing their participation in 4-H projects, leadership roles, community service endeavors, and other relevant experiences. This resume serves as a comprehensive documentation of their 4-H journey, highlighting the skills and values they have developed along the way. It is mirrored after the Indiana 4-H Scholarship Process.

Selected finalists undergo an interview process, where they have the opportunity to articulate their achievements, goals, and commitment to 4-H. Through structured interviews, judges evaluate candidates' communication skills, leadership potential, and passion for 4-H ideals, ultimately selecting the Lawrence County 4-H Outstanding

4-Hers. In 2024, clubs nominated 28 members with nine being selected for interviews.

Thanks to this renovated process, ten youth from Lawrence County submitted applications for state-wide scholarships this year. Of those, four were awarded state level scholarships. That is \$5,000 in scholarships awarded to our members from outside the county.

For Indiana 4-H Accomplishment scholarships, youth develop a life skills-based cover letter and resume. In Lawrence County, the 4-H educator has crafted tools and provided one-on-one coaching to assist members as they complete this process. Lesley Lodmell, the 4-H educator, has served on the review panel twice to better understand the scholarship process. Starting with the Outstanding 4-Her process, she strives to help youth become more competitive candidates. By providing structured guidance and resources to help students develop strong writing skills, refine their personal narratives, and articulate their academic and professional goals effectively, she prepares youth for success in future scholarships and interviews.

“In the last few months, I had several opportunities to attend trips and workshops through 4-H such as; 4-H Academy, Indiana 4-H Day at the Statehouse, State Junior Leader conference, among others. I am excited to reflect on my time at 4-H camp.”



Six Junior Directors were chosen, and the three-day camp responsibilities were divided among each of us. We helped train the other counselors, plan activities, and wherever help was needed. My responsibility as a Junior Director required answering questions the male counselors had or issues needing resolved.

I still learned about leadership while having a blast. These experiences have taught me so much, helping me grow into who I am. I would like to thank you all for helping me grow.”

Christopher Carroll, 10 Year 4-H Member



EVENT & PROGRAM DATA

JANUARY — JUNE 2024

STATE 4-H OPPORTUNITIES: LAWRENCE COUNTY

7 attended Indiana
4-H Day at the
State House

11 Youth & Adults
attended 4-H
Academy at Purdue

1 attended 4-H
Round-Up at
Purdue

1 attended 4-H
Band at Purdue

4 sessions
262 participants

Food, Fun, 4-H
Meal Kit Program

3 sessions
144 participants

4-H Camp
Counselor
Retreat

1 sessions
26 participants

Eclipse Food
Stand—Junior
Leaders

1 sessions
445 participants

3rd Grade Ag
Day

4 sessions
314 participants

Southern Indiana
4-H Camp

2 sessions
37 participants

Outstanding
4-Her Resume
Writing and
Interviews

2 sessions
70 participants

4-H Mini Day
Camp

Additional learning events & participation data is included on the first page. Items highlighted here include featured programming, not including monthly meeting and activities.



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

Data includes combined collaboration of educators & staff to complete a program.

MEET YOUR NEW EDUCATOR

Health & Human Sciences

Rebecca Payne



Born and raised in Indianapolis, Rebecca earned her undergraduate degree from the IU O'Neill School of Public and Environmental Affairs. Seeking adventure, she later moved to Colorado, where she pursued her passions for hiking and snow skiing. During her time in Colorado, Rebecca earned a Master of Urban and Regional Planning, specializing in transportation planning and providing both short and long-range planning services for municipalities and non-profits.

Recognizing the close connection between urban planning and public health, Rebecca returned to Indiana to further her education. She earned a Master of Public Health, enabling her to integrate her expertise in planning with a focus on promoting community well-being. She is dedicated to making a positive impact through her combined knowledge of urban planning, public health, and community engagement.

In her free time, Rebecca enjoys running, hiking, reading, listening to live music, and spending time with family and friends. Her passion for enhancing the quality of life for communities and individuals drives her professional and personal pursuits.