

PROGRAM PLAN

July 1 2006 - June 30 2007

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UNIVERSITY OF MISSOURI EXTENSION
POLK COUNTY EXECUTIVE SUMMARY

live. and learn.

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 Extension

Polk County

2006 – 07 County Program Plan

Overview

“Live as if you were to die tomorrow. Learn as if you were to live forever.” – Mahatma Gandhi

It is the vision of University of Missouri Extension to improve people's lives through relevant lifelong learning.

University of Missouri Extension is your local link to the University of Missouri campuses and to a nationwide network of land-grant universities. Education that meets high-priority needs is our focus. MU Extension uses science-based knowledge and engages people to understand change, solve problems and make informed decisions. Extension is funded through federal, state and county tax dollars. In addition, grants, contracts, fees and private gifts support our educational program efforts.

County Extension Council. In Polk County, our volunteer advisors – members of the county extension council -- play a vital role in identifying community needs; providing counsel to regional and campus faculty about educational programs and personnel; and assisting in finding resources to support the local educational program. The extension council is statutorily created to work with the University of Missouri in carrying out the local extension program (*Sections 262:550 to 262:620, Revised Statutes of Missouri*).

Plan of Work Process. During fall 2005, University of Missouri Extension embarked on a five-year plan of work process by conducting statewide needs assessments, which included:

- A random-sample telephone survey with 1,005 Missourians;
- Conversations on economic development in 16 locations;
- Conversations with extension councils in every county, including the voices of the Polk County Extension Council; and
- Conversations with the eight regional extension councils.

The campus Program Directors also reviewed research literature and demographic and economic trends and identified emerging issues for educational programming.

To ensure that the input was representative, we also conducted discussions among underserved audiences across the state. As a publicly funded institution, University of Missouri Extension is responsible for serving diverse populations and for providing access to educational programs for all. Special efforts will be made to reach underserved audiences as identified in the following program descriptions.

Results of all the needs assessments have been reviewed by state and regional extension specialists, extension administrators and county extension councils to determine program directions for the future. The ultimate goals are to determine extension program needs statewide and, on the county level, to match those needs with appropriate, limited resources.

2006 – 07 County Program Plan. After careful consideration of educational needs and available resources, the regional faculty serving Polk County plan to provide the programs listed in the following pages to residents of Polk County during 2006-07. The names of specialists slated to deliver the programs and intended program outcomes on a statewide level are indicated. Given limited resources, it is not possible to deliver programs for all the needs identified during the plan of work process. When possible, we will work with you and others on campus and in the community to find additional resources and plan for ways to deliver needed programs in the future. In some instances, needs may be referred to other agencies, organizations or educational institutions that are better equipped to meet those needs. With your support and the support of the Polk County Commission, every effort will be made to meet high-priority needs and to deliver programs that enhance the lives and livelihood of the residents of Polk County.

Thank you for all you do to support extension programs in Polk County.



MU EXTENSION NAMED PROGRAMS

AGRICULTURE AND NATURAL RESOURCES (ANR)

Program, Description, Personnel

Profit Focused Agriculture: Team effort of state and regional University of Missouri Extension faculty partnering with private businesses, agencies focused on enhancing economic viability and sustainability of Missouri agriculture. Accomplished through high quality, research based, frontier educational programs. For beginning, primary, secondary income and transitioning farmers, landowners and agribusiness agencies.

Personnel: Wesley Tucker, Gordon Carriker

Annie's Project - An interactive risk education course for farm women provides training in the fields of production management, financial management, marketing, legal issues, and human resources. It fosters a learning environment for ages 19-84.

Personnel: Wesley Tucker, Renette Wardlow

Rural Agriculture Safety and Health - Preventative program to help reduce the number of deaths and disabling injuries sustained by rural Missourians. Educates Missourians on the proper safety and safety techniques for agriculture and rural living.

Personnel: Wesley Tucker, Bob Schultheis

AgrAbility Program (Assistive Technologies for Farmers With Disabilities: Missouri) - Education, networking, and assistance for agricultural operators with disease, disabilities, or disorders. Targets rural farm families and collaborative partners.

Personnel: Bob Schultheis

Forage Production and Management - Targeted program to teach producers how to improve forage production economic return while protecting the environment. Techniques include management intensive grazing, pasture based dairying, seasonal feeding systems, and fescue toxosis. The program inspires increased economic development and social viability in rural Missouri.

Personnel: Tom Hansen, Gordon Carriker, Bob Schultheis

Home Horticulture and Environment - Focused program that provides research-based horticulture information for gardeners and homeowners. They will learn techniques through workshops, demonstration plantings, newsletters, and horticulture training. Recaps the benefits of maintaining healthy turf, ornamental, or fruit and vegetable plantings.

Personnel: Wesley Tucker, Gaylord Moore

Master Gardener - Provides in-depth horticulture training for Missourians who wish to spread their knowledge of gardening. Prepares volunteers for horticulture questions frequently asked by citizens around the state, based on unbiased research based gardening information.

Personnel: Wesley Tucker, Gaylord Moore

Missouri Grown - Geared towards small farm families, educational program that focuses on successful techniques, and marketing high horticulture value crops best suited to Missouri's climate conditions.

Personnel: Gaylord Moore

Turfgrass Management and the Green Industry - Through workshops, field days, and demonstrations, Green Industry personnel will obtain research-based information that will help them identify and resolve cultural and pest problems in using cost effective and environmentally sound methods. The target audience for this program includes golf course superintendents, sports turf managers, public grounds managers, nursery and greenhouse growers, landscapers and garden center operators.

Personnel: Gaylord Moore

Dairy Production Systems - Provides information about dairy management, facilities and herd management, expansion, labor, improved dairy cattle genetics and health, waste management, reproductive health, and techniques in management of dairy records. **Personnel: Tony Rickard, Stacy Hamilton**

Pasture Based Dairy Systems - Program promotes, enhances, and develops concepts in economically viable and sustainable forage-based dairy production. Participants acquire skills in financial management, high quality pasture foraging, and animal husbandry through monthly pasture walks and classroom meetings.

Personnel: Tony Rickard, Stacy Hamilton

Beef Production Systems - Provides producers with a wealth of information on beef production. Topics span disease prevention, sanitation, vaccinations, site evaluations, appropriate feed rations, nutrition, and reproductive physiology.

Personnel: Gary Naylor, Dona Funk

Show-Me-Select - Beef production educational experience examining breeding/mating, herd health management, methods of reproduction, and production economics. Participants come from a wide range, different sizes in herds, forage availability, and experience, and leave with a vast knowledge of beef production.

Personnel: Gary Naylor, Dona Funk

MO-PORK - Program offering applied research and educational practices resulting in application of management protocols and strategies to improve nutrient utilization, reproductive efficiency and management of swine.

Personnel: Gary Naylor, Dona Funk

Equine – Programming aimed at equine owners related to horse management issues such as feeding, health management, training, breeding, and management issues. Limited on-site service and seminars geared towards pleasure owners.

Personnel: Gary Naylor, Dona Funk

Sheep and Goat Production - Provides knowledge, skills, practices and policies that enhance economic viability and profitability. Strives to improve the competitiveness and diversity of Missouri production enterprises. Topics covered will range from management, genetic improvement, nutrients, health assessment, to marketing strategies.

Personnel: Gary Naylor, Dona Funk

Missouri Woodland Steward - Helps private land owners identify woodland habitats, and introduce them to basic forest and wildlife management concepts and practices.

Personnel: Wesley Tucker

Energy Conservation, Efficiency and Alternatives – Educational programming for agricultural producers and the public on such issues as energy production, biofuels, alternative cropping systems, and to promote responsible management of energy through conservation, efficiency, and renewable fuels.

Personnel: Robert Schultheis

Individual Waste Water Systems - Provides installers, real estate professionals, and home-loan inspectors with research-based information on the function of on-site septic systems, use of alternative systems, and how soils play an important role in site selection. **Personnel: Robert Schultheis**

BUSINESS DEVELOPMENT (BD)

Program, Description, Personnel

Starting a Business: The First Steps – Provides an overview of the critical first steps associated with starting a business. The program is designed specifically for those who are thinking about a new business venture. Participants will assess their strengths and weaknesses in terms of business ownership, learn about the importance of planning, discuss legal and regulatory requirements and identify sources of funding. This is an introductory course for 3 hours.

Personnel: Betty Lorton

Small Business Development Counseling/Coaching –

Personnel: Betty Lorton

COMMUNITY DEVELOPMENT (CD)

Program, Description, Personnel

Missouri Communities Deliberate - Assists communities in building their knowledge about and engaging difficult public issues through dialogue. The process helps to mitigate conflict, polarization and stalemates which commonly result over issues where there are no optimal solutions and, which require public input.

Personnel: David Burton

Alianzas - An extensive partnership that assists immigrants and communities in accommodating and learning from each other. The goal of Alianzas is to enhance the ability of communities to collaborate with the growing immigrant Hispanic populations through a Hispanic, university and community partnership, using a community-based, co-learner approach.

Personnel: Virginia Hopp

Cambio de Colores Conferences - Focus on the issues that Missouri confronts as a result of new Latino urban and rural settlers in every region of Missouri. The conferences connect researchers with the people, organizations, and communities that can benefit from their research; provides a forum for the professional development of people working with the Hispanic community; and identifies best practices and knowledge and service gaps.

Personnel: Virginia Hopp

The Community Emergency Management Program - Provides resources, personnel and educational programs and materials to support the mission of the Governor's Disaster Recovery Partnership (established 1993) and assist communities and citizens in all areas of emergency management, including preparedness, response, and recovery.

Personnel: David Burton, Jeffrey Barber, Robert Schultheis

HUMAN ENVIRONMENTAL SCIENCES (HES)

Program, Description, Personnel

Healthy Homes - a national program educating consumers about sources, health risks, and control measures related to common residential pollutants, and toxins help consumers reduce their health risks.

Personnel: Robert Schultheis

Indoor Air Quality - a national consumer education program concerned with increasing awareness among consumers to help improve the quality of indoor air in homes **Personnel: Jeffrey Barber**

RentSmart - a consumer education program that stresses information that can help participants succeed as tenants and avoid confrontations and legal hassles with landlords. **Personnel: Jeffrey Barber**

Homeownership/HOME - a homebuyer education class that explains the process to prospective first time home-buyers.

Personnel: Annette FitzGerald

Disaster Preparedness - emergency preparedness education teaches families a five-step process for preparing and coping with possible disasters. They include: Identify hazards likely to happen to your family; Mitigate against the hazards; Develop a response plan, including evacuation route; Plan for coping after a disaster; and Implement drills and family education.

Personnel: Wesley Tucker

Aging In Place - educates older adults, their families, and caregivers to ensure that older adults can remain in their homes and independent living situations.

Personnel: Jeffrey Barber

Successful Aging: Provides educational resources to support successful aging and to strengthen the aging family.

Personnel: Renette Wardlow, Roberta Jenkins, Tamara Roberts, Virginia Hopp

Building Strong Families: Challenges and Choices Program (<http://extension.missouri.edu/bsf>) - designed to help families find their strengths, build on those strengths, and learn skills to create stronger families, improve relationships, and increase communication. The Program draws from an interactive, 13-module curriculum to provide a series of life skills workshops that are supported by strength-based research.

Personnel: Virginia Hopp

Family Meals - an interdisciplinary program for parents and other family members caring for children. The program focuses on improving family relationships, nutrition, and family finances through family meals.

Personnel: Tammy Roberts

Relatives As Parents - provides education for relative caregivers. Topics included may range from parenting, relationship building, financial, and legal issues.

Personnel: Virginia Hopp

New Staff Orientation – developed at Penn State University, the program is specifically designed for new staff members in child care centers and includes videotaped material, a workbook, and hands-on activities and assignments.

Personnel: Renette Wardlow

Child Care Program Administration - emphasizes the entry level administrative skills necessary for operating a quality child care program and includes 6, 2-hour workshops: leadership, business, staff relations, working with parents, community resources, and working with children with special needs and their families.

Personnel: Annette FitzGerald

Jump Into Action - a program for fifth grade students which teaches nutrition and physical activity education with a goal of preventing or reducing the risk of Type II diabetes.

Personnel: Terry Egan

Food Power - elementary school students travel the path food takes from the farmer's field to the sports field and learn where the food they eat comes from and how it gives them the energy to grow and play.

Personnel: Terry Egan

Family Nutrition Program (FNP) - a nutrition and physical activity education program targeted to limited resources audiences. This program provides education in schools, community settings, and through media campaigns. The average participant receives six lessons. The primary audience for FNP is youth and the adults who support them. **Personnel: Terry Egan, Janmari Gerstlauer, Linda Bartkoski**

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition and physical activity program targeted to limited resource audiences. This program provides education in homes and community settings. Program participants receive 6-12 lessons over the course of the program. The primary audience for EFNEP is adults.

Personnel: Tammy Roberts, Karen Elliott, Ramona Hamilton

Stay Strong, Stay Healthy - an eight week strength training program for middle-aged and older adults. The program's goal is to improve health and quality of life. The program incorporates warm-up exercises, strengthening exercises, and cool down stretches. Over the eight weeks participants learn exercises to improve strength and balance.

Personnel: Tammy Roberts

Health for Every Body - a multi-session workshop designed to move adults away from diets to a non-diet or health promotion approach to living in a healthy body. Using a variety of educational strategies individuals gain new attitudes, learn new information and develop new skills related to appreciating self and others, healthful eating, and active living.

Personnel: Tammy Roberts

Food Preservation is a program designed to assist clients in safely preserving their foods.

Personnel: Tammy Roberts

High School Financial Planning Program (HSFPP) - uses contemporary materials to teach the basics of personal finance to young people while they are developing habits and attitudes about money that will influence them for the rest of their lives. It is based on the philosophy that learning about money is as important as earning it—and that effective money management results from a disciplined behavior, which is most easily mastered if learned early in life. This practical and objective program is available at no cost to all high schools throughout the country.

Personnel: Annette FitzGerald

Money Action Plan - a curriculum to address the need for financial management education. A train-the-trainer curriculum, targeting helping professionals who are working with people having money problems. Includes seven modules: introduction to money management, developing a spending plan, record keeping,

credit, communication about money, insurance and consumer issues. Each module includes background information as well as activities, handouts and worksheets for one-on-one or group settings.

Personnel: Annette FitzGerald, Janet LaFon

Estate Planning - designed to assist Missourians to meet their future needs in regard to asset management and wealth transfer.

Personnel: Janet Lafon

4-H YOUTH DEVELOPMENT

Program, Description, Personnel

Physical Activity and Recreation - Health is the fourth “H” in the 4-H Clover and a common topic for youth today. Nutrition, physical fitness and emotional well-being are just some of the health issues that contribute to healthy lifestyles for all individuals. **Personnel: Karla Deaver, Teresa Bishop**

Family and Youth Wellbeing (Mental and Emotional) - Health is the fourth “H” in the 4-H Clover and a common topic for youth today. Nutrition, physical fitness and emotional well-being are just some of the health issues that contribute to healthy lifestyles for all individuals.

Personnel: Teresa Bishop

Creating Environments for Positive Youth Development - Through workshops, volunteer forums, leadership roles and web-based instruction, state and county extension faculty will help adult and youth volunteer leaders gain knowledge and skills to communicate, manage programs, design and deliver education events, develop interpersonal skills and create environments that promote positive youth development.

Personnel: Teresa Bishop

Program Management – Volunteers demonstrate the ability to involve others in providing the structures necessary to deliver positive 4-H programming in a community. **Personnel: Teresa Bishop**

Adult Leadership Roles - Through leadership roles, state and county extension faculty will help adult and youth volunteer leaders gain knowledge and skills to communicate, manage programs, design and deliver education events, develop interpersonal skills and create environments that promote positive youth development.

Personnel: Teresa Bishop

Developing Youth Leaders - Youth join in the dynamic process of learning leadership skills through interactive activities, real life experiences in relationship building, communication group process, and planning and organization. All activities offer a cross-cultural perspective. All activities offer you the ability to become a good leader. **Personnel: Teresa Bishop**

Promoting Youth/Adult Partnerships - Youth-adult partnerships may involve youth and adults together in leadership development, philanthropy, entrepreneurship, community mapping, civic activism, and/or governance.

Personnel: Teresa Bishop

Empowering Youth Citizens - Youth learn about local, state and national governments and how to actively engage as a citizen.

Personnel: Teresa Bishop

Developing Interpersonal Communications - All 4-H youth development programs provide opportunities for youth to learn and/or improve communication skills. Learning communication skills enhances learning, fosters healthier interpersonal skills and facilitates leading groups.

Personnel: Teresa Bishop

Animal Science and Technology – Food Animal Projects - To increase the knowledge and awareness of Missouri youth about food quality issues related to animal production (beef, sheep, swine, goats and meat rabbits).

Personnel: Gary Naylor, Teresa Bishop, Karla Deaver

Environmental and Natural Resources Science and Technology - Youth learn knowledge and skills in stewardship of the environment, shooting sports, sports fishing and aquatic sciences, water quality, forestry and conservation.

Personnel: Teresa Bishop

Information Science and Technology - Youth learn through project curricula, camps and educational events knowledge, skills and application of information sciences such as using computers, geospatial technology, digital media and internet sciences.

Personnel: Jeffrey Barber, Robert Schultheis

Embryology - This curriculum brings action and experience to the classroom, using a still-air incubator. Students observe the development of the chick in the egg-hatching and post-hatch care.

Personnel: Teresa Bishop