Your one-stop source for practical education on almost anything.
Dear Stakeholders:

We are pleased to present to you the 2013 Annual Report for the St. Louis Co. Office of the University of Missouri Extension. This has been a year of transition for us because we moved to a new office space in Creve Coeur and started assuming expenses that had been previously covered because we were housed in a St. Louis County Government Office. While this was an adjustment, we were able to make the best of a challenging situation by moving to a space that allows for greater accessibility and the ability to rent the space when we were not using it. We used the new space to host a festive and well-attended Open House and Ribbon Cutting, where Chancellor Brady Deaton, County Executive Charlie Dooley, Creve Coeur Mayor Barry Glantz, MU Alumni Immediate Past President Jim Gwinner, and Associate Vice Provost and Associate Director of MU Extension spoke. And, we have continued to host our own programs and others’ events in the new space since that time.

Because we were in an office space that brought with it new expenses, we wrote a Business Plan for how we would generate revenue to support occupancy of that space. This Plan incorporated numerous ideas for revenue generation and some of them like a Donor Solicitation Campaign, we’ve already started to implement. We intend to create goals by which we can measure the progress of the revenue generation ideas included in our Business Plan in the New Year, and evaluate our progress thereafter.

We were able to make over 300,000 contacts with our constituents in St. Louis County during this past year through programming, technical assistance, or interactions at events. In addition, our faculty members conducted responsive, reliable and relevant classes, some of which were related to new programming, including the First Aid for Mental Health Program, and Health Insurance Education Program (about the Affordable Care Act). This year, our Horticulturist and his Master Gardener Volunteers, completed their Capstone Project with the St. Louis County Department of Social Services, landscaping and creating gardens at the Weinman Domestic Violence Shelter.

We, again, are so grateful for the support that St. Louis County has given us, both in terms of helping us find a new home and helping to defray the cost of that space. And, we continue to be grateful for the support of our Extension Council members who advise us about the programming needs of St. Louis County’s citizenry.

We hope that this report gives you a glimpse into the impact the St. Louis County Extension Office is making on the residents and businesses of St. Louis County, and we look forward to providing services to you for many years to come.

Sincerely,

Nina Balsam
St. Louis County Program Director

Kenneth O. Truemper
St. Louis County Extension Council, Chair
2013 ST. LOUIS COUNTY EXTENSION COUNCIL

Many thanks to our volunteer governing board!

Members of the St. Louis County Extension Council are: (seated from left) Sylvester Bolden, Sreenu Dandamudi, Wimpy Kenner, Christina Phan, (standing from left) Jack Lane, Pam Fournier, Jack Breier, Ken Truemper. Not pictured: Toni Burrow, Earline Jones, Richard Juang, Lisa Taylor and Jinsong You.

University of Missouri Extension is a unique partnership of local, state and federal government with the University of Missouri and the people of Missouri. Each county-based office is governed by its own Extension Council, a volunteer governing board that guides extension programming, administers extension county funds and makes personnel recommendations.

Officers
Ken Truemper, Chair
Glendale (Elected)
Sylvester Bolden, Vice Chair
St. John (Elected)
Wimpy Kenner, Treasurer
Affton (Elected)
Sreenu Dandamudi, Secretary
Chesterfield (Elected)

Members
Toni Burrow, Ferguson (Appointed)
Jack Breier, University City (Appointed)
Pamela Fournier, Clayton (Elected)
Earline Jones, Florissant (Elected)
Richard Juang, University City (Elected)
Jack Lane, Unincorporated St. Louis (Elected)
Christina Phan, Clayton (Elected)
Lisa Taylor, Florissant (Elected)
Jinsong You, Manchester (Appointed)

Cover Photos (Left to right, top to bottom)
1. The Columns at Jesse Hall — Mizzou.
2. Damaris Karanja — Cooking Matters at St. Louis County Dept. of Health.
3. Master Gardeners at The Independence Center.
4. Jody Squires, Associate Regional Director and Nina Balsam, St. Louis County Program Director.
5. Andrea Jackson-Jennings, Gwen Albritton, Nathan Brandt and Denny Scott at Weinman Celebration of Partners event in St. Louis County.
7. Nathan Brandt and Master Gardeners at Weinman Shelter in St. Louis County.
8. Kandice Fisher-McLean setting up Green Cleaning display.
9. 4-H college tour of Ex’treme Institute.
10. Landscaping at Weinman Shelter in St. Louis County.

2013 St. Louis County Appropriations

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3 2013 Annual Report
The Master Gardener class of 2013 adopted the Independence Center as their Capstone Project site. A drab landscape was re-invented first on paper, and then in real life by the ambitious team of new Extension volunteers. The landscape was installed the first of November and will be rich with colorful flowers and foliage throughout the coming year. Funding for the landscape was provided by the St. Louis Master Gardeners and the Independence Center.

Growing your own fruits and vegetables is a healthy and productive use of time and money, but can be challenging for first-timers. In an effort to help gardening newbies, Extension offered a series of four classes at SummerWinds Nursery in Ellisville during March and April. Session topics began with the basics of soil and planting seeds and worked through weeding, watering, pests and harvesting.

Extension expanded its Soil Testing Services in 2013 by partnering with Gateway Greening in addition to Brightside St. Louis. Together the three locations processed 360 soil samples from lawns, gardens, flowerbeds etc.

University of Missouri Extension has been involved in the creation of a new website that will give homeowners and businesses the tools they need to design and install a rain garden on their property. ShowMeRainGardens.com will demonstrate the benefits of rain harvesting on storm water quality and will give plenty of inspiring real-life examples. Partners in the project include the St. Louis Soil and Water Conversation District, Missouri Botanical Garden and Metropolitan Sewer District. The site is set to launch in January 2014. (Nathan Brandt)

Master Gardeners donate over 33,000 hours of service at 100+ locations in St. Louis each year. Based on the average Missouri income, their time is valued at $18.80 an hour, resulting in over $620,000 contributed to our area in volunteer hours.

Quotes from 2013 St. Louis Master Gardeners:

“IT made me realize how little I knew about plants, etc. I now want to learn even more. It still surprises me when someone asks a question about what to do with a plant or how to prune because I mostly know the answer. I look at landscapes a lot differently and actually stop and study them.”

Karen Watkins

“I feel as though I can be a better steward of my own property and other gardens where I may work. With my own flower beds, I’ve been planting to attract bees and butterflies. The courses have provided valuable information that will help me to do a better job.”

Jeanne Ortega

By volunteering to work on beautification projects throughout the area, our horticulture specialist and the Master Gardeners bring value beyond dollars and cents. The work from 2012’s capstone project at the Kathy J. Weinman Shelter has been transformative. The shelter is a 39 bed domestic violence program for abused women and their children in St. Louis County. The Shelter’s mission is to enhance the quality of life for women and their children who have experienced the trauma of domestic violence. The work done there was completed in 2013 and celebrated by residents and St. Louis County administrators.

The restorative work that is done within the building has now been extended to the outside of the facility as well. It is sustainable, growing many of its own vegetables and offers a healing for the spirit as well as the body.
Millie Miller-Hoover started her new position as a Business Development Specialist, St. Louis County Extension, on October 1, 2013. Ms. Miller continues to assist businesses — including small, disadvantaged and women owned firms — in obtaining federal, state and local government contracts. She conducts monthly seminars on how to sell to the government.

- Number of Active Clients: **354**
- Number of seminars: **10**
- Outreach Events attended: **23 with total 1,576 attendees**
- Number of Contracts Awarded: **413**
- Dollar Amount Awarded: **$15,179,207**
- Number of Jobs Created: **304 jobs**

**Small Business and Technology Centers**

Missouri Small Business and Technology Development Centers: MO SBTDC provides expert business counseling, training and online resources that help existing businesses grow and prosper and new businesses get started successfully. (missouribusiness.net)

**SBTDC Impact:**

- Sales Increase: **$13,709,536.00**
- Loans and Equity: **$18,009,382.00**
- Jobs Created: **113**
- Jobs Retained: **270**
- New Businesses Created: **39**
- New Business Milestones: **44**

Kevin Wilson, Director
COMMUNITY DEVELOPMENT

In November 2013, 17 community leaders and nonprofit staff graduated from the 12th Annual Neighborhood Leadership Academy, joining the ranks of over 200 alumni from across the region who continue to create and build vibrant, healthy and livable communities. UMSL faculty in the School of Social Work and the Department of Political Science join Extension faculty in teaching the curriculum for this ten-session program. Academy participants learn the skills necessary to build networks, be effective leaders, and create livable communities by developing and implementing an improvement project for their neighborhood, such as a neighborhood health fair, starting a community garden or increasing membership in a neighborhood association.

NLA and Advanced Workshop: Nearly 30 community leaders, nonprofit staff and Neighborhood Leadership Academy alumni participated in the third annual “Funding Your Neighborhood Project.” In this hands-on workshop offered in partnership with University of Missouri-St. Louis, participants learned the tools and techniques to securing funding to successfully implement their neighborhood projects. (Kara Lubischer)

Moreover, a high percentage of respondents (59%) implemented a project in addition to the one that they created in the NLA, which means that some graduates implemented both their original plans and something else.1


Community Forums – Community Partnership Project Seminar Series & the “What’s Brewing?” Series

Over 300 non-profit organization staff, community members, stakeholders and elected officials attended a series of six Community Partnership Project Seminars and “What’s Brewing?” breakfast series to learn more about UMSL faculty research on issues impacting the St. Louis region. Topics presented in the 2013 CPP Seminar Series included the state of neighborhoods and community development with an emphasis on housing, retail development and crime prevention.

St. Louis Healthy Corner Store Project

The St. Louis Healthy Corner Store Project, founded in 2011, is currently working with seven corner stores and neighborhood partners in the City of St. Louis. MU Extension spearheaded a partnership with the City of St. Louis Departments of Health and Public Safety and the St. Louis Development Corporation to improve access to healthy foods in city neighborhoods. In communities that lack a supermarket, many families depend on corner stores for food purchases. The choices at these stores are often limited to packaged food and very little, if any, fresh produce. Through a comprehensive approach that combines nutrition education, business development, and community leadership development with greater access to affordable, nutritious foods, the St. Louis Healthy Corner Store Project has served as a national model. Since the start of the program, we have seen an increase of 23%-31% in healthy food inventory now available after one year in our participating stores. In addition, over 150 youth and adults in neighborhoods housing a healthy corner store, have participated in nutrition education classes taught by MU Extension nutrition and health specialists and educators. (Kara Lubischer)
4-H YOUTH DEVELOPMENT

4-H in St. Louis is a group of over **2,000 youths** in the area building life skills, engaging in science and connecting to the community. The St. Louis area 4-H programming includes:

**Choices 4-H Club, 4-H Achievement Days, St. Louis 4-H Leadership Academy**, **Clover Leadership Institute for Public Service and St. Louis Area Youth Futures**. These programs provide Urban 4-Hers with a variety of experiences, including leadership development, college preparedness and community service. MU Extension 4-H also serves as a partner with the Special School District of St. Louis County for Choices and Achievement Days.

In **2013, 20 students graduated from high school and pursued higher education with the help of the Youth Futures College Within Reach Program**. 4-H Youth Futures helps make college an achievable goal for underserved youth. The campus-based experience coupled with a caring adult mentor motivates youth and helps them navigate the many steps necessary to be admitted to and staying in college. (Terry Olishile and Jody Squires)

This year, **38 newly recruited youth participated in the 4-H Youth Futures First Flight 8th Grade College Prep Conference at the University of Missouri St. Louis**. Conference participants began the process of assessing their educational needs, preparing for high school, understanding the college financial aid process and preparing for the ACT. (Terry Olishile and Jody Squires)

**4-H Robotics**: A total of **136 kids completed the 4-H Robotics program**. Students learned how to build and program the LEGO Mindstorm NXT robots to move forwards, backwards, complete a turn, maneuver through mazes, and more. Sites included St. Louis the King School, Storman Academy, Blossom Wood Day School, and a few schools in the Ferguson-Florissant School District in partnership with PAKT. A homeschool 4-H robotics club was also created in 2013. (Amanda Meek)

**Rocketry**: A new mini-grant through the Missouri National Girls Collaborative STEM Initiative allowed **30 students at Ferguson Middle School** to participate in a rocketry unit. Students built and launched a micro rocket, Gnome rocket, and planet probe. St. Louis County 4-H partners with the Challenger Learning Center to implement the after school program at Ferguson Middle School. (Amanda Meek)

**4-H TechXcite**: St. Louis County 4-H continued its implementation of 4-H TechXcite, an after-school engineering curriculum developed jointly by 4-H and Duke University’s Pratt School of Engineering. Since the inception of the 4-H TechXcite program, a total of **141 kits have been distributed to 26 groups**. Modules for 2013 included Quest for Speed, Your TV Remote, Solar Oven, and Bioimaging. Additional kits for Solar Car and Bionic Arm were also offered to new 4-H groups. (Amanda Meek)

Nearly **11,359 youth and adults volunteer for 4-H in Missouri**; their devoted time was valued at $38.2 million. Missouri 4-H Members are twice more likely to have been on a college campus than their non-4-H peers which means they are also more likely to attain a college degree. **If just 75 Missouri 4-H participants earn an additional $650,000 over a lifetime, that will contribute $48,750,000 to the economy.**

According to a study by the Pew Research Center, over a lifetime of work, the typical college graduate earns **$650,000 more than the typical high school graduate.**

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HUMAN ENVIRONMENTAL SCIENCES

FINANCIAL EDUCATION

The Women’s Financial Education Series (WFES) and Money Management workshops are designed to promote self-reliance by arming people with knowledge and skills about money management, credit, insurance, estate planning, retirement planning, etc. During 2013 in St. Louis County, 30 adults learned about resources and techniques to more effectively make financial decisions, implement financial strategies, and increase success in reaching financial goals through WFES. Through other financial workshops, another 150+ adults learned about resources and techniques to help them better manage their money and financial resources, reach family goals, reduce debt, etc. The series is facilitated by MU Extension faculty and co-sponsored by Older Women’s League, with support from organizations such as the United Way, Missouri Family Support Division, St. Louis County Library District, Catholic Charities Housing Resource Center, Connections to Success, AAUW and other community organizations. (Suzanne Gellman)

$Start $mart and Return $mart for Women

There is still a wage gap between men and women’s earnings, and research has found that men are much more apt than women to negotiate for themselves in work-related situations. University of Missouri Extension faculty, partnering with several entities from UMSL, the YWCA, American Association of University Women, and the WAGE Project, offered various workshops to help local women learn about negotiating salaries and benefits in their job search. (Suzanne Gellman)

35 women learned how to benchmark potential salaries and learned negotiation skills through Return $mart programs in partnership with the YWCA. Return $mart is for women who are looking to get back into the workforce. At least 70 undergraduate/graduate students learned these same skills through $mart $tart programs offered to students in the Sue Shear Leadership programs, the Certificate in Teaching programs, and other programs on the UMSL campus. (Suzanne Gellman)

Investing and Retirement Planning programs

Understanding the basics of saving, investing, and retirement planning is crucial for individuals who want to achieve and preserve economic stability over their lifespan. Investing 101 and other retirement planning programs included participation from over 125 adults in St. Louis County who learned about how to get started saving, planning for retirement, investment options and important investment concepts, as well as choosing financial professionals, etc. (Suzanne Gellman)

Money Matters partnership with St. Louis County Library

St. Louis County Library is hosting a series of financial workshops for parents and teenagers who live in some of the more economically-challenged areas of the county. The programs will span a period of time from April 2013 through February 2015. Session topics include: credit, budgeting, banking, saving and investing. Partnering with University of Missouri Extension, Lincoln University Extension, and The Center for Entrepreneurship and Economic Education, the library has hosted and will continue to host a series of four (4) educational classes at each of five (5) St. Louis County Library branches in the northern portion of the county. In 2013, 36 people participated in one of the two north county financial series – Natural Bridge and Florissant Valley. (Suzanne Gellman)
These programs benefit the community by increasing the financial stability of Missourians, fostering less dependence on public programs, reducing financial stress on employees so they can be more productive on the job and building skills that result in people who are better equipped to participate as consumers in the local economy.

**HOUSING AND ENVIRONMENTAL DESIGN**

In September 2013, the University of Missouri Extension hosted a booth at the Green Homes and Great Health Festival held at the Missouri Botanical Gardens. Approximately 200 people visited the booth to learn about making their homes more energy efficient, keeping their homes healthy, as well as other programs offered through the University of Missouri Extension. Renewable and recyclable, and less toxic building materials were on display to educate participants about the different environmentally friendly products they can use in their home. A booth hosted by the University of Missouri Extension at the Green Energy Fair at the Carondolet YMCA focused on educating older adults about green cleaning, saving energy in the home, and utilizing renewable, recyclable, and less toxic building products in the home. (Kandace Fisher-McLean)

Education provided through the **Youth IDA Program** through the United Way taught youth aging out of the foster system about saving and investing, their rights and responsibilities as renters, properly caring for their homes, and proper food and nutrition safety. Youth will use their matched savings towards asset specific investments such as rent for an apartment, continued education, a vehicle, etc. (Kandace Fisher-McLean, Suzanne Gellman, Damaris Karanja).

Home maintenance education provided as part of the **Adult IDA Program** through Beyond Housing taught 31 adults about how to maintain their home, how to conserve energy in their home, and tips for hiring contractors when needed. Adults who participated in the home maintenance class will use their matched savings to make permanent home improvements to their residence. (Kandace Fisher-McLean)

Green cleaning classes provided 38 participants (through classes and video) with the knowledge of how to make their own environmentally-friendly cleaners at home.

By educating more Missourians to make environmentally-conscious product choices, MU Extension is helping our community save money on energy consumption. In addition, teaching consumers to craft their own cleaners is not only helpful in terms of health i.e. reduction in exposure to harsh chemicals, but cost effective. 100% of the Green Cleaning class participants stated they would continue to craft their own cleaners at home.
NUTRITION AND HEALTH EDUCATION

The **Eat Well Be Well with Diabetes** program is a nutrition-focused, diabetes self-management educational program for people with diabetes, their families and their friends. It is a four-session educational series that provides participants with the knowledge and skills necessary for improved self-management of diabetes. In 2013, two 4-session programs were offered reaching **118** contacts in St. Louis County. (Damaris Karanja and Mary Wissmann).

**“I feel more motivated to eat better and prevent diabetes myself. I am watching my portions and cutting sugar and eating more regular meals”**.

**Eat Well, Be Well participant**

Eat Well Be Well with Diabetes program participants reported adoption of healthier food choices, increased knowledge of and adoption of diabetes-specific meal planning methods, increased confidence in their ability to manage a high or low blood sugar level, prepare healthy meals from home more frequently, improved confidence in their ability to make healthy food choices when eating from a restaurant, more frequent use of reading the Nutrition Facts Label to make food choices, and increased likelihood of eating about the right amount of food to keep blood sugars in a normal range. Programs were offered in partnership with the Shepherd’s Center, Harrison Avenue Baptist Church, the Society for the Blind and Visually Impaired and Joint Neighborhood Ministries. (Damaris Karanja)

The cost of diabetes in Missouri is estimated at **$3,006,000,000** which includes excess medical costs ($1,990,000,000) and costs due to lost productivity ($1,016,000,000) .


**Cooking Matters for Adults** is an experiential cooking class that empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. Each of the Cooking Matters curricula uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. In 2013, two 6-session programs were offered reaching **156** contacts in St. Louis County. Programs were offered in partnership with the St. Louis County Department of Health. (Damaris Karanja)

**Survey results revealed an increase in consumption of vegetables, fruits, low-fat or fat-free milk products, whole grains, lean meat, chicken, or fish.**

Unhealthy eating and inactivity contribute to 310,000 to 580,000 deaths each year according to the US Department of Health and Human Services (HHS). According to the USDA, healthier diets could prevent at least $71 billion per year in medical costs, lost productivity, and lost lives. According to the CDC, state and federal governments spend one thousand times more to treat disease than to prevent it ($1,390 vs. $1.21 per person each year). Avoiding or delaying onset of a disease increases a person's productivity/earning potential. Comparing Cooking Matters participants’ evaluation data shows that significant lifestyle changes occur during the participant’s enrollment, thereby strengthening the evidence of Cooking Matters impact. (Damaris Karanja)

**Eat Smart Guidelines for Childcare** is a partnership with Missouri Department of Health and Senior Services enabled **170** teachers, teacher’s aides, and cooks to be trained on the Missouri Eat Smart Guidelines for Child Care Centers. These centers are working to implement the guidelines and improve the nutritional quality of meals and snacks served daily. (Mary Wissmann and Damaris Karanja)
Stay Strong Stay Healthy and Advanced Stay Strong Stay Healthy are designed to increase aging adults’ access to a safe, structured, and effective strength training program. In 2013, the programs reached 177 contacts in St. Louis County. University of Missouri Extension collaborated with Missouri Botanical Garden, University of Missouri St. Louis, and Adult Love Day-Care to offer the program. (Mary Wissmann and Damaris Karanja)

By participating in these programs, participants increase physical activity and improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average $51,465 per year in Missouri\(^1\). The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.

\(^1\)The MetLife Market Survey of Adult Day Services & Home Care Costs, 2011

**Food Preservation:** Through St. Louis County Extension office visits, phone calls, e-mails, and partnerships with the Missouri Botanical Garden, 63 contacts were reached and educated on accurate food preservation techniques and tested recipes. Home food preservation methods, such as canning, freezing, and drying have gained popularity as the interest in home gardening and local foods has increased. (Mary Wissmann)

**Mental Health First Aid** is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. The program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 8-hour certification course as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. In 2013, the program reached 37 contacts in St. Louis County. (Damaris Karanja)

As a result of this training, 100% of the participants strongly agreed that they feel more confident that they recognize the signs that someone may be dealing with a mental illness, reach out to someone who may be dealing with a mental health problem or crisis, ask a person whether s/he is considering killing her/himself, actively and compassionately listen to someone in distress, offer a distressed person basic first aid level information and reassurance about mental health problems, and assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports. Participants reported that they are aware of their own views and feeling about mental health problems and disorders and can recognize and correct misconceptions about mental health and mental illness they encounter as a result of taking the class.
Taking Care of You: Mind-Body-Spirit was developed to help Missourians better deal with the stress, or life’s challenges. While the aim of the program was to provide participants with practical strategies they could use in their everyday lives to better cope with the stress and challenges they endure, the underlying goal of the was to improve participants’ health behaviors including physical, mental and spiritual health. In 2013, two 8-session programs were offered and bi-monthly newsletters were sent to all past participants, reaching 144 contacts in St. Louis County. Programs were offered in partnership with the Midwest Mind-Body Center. (Damaris Karanja and Mary Wissmann)

Survey results revealed that participants had a significantly lower stress level after completing the program. Additionally, participants reported having less trouble sleeping, missing fewer days at work, eating more fruits and vegetables, and staying more focused on a task from beginning to end.

LABOR EDUCATION

The MU Extension Labor Education Program is a dedicated partner in the development and delivery of high quality training programs for trade union leaders throughout the St. Louis community.

Labor Law Breakfast Series

There were 253 participants from 45 different unions and other organizations. There were 14 presenters/partners from St. Louis and throughout the state of Missouri, including university faculty, appointed state officials, attorneys, and neutrals. Collectively over 250 hours of learning occurred throughout 2013. Presenters discussed a variety of topics, including Missouri Supreme Court decisions and what those decisions mean for collective bargaining; health care reform and what it means for health care plans in Missouri; the possible remedies available in arbitration processes; the Noel Canning decision and its impact on the NLRB; and updates on what is happening at the Missouri Department of Labor. (Rob Russell)

Other Labor Education Programs

There were approximately 175 participants in other labor education programs in the St. Louis region in a variety of programs. These participants were drawn from a variety of backgrounds, including union staff, union officers/stewards, delegates, journalists, and attorneys. These participants were drawn from throughout the metropolitan region and the state of Missouri. Collectively, there were over 550 hours of learning through these different programs in 2013. (Rob Russell)

Labor relations are a continually evolving area of the law. These continuing education programs help practitioners understand these changes and the best practices in labor and employment relations so that they can continue to work effectively as advocates.
ST. LOUIS COUNTY & CITY
UNIVERSITY OF MISSOURI EXTENSION STAFF

MISSION
University of Missouri Extension improves Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources.

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UM Services Received in the County in 2013

2,583 patients seen at UM Health Care, with $233,956 of uncompensated care.

2,333 patients seen at the UMSL Center for Eye Care with an average of $82 per patient in uncompensated care.

38 patients seen at the UMKC School of Dentistry with an average of $26 per patient in uncompensated care.

26,308 contacts with MU Extension through MU Extension events held in district counties.

UM Construction Projects involving Vendors located in the County in 2013

58 vendors involved with 105 projects, for $26.9 million.

UM Research Expenditures Funded by Federal and Private Sources

<table>
<thead>
<tr>
<th>Year</th>
<th>Expenditures (Million)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 2009</td>
<td>$178.5</td>
</tr>
<tr>
<td>FY 2010</td>
<td>$179.3</td>
</tr>
<tr>
<td>FY 2011</td>
<td>$183.2</td>
</tr>
<tr>
<td>FY 2012</td>
<td>$183.0</td>
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<tr>
<td>FY 2013</td>
<td>$194.7</td>
</tr>
<tr>
<td>FY 2014</td>
<td>$188.5</td>
</tr>
</tbody>
</table>

Population: 998,760
Pictures from left to right:

1) MU Extension St. Louis County Administrative Team
2) Robert Russell and participants from Collective Bargaining class
3) NLA Graduation
4) Nathan Brandt, Open House 2013
5) Nina Balsam and Kandace Fisher-McLean at Annual Dinner
6) Nathan Brandt and Mary Wissmann
7) Suzanne Gellman and Urban Regional Director, Cindy Zluticky