Your one-stop source for practical education on almost anything.
Greetings!

2015 marked a year of new and continuing endeavors for the University of Missouri Extension in St. Louis County, highlighted by the addition of MU Extension’s Community Arts Program to the St. Louis Region. In a short period of time, this program produced the latest iteration of the St. Louis Storytelling Festival, with over 20,000 people attending events spread throughout St. Louis County and City.

Over the past year, we’ve continued to serve the needs of the region with innovative, cross-disciplinary programs that ensure innovative research is accessible to all Missourians. We’ve continued to provide robotics education to students throughout the county, helping to develop our next generation of innovators; have counseled numerous businesses to help them grow and be successful in their contracting; our Master Gardener and Master Naturalist programs have donated thousands of volunteer hours aimed at beautifying parts of the county; and our nutrition and health educators continue to help multiple populations improve their health. In this report, you’ll find a brief overview of these activities and the many innovative programs offered by our faculty and staff that continue to make a real difference in the daily lives of local individuals and families.

We continue to be grateful for the generous support of the St. Louis County Government, which helps us to continue to offer significant programming opportunities throughout the county and also maintain an office in Creve Coeur. None of this work would happen without their support!

Finally, we thank the many partners who collaborate with MU Extension in working to build a better tomorrow for all people.

We look forward to you seeing you in 2016.

Sincerely,

Kandace Fisher-McLean
Interim Co-County Program Director

Robert A. Russell
Interim Co-County Program Director

Kenneth O. Truemper
St. Louis County Extension Council Chair
Dear County Commissioners and Friends of MU Extension:

Each year, University of Missouri Extension carries out the University of Missouri’s land-grant mission — bringing the university’s knowledge and research to all Missourians. For more than a century, we have been the “front door” to higher education in Missouri — helping to improve lives and create vibrant, resilient communities.

MU Extension is known as a valued and trusted resource for Missourians, touching the lives of nearly 2.3 million citizens. Our presence in all 114 Missouri counties, coupled with our network of councils, enables us to listen to the needs of communities, and respond with programming that addresses those needs. From our well-known programs in agriculture, nutrition and health, 4-H, and small business development, to lesser known continuing education programs for professionals such as fire and law enforcement training, nursing and medical continuing education and labor education, MU Extension makes a difference with programs that are in demand. The following are examples of program impact.

MU Extension’s Business Development Program helps Missouri entrepreneurs succeed in private enterprise and promotes statewide economic growth. In the past fiscal year, this program helped businesses increase sales by more than $157 million, secure loans and equity of nearly $100 million, create 1,832 jobs, and retain an additional 1,436 jobs. The program also helped to launch 213 new businesses in our state.

Alianzas, a joint initiative of MU Extension and the Institute for Human Development at the University of Missouri – Kansas City, provides intercultural training to the growing segment of Latino farmers, and pairs them with the knowledge and services they need to help Missouri meet its agricultural needs.

4-H Youth Futures: College Within Reach, is designed to help high school youths who are not encouraged to attend college realize the benefits of a college degree. Studies show that an individual’s lifetime earning potential increases by an average of $2.3 million with a bachelor’s degree. This program makes a difference for many young people.

Strengthening communities through art, innovation and creativity is the focus of MU Extension’s Community Arts Program. The program’s 2015 St. Louis Storytelling Festival, which brought curriculum to life for 12,000 local school children, shows how extension adds value to communities through engagement with MU.

These examples are a small representation of the many ways MU Extension works to enrich lives, businesses and communities to strengthen Missouri. I encourage you to read the attached annual report to view the impact made in your county. On behalf of MU Extension, thank you for your support and partnership with us to better serve your community.

Sincerely,

Thomas A. Henderson
Interim Vice Provost and Director
Many thanks to our volunteer governing board!

Members of the St. Louis County Extension Council are: (seated from left) Sylvester Bolden, Jack Breier, Lisa Taylor, Wimpy Kenner (standing from left) Larry McGowen, Sreenu Dandamudi, Anita Santiago, Jack Lane Not pictured: Toni Burrow, Courtney Hinton, Ken Truemper, Jinsong You

Cover Photos (Top to Bottom, Left to Right)
1. St. Louis Storytelling Festival
2. Cooking Matters
3. Robotics Club
4. City office Open House
5. Monsanto Award Celebration
6. Beverly Coberly, Cindy Zluticky, Jody Squires
7. Women’s Financial Educational Series
8. Vince McKinney, Lisa Overholser
9. 4-H Youth Futures
10. Terry Olishile
11. Kate Ryder, Damaris Karanja

The 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.

The 2015 St. Louis County Appropriations Budget

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Master Gardeners

St. Louis Master Gardeners donated 45,856 hours to the community in 2015. This was a 5% increase from the previous year and an equivalent of 22 full-time employees working in parks, community gardens and schools throughout the area. At least 50 public organizations received the help of 430 Master Gardeners in St. Louis this year.

Master Naturalists

Master Naturalists also support a wide variety of efforts in St. Louis including work with:
- World Bird Sanctuary net mending
- St. Louis Audubon’s Bring Conservation home habitat consulting
- Forest ReLeaf tree propagation and distribution

Special efforts were given to the creation of Monarch Waystations at Claire Gemp Davidson Memorial Conservation Area, Seibert Park of Manchester, and Bayless Elementary School.

Soil Testing

The number of soil tests submitted to MU Extension increased from 361 in 2014 to 559 in 2015. In an effort to make testing of harmful metals like lead and arsenic more affordable to city residents, the MU Extension soils lab agreed to decrease its setup fee from $50 to $25 per batch. Locations in the city and county are available for sample drop-off.

Kathy J. Weinman Shelter

MU Extension continues to support the Kathy J. Weinman Shelter for Victims of Domestic Violence. In 2015 we expanded the number garden beds from 4 to 9 to allow staff and residents more space for vegetables like cucumbers, tomatoes, collards and sweet corn. We also partnered with 10 Students from University of Missouri - Columbia and several Master Gardeners to paint hallways inside as well as, weed, mulch and plant the landscape beds outside. Master Gardeners also weeded and maintained the landscape monthly.

“I've never worked harder in my life volunteering to improve other’s appreciation of nature.”

“I want to be much better informed than I was (already on my way) and I want to commit to meaningful volunteer efforts to benefit our natural environment.”
MU Extension contributes to a St. Louis County’s economic development through growth in jobs, sales, innovation, technology development and commercialization. Our office assists businesses — including small, disadvantaged and women owned firms — in obtaining federal, state and local government contracts.

2015 Accomplishments:

- **Number of Active Clients:** 227
- **Number of Contracts Awarded:** 945
- **Dollar Amount Awarded:** $38,308,997
- **Number of Jobs Created:** 851
- **Number of seminars:** 10 with 29 attendees
- **Outreach Events attended:** 10 with a total of 786 attendees

Innovet, Inc.

**A PTAC Success Story**

These are nearly meaningless buzzwords today, but they’re not for Charlie McCarty, a decorated Vietnam War veteran, president and co-founder of Innovet, Inc., a full service electrical, telecom and general construction firm that also offers supply chain solutions for Fortune 500 companies. The firm today performs work as diverse as installing electrical systems, building a new roadway at Fort Leonard Wood, supplying warehousing and products on demand for Fortune 500 companies, installing a white noise generator at a GSA facility (to prevent eavesdropping) and installing carpet in the Grant’s Farm visitor center. The firm today employs eight people, many of them veterans and enjoys revenues well in the millions. How has Innovet managed to come up with such a broad range of work? “Well, we have good people, good contacts and good subcontractors,” says McCarty.

“But we had no real federal government contracting knowledge or even knew how to approach the market. She (PTAC Specialist Millie Miller-Hoover) and PTAC sent us in some very good directions. Lately it’s working out real well and sales have been increasing, too.”

Read the full story of Innovet’s success at: http://missouribusiness.net/2015/11/innovet-st-louis/
Creating Whole Communities

Founded in July 2014, Creating Whole Communities, a joint community building initiative of University of Missouri Extension and University of Missouri-St. Louis (UMSL), leverages the University’s expertise and resources in research, organizational capacity building, leadership development and civic dialogue to bring about whole communities in our region. In 2015, Creating Whole Communities held seven seminars and workshops, offered the annual Neighborhood Leadership Academy, and funded two UMSL faculty research fellows.

Neighborhood Leadership Academy

As the flagship program for Creating Whole Communities, the annual Neighborhood Leadership Academy (NLA) brings together community leaders from across the region for a ten-session leadership program that focuses on community building principles, project planning, organizational capacity building, and individualized leadership development. In November 2015, twenty community leaders and nonprofit staff graduated from the NLA earning a Chancellor’s Certificate in Neighborhood Leadership, and joined the ranks of over 250 Neighborhood Leadership Academy alumni. University of Missouri-St. Louis faculty in the School of Social Work and the Department of Political Science join Extension faculty and NLA alum in teaching the curriculum for the program. As part of the Academy, participants develop and implement an improvement project for their neighborhood, such as hosting a community resource fair, opening a new community center, or starting a neighborhood association. Additionally, alumni and community leaders can participate in the annual “Funding Your Neighborhood Project” grant writing workshop and the “NLA Alumni + Friends Roundtable Series.” Through these programs, NLA alumni have learned the necessary skills to build strong networks, be effective leaders, and to create whole communities.

Community Forums – Creating Whole Communities “What’s Brewing?” Series

The Creating Whole Communities “What’s Brewing?” Series continued for its third year. Over 460 community members, nonprofit staff, stakeholders and elected officials attended the four-part Creating Whole Communities “What’s Brewing?” breakfast series. The “What’s Brewing?” breakfast series brings UMSL faculty and community practitioners together to discuss the challenges and opportunities facing St. Louis neighborhoods. The series will continue through spring 2016.

Stock Healthy, Shop Healthy

Increasing the quantity and quality of healthy foods available at small food retailers is a promising strategy for improving access to healthy foods in both urban and rural communities. In fact, there is growing evidence suggesting that enhancing the offerings at small food retailers has the potential to improve economic and health outcomes in high need communities.¹,² Throughout 2015, six communities across the state of Missouri piloted MU Extension’s new healthy retail initiative, Stock Healthy, Shop Healthy. Stock Healthy, Shop Healthy is a comprehensive, community-driven program that allows communities to improve access to healthy affordable foods by incorporating community development and nutrition education with an increased supply of healthy foods at small food retailers. With support from the Missouri Department of Health and Senior Services, MU Extension developed two comprehensive toolkits for both retailers and community organizations, along with a variety of other free resources including recipes, posters, assessment tools and surveys for organizations and stores to use to implement the program. In fall 2015, the program expanded to four additional communities and is currently working with 22 stores throughout the state. Final evaluation results of the pilot projects show that across all participating stores, there was a 9.7% increase in the amount of store shelf space dedicated to healthy inventory at participating stores. Dedicated shelf space for healthy food serves as a proxy for sales data which is not always accessible. Increasing shelf space for produce can positively impact resident produce consumption. In one study, each additional linear meter of vegetable shelf space in local small food stores was associated with increased vegetable intake among residents.³
COMMUNITY DEVELOPMENT

Stock Healthy, Shop Healthy is based on the success of the St. Louis Healthy Corner Store Project, a similar program in the City of St. Louis co-coordinated by MU Extension. By providing citizens with knowledge, leadership skills and awareness, MU Extension is on the forefront of increasing access to healthy, affordable foods in underserved communities and is playing a key role in stabilizing many St. Louis communities.


4-H YOUTH DEVELOPMENT

4-H in St. Louis is a community of 944 youths building life skills, engaging in science and connecting to the community.

One of every five Missourians between the ages of 5 and 18 participated in a MU Extension 4-H Youth Development program in 2015.

4-H Youth are equipped with the knowledge, skills, attitudes, and health for the 21st century workforce. Missouri 4-H members spend more of their leisure time than peers engaged in projects of interest anchored in science (Khan, 1989). It is no wonder that 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008).

4-H youth are more connected to college campuses and faculty than their peers. MU Extension 4-H connects 8,700 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Hoover, 2006). 4-H youth are nearly twice as likely to go onto college (Lerner and Lerner, 2011).

Youth who earn a bachelor’s degree increase annual earnings by $2 million over their lifetime (NACUBO, 2012). Through 4-H, the 65 St. Louis County members who participated in 4-H events on the MU Campus are more likely to earn a bachelor’s degree and receive higher lifetime earnings.

Missouri 4-H members, however, also learn to use these talents to engage in their communities. Young people in 4-H are engaged in twice as many leadership roles than their non-4-H peers. This provides them with the experience in problem-solving to step up and lead in a complex, changing world. St. Louis 4-H members were engaged in leadership and service experiences in their communities.

4-H Community Clubs

St. Louis County 4-H community clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from aerospace and arts to veterinary science and sport fishing. Clubs also involve children and teens in community service, camping and educational trips. In St. Louis County, 110 youth participated in community clubs.

“I just want to share how very impressed my husband and I are by the robotics program that was held at Remington. My son has Asperger’s and no after school class or program has ever been enticing enough to get him to even try. He LOVED THIS and learned SO much.”

Parent of a Robotics Participant
4-H School Programs

St. Louis County 4-H school enrichment programs are short-term educational experiences that supplement learning in the classroom. Most are led by teachers or 4-H volunteers. The most popular 4-H school program is CHOICES 4-H, a program that impacted 413 youth in the Special School District of St. Louis County. The culminating event, Achievement Days, gave youth an opportunity to experience hands-on STEM activities and interact with caring teens and adults.

4-H Success Stories

St. Louis is growing future scientists. 4-H’ers are more likely to pursue future courses or a career in science, engineering or computer technology. There were 422 youth who learned how to program robots and in turn, increased their likelihood of future STEM careers.

The Marshall Mentor Program, a bullying prevention program that focuses on empathy, kindness, courage, strength, and forgiveness, was taught to 31 youth at St. Louis the King School by three 4-H Youth Futures members. Missouri 4-H has been implementing the program in partnership with Marshall the Miracle Dog and Girls in the Know.

From the 4-H Youth Futures College Within Reach program, 12 youth graduated from high school and attended college in the fall. A total of 31 youth in grades 9-12 attended the 4-H Youth Futures Conference at the University of Missouri – Columbia in July 2015.

Anna Loucks and Lily Wilkins of the Lucky Horseshoes 4-H club were part of the St. Louis County junior team who received first place at the 2015 State Horse Bowl in April. The girls were coached by their club leader Joan Reinbott.

Members from the Gateway 4-H club took second place in both the programming and the robot skills challenges at a VEX competition in December. Their score of 111 for programming ranks them at 88th place in the world. Team members included Drachen Koester, Benjamin Brandt, Olivia Pfeiffer, Jessica Shaffer, and Kaleb Graves with Karen Brandt serving as the club leader.

A total of 31 youth participated in the 4-H Robotics Exhibition sponsored by Maritz on December 1. Youth from 4-H robotics programs demonstrated their programming skills in the Dizzy Drill and Buried Treasure challenges.

References:


November 19, 2013.
Corporate Wellness
Approximately 80 St. Louis County employees participated in University of Missouri Extension’s workplace wellness programs. An effective and non-intimidating exercise program was delivered for St. Louis County government employees during the work day. 40 employees participated in a weight and stress management class. These programs were co-sponsored by the employee wellness council, which supplemented 50% of the class fee for participants.

Cooking Matters
*Cooking Matters* is a program aimed at curbing hunger and food insecurity among low-income families and individuals. Through the application of hands-on cooking and nutrition lessons the program aims to teach families how to shop for and prepare healthy, delicious, and affordable meals. Each *Cooking Matters* course consists of 6 weekly, two-hour lessons. An individual lesson is broken down into two parts—a nutrition lesson and a cooking lesson. Each *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. The cooking lesson engages participants in hands-on meal preparation teaching them how to prepare balanced low-cost meals.

In 2015, four *Cooking Matters* courses were offered in St. Louis resulting in 137 contacts. Courses were offered in partnership with Grace Hill Settlement House, Peter and Paul Community Services, Confluence Academy, St. Louis County Department of Health, and ARC. Results from the course surveys revealed that participants learned new healthy recipes to make at home.

Additionally, people reported making healthier food choices at the end of the course. Participant surveys revealed that they were including more fruits, vegetables, whole grains, lean protein, and low-fat dairy in their diets. *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.

Team Nutrition Trainings for Child Care Centers
A partnership with Missouri Department of Health and Senior Services enabled MU Extension to provide training for Child Care Centers and their staff across the state focused on healthy eating practices for young children. In the St. Louis region, seven trainings were offered reaching 57 child care providers. Survey results indicated that a majority of participants improved their knowledge about nutrition and many teachers indicated that they were going to begin implementing a specific action, such as including lessons focused on fruits and vegetables in their classrooms.
Eat Smart Guidelines for Childcare
A partnership with Missouri Department of Health and Senior Services enabled over 200 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. The program is provided in collaboration with Missouri Foundation for Health and Missouri Department of Health and Senior Services.

Matter of Balance
In the fall of 2015, the St. Louis County Extension office hosted its first Matter of Balance class at the Missouri Botanical Garden. Matter of Balance is an award-winning fall prevention program. Through the application of eight distinct lessons, Matter of Balance aims to reduce older adults’ fear of falling and increase their activity levels. By discussing fears and concerns around falling, creating action plans for dealing with those fears, and improving physical strength and balance, Matter of Balance has proven to decrease one’s risk for falling.

45 people participated in this course and completed the end of class survey. Their survey results indicate that this class helped them recognize their fears and concerns around falling and learn strategies to deal with those concerns. Participants reported that the exercises performed during each lesson and the class discussions were the best part of the class.

According to a 2009 CDC fact sheet, fall-related injuries for adults aged 65 and older cost $80.9 billion annually, including more than $19 billion in direct medical costs. The average hospital cost for a fall-related injury is $17,086. Research studies examining the outcomes of Matter of Balance show that participants show significant changes in fall-related behaviors and attitudes. Studies show that participants have increased perceived confidence to manage their risk of falling and that if they do fall they have increased confidence and ability to take corrective actions to reduce their risk of falling in the future. These results indicate that Matter of Balance can reduce falls and fall-related injuries; and therefore, decrease the cost associated with falls.

Eat Smart in Parks
An initiative developed by MU Extension, the Missouri Coalition for Activity and Nutrition, the Missouri State Parks, and Missouri Park and Recreation Association, Eat Smart in Parks is a statewide effort aimed at promoting healthier eating options in Missouri’s state and local parks. Locally, MU Extension has been working with St. Vincent’s Recreation Center and Park (a local St. Louis County Park) to implement the Eat Smart in Parks nutrition guidelines and recommendations. This project is still in its formative stage and results to date have been limited to MU Extension staff assisting the Director at St. Vincent’s Recreation Center with identifying possible vendors who have the ability to offer healthier foods at the concession stand and who can also manage and oversee the day-to-day operations of the concession stand.
Home Food Preservation
In recent years, there has been a significant increase in the number of people who are concerned about how and where their food is grown and how it is prepared. This increase in awareness over how their food is sourced and prepared has led many people to shop at farmer’s markets, join CSAs (community supported agriculture), and begin their own home-garden. Due to these changes many people are now interested in learning how to preserve food received from these sources. To meet this need MU Extension, in conjunction with Thomas Dunn Learning Center, offered a three-part Home Food Preservation course. 28 people from St. Louis City and County participated in this course. Participants learned how to safely water-bath can several items such as salsa, jam, and picked vegetables, and reviewed the correct procedure for pressure canning vegetables. Surveys from the course revealed that participants increased their knowledge on how to safely can foods using the tested procedures and all participants stated that they would highly recommend the course to their friends and family.

Stay Strong Stay Healthy and Advanced Stay Strong Stay Healthy
Stay Strong Stay Healthy (SSSH) programs are designed to increase aging adults’ access to a safe, structured, and effective strength training program. In 2015, the programs reached 60 people from St. Louis County and City. University of Missouri Extension collaborated with St. Louis County Government Employee Wellness Council, Mideast Area Agency on Aging to present these programs. 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. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people active and independent, contributing to society longer.

Mental Health First Aid
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 2015, the program was provided for nine University of Missouri St. Louis (UMSL) Police Officers and other staff who work with students.

Family Nutrition Education Program (FNEP)
University of Missouri Extension’s Family Nutrition Education Programs (FNEP) provided nutrition education to 36,533 low-income participants in St. Louis County during 2015. FNEP includes the Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP), and teaches information on nutrition, food safety, and physical activity for lifelong health and fitness.

Nutrition education for youth provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity, and food resource management.
FINANCIAL EDUCATION
University of Missouri Extension’s Financial Education programs benefit the community by increasing the financial stability of its members, 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.

Women’s Financial Education Series and Money Management Workshops
The Women’s Financial Education Series (WFES) workshops are designed to promote self-reliance by arming people with knowledge and skills about money management, credit, insurance, estate planning, retirement planning, etc. The series is facilitated and sponsored by MU Extension faculty, 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 coalition members.

Respondents said they are in the process of accomplishing the following:
- Setting up a filing system
- Developed or revised a spending plan
- Prepared a cash-flow statement
- Started or added to an emergency/reserve fund
- Evaluated my financial institution/accounts
- Limited use and/or reduced balances on credit card accounts
- Obtained a copy of my credit report
- Identified and/or reduced money leaks in spending
- Comparison shopped for insurance
- Reviewed or executed estate planning documents
- Spoken to family members about my healthcare wishes
- Analyzed my financial situation in case of widowhood, death or divorce
- Determined retirement and/or future income needs and how to meet them
- Decided where to invest my retirement fund
- Reviewed my 401k, IRA or other retirement plans
- Re-evaluated what my retirement might look like and when I can afford to retire

Most other participants said they plan to do these things and others as well if they had not already begun the process during the 5 week program. Other individual accomplishments/actions reported by participants:
- Cut my cable, reducing contributions to my son’s health insurance, assessing my emotionality to eating out
- Learned more about my future and what I need to do to have a comfortable retirement
- I saw a personal investment counselor

Investing and Saving Planning
The importance of setting aside a “rainy day” fund is stressed in both the budgeting and saving and investing sessions. Over 60% of the participants plan to establish an emergency fund as a result of attending this workshop. Payroll deduction of savings for retirement and other goals is a key to successful savings behavior. Over 60% of the participants plan to have savings taken out of their paycheck and automatically deposited each month. Over 40% of the participant plan to track their spending to find money that can be saved or invested. More than 60 percent plan to talk to their children about saving and investing. One-third plan to use the resources they learned about in this class to teach their children about spending and saving money.

Prior to participating in the saving and investing sessions, 25 percent of participants’ responses were “No” to at least one of the knowledge and behavior statements. Twenty-six percent of the responses were “Sometimes” to at least one of the knowledge and behavior statements. The statements most frequently receiving “No” or “Sometimes” responses were: “I know to watch investment costs carefully with a goal

“My husband makes significantly more income than me and his knowledge of finances is way beyond mine. This class has empowered me to get more involved and able to communicate with him on his level. This has opened up more communication on estate planning and long term investing as a couple. Thank you!!!”

WFES Participant
of keeping costs below 1% per year or less,” “I have written goals for saving and investing,” “I know how to carefully select an investment advisor,” “I know basic investment principles “and “I am more comfortable with saving and investing terms.” Before the saving and investing session only 23 percent of the responses were “Yes.”

Money Matters Partnership with St. Louis County Library
A total of 159 adult participants attended 20 Money Matters workshops offered at 5 St. Louis County libraries. Money Matters promoted talking to your children about money and using library resources to teach them about spending and saving money. Over three-fourths of the parents are now talking to their children about personal finance. An additional twenty-three percent have helped their children open a bank account.

All Money Matters families cut back on their spending by $2,265 each month for an annual savings of $27,180. They increased the amount they saved each month by $1,675 for an annual amount of $20,100. And finally they increased the amount they were putting toward debt repayment by $2,000 for an annual amount of $24,000.

HOUSING AND ENVIRONMENTAL DESIGN

United Way’s Individual Development Account (IDA) Program for Aging Out Youth
Approximately 32 youth aging out of the foster system were educated through the United Way’s Youth IDA Program. They were educated about saving and investing, their rights and responsibilities as renters, properly caring for their homes, preparing nutritious meals on a budget, and food safety. Youth will use their matched savings towards asset specific investments such as rent for an apartment, continuing education, having a vehicle, etc.

Healthy and Sustainable Housing Initiative:
Healthy Homes Symposium
The free half day Healthy Homes Symposium featured Kevin Kennedy, Director of the Center for Environmental Health at Children’s Mercy Hospital in Kansas City, as the keynote speaker. Approximately 55 individuals from agency and community partnerships were educated about healthy home principles, how they could incorporate healthy home principles and practices into their work to assist the people they serve, and how future partnerships could be formed amongst local agencies to undertake healthy homes issues in the community. Partnering agencies who worked in conjunction with the University of Missouri Extension to host the half day symposium included: Maternal, Child, and Family Health Coalition, Asthma and Allergy Foundation of America - St. Louis Chapter, St. Louis County Health Department, and Nurses for Newborns who secured grant money through the Missouri Foundation for Health to fund the symposium.

Exploring Energy Efficiency & Alternatives (E3A) Program
The E3A Program is an extension curriculum for non-biased, research-based information on energy efficiency and small renewable energy technologies for home, farm and ranch. Approximately 46 St. Louis area residents participated in the E3A Program to learn how to reduce energy costs in their home and make their home more energy efficient. Participants were provided with curriculum materials and an energy efficiency kit that included an LED light bulb, low flow shower head, caulk, caulk gun, weather stripping, insulating foam gasket outlet inserts, etc.

HUMAN DEVELOPMENT AND FAMILY SCIENCE

Teaching Child Care Providers
It is important for child care providers to understand what they can realistically expect from young children of various ages. Helping children develop self-control skills prepares them to be ready to start school. Conflicts often arise when caregivers set expectations too high for a child’s developmental level. This interactive workshop helped 46 child care providers: learn how to analyze the level of self-control for each child in their care, identify ways to adapt their program to fit children’s needs and teach children skills that promote self-control. Those who completed the class earned two clock hours toward the 12 clock hours per year that are required for licensing.

Post-class evaluations indicated:
- 97 percent were confident that they would implement the strategies learned in their classrooms and/or program.
- 90 percent were satisfied to very satisfied with this professional development program.
- 85 percent would recommend the program to other child care providers.
MU Extension Partners with the Festival

In 2015 the University of Missouri Extension Community Arts Program formed a new partnership with the St. Louis Storytelling Festival. The festival, typically the first week of May, offers activities and events at various venues in St. Louis. A formal partnership was also formed between the University and MMC Starlight, Inc. in Taiwan (complete with a Memorandum of Understanding), in effect for the next five years, for storytelling festival exchanges. This will mean that we will have roughly 30+ Taiwan youth tellers, ages 8-18, also telling at our St. Louis Festival each year, as they started to do at SLSF 2015. In addition, the idea is that storytellers will work with St. Louis area youth and eventually send them over to Taiwan (a terrific opportunity for St. Louis youth!) to participate in their Festival. [Details and financial backing to be determined]

The Festival also created opportunities for us to partner with community organizations involved directly or indirectly with storytelling. For example, we highlighted Saint Louis Story Stitchers at our 2015 Festival (http://storystitchers.org/) and will continue to work with them in 2016. In fact, they will be doing a special storytelling performance on gun violence prevention for SLSF 2016 on Saturday, May 7, at the Kranzberg Arts Center.

In 2015, the inaugural year for the University of Missouri Extension, we had:

- 35 tellers (5 national, 30 regional) – diverse tellers from different cultural backgrounds (i.e., African-American, Native-American, Jewish)
- 49 different storytelling sites (including schools, libraries, national parks, historic sites, detention centers, performing arts venues, etc.)
- 144 total storytelling sessions over 4 days
- St. Louis metropolitan area covered:
  - Missouri Counties:
    - St. Louis City
    - St. Louis County
    - St. Charles County
    - Jefferson County
  - Illinois Counties:
    - Madison County
- Total audience of 13,400 (which includes 12,000 K-12 youth audiences, primarily in schools)

G.H.O.S.T. PROJECT

The Community Arts Storytellers have partnered with 4-H Youth Development middle and high school students to start a new program to develop the next generation of storytellers. Through a series of workshops, storytellers have helped students hone their skills to tell scary tales at the Annual Storytelling Festival, including the annual National Storytelling Network Conference in Kansas City.
CONTINUING EDUCATION

University of Missouri Extension partners with several of the University of Missouri’s schools and colleges to deliver noncredit continuing education courses, programs, and training in a variety of professional trades that contribute to the success of public-sector organizations and private industries throughout Missouri.

LABOR EDUCATION

The MU Extension Labor Education Program works with members and leaders of a variety of workplace-based organizations across Missouri to help them develop skills to contribute to their organizations, act effectively in the workplace, and be informed and active participants in their communities. In FY 2015, the Labor Education Program offered 38 courses and conferences to meet the needs of participants, the majority of whom are leaders of organizations representing the economic interests of more than 20,000 working people in Missouri and surrounding states.

LABOR LAW BREAKFAST SERIES

There were 252 participants from over 40 different unions and other organizations. There were 14 presenters/partners from St. Louis and throughout the state of Missouri, including representatives of the US Department of Labor, National Labor Relations Board, university faculty, appointed state officials, attorneys, and neutrals. Collectively over 250 hours of learning occurred throughout 2015. Presenters discussed a variety of topics, including changing rules from the National Labor Relations Board; pension reform; implications of the NLRB’s Browning-Ferris decision; hot topics in arbitration; and updates on what is happening at the Missouri Department of Labor.

OTHER LABOR EDUCATION PROGRAMS

There were approximately 150 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 500 hours of learning through these different programs in 2015.

MU CONFERENCE OFFICE

The MU Conference Office provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on campus, in out-state Missouri or anywhere in the world, the office’s professional staff provides assistance to create the best learning environment for participants. In FY 2015, the MU Conference Office registered 14,219 people for conferences on teacher education in math, science and writing; pesticide applicator training; youth leadership programs for students with disabilities; and many other topics. For more information, visit muconf.missouri.edu.

In 2015, the MU Conference Office served 1373 residents of St. Louis County and City.

FIRE AND RESCUE TRAINING INSTITUTE (MU FRTI)

MU FRTI is charged with providing comprehensive continuing professional education and training to Missouri’s fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of Missouri’s 29,000 firefighters and the 6 million people they serve. Courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation, as well as fires. In FY 2015, MU FRTI trained firefighters representing all 114 Missouri counties for a total enrollment of 13,005 fire and emergency responders — 152,585 hours of training. In FY 2015, MU FRTI served 1,090 fire departments, organizations and agencies. For more information, visit mufrti.org.

In 2016, MU FRTI trained 261 firefighters and first responders from St. Louis County and City.
LAW ENFORCEMENT TRAINING INSTITUTE (LETI)

LETI brings state-of-the-art, certified, professional training to law enforcement officers and continuing professional education to a wide spectrum of other criminal justice and public safety professionals. The institute has for more than 60 years been the state’s leader in providing vital training and education services for Missouri’s 20,000 in-service personnel and 3,000 police recruits annually. Working with national, state and local agencies from 37 states, LETI provided basic and advanced cruelty investigations training. LETI also presented a variety of topics to extension personnel and the general public, including five personal safety presentations to municipal employees.

In 2015, LETI provided trainings for 46 St. Louis County and City residents.

CONTINUING MEDICAL EDUCATION AND PHYSICIAN LIFELONG LEARNING (CME/PLL)

CME/PLL serves both MU Extension and the MU School of Medicine by educating physicians and other health care providers to improve the standard of care across the state of Missouri. In FY 2015, CME/PLL offered 1,678 noncredit programs, courses and activities with 23,452 participants. Visit medicine.missouri.edu/cme/about.html for more information.

In 2015, CME/PLL served 121 medical professionals from St. Louis County and City.

MISSOURI TRAINING INSTITUTE

The Missouri Training Institute provides continuing education programs in business, custom-designed training programs, and consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs cover human resource management, supervision, management, leadership, team building, effective decision-making, dealing with generational differences and business writing. The institute’s consulting services cover human resources, strategic planning, board development and board retreats.

In FY 2015, 10,249 people enrolled in the institute’s 427 programs. For more information, visit mti.missouri.edu.

In 2015, the Missouri Training Institute served 323 residents of St. Louis County and City.

MU NURSING OUTREACH

Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care and fully participate in the state’s health care efforts is a primary goal for Nursing Outreach. In FY 2015, Nursing Outreach helped 1,821 health care professionals participate in a nursing outreach program and reached another 962 nurses through co-sponsored multidisciplinary programs. Nursing Outreach serves a predominantly rural health care audience with high-quality, affordable continuing education programs using face-to-face, Web-based and online delivery methods. A full 94 percent of Nursing Outreach’s Missouri participants reside outside the metropolitan St. Louis and Kansas City areas.

In 2015, MU Nursing Outreach educated 196 residents of St. Louis County and City.

VETERINARY MEDICAL EXTENSION AND CONTINUING EDUCATION (VMECE)

VMECE focuses on issues that have widespread impact on Missouri veterinarians and livestock owners. Factors such as disease risks, rising input costs and regulations all affect the livelihood of farming operations. VMECE provides up-to-date information and consultations to veterinarians and livestock owners so they are better prepared to address these challenges. In FY 2015, VMECE organized events for veterinarians seeking continuing education credit to renew their veterinary licenses. Team members also presented information about production-related topics or animal disease to more than 1,500 people at 30 different meetings across the state. They also made 34 farm visits with local veterinarians to help solve livestock production problems.

In 2015, VMECE served 2 St. Louis County and City residents.

University of Missouri Extension Continuing Education Programs collectively served over 2500 St. Louis County and City residents and professionals by providing non-credit courses designed to enhance their professional and organizational success.
MU Extension Council Represented MUNICIPALITIES of St. Louis County, Missouri 2015

16 CHESTERFIELD
Sreenu Dandamudi
Elected

50 MANCHESTER
Jinsong You
Appointed

31 FERGUSON
J. Toni Burrow
Appointed

55 NORMANDY
Courtney Hinton
Appointed - Mizzou Alumni Association Liaison

88 WILDWOOD
Larry McGowen
Appointed

33 FLORISSANT
Lisa Taylor
Elected
Anita Santiago
Elected

76 UNIVERSITY CITY
Jack Breier - Vice Chair
Appointed

91 UNINCORPORATED AREAS
Affton
Wimpy Kenner - Treasurer
Elected

Prepared by St. Louis County GIS Service Center
April 2012
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Robert A. Russell, Co-County Program Director

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