

# PROGRAM PLAN

July 1 2009 - June 30, 2010

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UNIVERSITY OF MISSOURI EXTENSION  
TANEY COUNTY EXECUTIVE SUMMARY

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 Extension

Taney County

2009–10 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 Taney 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 Taney 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 Taney County plan to provide the programs listed in the following pages to residents of Taney 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 Taney 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 Taney County.

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



## **2009-10 Taney County Program Plan Executive Summary**

The following educational programs are planned for citizens of Taney County in the coming year. In some cases, Taney County residents may need to travel to a nearby county to take advantage of the program offering.

### **AGRICULTURE AND NATURAL RESOURCES (ANR)**

#### **Program Name – Description - Personnel**

##### ***Program Name*** – Profit Focused Agriculture

***Description*** – 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*** – Gordon Carriker

##### ***Program Name*** – Annie's Project

***Description*** – 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*** – Gordon Carriker

##### ***Program Name*** – Golden Age Farming

***Description*** – Workshops provide education on estate planning, retirement issues, and transition planning. It includes techniques to maximize Social Security, alternative health care, and familiarizes participants with new estate tax laws.

***Personnel*** – Gordon Carriker

##### ***Program Name*** – Farm & Small Business Estate Planning

***Description*** – Targeted at farmers and small businesses, this program provides basic estate planning concepts as well as helps participants seek out professional help.

***Personnel*** – Gordon Carriker

##### ***Program Name*** – Plant Protection for the 21st Century

***Description*** – Educational experience that covers the fundamental concepts of pest control (weeds, disease, and insect damage.) Provides a focused examination of identification, pesticide regulations, safety, and Integrated Pest Management (IPM.)

***Personnel*** – Tim Schnakenberg

**Program Name** – Private Pesticide Applicator Training

**Description** – Initial training and recertification of private pesticide applicators. Trains in methods of safe and proper use of agricultural pesticides on farmland.

**Personnel** – Tim Schnakenberg

**Program Name** – Value Added Agriculture

**Description** – Interactive programming that prepares producers and producer groups to evaluate the potential marketability of a value added idea. Entrepreneurial-focused approach to developing possible new ideas and products for producers.

**Personnel** – Tim Schnakenberg, Michael Gilliam

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**Personnel** - Tim Schnakenberg

**Program Name** - Community Food Systems

**Description** - Broadens consumer awareness of the community benefits of locally produced foods. Expands the development of community food systems through educational and outreach activities.

**Personnel** - James Quinn

**Program Name** - Business Management

**Description** - Educates farmers and ranchers to plan and undertake a business-like approach to the use of land and resources in agriculture or farm endeavors. Programs focus on financial resources, record keeping, computer use, marketing, and legal issues.

**Personnel** - David Whitson

**Program Name** - Rural Agricultural Safety and Health

**Description** - 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** - Robert Schultheis

**Program Name** - Assistive Technology for Farmers with Disabilities: Missouri AgrAbility Program

**Description** - Networking, and assistance for agricultural operators with disease, disabilities, or disorders. Targets rural farm families and collaborative partners.

**Personnel** - Robert Schultheis

**Program Name** - Nutrient Management Planning

**Description** - Provides animal feeding operation owners and operators with knowledge and skills to manage manure and organic by-products. Addresses natural resource concerns, soil erosion, and by-product impact on water quality.

**Personnel** - Tim Schnackenberg

**Program Name** - Forage Production and Management

**Description** - 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** – Tim Schnackenberg, Eldon Cole, Robert Schultheis, Thomas Hansen

**Program Name** – Home Horticulture and Environment

**Description** - 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** - Gaylord Moore

**Program** - Name Missouri Grown

**Description** - 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

**Program Name** - Turfgrass Management & the Green Industry

**Description** - 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

**Program Name** - Dairy Production Systems

**Description** - 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** - Stacey Hamilton, Tony Rickard

**Program Name** - Beef Production Systems

**Description** - 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** – Tim Schnakenberg, Dona Funk, Eldon Cole

**Program Name** - MO-PORK: Increasing Pork Production in MO

**Description** - 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** – Dona Funk, Gary Naylor

**Program Name** - Missouri Show Me Quality Assurance

**Description** - Programming covers information on daily care and management, reading feed labels, withdrawal times and bio-security for livestock. Also focuses on animal health products, and carcass quality. Program that leads to PQA certification.

**Personnel** - Eldon Cole

**Program Name** - MU Equine MO

**Description** - 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** - Donna Funk

**Program Name** - Sheep & Goat Production

**Description** - 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** - Donna Funk

**Program Name** - Missouri Master Naturalist

**Description** - Educational program Improving understanding of natural resource ecology and management, and enhances existing natural resource education. Provides framework for conducting volunteer educational programs towards management of natural resources.

**Personnel** - Wayne Dietrich

**Program Name** - Energy Conservation, Efficiency & Alternatives

**Description** - 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** – Jeffrey Barber, Robert Schultheis

**Program Name** - Individual Wastewater Systems - Implications for a New Rural Generation

**Description** - 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

**Program Name** - Water Awareness Festivals

**Description** - Informational festival stressing the importance of water sanitation, and community economical viability. Demonstrates how to develop strong communities based on clean water, and protection methods.

**Personnel** – Wayne Dietrich, Gordon Carriker, Renette Wardlow, Robert Schultheis

**Program Name** - Watershed Management & Planning

**Description** - Works with local watershed communities to evaluate, plan and implement locally designed watershed management programs. Develop and expand collaboration and partnerships with agencies, individuals, elected officials, and organizations that have responsibility for protecting water resources.

**Personnel** - Wayne Dietrich

**Program Name** - Your Farm - Your Resources - Your Business

**Description** - Provides information through classroom presentations on possibilities, feasibility, and legal issues related to beginning a farming operation or managing your resources. Topics include financial resources, business planning, soils, matching livestock, proper equipment, horticulture production and legality.

**Personnel** - Gordon Carriker

**Program Name** - Master Gardener

**Description** - 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** – Tim Schnakenberg, Gaylord Moore, Gordon Carriker

**Program Name** - Pasture Based Dairy Systems

**Description** - 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** – Stacey Hamilton, Tony Rickard

**Program Name** - Show-Me-Select

**Description** - 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** – Dona Funk, Eldon Cole

**Program Name** - Premier Beef

**Description** - Educate small-herd beef producers in concepts of value-based feeder calf marketing. Focuses on herd health, growth, uniformity, and marketing skills necessary to capture the full value of feeder cattle.

**Personnel** - Theodore Cunningham

**Program Name** - Sustainable Agriculture

**Description** - Provides programming for educators to educate producers to increase sustainable farming practices and procedures that are economically profitable, environmentally sound and socially responsible.

**Personnel** - Crystal Weber

**Program Name** - Legal Concerns for Rural Landowner

**Description** - Rural Landowner Legal Concerns is designed to be a 6 or 7 session workshop or can be divided into individual sessions or topics. Rural legal issues that will be addressed are: Missouri's Fence & Boundary Laws, Land Leases and Contracts, Government Programs impacting landowners, Employers, Employees & Others (including liability questions,) Environmental Regulations and Issues, Livestock Ownership Concerns & Overall Risk Management Strategies

**Personnel** - Gordon Carriker

## **BUSINESS DEVELOPMENT (BD)**

### **Program Name – Description – Personnel**

**Program Name** - Starting a Business: The First Steps

**Description** - This three-hour offering will provide you with an overview of the critical first steps associated with starting a business. It is designed specifically for those who are thinking about a new business venture.

**Personnel** - Thomas Keohan

**Program Name** - The Basics to Writing a Business Plan

**Description** – Educational experience for current and future business owners and entrepreneurs who have little or no knowledge of writing a business plan. Participants will learn the importance of business plans, the key required elements of a basic plan and data that must be included.

**Personnel** - Thomas Keohan

**Program Name** - Customer Satisfaction and Beyond

**Personnel** - Thomas Keohan

**Program Name** - Marketing: Think Before You Spend

**Description** – Educational program focusing on the elements of marketing, and strategies for return customers. Program focuses on three elements: Marketing Research, Competitive Analysis, and Customer Service.

**Personnel** - Thomas Keohan

**Program Name** - Small Business Development: Counseling/Coaching

**Personnel** - Thomas Keohan, Betty Lorton

**Program Name** - Name Hotline Calls

**Personnel** - Mary Horvath

**Program Name** - Introduction to QuickBooks Pro

**Personnel** - Mary Horvath

**Program Name** - Information Transfer

**Personnel** - Thomas Keohan

**Program Name** - DHSS - Starting & Managing A Small Business in Missouri

**Description** – Acquaints participants with more focused and in-depth information on starting and managing a small business in Missouri. Participants will learn about business ownership planning and organization, legal and regulatory requirements, recordkeeping and information management, marketing, financing and resources for assistance. 8 hours.

**Personnel** - Jacqueline Rasmussen

**Program Name** - Employment Careers and Advancement

**Personnel** - Tom Keohan

**Program Name** - Marketing for Non-Profit Organizations

**Description** - This 2 hour seminar will address:

- 1) media buying/planning for actual advertising (including media pros/cons, when to use what, theory, etc)
- 2) public relations activities including: press release (event announcement, expert, opinion piece, etc.) media kit development, press conference coordination and execution,

**Personnel** - Thomas Keohan

**Program Name** - Database Development and Maintenance

**Description** - Create and maintained Microsoft Access Regional Travel databases for EC, NE, SW, and WC region.

**Personnel** - Mary Horvath

## COMMUNITY DEVELOPMENT (CD)

### **Program Name – Description – Personnel**

**Program Name** - Community Emergency Management

**Description** - 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

**Program Name** - Step Up to Leadership!

**Description** - Builds the capacity of community-minded people who are wanting to make a difference; willing to assume the responsibilities of board membership; seeking understanding about group processes and the complexities of collaboration; and ready to take on the challenge of leadership.

**Personnel** - Miranda Duncan, Wayne Dietrich

**Program Name** – Community Decision Support

**Description** -Enhances local capacity to make sound policy choices. Rapid changes in technology, economic and social patterns require a greater depth of analysis and understanding if local decision makers are to make sound policy choices. Tools include economic models, demographic analysis, Geographical Information System (GIS) mapping, -fiscal impact tools, and local government support.

**Personnel** - Wayne Dietrich

**Program Name** - Enabling Effective Local Government

**Description** -Provides assistance and training for local governments to improve government decision making and operations.

**Personnel** - Eber Cude

**Program Name** - Missouri Communities Deliberate

**Description** - 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

**Program Name** - Fostering Healthy Communities

**Description** -Enhances Missouri communities' capacity to address local health systems issues at the community and local level. This program recognizes that healthy populations are at the heart of healthy and economically viable communities and helps communities build capacity to analyze their local health data and systems issues in the broader policy and economic arena.

**Personnel** - Wayne Dietrich

**Program Name** - Alianzas

**Description** - 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** - James Wirth, Virginia Hopp, Wayne Dietrich

**Program Name** - Strengthening Community Non-Profit Organizations

**Description** - Supports small, community-based groups and nonprofits and they develop their capacity to address important community issues. The program assists groups on a range of development topics including incorporation, planning, collaboration, financial management, marketing, and others.

**Personnel** - Thomas Keohan, Wayne Dietrich

**Program Name** - Cambio de Colores

**Description** - 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

**Program Name** - Global Leadership Education (GLE)

**Description** - Devoted to building the leadership capacity of Missouri and Thai community members, community leaders and professionals in a number of sectors—government, education, civic and business, religious, non-profits and others. In partnership with the Community Development Department (CDD) of the Royal Thai Government, this exchange program builds mutual understanding and contributes to this collaborative learning between the people of Missouri and Thailand.

**Personnel** - Mary Horvath

**Program Name** - Community Development Academy

**Description** - The Community Development Academy provides high quality relevant community development education through a series of three courses. Each five-day course is intensive, experiential, available for noncredit (continuing education units)or for three hours undergraduate or graduate credit. The courses explore ideas and develop practical skills for effectively involving and empowering local citizens and leaders in community-based efforts.

**Personnel** - Miranda Duncan

***Program Name*** - Poll Worker Training

***Description*** - Provides comprehensive statewide training for those who work in local polling sites during elections. The training is the responsibility of local election authorities and is available in multiple formats (including an online module) and based on HAVA (Help America Vote Act) regulations, election laws, and administrative rules.

***Personnel*** - Ronald Higginbotham

***Program Name*** - Southwest Region News Service

***Personnel*** - David Burton

***Program Name*** - Business Retention & Expansion

***Description*** - This program works with existing businesses to insure that they have the required infrastructure and an educated labor force to meet their needs.

***Personnel*** - Thomas Keohan

## **HUMAN ENVIRONMENTAL SCIENCES (HES)**

### ***Program Name – Description – Personnel***

***Program Name*** - Successful Aging

***Description*** - Provides educational resources to support successful aging and to strengthen the aging family.

***Personnel*** – Renette Wardlow, Tamara Roberts, Virginia Hopp

***Program Name*** - Waste Management & Recycling

***Description*** - Educates consumers on an integrated approach to water resource conservation and waste management strategies in buildings and homes.

***Personnel*** - Wayne Dietrich

***Program Name*** - Healthy Homes

***Description*** - 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

***Program Name*** - Rent Smart

***Description*** - 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

***Program Name*** - Disaster Preparedness

***Description*** - 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*** - Renette Wardlow

**Program Name** - Basic Parenting

**Description** - Helps parents with children of all ages learn how to better manage personal stress, understand, guide, nurture, and motivate their children, in order to become more effective parents.

**Personnel** - Renette Wardlow

**Program Name** – Rethink: Anger Management

**Description** - Teaches parents how to manage their anger when dealing with children's difficult behaviors. The following skills are emphasized: identifying constructive and destructive anger, developing better relationships with children, using appropriate discipline strategies, understanding children's behavior at different ages, and managing anger more effectively.

**Personnel** - Renette Wardlow

**Program Name** - Building Strong Families

**Description** - Challenges and Choices program helps families build strengths, face challenges, and make choices.

**Personnel** – Annette FitzGerald, Renette Wardlow, Virginia Hopp, Wayne Dietrich

**Program Name** - Building Strong Families for Youth

**Description** - The Building Strong Families: Challenges and Choices program helps families build strengths, face challenges, and make choices.

**Personnel** - Renette Wardlow

**Program Name** - Family Meals

**Description** - The Family Meals program addresses the positive outcomes of health, finances, and relationships that can occur when families consume meals together.

**Personnel** - Tamara Roberts

**Program Name** – Build Better Child Care

**Description** - Missouri's "Build Better Child Care" program improves child care quality via research-based educational workshops that focus on developmentally – appropriate strategies for getting along with children and arranging learning environments.

**Personnel** - Renette Wardlow

**Program Name** - Child Care Program Administration

**Description** - Missouri's "Build Better Child Care" program improves child care quality via research-based educational workshops that focus on developmentally – appropriate strategies for getting along with children and arranging learning environments.

**Personnel** - Annette FitzGerald

**Program Name** - Child Physical Activity

**Description** - In addition to increases in childhood overweight are corresponding decreases in the amount of time that children spend engaged in physical activity. Early childhood educators working with children birth through school entry have a unique opportunity to assist children in developing small and large motor skills that will serve as the foundation for later physical activity, exercise, and sports. Thus, this workshop will address national concerns with children's

inactivity, the importance of physical activity, one's own physical activity beliefs and behaviors, and developmentally appropriate activities to encourage children's movement and motor development.

**Personnel** - Renette Wardlow

**Program Name** - Indoor Air Quality

**Description** - 2-hour workshop, developed by University of Missouri Extension, assists those who provide child care to create a healthier indoor environment for children with asthma and allergies.

**Personnel** - Jeffery Barber

**Program Name** - Food Preservation

**Description** - The food preservation program will answer consumer questions and teach safe food preservation techniques. Opportunities for food preservation programming happen sporadically throughout the state. Extension will deliver food preservation lessons based on safe food handling research.

**Personnel** - Tamara Roberts

**Program Name** - High School Financial Planning Program

**Description** - 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

**Program Name** - Money Action Plan

**Description** – 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

**Program Name** - MoTax Initiative

**Description** - Offers a gateway to financial education through taxpayer assistance. MoTax offers preparation of federal and state tax returns to low-income families and uses this opportunity to emphasize the importance of financial planning management. MoTax is supported by University of Missouri Extension along with federal and local partners.

**Personnel** - Annette FitzGerald

**Program Name** - Estate Planning

**Description** - Designed to assist Missourians to meet their future needs in regard to asset management and wealth transfer.

**Personnel** - Janet LaFon

**Program Name** - Adolescent Health/STD/HIV Prevention

**Personnel** - Renette Wardlow

**Program Name** - Child, Youth, and Families At-Risk (CYFAR)

**Personnel** - Renette Wardlow

**Program Name** - Childcare Core Competencies

**Description** - Missouri's "Build Better Child Care" program improves child care quality via research-based educational workshops that focus on developmentally – appropriate strategies for getting along with children and arranging learning environments.

**Personnel** - James Wirth, Renette Wardlow

**Program Name** - Jump Into Action

**Description** - Is an educational program designed to reduce the increasing development of Type 2 Diabetes in elementary aged children by improving their knowledge, self-efficacy, and behaviors regarding Type 2 diabetes prevention.

**Personnel** - Terry Egan

**Program Name** - Family Nutrition Program

**Description** - FNEP is nutrition education for individuals and families.

Nutrition educators meet participants in homes, schools, and at agencies.

**Personnel** - Chalys McCoy, Terry Egan

**Program Name** - Expanded Food & Nutrition Education Program

**Description** - The 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** - Tamara Roberts

**Program Name** - Food Power

**Description** - 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

**Program Name** - Family Nutrition Program

**Description** - The Family Nutrition Program (FNP) is 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** - Amanda Smigiel

**Program Name** - Expanded Food & Nutrition Education Program

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**Personnel** - Karen Elliott

**Program Name** - Stay Strong, Stay Healthy

**Description** - Is 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** - Tamara Roberts

**Program Description** - Eat Well, Be Well with Diabetes (Dining With Diabetes)

**Description** - A four-session series that provides people with type 2 diabetes, their family and friends, with tools for the self-management of diabetes. The series focuses on nutrition, the cornerstone of diabetes management, but also reviews other self-management strategies that can help individuals avoid diabetes complications. Food demonstrations and tasting are included.

**Personnel** - Tamara Roberts

**Program Name** - Health for Every Body

**Description** - Is 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** - Tamara Roberts

**Program Name** - Relatives As Parents

**Description** - Provides education for relative caregivers. Topics included may range from parenting, relationship building, financial, and legal issues.

**Personnel** - Virginia Hopp

**Program Name** - Tackling the Tough Skills

**Description** - Is a program on building life skills. The curriculum includes sections on attitude, responsibility, communication, decision making and problem solving and preparing for the workplace.

**Personnel** - James Wirth

**Program Name** - Prisoner Re-Entry

**Description** - To work with the Department of Corrections, parole officers and local organizations to provide a community based support system for offenders re-entering the community from prison.

**Personnel** - Rosilee Trotta, James Wirth, Renette Wardlow, Wayne Dietrich

***Program Name*** - Home Buyer Financial Education

***Description*** – A homebuyer education class that explains the process to prospective first time home-buyers.

***Personnel*** - Annette Fitzgerald

***Program Name*** - School Wellness

***Description*** - Educate teachers and resource staff about ways that they can comply with the new wellness policies. This program will help educators implement a school wellness policy.

***Personnel*** - Tamara Roberts

***Program Name*** - Identity Theft -- A Loss that Hurts!

***Description*** - We cannot live in constant fear of what may or may not happen. In all societies, there are the few that will try to circumvent the system—in other words, steal. It is important that we are aware of “Identity Theft” and thereby act responsibly to protect ourselves from falling victim. Sometimes though, no matter how careful we are, it happens anyway. How can we protect our identity? What should we do if it does happen?

***Personnel*** - Annette Fitzgerald

## **4-H YOUTH DEVELOPMENT**

### ***Program Name – Description – Personnel***

***Program Name*** - Family and Youth Wellbeing (Mental and Emotional)

***Description*** - 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*** - Renette Wardlow

***Program Name*** - Creating Environments for Positive Youth Development

***Description*** - 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*** - Byron Morrison

***Program Name*** - Program Management

***Description*** - 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*** - Byron Morrison

***Program Name*** - Youth Development

***Description*** - 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** - Wayne Dietrich, Byron Morrison

**Program Name** - Adult Volunteer Leadership Roles

**Description** - 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** - Byron Morrison

**Program Name** - Developing Youth Leaders

**Description** - 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** - Byron Morrison

**Program Name** - Promoting Youth and Adult Partnerships

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

**Personnel** - Byron Morrison

**Program Name** - Empowering Youth Citizens

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

**Personnel** - Rebecca Fay

**Program Name** - Animal Science and Technology - Food Animal Projects

**Description** - 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** - Byron Morrison

**Program Name** - Animal Science and Technology - Companion Animals

**Description** - Youth gain knowledge and skills for life through working with companion animals --- dogs, cats, horses and rabbits.

**Personnel** - Debra Davis

**Program Name** - Environmental and Natural Resources Science and Technology

**Description** - Youth learn knowledge and skills in stewardship of the environment, shooting sports, sports fishing and aquatic sciences, water quality, forestry and conservation.

**Personnel** - Byron Morrison, Rebecca Fay

***Program Name*** - Information Science and Technology

***Description*** - 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*** - Byron Morrison, Robert Schultheis

***Program Name*** - Building Character

***Description*** - Show-Me Character\* is a program that teaches young people to make wise ethical choices. It also encourages adults to become more involved in helping youth develop positive character traits, such as trustworthiness, fairness, respect, caring, responsibility and citizenship.

***Personnel*** - Byron Morrison

***Program Name*** - Community Mapping of Natural Resources Using Geospatial Technology

***Description*** - 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*** - Wayne Dietrich, Byron Morrison, Rebecca Fay, Robert Schultheis

***Program Name*** - Geo Spatial

***Description*** - 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*** - Wayne Dietrich, Byron Morrison, Rebecca Fay, Robert Schultheis