

Cole County Extension Council 2016 Annual Report



What Extension does and why:

Our distinct land grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

The University of Missouri Extension is a partnership between the University of Missouri, the people of Missouri through county extension councils, the Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture and other partners and stakeholders.

Cole County Extension
2436 Tanner Bridge Road
Jefferson City, MO 65101
573-634-2824
coleco@missouri.edu



UNIVERSITY OF MISSOURI
U Extension

2016 Extension Council:

Bill Case, chair
Jason Sullivan, vice chair
David Kiesling, treasurer
Alice Longfellow, secretary

Dennis Bening
Larry Bishop
Paula Bryan
Gail Cummins
Robert Fluegge
Jeff Hoelscher
Jim Hofmann
Tom Holt
Simon Kempker
Kris Leech
Colleen Meredith
Doug Moeller
Leonard Muenks
Mae Oehring
Bob Ortals
Ken Schaefer
Mark Schreiber
Ross Terry
Wayne Yokley

Staff headquartered in Cole County:

Jenny Flatt
Jane Kempker
Lori Stoll
Ashley Temmen
Diane Temmen
Chris Thompson
James Quinn
Lynda Zimmerman

Staff serving Cole County:

Vivian Anderson
Brent Carpenter
Heather Conrow
Kathy Dothage
Charles Ellis
Joni Ross Harper
Letitia Johnson
Kent Shannon
Patricia Snodgrass

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment based on their demonstrated ability and competence without discrimination based on their race, color, religion, national origin, sex, sexual orientation, gender identity, age, genetics information, disability or status as a protected veteran.

January 5, 2017

Dear County Commissioners and Friends of MU Extension:

The past year was a busy one for University of Missouri Extension. As a long-time extension professional and newcomer to Missouri, I have found the support from people like you to be remarkable. Missouri is a special place with a promising future.

Through the efforts of faculty, staff and amazing volunteers, MU Extension connects millions of Missourians with knowledge they put into action in their daily lives. Using a range of learning experiences, we reach people of all ages and backgrounds, in every corner of the state.

In response to direct input received from local councils and the unique nature of each county, extension programs vary slightly across the state. This strength of local flexibility and public engagement enables county-based Mizzou faculty to provide local learning experiences that improve lives and community vitality. For example:

- MU Extension business specialists helped local Missouri businesses achieve sales increases of \$186 million while creating or retaining 7,766 jobs.
- Helping assure access to health care in local communities, MU Nursing Outreach made it possible for 2,094 nurses keep their skills up to date.
- Our 4-H youth development specialists and other extension team members worked with volunteers and community leaders to reach 269,000 youths ages 5 to 18 across the state.
- Anticipating the needs of Missouri's aging farm population, extension faculty developed workshops that target estate planning, succession and retirement planning specific to farmers.

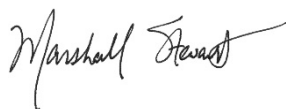
These are just a few examples of how Mizzou's commitment to extension and engagement benefitted Missourians this past year.

In the interest of better serving Missourians, we are conducting a statewide needs assessment. It will include extensive input from local communities and stakeholders. It will result in stronger alignment between extension programs and local needs.

I encourage you to read the attached annual report from your county office to gain an understanding of how MU Extension has worked this past year to serve your community.

Your support of MU Extension and our efforts in your community is greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve the people.

Sincerely,



Marshall Stewart, Ed.D.
Vice Chancellor for Extension

Extension Program Highlights From 2016

Business Development

Cole County clients assisted by the Business Development Program reported these impacts:

- 96 new jobs.
- \$3,600,772 in increased sales.
- 6 new business.
- 365 jobs retained.
- \$1,188,671 in business loans and investments.
- \$6,310,677 in government contracts.
- \$214,242 in acquired assets.
- 82 clients received business counseling.
- 205 training program attendees or conference participants.
- Facilitating strategic planning in for-profit, non-profit and academic organizations.
- Collaborated with the Chamber to conduct the Start-Up Jeff City Business Plan Pitch Contest.

4-H and Youth Development

- 314 youth built life skills, engaged in science and contributed to their community.
- 334 volunteers served as club or project leaders or in other capacities.
- 3,367 participated in 4-H-sponsored enrichment programs in their schools.

Agriculture

- 281 field soil tests evaluated.
- 5 farm visits conducted.
- 97 issues addressed by phone.

Horticulture and Natural Resources

- Protected the environment and improved crop yields by training 17 private pesticide applicators.
- Interpreting 148 home soil fertility tests.

Master Gardeners

- 176 Master Gardeners saved local organizations over \$300,000 by donating more than 13,500 hours of labor.
- 33 graduated from the Master Gardener Program.
- 157 attended the Spring Gardening Seminar.

Family Nutrition Education Programs

- 2,915 adults and 420 youth reached with nutritional education.

Health and Fitness Education

- 9 citizens improved their health and ability to stay in their homes through regular exercise classes, potentially saving each \$51,465 a year.
- 19 families learned to reduce their food budgets through safe food preservation.

Safety

- 183 Cole County fire fighters are better prepared to respond to emergencies after attending training provided by MU Extension's Fire and Rescue Training Institute.
- 23 Cole County law enforcement personnel will better serve the public after attending MU Extension's Law Enforcement Training Institute.
- 194 Cole County medical professionals received continuing education through extension programs.
- 103 youth understand the responsibilities of using firearms along with their safe and proper handling through 4-H shooting sports programs led by 24 certified adult volunteers.

Human Development and Family Financial Education

- 45 childcare providers received continuing education in three different programs.
- 17 individuals participated in two stress relieving programs.
- 183 individuals can better manage their finances by participating in financial education programs or receiving individual counseling.

Cole County Extension Center Statistics

- Reached over 13,000 Cole County citizens with programs or information.
- Processed 429 total soil tests.
- Provided a testing location for students enrolled in correspondence courses.
- 240 events scheduled for our conference rooms.
- Planned, prepared, and conducted the 40th Fall Festival with 3,300 attending.



2016 PROGRAMS

Agriculture/Horticulture

Show Me Quality Assurance	6
Pearls of Production – Women in Ag	7
Mid Missouri Grazing Conference	8
Ag Business	9
Master Gardeners	10

Business Development..... 11

Nutrition & Health

Healthy Schools/Communities & Child Care Providers Training	12
Home Food Preservation	13
Stay Strong, Stay Healthy	14
Taking Care of You	15
Small Steps To Health & Wealth	16
Eating From The Garden	17

Human Environmental Services

Family Financial Education	18
Families In Transition	19

Youth Development & 4-H 20

The Office..... 21



Cole County Extension Center
2436 Tanner Bridge Road
Jefferson City, MO 65101

Phone: (573) 634-2824
Fax: (573) 634-5463

December 2016

Dear Citizens, Legislators, Commissioners and Supporters:

As required by Missouri Statue 262.617, we present you with our annual report for the Cole County Extension Center. Please find detailed information about our programs and events that took place during 2016.

We would like to extend a special thanks to the Cole County Commission and United Way for their continued support to the Cole County Extension Center.

Sam Bushman, presiding commissioner
Kris Scheperle, western district commissioner
Jeff Hoelscher, eastern district commissioner

Ann Bax, United Way president

We would also like to thank all of our volunteers who are too numerous to be named. The Cole County Extension Center could not operate to its full ability without your help.

Sincerely,

A handwritten signature in black ink that reads "Bill Case".

Bill Case
Cole County Extension council
chair

A handwritten signature in black ink that reads "Alice P. Longfellow".

Alice Longfellow,
Cole County Extension council
secretary


A handwritten signature in black ink that reads "Chris Thompson".

Chris Thompson,
County program director

Livestock Education

Show-Me-Quality Assurance

Heather Conrow

Number of County Learners	Total Hours of Collective Workshop Participation in 2016	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>Total attendance for Show-Me-Quality Assurance training programs was 262 youth from 14 counties.</p> <p>41 Participants came from Cole County.</p>	<p>A total of 786 hours of learning for the attendees.</p> <p>Cole County participants received 123 hours of learning.</p>	<p>Participants learned:</p> <ul style="list-style-type: none"> • What quality assurance is and why it is important to the consumer and producer. • How youth market projects fit into the food supply and youth participants' part in assuring a safe food product. • The basic needs of all animals and how to provide for those needs. • Ways to approach animals safely and how to handle them properly. • Why it is important to producers to avoid damage to tissue and where the higher value cuts of meat are located. • Why it is important to identify individual animals and the different types for each species. • What information is on feed labels. • What biosecurity is and the importance of maintaining records. • The importance of ethics and how youth livestock projects develop those traits. 	<p>Youth will produce safe, high quality meat products and are now qualified to show their market projects at county fairs using the knowledge gained.</p> <p>Youth participants project a positive image to the public regarding animal welfare.</p>	<p>The public is becoming further and further removed from the farm and knowledge of agricultural practices.</p> <p>Youth livestock exhibitors provide a positive view of agriculture to people who are not well acquainted with agriculture or where their food comes from. In some cases, fair participation may be the only contact the public has with agriculture.</p> <p>This program has allowed the industry to maintain open markets for show animals to be processed.</p> <p>Overall, the number of positive drug residue tests in show animals has decreased.</p>
				

Livestock Education

Pearls of Production- General Session

Heather Conrow


Number of County Learners	Total Hours of Collective Workshop Participation in 2016	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>Total attendance for the Pearls of Production Conference was 43 participants; representing 18 counties.</p> <p>3 participants came from Cole County.</p>	<p>A total of 236.5 hours of learning.</p> <p>16.5 hours of learning for Cole County participants.</p>	<p>Female agriculturists learned relevant topics from female presenters in the agriculture industry</p> <p>Topics included:</p> <ul style="list-style-type: none"> • ATV safety & maintenance • Local marketing of farm products • Farm safety for women • Farm succession planning <p>The keynote speaker was Erin Brenneman, farmer and farrowing manager at Brenneman Pork</p> <p>Breakout sessions with hands-on activities included Beef, Forages, Small Ruminants, and Swine</p>	<p>Too soon to determine actions taken. Based on the program's exit survey, the following were the point increases (on a scale from 1 to 5) in knowledge and indicators of areas of potential action:</p> <ul style="list-style-type: none"> • ATV safety & maintenance: 0.83. • Local marketing of farm products: 1.46. • Farm safety for women: 1.55. • Farm succession planning: 1.78. <p>Feedback included: 100% would recommend the program, <i>"excellent opportunity to learn about a variety of topics"</i>; <i>"great to learn new ways/innovation in ag"</i>; <i>"great networking"</i>; <i>"the information provided in 1 ½ days is phenomenal"</i>; <i>"best women in ag conference I have ever attended"</i>; and <i>"we can come together to impact our industry"</i>.</p>	<p>Programs targeting female livestock producers are becoming more important as more women play larger roles in livestock production. Nearly half of our country's women-operated farms are specializing in livestock production.</p> <p>When you support University of Missouri Extension livestock programs for female producers, women are more empowered to undertake livestock operations and more able to make research-based decisions on a day-to-day basis. As more informed members of the industry, women increase numbers and types of knowledgeable advocates for the agricultural industry.</p>



Livestock Education

Mid-Missouri Grazing Conference

Heather Conrow

Number of County Learners	Total Hours of Collective Workshop Participation in 2016	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>Total attendance for the Mid-Missouri Grazing Conference was 116, representing 22 counties in Missouri; and 2 from a county in Illinois</p> <p>21 Cole County producers participated in the Mid-Missouri Grazing Conference.</p>	<p>A total of 318.5 hours of learning.</p> <p>136.5 hours of learning for Cole County attendees.</p>	<p>Participants learned options for grazing feeder cattle to finish.</p> <p>Other topics covered included:</p> <ul style="list-style-type: none"> • High density grazing. • Lease agreements • Low-stress cattle handling. • Post-harvest forage physiology. • Hoop buildings for beef cattle. • Utilizing feedlot performance information on the ranch. • Managing wildlife on a production farm. • Stockpiled tall fescue management. • Grass-fed & conventionally finished meat characteristics. 	<p>Too soon to determine actions taken. The following are the percent of respondents who rated the various topics as “Good” or “Excellent” and indicating the potential areas of improvement:</p> <ul style="list-style-type: none"> • High density grazing: 85%. • Lease agreements: 89%. • Low-stress cattle handling: 93%. • Post-harvest forage physiology: 87%. • Hoop buildings for beef cattle: 68%. • Utilizing feedlot performance Information on the ranch: 100%. • Managing wildlife on a production farm: 89%. • Stockpiled tall fescue management: 79%. • Grass-fed & conventionally finished meat characteristics: 96%. 	<p>Pastureland accounts for 25% of Missouri’s land use.</p> <p>Cole County has over 35,000 head of cattle and calves and approximately 900 head of sheep and lambs.</p> <p>In Cole County, livestock sales account for 73% of all agriculture products sold.</p> <p>When you support University of Missouri Extension conferences, such as the Mid-Missouri Grazing Conference, producers are provided the opportunity to gain hands on experience with tools and technologies, which may increase the profitability of their operations. This in turn benefits the county as well as the state of Missouri.</p>
				

AGRICULTURAL BUSINESS

Your Farm, Your Business, Your Future

Pablo Arroyo, Ken Bolte, Darla Campbell, Chris Kempke, Joe Koenen, Patricia Savage, Mary Sobba, Virgil Woolridge, Andrew Zumwalt

Number of Cole County Learners	Total Hours of Collective Workshop Participation in 2016	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
8 participants from the East Central region including 1 Cole County participant	24 hours	<p>Class participants learned about:</p> <ul style="list-style-type: none"> • Writing business goals and mission statements. • Effective communication techniques. • Dealing with conflict. • Understanding generational differences. • Succession planning. • Estate planning. • Retirement planning. 	<p>Attendees indicated that they will:</p> <ul style="list-style-type: none"> • Review how their property is titled. • Use payable on death (POD) and transfer on death (TOD) when possible to transfer their assets. • Discuss their estate and succession plan with their heirs. • Encourage their children and grandchildren to start saving for retirement. 	<p>When you support MU Extension's Your Farm, Your Business, Your Future program, you are helping prepare families to better understand how to transfer the farm or business, protect the estate's assets, and communicate more effectively with professional advisors and heirs.</p> <p>This helps encourage family communication and avoid costly litigation and aids in the continuation of the farm or business.</p> <p>If families save 6 hours of legal time, the value of this class is \$4500. (5 participants total at this site x \$150/hour x 6 hours).</p>



MASTER GARDENERS

The mission of this Extension Program is “helping others learn to grow.” Throughout Missouri, it promotes and raises public awareness of the University of Missouri Extension as a source of unbiased, research based gardening information.

James Quinn

Number of learners participating in Cole County	Total Hours of Collective Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>176 adult learners participated in the Master Gardener program, including:</p> <ul style="list-style-type: none"> • 44 took the core training. • 95 maintained or achieved active status. • 17 maintained or achieved advanced status. • 47 maintained or achieved emeritus status. 	<p>This program requires initial training, then volunteer service:</p> <ul style="list-style-type: none"> • 1,320 hours of training. • 13,900 hours of volunteer service. • 312 hours of advanced education. • 1,650 hours of continuing education. 	<p>Participants in the core training attain gardening knowledge and skill. Evaluations document at the time of course completion, that the majority of respondents reported moderate to high levels of knowledge in all thirteen core curriculum topics. These topics included landscaping, lawn care, vegetable & fruit growing, and care of trees & flowers. Follow up surveys show this knowledge is largely retained. They also showed an increased appreciation of the University of Missouri, MU Extension and their local county extension center. Lastly, they responded they were more likely to volunteer after completing the core class training. Continuing and advanced education for active or emeritus Master Gardeners continues the learning process.</p>	<p>Participants report using their training in almost every topic. Most shared their knowledge with others.</p> <p>While a variety of activities encouraged by the program were implemented, the three most frequently reported activities where participation or use increased were volunteering, use of native plants, and physical activity.</p> <p>Participants identified one or more economic values gained and over 60% estimated having saved at least \$50 in the 1st year. This has been attributed to growing more of their own food, increased landscape design, reduced yard maintenance costs, and reduced water consumption.</p> <p>Participants are also likely to take an additional extension class, with over 40% reporting doing so within a year of the core training.</p>	<p>When individuals volunteer, they are more likely to be citizens who positively contribute to their community</p> <p>If they are more educated, as in lifelong learners, they are more likely to make better decisions effecting the community. Specifically, in Cole County, the Master Gardeners maintain over 10 beautification sites, saving these not-profits or public entities both time and money. Their volunteer hours are valued at over \$300,000. They raise their own funds to support these sites and to provide \$5,000 annually in college scholarships to area students.</p> <p>A key partner is Jefferson City Parks and Recreation, positively tying the extension center with another public entity, which strives to beautify the community and keep its citizens active and healthy. Research has shown that gardeners, and others in their household, are more likely to eat more fruits and vegetables, thus having a better diet.</p>



BUSINESS DEVELOPMENT PROGRAM


Chris Thompson

Programs, Workshops & Participants	County Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>Across the entire state, MU Extension business counselors provided start-up and existing business counseling, coaching, training and other assistance to 10,340 individuals and companies.</p> <p>Counseling and coaching address just about any business topic.</p> <p>Training events included:</p> <ul style="list-style-type: none"> • Starting A Business. • The Basics of Writing A Business Plan. • Financial Management. • QuickBooks. • Doing Business with the Government. • Marketing. • Strategic Planning. • Balanced Scorecards. • Supervision 101. • International Trade. 	<p>81 Cole residents and businesses received counseling or coaching.</p> <p>205 Cole residents and businesses attended training events.</p>	<p>Businesses participating in counseling, coaching or training learned:</p> <ul style="list-style-type: none"> • How to start a business. • How to develop a business plan as well as a strategic plan. • How to understand, analyze and use financial statements to make fact-based business decisions. • How to more effectively lead and manage employees. • How to use QuickBooks. • How to apply for financing. • The conditions & demographics in their market area. <p>Resource centers that are part of Extension are:</p> <ul style="list-style-type: none"> • Small Business & Technology Development Centers. • Missouri Procurement Technical Assistance Centers. • International Trade Center. • Trade Adjustment Assistance Center. 	<p>As a result of assistance provided by Extension's Business Development program, businesses in Cole County during FY2016 generated the following economic impact:</p> <ul style="list-style-type: none"> • Created 96 new jobs. • Retained 365 jobs. • Started 6 new businesses • Generated sales increases of \$3,600,772. • Secured new investment (loans or owner equity) totaling \$1,188,671. • Acquired assets worth \$214,242. • Obtained government contracts valued at \$6,310,677. 	<p>As entrepreneurs and innovators, Missouri's small businesses are a diverse group that continues to make the state's economy productive. There are approximately 500,000 small businesses in Missouri. Nearly 98% of all businesses with employees are categorized as small. In assisting these businesses, MU Extension contributes to the county and state's economic development through growth in jobs, sales and technology development and commercialization. Across Missouri, the total impact for all businesses assisted by Extension's Business Development Program was:</p> <ul style="list-style-type: none"> • 226 new businesses. • 1,751 new jobs. • 1,811 jobs retained. • \$157,306,766 in increased sales. • \$341,603,813 in government contracts. • \$110,351,258 in loans and investments in business. • \$10,312,296 in export awards. • \$944,865 in research grants awarded. • 2,723 clients receiving counseling or coaching. • 7,617 training attendees.

NUTRITION AND HEALTH EDUCATION

Healthy Schools Healthy Communities; Licensed Child Care Provider Training


Lynda Zimmerman

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>1 Cole County licensed childcare center participated in the Healthy Schools Healthy Communities child-care program, a grant funded project.</p>	<p>In total, 15 hours were spent in childcare provider coaching and training by the center manager.</p>	<p>The child care center manager learned about the MO Move Smart guidelines and changes needed in their children's physical activity to qualify for recognition.</p>	<p>The childcare center made changes in their daily schedules to increase the amount and types of classroom physical activities for preschoolers. They are now recognized as a Missouri Move Smart Child Care Center.</p>	<p>When you support MU Extension's childcare grant project and wellness training you help licensed childcare providers increase their knowledge and self-confidence about child nutrition, physical activity, and living a healthy lifestyle.</p>
<p>45 Cole County licensed child care providers participated in Child Care Wellness training topics:</p> <ul style="list-style-type: none"> • Taking Care of You. • Moving and Learning. • Managing Food Allergies. 	<p>In total, the childcare providers earned 90 hours of continuing education.</p>	<p>Post-session evaluations completed by 45 participants revealed:</p> <ul style="list-style-type: none"> • 100% would recommend the programs to someone else. • 87% rated their knowledge, skills or understanding of the training topic as "a lot" or "a great deal" after the sessions, whereas 40% rated themselves at these high levels before the training sessions. 	<p>73% of the participants identified one or more actions they planned to take as a result of what they learned during the trainings, including:</p> <ul style="list-style-type: none"> • Be more mindful of my breathing (Taking Care of You). • Relax more, focus on the positive (Taking Care of You). • Plan more structured physical activity time (Moving and Learning). • Do more physical activity every day (Moving and Learning). • Check all labels for allergens (Managing Food Allergies). • Be more careful to prevent cross-contamination (Managing Food Allergies). 	<p>With research-based knowledge and practical techniques, children, parents and childcare center staff will benefit by preventing or postponing the onset of disease through healthier eating and active living.</p>
				

NUTRITION AND HEALTH EDUCATION

Quality for Keeps-Home Food Preservation


Lynda Zimmerman

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>19 Cole County adult learners participated in Quality for Keeps—Home Food Preservation.</p> 	<p>In total, 112 hours were spent in home food preservation workshops by Cole County citizens.</p>	<p>Post-session evaluations completed by 19 participants showed:</p> <ul style="list-style-type: none"> • 100% would recommend the workshops to someone else. • 97% had increased knowledge of how to safely preserve food. • 87% described their knowledge, skills or understanding of food preservation as “a lot” or “a great deal” after the sessions, increased from just 16% before the sessions. 	<p>After the sessions, participants planned to:</p> <ul style="list-style-type: none"> • Preserve food (90%). • Use tested recipes from reliable sources for food preservation (64%). • Share information from the sessions with others (52%). • Purchase food preservation equipment (45%). 	<p>When you support MU Extension’s Quality for Keeps—Home Food Preservation program, you help participants learn safe, research-based practices and techniques, as well as enhance their access to an adequate supply of safe, affordable food. This leads to a healthy population, which in turn helps keep health costs in check and our communities viable.</p>

NUTRITION AND HEALTH EDUCATION

Stay Strong, Stay Healthy

Lynda Zimmerman

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
9 Cole County adult learners participated in Stay Strong, Stay Healthy.	In total, 97 hours were spent in strength training classes by Cole County citizens.	<p>Post-evaluations completed by 6 participants showed:</p> <ul style="list-style-type: none"> • 100% would recommend the program to someone else. • 83% rated the program as “excellent”. • 100% rated their knowledge, skills or understanding of strength training as “a lot” or “a great deal” after the program, whereas 50% were at this high level before the program. 	<p>The participants indicated they had benefitted from the classes, including:</p> <ul style="list-style-type: none"> • Improved health (100%). • Increased strength (100%). • Greater flexibility (100%). • More energy (50%). <p>6 participants completed pre- and post-program fitness assessments, which showed:</p> <ul style="list-style-type: none"> • 50% improved in five measures of fitness. • 16% improved in four of the five measures. • 33% improved in three of the five measures. 	<p>When you support MU Extension’s Stay Strong, Stay Healthy program, you help participants increase their physical activity and improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence.</p> <p>These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average \$56,758 per year in Missouri⁽¹⁾.</p> <p>The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people active, independent and contributing to society longer.</p> <p>(1) Leadingagemissouri.org</p>
				

NUTRITION AND HEALTH EDUCATION

Taking Care of You: Body-Mind-Spirit

Lynda Zimmerman

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
6 Cole County adult learners participated in Taking Care of You.	In total, 48 hours were spent in mindfulness stress management classes by Cole County citizens.	<p>Evaluations completed by 6 participants at the end of the last session revealed:</p> <ul style="list-style-type: none"> • 100% would recommend the program to others and felt that it met their needs “a lot” or “a great deal”. • 75% rated their knowledge, skills or understanding of strength training as “a lot” or “a great deal” after the program, whereas none were at this high level before the program. <p>New skills and strategies learned from the class that were most helpful to participants included:</p> <ul style="list-style-type: none"> • Recasting. • Breathing exercises. • Learning to be mindful. 	<p>As a result of the sessions, participants:</p> <ul style="list-style-type: none"> • Practiced daily the strategies learned in the class (50%). • Used resources recommended, such as books and web-resources (75%). • Shared information from the program with others (25%). <p>100% of participants planned to continue using skills learned in the sessions, including:</p> <ul style="list-style-type: none"> • Breathing techniques. • Responding to stress, rather than reacting. • Focusing on mindful eating. • Staying in the present moment. • Recasting (changing how you view difficult life experiences). 	<p>By supporting MU Extension’s Nutrition and Health programming, such as Taking Care of You: Body-Mind-Spirit, people become more active and make healthier lifestyle choices leading to a lower risk for disease and illness.</p> <p>This increases disposable income for families (reduction in medical or pharmacy expenses, fewer days missed from school or work, etc.) and eventually leads to lower long-term medical costs for families and communities.</p>

INTERDISCIPLINARY HUMAN ENVIRONMENTAL SCIENCES EDUCATION

Small Steps to Health and Wealth

Vivian Anderson and Lynda Zimmerman

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
11 Cole County learners participated in Small Steps to Health and Wealth.	In total, 45 hours were spent in nutrition, health and financial education classes by Cole County citizens.	<p>Evaluations completed by 9 participants at the last session showed:</p> <ul style="list-style-type: none"> • 100% would recommend the program to someone else, • 89% indicated their knowledge, skills or understanding of the training topics was “a lot” or “a great deal” after the sessions, whereas 55% rated themselves at these high levels before the sessions. 	<p>78% of participants identified one or more action they planned to take as a result of the program, including:</p> <ul style="list-style-type: none"> • <i>“I am truly glad that this class is available for us to learn new and exciting ways of making life better”.</i> • <i>“Thank you for helping me see where I need to adjust how I do things”.</i> 	<p>When you support Small Steps to Health and Wealth, participants learn to manage better their finances and health. This leads to participants having increased control over their financial and health status, and adopting positive financial and health practices.</p> <p>This benefits other community members by reducing the demand for health care services, reducing the costs for public and private health care services and insurers, and creating a more stable and productive economy for Missouri.</p>

FAMILY NUTRITION EDUCATION PROGRAM

EATING FROM THE GARDEN

Lori Stoll

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
420 youth 2,915 adults	200 total teaching hours.	<p>How to garden and how to share that information with family and friends.</p> <p>How to prepare meals from the garden.</p>	<p>At the end of the lesson, I was handing out the newsletter and talking with the kids about the things we learned that they could share with their parents or grandparents.</p> <p>One of the girls raised her hand and said she could not wait to get the newsletter because it had recipes on it. She further stated her mom helped her make one of the recipes from the last newsletter and it was delicious. Even her little sister liked it. She loved garden club and getting the recipes so she can help her mom take care of their family.</p>	<p>By supporting MU Extension's Nutrition and Health programming, such as Eating from the Garden, people become more active and make healthier lifestyle choices leading to a lower risk for disease and illness. This increases disposable income for families by reducing medical or pharmacy expenses, fewer days missed from school or work, etc. Eventually these actions lead to lower long-term medical costs for families and communities.</p>

FAMILY FINANCIAL EDUCATION

Small Steps to Health and Wealth, Health Insurance Education, Take Control of Your Finances, General Financial Education and Counseling

Vivian Anderson

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>183 Cole County learners participated in Extension family financial education, including</p> <ul style="list-style-type: none"> • Adults interested in preventative financial advice. • Unemployed adults. • Adults experiencing financial stress or crisis. • Adults needing health insurance education. 	<p>In total, Cole County citizens spent approximately 275 hours in financial education.</p>	<ul style="list-style-type: none"> • How to take control of their personal finances. • To worry less and do more to improve their finances. • To communicate more effectively with family members and professionals. • To pay off debt at least on schedule. • To monitor credit reports at AnnualCreditReport.com • To make a household inventory. • Having savings is life changing. • To continue to use University of Missouri Extension as an important source for quality, unbiased, science-based information. • To make informed decisions about health insurance and taxes. • To take small steps to improve health and wealth. 	<p>They found that learning about financial management with Extension is a positive experience and they would recommend it to others.</p> <p>Actions or outcomes from the class include:</p> <ul style="list-style-type: none"> • Reduced their financial stress by taking positive actions such as: • Acting on estate planning goals. • Avoiding predatory lenders. • Building wealth, not debt. • Making more deliberate, well-informed financial decisions. • Tracking spending for at least 30 days. • Reducing costs. • Balancing income with spending. 	<p>Many individuals coming for financial education are behind on bills or are dangerously close to being unable to pay for necessities. Quality financial education can help families get and stay current on bills. When families can pay their bills, it helps community. It fuels a stable tax base. That is fundamental economic development for Cole County and for Missouri.</p> <p>When you support financial education, participants learn quality financial strategies, which result in increased success in reaching financial goals, stronger credit reports and better-informed consumer purchasing decisions.</p> <p>This helps lower costs for public assistance programs, reduce debt discharged in bankruptcy and results in more productive employees. It has become increasingly clear in recent years that individual financial decisions collectively affect the local and state economy.</p>





HUMAN ENVIRONMENT SCIENCE

Children in Family Transitions helped through Mandated Class

Kathy Dothage

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<p>116 parents participated in 12 Focus on Kids workshops provided in Callaway County.</p> <p>The number of Cole County parents was 5.</p>	15 hours	<p>Quotes from participants included:</p> <ul style="list-style-type: none"> • <i>"Very helpful towards understanding the divorce."</i> • <i>"Great Educator!"</i> • <i>"I think every parent should do this!"</i> • <i>"Great Job!!!"</i> <p>On the end of session evaluation, the majority of participants reported that the class worthwhile and helpful.</p>	<p>In 1998, the state of Missouri passed a law that mandated any person in court for a divorce, motion to modify a decree, or with custody/paternity of children 18 years of age and under, must participate in a parenting class.</p> <p>Focus on Kids is a class that was developed by the Human Development and Family Studies Department at the University of Missouri to fulfill this need.</p>	<p>This program was developed not only to fulfill the mandate but also to reduce the number of parents that need to return to court for motions to modify their original decree.</p> <p>This saves money and time for the parents, the courts and therefore the community</p> <p>With increased knowledge, parents will also be more cooperative and therefore reduce the stress on their children and themselves</p> <p>With reduced stress, children and parents are more productive in school, work and home</p>

YOUTH DEVELOPMENT
2016 4-H in Cole County
 Jenny Flatt

Number of Cole County Learners	Total Hours of Collective Workshop Participation	What Did They Learn?	What Action Did They Take?	How Does This Work Make Cole County and Missouri Better?
<ul style="list-style-type: none"> • 331 4-H members in Cole County. • 3,367 youth participating in school enrichment programs. • 334 trained youth and adult volunteers. 	<p>Across the entire state, one of every five Missourians between the ages of 5 and 18 participated in a MU Extension 4-H Youth Development program in 2016.</p> <p>Time contributed by our volunteers is valued at \$128,116.</p>	<p>Clubs offer long-term educational experiences in which members learn life skills, such as decision making, public speaking and working with others.</p> <p>Members learn by doing under the guidance of adult volunteers, who teach projects ranging from aerospace and arts to shooting sports and sport fishing.</p> <p>Clubs were also engaged in leadership and service experiences in their communities.</p>	<p>4-H brings youth and adults together to learn everyday skills with hands-on learning. Activities from animal and plant science to robotics, teach 4-H members problem-solving skills, which makes a positive impact upon their community.</p> <p>4-H helps youth:</p> <ul style="list-style-type: none"> • Meet the diverse challenges of today's world. • Build self-confidence. • Learn responsibility • Make positive decisions. 	<p>Missouri 4-H members are twice as likely to have been on a college campus as their non-4-H peers. MU is the campus most frequently visited and 4-H is the second most reported reason to be on the MU campus</p> <p>Being on a campus is a predictor of youth going on to higher education, as a result they are:</p> <ul style="list-style-type: none"> • More likely to go to and enjoy college. • More likely to have increased success for themselves and their offspring. • Be better consumers. • Improve their quality of life through more opportunities for leisure and hobbies. • More likely to vote as adults.
				<p>Youth who earn their bachelor's degree increase their annual earnings by \$2 million over their lifetime (NACUBO, 2012). If 50% of the Cole County members participating in 4-H events on the MU Campus go onto earning their Bachelors, 4-H would help young people earn \$30,150,000 more of lifetime earnings.</p>

The Office...

Jane Kempker, extension administrative assistant

One day, a client came in the Cole County Extension Center and asked, *"What exactly is going on? There seems like something is about to take place"* That question is asked often.

The Cole County Extension Center is a busy center with 8 employees; 23 council members, 185 Master Gardeners; 334 4-H volunteers, plus 9 other specialists from other counties who also serve Cole County. All of these people make the programs that take place in Cole County a success.

Many are familiar with some programs and services like 4-H; Master Gardeners; soil testing; business programs but this annual report will give a greater insight of what Extension has to offer.

Other things the average person may not know:

- On average, the Cole County Extension Center was used 20 times a month for programming and meetings.
- One soil test was received every six hours.
- Every 17 minutes someone visits or calls the extension center.
- 200 emails and Facebook messages are received daily on average.

For more information on programs and events taking place in Cole County, hosted by Extension, please email Jane Kempker at kempkerj@missouri.edu also visit on Facebook at <https://www.facebook.com/ColeCountyExtension/>

The Center's 2016 Operating Budget

Appropriations/Revenue	
County	
Appropriations.....	\$99,176
United	
Way.....	\$9,000
Council	
Contribution.....	\$3,952
Program	
Income.....	\$26,000
Misc.	
Income.....	\$11,500
Expenses	
Salaries/Wages/Benefits.....	\$76,971
Area Staff Travel.....	\$9,940
Misc.	
Expenses.....	\$12,500
Telephone	
Services.....	\$4,100
Supplies/Service.....	\$18,000
Contract	
Service/Janitorial.....	\$6,000
Council	
Operations.....	\$8,531
Equipment	
Lease/Purchase.....	\$3,500
Utilities.....	\$6,000
Insurance.....	\$4,086