



UNIVERSITY OF MISSOURI EXTENSION

Gentry County

2022 ANNUAL REPORT



Office of Extension
and Engagement
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT**

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December 2022

Dear county commissioners and friends of MU Extension and Engagement,

We have much to celebrate and anticipate in 2023. As you know, Chad Higgins is taking over from me as interim vice chancellor of extension and engagement and interim chief engagement officer for the UM System.

Chad believes in transformational leadership and change that will continue to advance the University of Missouri's land-grant mission. He has a strong team around him to support MU Extension in this time of transition.

Most important, Chad has **you** as key partners in championing our work to empower each county and community and to improve every Missourians' access to economic and educational opportunities and health and well-being.

We started our journey in 2016, reimagining what extension and engagement needed to be to meet communities' 21st century needs. Your partnership has led to a true renaissance of extension and engagement that will serve as the foundation for MU Extension's healthy future through this decade and beyond.

The challenges of the pandemic showed us how to be even more responsive and nimble. Thanks to the foresight of state leadership, we are also now in a much stronger budget position. We have the organizational, staffing and program structure in place to keep growing the value and impact of MU Extension and university engagement work at the local level.

We have made strides in each year's areas of focus: broadband, workforce development, community and mental health access and care, and now food security in this current year.

I hope you see throughout this county annual report the impact of your own partnership and hard work in these areas. I thank you for your continuing support as we recommit ourselves to do what we do best: Serve Missouri, Deliver Mizzou.

Sincerely,

Marshall Stewart, EdD
Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are

Faculty and staff

Kaylie Walker

County Engagement Specialist in Nutrition and Health Education

Shawn Deering

Field Specialist in Livestock

Deb O'Neal

Nutrition Program Associate

Valerie Pickering

Youth Program Associate

Teri Gardner

County Support Staff

Jim Crawford

Field Specialist in Agricultural Engineering

Connie Griffith

Nutrition Program Manager

Stacey Steffens

Regional Director

Jennifer Miller

Field Specialist in Agronomy

Katie Pemberton

Field Specialist in Human Development

Becky Simpson

County Engagement Specialist in 4-H Youth Development

Manoj Chhetri

Field Specialist in Horticulture

Gina Lucas

Extension and Engagement Specialist

Council members

Jim Grace, Chairman

Bernie Summa, Vice-chairman

Kerry Paul, Secretary

Mackenzie Manning, Treasurer

Chris Allenbrand

Brian Noble, Farm Bureau

Mary Holcomb

Beth Findley

Alena Peterson

Steven Derks

Gentry County

University of Missouri Extension

1109 South Birch Street

Albany, MO 64402

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www.extension.missouri.edu/gentry

Office Hours: Monday-Friday
9 a.m. to 12:00 p.m.
12:30 p.m. to 3:30 p.m.



County commissioners

Mike Sager, Presiding Commissioner

Randy Cline, First District

Gary Carlson, Second District

Budget and more

Appropriations budget

Income

County Appropriations	36,400.00
Total Income	36,400.00

Expenses

Salaries/Benefits	16,258.08
Payroll Expenses	2,054.87
Travel	1,240.00
Communications	874.71
Rent/Lease Equipment	934.58
Office Supplies/Services	2,185.63
YPA Cost Share/4-H Expenses	980.00
Insurance/Surety Bond	100.00
Soil Tests, Publications, Misc.	1,377.59
Total Expenses	26,005.46

Key outcomes and numbers

(FY21)

- ✓ 1,431 Total educational contacts from MU Extension to residents of district counties, including:
- ✓ 712 contacts related to productive farming, better gardening, and managing natural resources
- ✓ 719 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The Gentry County Extension Council, faculty and staff would like to express our appreciation to the Gentry County Commissioners for their continued support of extension programs.



Local Support

Did you know you can donate directly to Gentry County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.



Educational Access & Excellence

Digitally Connected Communities

Broadband access in rural areas has been a major priority at federal, state and local levels. The Northwest Regional Council of Governments partnered with MU Extension to address this by developing a broadband plan for Atchison, Gentry, Holt, Nodaway, and Worth Counties. NWRCOG, MU Extension Field Faculty, and economic developers worked together to hold community forums in each county, survey individuals and businesses, and to develop a plan for northwest Missouri's broadband expansion. The community vision that was adopted by the group is: "To create a northwest Missouri where all residents and businesses have access to reliable and affordable broadband to meet their daily needs regardless of where they access the digital network. In addition, provide support and education to assist those who need it, and increase the adoption of this technology to improve daily lives." The plan is complete and available on the NWRCOG website. It has already been used by local governments and internet service providers to aid them in grant applications and planning for expansion of broadband. As a result of the work that was done by the DCC team, in northwest Missouri, the UM System Broadband Team identified the area to be the focus of the P3 Business Plan competition. For this event,

three teams of UM System students competed for cash prizes. Their task was to complete a Private, Public Partnership plan for broadband in northwest Missouri. They were given all the work that the DCC committee had completed, along with the Broadband Benefits Analysis for Atchison, Worth, & Gentry County and the Analysis for Nodaway County. Both analyses were prepared by the CARES team at the University of Missouri. The teams used those resources along with other resources that they identified to draft a business plan and presentation. They made their presentation in Maryville to members of the communities, elected officials, and other dignitaries in the region. The NWMO Region benefitted from this effort. The region is prepared to apply for funding for buildout of broadband and has identified needs within the community.



NWMO VITA Program

Voluntary Income Tax Assistance was offered in northwest Missouri. MU Extension Specialist and community volunteers offered tax preparation sites to clients across the Northwest Missouri Region. In 2022, 216 federal and state tax returns were filed, in northwest Missouri. Clients were counseled on ways to reduce tax burden through education credits and savers credits. Specialists helped several clients file their returns to claim their Economic Impact Payments and many had Earned Income Tax Credits. Many of these clients may have not filed taxes without our services. Total Federal Returns for the clients serviced by the regional team was \$224,764, with an average return of \$982.24. The total in state returns was \$56,993, with an average of \$238.39 per taxpayer.

Many clients are repeat customers. They trust us to file their returns with accuracy, privacy and to treat them with respect and dignity. Through this program MU Extension trains community volunteers to offer the service and are looking forward to growing this program in the future.



Educational Access & Excellence

Denice Ferguson, Field Specialist in Ag Business

Safety Acres is a farm safety program offered by St. Joseph Safety and Health Council for 3rd, 4th, and 5th grade elementary school children that emphasizes how to be safe while living or visiting a farm. The annual programs are conducted in Maryville and St. Joseph each spring and educates children about the dangers that lurk on a farm. Safety subjects include seatbelt, ATV, grain bin, pond/water, firearms, farm implement safety and fire safety. A collaboration of partners makes this program possible. They include the Missouri Department of Transportation, University of Missouri Extension, Missouri State Highway Patrol, St. Joseph School District, St. Joseph Fire Department, Shatto Dairy, Schweizer Orchards, Tyson Foods, and the United Way of Greater St. Joseph. In 2022 a total of three hundred forty-two children completed the program. We had 9 elementary schools participate and they are as follows:

- Avenue City
- Eugene Field
- Jefferson
- Learning Center
- NE Andrew
- North Andrew
- St. Gregory's
- Stanberry**
- Worth County



Farm Tax Workshop

MU Extension hosted and taught Farm Tax Workshops for farm businesses and farm and ranch families. The content included bonus depreciation, section 179, hiring kids, farm income averaging, charitable contributions, weather related sales of livestock, retirement tools, health savings accounts, 2023 rates and amounts. The workshops were designed to convey information in a concise manner using information from the IRS and the Land Grant University Tax Education Foundation. The purpose of the classes is to get relevant and helpful information to farmers so they can make decisions and be better prepared to work with their professional tax preparer.

The workshops were a combination of in person classrooms and online via Zoom, with a total of ninety-one participants. Farm tax education workshops benefit individuals by increasing their understanding and knowledge, leading to more informed decisions and management of taxes. Better knowledge also leads to improved communications with their tax preparers and accountants. The result is researched and timely purchases of farm expenses, optimizing income tax scenarios and improved profitability over time. Money saved in income taxes stays local and is spent in local businesses up and down main street, making a more vibrant and sustainable rural economy.



Hundley-Whaley Field Day

Denice provided a Farm Family Succession Planning workshop. She presented 3, 30 minute sessions for approximately 25 participants.




Health & Well-being

A Matter of Balance

A Matter of Balance is an evidence-based program that aims to reduce falls and the fear of falling in older adults. Participants learn how to conquer their fear of falling so they can maintain physical and social activities, how to turn negative thoughts into positive actions, how to assess their homes for fall hazards, how to complete a Personal Action Planner and set SMART goals. At the third session, participants learn a series of exercises that help with strength, balance and flexibility in order to prevent falls. Participants perform the exercises in each class after that. Megan Epperly an occupational therapist at Mosaic Hospital – Albany, visited the class to show participants how to fall “correctly” and to answer questions. A Matter of Balance consists of eight, 2-hour classes. A Matter of Balance was offered at the Hundley-Whaley Extension and Education Center in Albany. A total of 11 people registered for the class. Ten of the 11 participants attended at least 5 of the 8 sessions. Katie Pemberton co-taught A Matter of Balance with Janet Hackert from Young at Heart. Some of the comments given during the post-course evaluation were, “I like the exercise. You feel better after you do them.” “It’s been a great program. I feel motivated to keep doing it.” “I’ve tried to slow down and be more careful and this class has helped me with that. I’m going to keep doing the exercises.” Prevention of a fall is much cheaper than treatment. Programs like A Matter of Balance can decrease unplanned medical costs, which means fewer health care expenses. Improved health allows adults to confidently contribute to the local community as they age.

Focus on Kids

Focus on Kids is a class for couples going through changes in custody of their children. This class focuses on skills like communication, planning and working together. Parents learn how to nurture and support their children through this difficult time. By taking this class, parents learn to effectively co-parent and limit the negative effects that conflict can have on children. This educational opportunity is conducted in cooperation with Missouri’s circuit courts and fulfills the law that requires parents who are divorcing and creating or modifying a custody order to complete an educational parenting program. This class was offered in Nodaway County and Buchanan County and 1 Gentry County resident attended this class in person throughout the year. Another 3 participants participated in the online version of the class.



**FOCUS
on Kids**



Health & Well-being

Taking Care of You

Kaylie Walker taught Taking Care of You: Body, Mind, Spirit (TCoY) for free virtually using the Farm Ranch Stress Grant in February and March. TCoY is designed for adults of any age and involves discussions, experiential exercises and mini lectures. It is not designed as a group therapy program for people with clinical mental health conditions. TCoY integrates various research-based principles and techniques from the field of positive psychology and the scientific study of what leads to optimal functioning, with an emphasis on mindfulness. 2 of the 13 participants were from Gentry County.

"I learned that people make mistakes and it's okay. You can grant others and yourself forgiveness, trust is associated with confidentiality" – TCOY Participant

"this class helped me realize I have many joys in my life that decrease my stress"

"I learned to accept that I can't do things as fast as I used to and I am okay with that" – TCOY Participant

Policy, Systems, and Environments (PSE)

Because a portion of their salaries are paid with SNAP (Supplemental Nutrition Assistance Program) funding, nutrition and health education specialists are required to initiate approved policy, systems and environment (PSE) projects in each county they serve. In 2022, Kaylie Walker worked with Main Street Albany on the Albany Square Farmers Market. She also worked with Albany and Stanberry Head Start with Go NAPSACC. Kaylie is a technical assistant consultant for Go NAPSACC which helps child care providers improve their practices, policies and environments to meet best practices in seven areas. These seven areas are child nutrition, breastfeeding & infant feeding, farm to ECE, oral health, infant & child physical activity, outdoor play and learning and screen time. The providers at Albany and Stanberry Head Start are also participating in Physical Activity Learning Session (PALS) taught virtually by Kaylie Walker and Debbie Bennett. PALS is five, one and a half to two-hour trainings where providers can earn CEUs and resources to use at their centers. PALS goal is to increase ECE providers knowledge of best practices for physical activity in children birth to five. This training started in late 2022 and will continue on into 2023.

related to the lesson for them to use at home.

Cooking Matters at Home

During March, Kaylie taught Cooking Matters at Home virtually to elementary students at Virginia E. George Elementary School. 7 youths participated with 5 adults. Kaylie instructed from her home and demonstrated the recipe while the students got to prepare the recipe in their own home using the ingredients provided by Kaylie that they picked up from school that day. During each session they learned about how to save money when grocery shopping and cooking, how to simplify recipes, and how to modify recipes to fit their family's needs. The kids along with their parent(s), learned how to prepare Black Bean and Veggie Quesadillas, Stovetop Mac and Cheese and Turkey Tacos. Many of the kids got to make something for the first time they had never made or tasted before. Some had never had ground turkey or had eaten vegetables in their macaroni and cheese. Kaylie also provided the parents with the recipes and handouts



The kids loved the macaroni and cheese with broccoli!



Health & Well-being

SNAP-Ed Public Value Statement

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,315,347 in federal funds to Missouri. The funds support engagement with 470,352 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 317,179 direct educational contacts. This year we had 2,410,436 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline. **867** direct and indirect contacts were made in **Gentry County**.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan. This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

During 2022, 867 youth and adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served in Gentry County:

Schools – Virginia E. George Elementary

Agencies – Albany Head Start



In addition to the numbers, Nutrition Program Associate, Deb O'Neal shared this success story demonstrating local impact:

One of the first Prekindergarten classes I taught was at Virginia E. George Elementary in Albany located in Gentry County. We were discussing our grains lesson and a little one that is being introduced to some solid foods to try to get rid of his feeding tube smelled the grain tasting samples. He wanted to eat the cinnamon raisin bagel and even used his hands to push the food into his mouth. This is something he has never done! His parents thanked me for introducing him to a new food that he enjoys eating and they said they were going to buy him some bagels. They are excited for him to try more of the food tastings as they have not found many foods that he will eat. The classroom was very happy to see their friend try new things! It is wonderful that the FNEP program can be a part in this victory!



County highlights

2022 Gentry County Farm Family



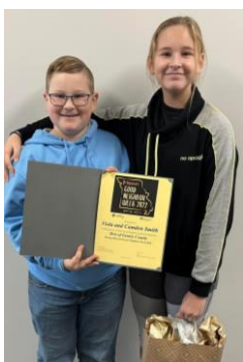
Chris & Nicole Ginther of Stanberry

Missouri Good Neighbor Week 2022

MOST ENGAGED NEIGHBOR

Alyssa and Bobby Smith (Albany, Gentry County) – The Smith family engages everyone in our neighborhood. They walk the community cleaning up litter, reach out to neighbors for celebrations and in times of need, and host block parties to welcome new neighbors. "A few years ago, their now-late son Silas (4 years old) was diagnosed with cancer that he did not survive. One of Silas's favorite places to visit was a desolate park with a few trees near the street where we lived. This beautiful family has dedicated their time to revitalizing this park into an amazing work of passion that all our community can enjoy-- creating Silas Lee's Crazy Animal Park. This park is now a staple in our community. It has a beautiful walking trail, a playground, gardens, a reading library nook, a frog pond, an amphitheater and restrooms. This special site has brought our community together for events, too." -- Nominated by Sarah Barmann-Smith

County Engagement Specialist, Kaylie Walker and Gentry County Extension Council member, Mackenzie Manring presented the Smith family with their award and prize at Silas Lee's Crazy Animal Park.



Kaylie Walker presented a Gentry County Good Neighbor Award to Camden and Viola Smith who packaged 25 goodie bags and handed them out to their neighbors as an act of kindness and to raise awareness of Missouri Good Neighbor Week





County highlights

Barn Quilt Class

On Saturday, Sept. 10th, Gentry County Extension sponsored a Barn Quilt Class taught by MU Extension Specialist Kyle Whittaker. 25 registered and participated in this fun activity.



Walktober Challenge

Nutrition and Health Education Specialist, Kaylie Walker partnered with the City of Albany Economic Developer and Gentry County Council Member, Mackenzie Manning to promote physical activity during the month of October. The online Facebook group consisted of 181 members from the Albany and surrounding communities. Participants shared photos and words of encouragement. Mackenzie created a calendar of daily activity ideas including trash pick up day, wearing pink for breast cancer awareness, walking new routes to visit new businesses, etc. Incentives were awarded to participants who returned their completed calendars. The incentives were free month passes to the Albany Community Center and Iron Will Gym. Survey respondents reported walking a total of 1,534 miles.