

# Reaching Out Report



Extension  
University of Missouri

June 2020 \* Vol. 13 Issue 5

## Greene County Extension Council

*The council meeting agenda and packet begins on page 4.*

Greg Boehne  
*Chairman*

Jason Whitesell  
*Vice-chair*

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Vacant  
*4-H Youth member*

### Members at large

Tony Ahart

Missy Hayward

Tyler Gunlock

Scott Smith

Chad Courtney

Karen Dowdy

Chris Schulze

Rick Stenberg

Alex Greiwe

Larry Adams

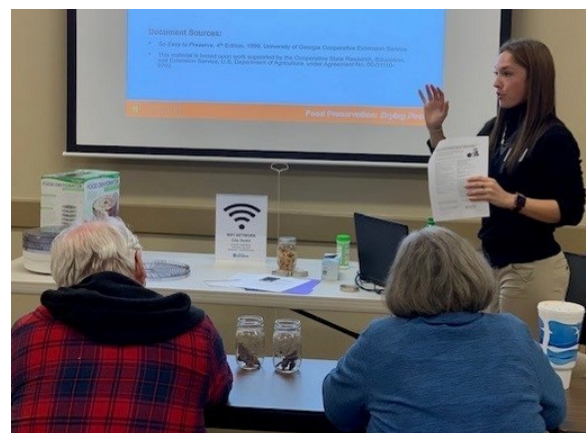
Ray Meyer

Eric Sutton

Mike Lofaro  
*Tiger Ambassador*



**Above: Kelsa Ferguson teaching youth about knife safety in “Cooking Matters for Teens” class at the Greene County Juvenile Center. At right: Kelsa teaching members of class in Greene County about how to safely dehydrate meat in a Food Preservation class.**



*MU Extension is an equal opportunity/ access/affirmative action/ pro-disabled and veteran employer.*

**Monthly Newsletter of Greene County Extension Council**

**Tel: (417) 881-8909 | Email: [burtond@missouri.edu](mailto:burtond@missouri.edu) | Online [extension.missouri.edu/greene](http://extension.missouri.edu/greene)**

## Monthly Focus Feature

### Kelsa Ferguson: Impact Through Nutrition and Health Education

Nutrition and Health Field Specialist Kelsa Ferguson has been partnering with many organizations and groups in Greene County to teach classes over the past several months. These partnerships continue to grow and lead to reaching more audiences.

In the past year nutrition and health named Extension programs in Greene County that have been taught included Cooking Matters, Grocery Store Tours, Food Preservation, Matter of Balance, Taking Care of You, Chronic Disease Self-Management, Diabetes Self-Management, Childcare trainings, and Stay Strong, Stay Healthy. Along with that many other one time workshops have been taught at the request of different partnering organizations.

One of the most successful partnerships has been with Victory Mission Single Momz Rock group where in the past year we have taught three Cooking Matters for adult's series classes in partnership with Central Assembly of God who has let us use a space to host the classes. Surveys from these classes show that participants learn new ways to use different foods, to eat healthier, and save money from attending the six

week class. The Single Momz Rock group has also taken part in Stress Management classes and Grocery store Tours. Classes with this group continue to be scheduled into the future.

Another successful partnership was work with the Elevate afterschool program in Republic. In the first semester that program started the 4H program "Health Rocks" was offered and taught teens about drug and alcohol dangers and also included a piece on cooking basics. In the second semester the "Grow it and Build it Pizza Club" was offered. Nutrition and Health partnered with horticulture specialist Kelly McGowan to teach the participants about how to grow the ingredients in the pizza while Kelsa Ferguson taught how to assemble and bake. Students got the opportunity to do hands on activities with plants and cooking.

Nutrition and Health has also partnered with many local senior centers to set up classes including Stay Strong, Stay Healthy and Matter of Balance. Northview Center had two Matter of Balance classes taught and had guest speakers from Mercy and Cox come in and teach the older adults about fall prevention safety. Participants in these classes learn about way to prevent falls and participate in exercises specifically for fall prevention in older adults.



Kelsa Ferguson talking to youth at the Elevate afterschool program in Republic about the "Grow it and Build it Pizza Club."



Group picture of participants that complete the 6 week "Cooking Matters for Adults" program at Central Assembly of God Church.



## Briefs

The Botanical Center opened on Friday, May 22 to the public. Center hours will be: Monday-Friday 8 am-5 pm and weekends 10 am-6 pm. The extension office has been functional for several weeks. Specialists are working, teaching and responding remotely. The office will be open to the public full-time again starting June 8.

# Outdoor Play has Benefits for Children Says Local Specialist

By Amber Allen

The weather is getting warmer and families are spending more time outdoors. This gives families more opportunities to use outdoor play as teachable moments. Playing is part of learning and advancing a child's development. When children play outside they are able to learn by exploring the world around them. Below is a list of a few benefits associated with outdoor play.

### Children learn science

- Science lessons are all around children when they are outdoors. Children can bring you discoveries they find through a nature scavenger hunt to start a conversation. A dandelion picked can open a conversation of questions. For example, "Why do you think dandelions turn white?"

### Children can choose and build confidence

- There are many less structured ways to interact with the outdoors than most indoor activities. Letting your child choose how they interact with the outdoors helps them build confidence.

### Creativity and imagination

- Unstructured style play allows children to think more freely, create their own style of play, and try new ways to approach nature in imaginative ways.

**Playing outside can lead to better physical and mental health, improved sleep, cognitive, social, and emotional skills for young children.**

### Outdoors provide a new environment for learning

- Activities can be created outside differently than inside. Think of creative and engaging activities that fit your child's need to move and fit their interest. For example, if your child loves art you can collect different sticks and leaves and use them as natural paintbrushes with finger paint.

### Physical activity

- Outdoor play builds a variety of gross motor skills including running, climbing, and jumping.

### Books can come to life outside

- For example, a butterfly in the yard can create the questions and conversation with children such as "I wonder what that butterfly is looking for in the flower? Does she look like the butterfly we read about earlier?" Children develop knowledge about their world when

they have a chance to watch, observe, predict, and learn in the moment.

Playing outdoors has benefits for both children and their family members. It is a point in the day to pause, look, listen, explore, observe, and move. Playing outside can lead to better physical and mental health, improved sleep, cognitive, social, and emotional skills for young children. Making sure outdoor play is a part of a child's daily schedule supports early learning and opens a world of curiosity.



### Amber Allen

Human Development  
*amallen@missouri.edu*

Started: October 2019

**Responsibilities:** Improving families and senior adults with programs like "Boost Your Brain and Memory," "Focus on Kids" and Green Dot violence prevention and more.

## Briefs

# Necessary Changes Expand Leadership Program Beyond Ash Grove, Republic and Greene County

The start of Ash Grove and Republic Leadership classes were delayed due to COVID19. Classes will now have a start date of August. 24.

“A group of specialists from across the state have worked to create an online leadership class. There will be a variety of teachers providing live instruction,” said David Burton, county engagement specialist, Greene County.

This approach has some advantages:

- 1) We can include local components (kick-off and graduation) but have the quality of expert instructors.
- 2) Will make it possible to offer this in more communities with appropriate local sponsors and partners.
- 3) We can further localize the training by offering Zoom meetings with local leaders. This is more convenient for guest speakers.
- 4) The 2020 online class will include a certification and perhaps CEU credits for those that complete it.
- 5) The class will include the planning of a neighborhood/community project on paper. The idea is to create something a participant can implement or a document they can use to write a grant or sponsorships for future implementation.

“We are also working on an annual conference or event that will be open to graduates of our leadership programs and will feature high-quality instruction,” said Burton.

To register for the Ash Grove, Republic, Willard, Rogersville, Mt. Vernon or Greene County cohorts go online to <https://extension2.missouri.edu/courses>

Questions about Greene and Lawrence County, contact David Burton at (417) 881-8909 or [burtond@missour.edu](mailto:burtond@missour.edu).

### **Basic Details**

MO Statewide Neighborhood Leadership Academy  
Fall 2020 Schedule

Monday evenings 6-9 pm

August 24-November 2, 2020

ONLINE course

Neighborhood leaders from across Missouri will learn together through a virtual project based curriculum, developing the skills and building the networks necessary to create healthy, vibrant and whole communities.

### **Program Schedule**

Session 1- Aug 24: Opening

Session 2- Aug. 31: Community Building Principles

NO CLASS SEPT 7: Labor Day

Session 3- Sept. 14: Leadership Practices

Session 4- Sept. 21: Understanding local government:  
Key stakeholders and assets

Session 5- Sept. 28: Community toolkit #1: Project  
planning

Session 6- Oct. 5: Working in diverse communities

Session 7- Oct. 12: Resource Development

Session 8- Oct. 19: Community Toolkit #2: Running  
Effective meetings

Session 9- Oct. 26: Getting the Word Out

Session 10- Nov 2: Graduation

### **Enrollment**

#### **Early Bird registration:**

Friday August 7 / \$260

Regular Registration:

Friday August 14 / \$295

Scholarships Available

UMSL Chancellor’s Certificate in Neighborhood  
Leadership upon graduation

#### **CEUs Available**

For answers to questions about the statewide program, please contact the coordinator, Claire Rippel: [wolffca@missouri.edu](mailto:wolffca@missouri.edu), phone (314) 400-7287

## Monthly Focus Feature

### Work Underway on Community Garden in Ash Grove; MU Extension Hosts Interested Individuals

Volunteers in Ash Grove are continuing to work with University of Missouri Extension specialists and city officials on the development of a secure community garden. A planning meeting was held online via Zoom on Friday, May 1 to kick-start the effort and to hear from experts on the topic.

The garden – located on the west side of town inside a fenced area around the city water well – got its start as an idea among members of the 2019 Leadership Ash Grove class.

Kelly McGowan, a horticulture specialist with MU Extension, said her number one piece of advice for a successful community garden is finding a committed local project leader.

"You need a good strong leader that will be their day to day, organizing volunteers, leading workdays, and planning for garden upkeep," said McGowan. "It takes time and hard work but it can also give you purpose and keep you young."

McGowan has worked with several successful community gardens in the Springfield area as well as a few that eventually failed.

Bill McKelvey, an MU Extension associate and author of the community garden toolkit, said it is also important to define the purpose of the community garden.

"Most successful gardens serve multiple needs," said McKelvey. "Some people are in it to garden. Their motivation is to grow some food for themselves and their families. Other folks are more community-minded and so they may be interested in growing food for donation. Some may be more interested in social events and things that community gardens can facilitate."

At this point, the project in Ash Grove appears to be a combination of garden space for rent and garden space to raise produce for the food pantry, senior center and nursing home. Startup costs are going to require some initial sponsors and donations.

"Growing the garden in phases is a good plan. Start small, get some experience, and then expand as interest and volunteer numbers grow," said McKelvey.

#### GARDEN BENEFITS

Community gardening has the potential to offer a range of benefits to individuals, communities and the environment. Benefits include, but are not limited to, the following.

Food production — community gardens enable people to grow produce for themselves and their communities.

Nutrition — research indicates community gardeners eat more fruits and vegetables than nongardening families.

Exercise — gardening requires physical activity and helps improve the overall physical health of gardeners.

Mental health — interacting with plants and nature helps reduce stress and increases a gardeners' sense of wellness and belonging.

Community — community gardens foster a sense of community identity and stewardship among gardeners.

Learning — people of all ages can acquire and share skills and knowledge related to gardening, cooking, nutrition, health, culture, etc.

Youth — community gardens provide a place for youth to explore gardening, nature and community.

Property values — some research indicates that property values around community gardens increase faster than property values in similar areas without gardens.

#### MORE INFORMATION

A video of the recent Ash Grove Community Garden committee meeting can be found at <https://youtube.com/muextension417>. Various documents about planning a community garden are available from at <https://extension2.missouri.edu/mp906>.

To be added to a list of people interested in the project contact David Burton, county engagement specialist with MU Extension, by phone at (417) 881-8909 or email at [burtond@missouri.edu](mailto:burtond@missouri.edu) or contact the Ash Grove City Hall.



### David Burton

County Engagement Specialist

[burtond@missouri.edu](mailto:burtond@missouri.edu)

Started: 2001

**Responsibilities:** Leadership development, neighboring, heritage tourism, media relations, and works with council to fund and administer local programs.

## Monthly Focus Feature

### Greene County 4-H Summer Camp Goes Virtual

Face to face 4-H camp is not be happening this year in Greene County according to Karla Deaver, 4-H Youth Specialist serving Greene and Lawrence Counties. “But we are still having camp and registration for 4-H Family Camp is underway,” said Deaver.

4-H Family Camp is a Virtually Awesome camp opportunity that will be very family oriented. There will be a variety of activities for participants all to do with your family during the month of June. “The activities use items you may already have in your home, or can be found on a weekly trip to the store. These are things we will be doing as a camp community, not as a replacement for camp, but as an opportunity to create new camp memories with your family,” said Deaver.

Families that complete 50 percent of the activities offered will receive a free camp t-shirt that commemorates this unique year!

Camp activities are outdoor and nature oriented and will include arts and crafts, outdoor adventures and STEM, community service, camp traditions, foods, and best of all, family activities!

Eight to ten activities will be offered per week along with complete lesson plans. Some activities will include instructional videos. Completion of camp activities will be verified by a photo or video of your family either posted to the Southwest Missouri 4-H Facebook page or



**These are things we will be doing as a camp community, not as a replacement for camp, but as an opportunity to create new camp memories with your family.”**

emailed to your county 4-H faculty or staff member.

This event is offered free of charge. We ask that you register all members of your family who plan to participate and receive a t-shirt, including adults and youth who are not 4-H age.

“Complete activities as your time and schedule allow, but to earn

your free camp shirts, please submit your videos or photos by June 30,” said Deaver. Registration is in 4-H online. If a family member is not a member of 4-H or a volunteer, the family can add that person as a contact in their family profile and register them. Each registrant should select a t-shirt size upon

**Karla Deaver**  
4-H Youth specialist  
HQ: Lawrence County  
Tel: (417) 466-3102  
deaverk@missouri.edu



## *Stay in the Know:* Follow the Greene County Extension Council on Facebook

Your quickest source for:

- Informational posts
- Announcements / Events
- Video instruction
- Weekly leadership lessons





## Monthly Focus Feature

### Agronomy Specialist Report for Greene County

**Weekly Ag Town Hall Zoom Meetings** – Joined state and field specialists starting April 8 for weekly zoom town hall meetings on included livestock and forage, field crops, home horticulture and commercial horticulture.

**Online Private Applicator Training Efforts** – Due to COVID19, field specialists in agronomy worked on adapting program of our private applicator training to meet client needs. We have trained nearly 80 people statewide in a three-week period.

**Online Hay School** – Working with Jill Scheidt to develop an on-line hay school using Canvas.

**Soil Analysis** - Signed off on soil test recommendations for tests in Greene County.

**Farm Consultations** – Answered calls, texts and emails from Greene County producers.

**Ozark Empire Fair Hay Show Meeting** – Working to obtain sponsors for hay show.

**Integrated Pest Management Weekly Zoom Meeting** – Participate in this Zoom discussion regarding plant and pest issues in crops and forages around the state.

#### Tim Schnakenberg

Agronomy specialist

HQ: Stone County

Tel: (417) 357-6812

schnakenbergc@missouri.edu



**NEW!** ANNOUNCING

# GREENE COUNTY 2019 PLAT BOOK

*Sponsored by Greene County MU Extension*

LANDOWNER & AERIAL VIEW MAPS

**ON SALE NOW!**

**We are sold out of printed books.**

However, you can order books online at [mappingsolutionsgis.com](http://mappingsolutionsgis.com).

Printed and digital books and maps available from vendor. Proceeds still benefit Greene County MU Extension.

Visit [mappingsolutionsgis.com](http://mappingsolutionsgis.com) for plat books, wall maps, digital products, custom maps and more!

## Briefs

### Current Sponsorship Needs

Support for these programs can be made with a check to the Greene County Extension Council. Gifts on online.

- \$750 gifts in support of horticulture programming
- \$500 gifts in support of human development programs
- \$500 gifts in support of juvenile 4-H program
- \$1,000 in support of the workforce development program
- \$300 to fund a participant scholarship in community leadership program (Ash Grove, Republic, Willard, Rogersville, Fair Grove, Stafford and Mt. Vernon)

We of course welcome other sized donations to the extension council general fund for overall program costs. Plus, becoming a presenting sponsor (with a gift of \$1,500 per year) is also a great way to support all local programing and be listed as a sponsor on all current and ongoing programs.



#### Maggie Black

Office Manager

*blackmag@missouri.edu*

Started: May 2015

**Responsibilities:** Manage office financials, soil tests, event registrations, council relations, customer service and developing local funds for programs and presenting sponsorships.

### Thanks to our 2020 Donors to Greene County Extension

Cyril and Geraldine Brown  
Stephen and Sally Taylor  
William Hosman  
John and Gail Hurley  
David and Stacey Burton  
Randy and Lisa Bakerink  
Dan Faflak  
Carolyn S. Green  
Bobby and Ronda McCarty  
Tom and Sharon DeWitt  
Fred and LaQuita Hall  
James Garton  
Lamont & Virginia Nelson  
Virginia Snyder  
Sally McCune  
Catherine Banks

### Donating to *Greene County Extension* is as Easy As:



1. Donate online at [extension.missouri.edu/greene](http://extension.missouri.edu/greene) by mail or in person.

2. Stay connected with **Greene County Extension** on social media, by email and/or in service as a volunteer.

3. Enjoy making a difference in the lives of 45,000 county residents annually.

**Helping Greene County Extension Do More, Reach More, Be More!**

#### University of Missouri Extension in Greene County

Located inside the Botanical Center at 2400 S. Scenic Ave., Springfield, Mo. 65807

Tel: (417) 881-8909 | Email: [greeneco@missouri.edu](mailto:greeneco@missouri.edu) | Online at <http://extension.missouri.edu/greene>



# Our 2020 “Presenting Sponsors” Keep Greene County MU Extension Programming Available, Accessible and Affordable

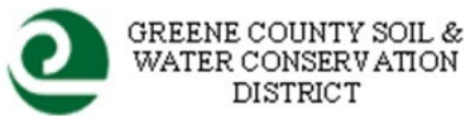
These partners have contributed an annual sum of a minimum of \$1,500 in support of local county MU Extension programs and services in four impact areas: agriculture & environment, youth & families, business & community development, nutrition & health.

**Please join us in thanking them for their support!**

To become a presenting sponsor contact:

**Maggie Black at (417) 881-8909 or [blackmag@missouri.edu](mailto:blackmag@missouri.edu)**

**David Burton at (417) 881-8909 or [burtond@missouri.edu](mailto:burtond@missouri.edu)**



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Your Logo Here. Give to Support



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## COUNCIL MEETING NOTICE

Pursuant to the Missouri Sunshine Law: Notice is given: **Greene County Extension Council** will conduct a public meeting starting at **noon, Tuesday, May 26**, online. **Public access is available.**

**Join Zoom Meeting Online:** <https://umsystem.zoom.us/j/355711943>

Dial by your location: +1 312 626 6799 US (Chicago). Meeting ID: 355 711 943

**Noon — Call Meeting to Order**

**Roll Call — Secretary (Establish a Quorum)**

**Consent Agenda Items** — Meeting minutes (from secretary); list of checks for approval; current financial statement; time card (from office manager); profit and loss statement YTD.

### **Staff Reports**

- Staff **highlights** and Reaching Out Report
- Presentation from Amber Allen and Special Guest re: Boys and Girls Club Project

### **Old Business /Committee Reports**

- Resource Development Plan update: council role in sponsorships and donors

### **New Business for discussion**

- Update on purchase of office copier/printer
- Preferred format for June council meeting

### **Committee Reports**

- Elections and Nominations Committee
- Budget and Audit Committee
- Century Farm Committee — Will know if we have any after June 1; 2020 event is canceled but awards could be presented on farm.
- Commission Ag Tour Committee — Waiting until mid-summer to decide
- **Personnel:** Office manager 30 hours per week May to August so office will need to be “closed” on Fridays; Maggie taking vacation June 1-4 vacation; We recommend waiting until June 8 to fully open office to the public. The Botanical Center opened Friday, May 22, Monday- Friday 8 am-5 pm, weekends 10 am-6 pm.
- Founder’s Day and Annual Meeting Committee
- Leadership and Council Development Committee

**PENDING:** Any and all other matters that come before the extension council

**CLOSED SESSION (if needed):** Agenda includes a possible vote to close part of this meeting pursuant to Section 610.021 to discuss issues related to “individually identifiable personnel records.”

### **Adjourn**

### **FUTURE COUNCIL MEETINGS**

**May meeting: Tuesday, May 26 (likely on zoom again)**

**June meeting: Monday, June 29 (discuss format)**

**July: No meeting**

# Council minutes

## MINUTES OF THE UNIVERSITY EXTENSION COUNCIL OF GREENE COUNTY

Date: Monday, April 27, 2020

Place: Via Zoom Meeting

Attendees: Larry Adams, Tony Ahart, Morgan Ash, Lisa Bakerink, Greg Boehne, Chad Courtney, Karen Dowdy, Alex Greiwe, Tyler Gunlock, Missey Hayward, Joseph Hoffman, Ray Meyer, Chris Schultz, Rick Stenberg, Sam Snyder, Eric Sutton and Jason Whitesell.

The meeting was called to order at 12:01 pm, by Council Chair, Greg Boehne, who welcomed those in attendance, and the Pledge of Allegiance was recited. Secretary Morgan Ash called roll and it was determined that a quorum was present.

**Consent Agenda: A motion was made by Joseph Hoffman and was seconded by Rick Stenberg, to approve the Consent Agenda including the March meeting minutes, and March Treasurer's report and bills to be paid for the month. Motion to approve passed by unanimous vote.**

**Staff Reports:** Maggie Black is working on spreadsheets, training online, doing research, returning messages and is going to the office for a few days per week. Kelley McGowan has had a lot of success with a statewide horticulture town hall per week for outreach, with 80-100 people in attendance. Amber Allen and Kelsa Ferguson have had success with the Taking Care of You class this morning and afternoon. Both sessions are full. There was also a class last night at the Boys and Girls Club with 23 attendees. David Burton referred everyone to the Reaching Out Report for the month. Amy Patillo has been brokering relationships to attain ACT workforce achievement certification in the state. There have been webinars and canvassing with Dot Mailer to interested parties and to help eliminate spam. She is compiling resources on Covid-19 and integrating Zoom to the workforce rally page. This has attracted statewide and is a good opportunity for a revenue stream.

**Council Youth Representative Report:** None. Ms. Waterman has aged out from 4-H and a new representative is being sought.

### **Unfinished Business/Committee Reports:**

Gift Fund Expenditures: Spending has been stalled and specialists are working on getting the very best deals.

Resource Development Plan: A better way to get involved with potential donors rather than using annual mailers is needed. Ways to grow the

endowment for long-term sustainability need to be explored.

### **New Business:**

Elections and Nominations Committee: Some MU alumni have been identified as potential election candidates for council.

Budget and Audit Committee: The matter of the copier and lease purchase has been referred to the agenda for council consideration. The money budgeted for the year has been received, but 2021 is anticipated to be a rough budget year.

Personnel Committee: There is a report in the packet. A date is being explored for a regular, quarterly, check-in with Maggie Black.

Copier: There is a proposal to purchase a copier instead of leasing one for significant savings of \$2000 for life of unit. There is a black and white printer, which is faster than the current one. There is a campus gift fund with approximately \$20,000.00 that can be used for the purchase. The current lease expires this month. Lakeland Finance Company has extended an offer for \$120 per month, for 60 months or \$5,295 to purchase. There is a \$40 per month service agreement, including toner, parts and service (not paper or staples), up to 5000 images per month with \$.008 per image coverage.

**A motion was made by Joseph Hoffman and was seconded by Rick Stenberg, to approve the Lakeland Finance Company purchase of a printer/copier per the bid, with funds from the campus gift fund. Motion to approve passed by unanimous vote.**

Century Farms Event and Ag Tour: There have not been any applications from farms so far. The University has advised to keep gatherings to 10 attendees or less. The committee voted to focus on 2021 event and not to have the 2020 Century Farms event. The Agricultural Tour is moving forward, but will be a smaller event. The tour will be reevaluated in a few months.

Annual Meeting: The committee is working on a speaker and entertainment.

Food Finder: There is a new resource from the University that encourages local expenditure on locally produced food. It maps people who are selling food products from the local farms.

**Joseph Hoffman moved to adjourn the meeting at 1:01 pm and Tyler Gunlock seconded the motion. The idea passed unanimously.**



05/22/20

### Greene County Extension Center Checks - Summary List May 2020

Date	Num	Name	Memo	Original Amount	Paid Amount
May 20					
05/25/2020	EFTPS	Internal Revenue Service (V)			
05/25/2020	30036	Black, Marjorie D	44-6000405	-595.96	-595.96
05/25/2020	30037	Missouri Consolidated Health Care	70331	-2,014.72	-2,014.72
05/25/2020	30038	Missouri Consolidated Health Care	70331	-33.01	-33.01
05/22/2020	30040	American Business Systems		-680.79	-680.79
05/22/2020	30041	Commerce Bank (V)		-85.06	-85.06
05/22/2020	30042	De Lage Landen	Acc ID 8000-0012-2997	-381.97	-381.97
05/22/2020	30043	J. J. Averett	Period of Performance 05/15 - 06/14/2020	-135.18	-135.18
05/22/2020	30044	Lakeland Office Systems	SOCIAL COMMITTEE SUPPLIES	-47.38	-47.38
05/22/2020	30045	Lease Finance Services	ACCT # MGO2 QUARTERLY COLOR COST MASTER GARDENERS OF GREENE ...	-3.01	-3.01
05/22/2020	30046	MaryFran DiGirolamo	MG00 MASTER GARDENERS OF GREENE COUNTY LEASE	-104.25	-104.25
05/22/2020	30047	Univ of Mo - AR (V)	DEMO AND VEG GARDENS BROCCOLI, WATER, LEEKS AND ELEPHANT EARS	-42.32	-42.32
May 20				-2,692.29	-2,692.29
					<b>-6,795.94</b>



## Activities for May 2020

### Educate/Programs

- Taking Care of You- offering three online programs through June
- Chronic Disease Self-Management- online
- QuarinTIME Cooking Demo videos
- Empower Abilities- Diabetes education
- Victory Mission- Stress Management Workshop
- Cooking Matters at the Store Virtual Grocery Store Tour

### Create/Professional Development/Trainings

- Updating SNAP 6<sup>th</sup> grade curriculum
- Reviewing Worksite Wellness Program
- Healthy Life new curriculum work group
- Healthy immunity social media work group
- Working on Wellness (WOW) in Southwest Missouri Social Media post, healthy living work group. Posted on our county Facebook page at 10AM Monday-Saturday.

### Connect/Engagement/Meetings

- KOLR News Interview
- MOCAN statewide meeting
- Local Food Collaborative
- Southwest MO Nutrition and Health Grant finding group

### Future Activities

- Dependent on return of teaching, otherwise I will continue to set up more online classes as we get more information.
- More Virtual Classes being scheduled
- Virtual Tai Chi coming soon!

### Chronic Disease Self-Management Toolkit for Active Living

*The Chronic Disease Self-Management program has adapted to offer a class to help those dealing with chronic conditions that may be offered virtually.*

*Toolkits will be mailed out to registered participants who will participate in a 6 week course on stay active at home while living with chronic conditions.*

*Topics to be covered include decision making, physical activity, healthy eating, problem solving, communication, weight management, understanding emotions, medication usage, and much more!*

*Email Kelsa for information and to register for this class that begins on May 13<sup>th</sup>!*

## April 2020 Overview



**Contact Information:**  
Amber Allen  
Field Specialist in  
Human Development &  
Family Science  
Email: [Amallen@missouri.edu](mailto:Amallen@missouri.edu)  
Phone: 417-881-8909

### **Program Highlight:**

**Taking Care of You:** Taking Care of You is a multisession program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way allows you to improve your overall wellness. Each week you will explore topics through small group discussion, self-reflection and activities. The program's activities are aimed at increasing mindfulness, positive emotions, optimism, resiliency to stress, coping skills and self-care of your body, mind and spirit. If you are interested in offering programs in your county, please contact me at [amallen@missouri.edu](mailto:amallen@missouri.edu).

### **April Monthly Overview:**

#### **Meetings (Connect):**

4/1/20, 4/8/20, 4/15/20, 4/22/20, 4/29/20- Weekly Home & Family Zoom Meeting  
4/1/20, 4/7/20, 4/11/20, 4/14/20, 4/21/20- Green Dot Committee Meeting  
4/2/20- MEAFCS Quarterly Meeting  
4/3/20, 4/7/20- Childcare Provider Workgroup Meeting  
4/3/20, 4/16/20- Livestream Marshall Stewart  
4/6/20, 4/13/20, 4/17/20, 4/22/20, 4/27/20- Child Abuse Prevention Workgroup Meeting  
4/6/20, 4/13/20, 4/20/20- Greene County Staff Meeting  
4/7/20, 4/14/20, 4/21/20, 4/28/20- SW Regional Updates  
4/10/20- HES Evaluation Brainstorm  
4/15/20- UMEA Zoom Call  
4/29/20- Online Social Support Violence Prevention Team Meeting

#### **Programs (Educate):**

4/16/20- 10 Warning Signs of Alzheimer's (12 participants)  
4/21/20- Building Strong Families with Boys & Girls Club (23 participants)  
4/22/20- Effective Communication Strategies for Alzheimer's (7 participants)  
4/27/20- Taking Care of You Session 1 of 8 (7 participants)

#### **(Create):**

16 Facebook posts were published using the hashtags #ExtendMU & #Committed2MOFamilies with 4,408 reached and 218 individuals engaged with at least one of the posts.

#### **Professional Development:**

4/1/20- Webinar: NCFR Tips & Tools Online Presentation  
4/7/20, 4/14/20- Sexual and Intimate Partner Violence Prevention During a Pandemic Webinar Series  
4/8/20 Support for Kids, Families & Providers during COVID Crisis (Child Advocacy Day 2020)  
4/13/20, 4/23/20 teen MHFA Information Session & MHFA Curricula Overview Session  
4/24/20- At Home with the Child Experts: The Science of Screen Time During COVID-19  
4/30/20- The Critical Role for Prevention During and Post Pandemic  
4/30/20- North Central Cooperative Extension Association Speed Meeting: Mental/Behavioral Health

#### **Upcoming Programs (May):**

Mondays 5/4/20-6/15-Taking Care of You Class (8 sessions)  
Fridays 5/8/20 -6/26/20-Taking Care of You Class (8 sessions)  
5/5/20- Jasper County Council Meeting  
5/11/20- KOLR 10 Interview  
5/14/20- Alzheimer's Association Lunch and Learns: The 10 Warning Signs of Alzheimer's  
5/18/20- Christian County Retired Teacher Association Presentation  
5/19/20- Building Strong Families- Stress Management with Boys & Girls Club  
5/25/20- Greene County Council Meeting





# Extension

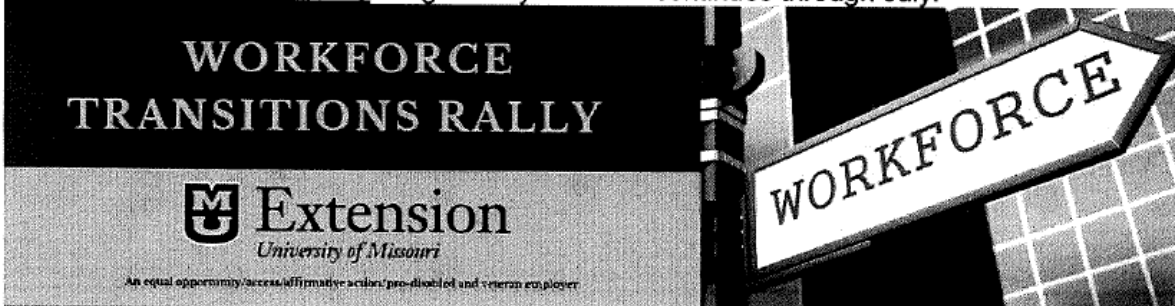
## *University of Missouri*

### Labor and Workforce Development Report May 2020

Dr. Rob Russell, Director, Field Specialists: Dr. Amy Patillo, Matt Pezold, Doug Swanson, Dr. Mark White, State Specialist

The LWD team has created a marketing and distribution system that reaches businesses and workforce actors across the state of Missouri. During this time we have launched a client management tool, an online resource tool, a digital media platform, and a social media presence that collectively allows us to expand our reach across the state. We will continue our efforts to reach new audiences and broaden our business and workforce network over the course of the year.

**Workforce Transitions Rally-** Begins May 21st and continues through July.



#### **Preparing Businesses and Employers to transition to work after COVID-19**

A new webinars series presented by MU Extension Labor and Workforce Development in collaboration with Missouri SBDC, MU Business, and Industry, Missouri Economic Development Center (MEDC), Missouri SourceLink, and Missouri Community Betterment (MBC). The webinar series will begin on May 21st and continue with 15 sessions focusing on economic and community development, employment, and labor and workforce development.

#### **Employee Health and Wellness webinar series- May 28th to June 11th. 2 PM**

The University of Missouri Extension Labor and Workforce Development (LWD) team is collaborating with Karen Funkenbusch and John Fuller in Human Development and Family Science to offer a special webinar series for employers to address the rapidly changing needs of their workforce in response to the COVID-19 pandemic.

The series begins May 28th and will continue for three sessions until June 11th.

## Social Distancing 101: Pets and Livestock



June 2, 2020

2:00 pm - 3:00 pm

ADD TO CALENDAR >

This program offered by:  
Labor Education Program

<https://extension2.missouri.edu/events/social-distancing-101-pets-and-livestock>

### **Labor and Workforce Development COVID-19 resources**

MU Extension Labor and Workforce Development provide resources and support for businesses, employers, policy-makers, educators, and others as we navigate the rapidly evolving response to and impacts of COVID-19 in Missouri.

#### **Resources:**

[COVID-19 and your workplace \(PDF\)](#)

[COVID-19 and your workplace; Agricultural Employer Supplement \(PDF\)](#)


[COVID-19 and religious services \(PDF\)](#)

### **Workforce Rally Webinar Series- Ends May 20th**

Industry experts, businesses, and guest speakers will highlight best practices for employment, labor, and workforce development and share strategies that work. The webinar series began on April 1<sup>st</sup> and continues through May 20th. The University of Missouri Extension and workforce partners address the topics and resources that are most important to businesses, employers, and communities. One hundred and forty individuals registered for the series, with an average of 30 participants per session. Colleagues report that the Workforce Rally webinar series helped bring much-needed information to counties and stakeholders across the state.

The final Rally session highlights ACT Rock Stars on May 20th.

**WORKFORCE RALLY  
WEBINAR SERIES**

 **Extension**  
University of Missouri

An equal opportunity/access/affirmative action/pro-disabled and veteran employer

**The 21 Indispensable Qualities of a Leader webinar series- Final session May 22nd.**

A 21-day online, interactive, group study of John C Maxwell's class book, "The 21 Indispensable Qualities of a Leader." Learn more about yourself and how to lead by enrolling in this free course. A collaborative effort with Community Economic Development. May 22nd is the final session. The series has had excellent attendance and has been a phenomenal opportunity to coordinate efforts with specialists.

**MU Labor and Workforce webinar Canvas Resource Tool-Tool is live and in use**

The MU Labor and Workforce Canvas resource tool provides a space for participants to access recordings of the webinars, a list of speakers with contact information, the webinar PowerPoint, and links to resources and handouts. This is a program that will continue to be developed for additional webinar series and to provide labor and workforce development resources in collaboration with workforce partners. The MU Labor and Workforce Resource Tool has launched and will continue to be developed with each webinar series.

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 **Extension**  
Greene County

**Practical information to  
improve your life!**

**417-881-8909**  
**[extension.missouri.edu/greene](http://extension.missouri.edu/greene)**



Now is a great time to get a soil test done at the Greene County Extension Center.

**GROW HEALTHIER PLANTS**

A soil test shows exactly how much lime and fertilizer your plants need.

**PROTECT OUR ENVIRONMENT**

Avoid excessive fertilizer use and guard against nutrient loss in runoff.

**AVOID FRUSTRATION**

Science-based analysis and unbiased recommendations let you escape hit-or-miss growing efforts.

**SAVE MONEY**

Buy only the fertilizer you need after getting a quality soil test.

**ACHIEVE OPTIMAL GROWTH**

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**University of Missouri Extension – Greene County**

Located inside the Springfield-Greene County Botanical Center

2400 S. Scenic Avenue • Springfield, MO 65807

Telephone: 417-881-8909

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<http://extension.missouri.edu/greene>

**FOR MORE  
INFORMATION**

Visit "Soil Test Central" online at  
<http://extension.missouri.edu/greene>

UNIVERSITY OF MISSOURI  
 **Extension**

*Greene County Extension Council*



# Child Care Training: Making the ABCs and the 123s More Active



## Class Information:

**Topic:** Making the ABCs and the 123s More Active  
(2 clock hours)

**Class Description:** This workshop provides new ideas for combining creative movement and activity with learning about numbers and letters in developmentally appropriate ways. Join us and find out how to help children get ready for kindergarten by slithering like a snake, hopping like a bunny one time, two times, and three times, and waving back and forth like the wind.

## Registration Information

June 9<sup>th</sup> from 1:00-3:00 pm ([Click here to Register](#))  
June 11<sup>th</sup> from 6:30-8:30 pm ([Click here to Register](#))

## For more information or ADA accommodations contact:

Amber Allen  
Human Development & Family Science Field Specialist

**Email:** [amallen@missouri.edu](mailto:amallen@missouri.edu)

**Phone:** 417- 881-8909

# Master Pollinator Steward



**NEW! Online, self-paced version of this popular course.**






**Course opens:** May 18th

**Course dates:** May 27 – June 30






**Live sessions:** Tues, June 2 – June 30  
(1 – 2:30 pm)

**Cost:** \$100

## Topics

-  Insect overview
-  Plant – pollinator relationships
-  Honey bees
-  Native pollinators
-  Pollinators in nature & agriculture

## Presenters

-  Tamra Reall
-  James Quinn
-  Valerie Duever
-  Kelly McGowan
-  Cory Creed

### Questions about the program?

<https://extension2.missouri.edu/programs/master-pollinator-steward/about-the-mps-program>

### Questions about the course?

Email Tamra Reall at [reallt@missouri.edu](mailto:reallt@missouri.edu)

Pollinators — such as bees, birds, butterflies, bats and insects — play a crucial role in the production of most fruits and vegetables. They also support healthy ecosystems that clean the air, stabilize soils and support wildlife.

Studies show that pollinator populations are in decline because of a loss of feeding and nesting habitats, pollution and the misuse of pesticides. Learn how to protect our agricultural economy and food supply with the Master Pollinator Steward program.

Advanced Education hours for EMGs and MMNs

### To register:

<https://extension2.missouri.edu/master-pollinator-steward-tr-regional-training>

Or, scan the QR code



# JOIN US FOR A LAWN & GARDEN TOWN HALL



**WHEN**  
Every Wednesday  
Starting April 8, 2020  
11:00am– Noon

**WHERE**  
Register and Submit Questions in advance  
at: <https://ipm.missouri.edu/TownHalls/>

**LEARN ABOUT RESEARCH-BASED LAWN AND GARDEN  
TECHNIQUES FROM MU EXTENSION FIELD SPECIALIST  
IN HORTICULTURE.**

BRING YOUR TOPICS  
AND CURIOSITY TO  
THE TABLE.

JOIN US REMOTELY  
BY COMPUTER, CELL  
PHONE OR LAND-  
LINE

**WE LOOK  
FORWARD  
TO SEEING  
YOU.**

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# Extension

*University of Missouri*



## Quality Soil Testing Services

- Grow healthier plants
- Protect our environment
- Avoid frustration of poor growth
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- Achieve optimal growth
- Personalized recommendations

*Bring two cups of soil to*

**Greene County Extension**

*Inside the Springfield Botanical Center*

**2400 S. Scenic Ave.**

**Springfield, Mo. 65807**

**Office open Monday-Friday**






**8 a.m. to 4 p.m.**

A fee of \$30 per sample applies.

For more info call (417) 881-8909 or see "soil testing central" online at <http://extension.missouri.edu/greene> for details and how-to videos.



**MU Extension Staff Serving Greene County**

	<b>Sherri Hull</b> <i>Nutrition Associate</i> Joined 2008		<b>M. Dickensheet</b> <i>Nutrition Associate</i> Joined 2018
	<b>Marty Wood</b> <i>Nutrition Associate</i> Joined 2000		<b>Myrna Stark</b> <i>FNEP Program Manager</i>
			<b>Terri Fossett</b> <i>Program director</i> Joined 2000

**Family Nutrition Education Program**  
2160 W. Chesterfield Blvd. F200, Springfield, Mo  
Tel: 417-886-2059

**Southwest Region Directors Office**

1845 S. National, Ste. 100,  
Springfield, Mo.  
Tel: (417) 865-0707

**Jay Chism**, Regional Director, email: [chismj@missouri.edu](mailto:chismj@missouri.edu)



**Sarah Grubaugh**, Assistant, email: [GrubaughS@missouri.edu](mailto:GrubaughS@missouri.edu)



**Karla Deaver**  
4-H Youth specialist  
HQ: Lawrence County  
Tel: (417) 466-3102  
[deaverk@missouri.edu](mailto:deaverk@missouri.edu)



**Andy McCorkill**  
Livestock specialist  
HQ: Laclede County  
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[mccorkilla@missouri.edu](mailto:mccorkilla@missouri.edu)



**Tim Schnakenberg**  
Agronomy specialist  
HQ: Stone County  
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**Patrick Byers**  
Commercial Horticulture  
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Tel: (417) 859-2044  
[byerspl@missouri.edu](mailto:byerspl@missouri.edu)



**Reagan Bluel**  
Dairy Specialist  
HQ: Barry County  
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[BluelRJ@missouri.edu](mailto:BluelRJ@missouri.edu)



**Kyle Whittaker**  
Ag and Environment  
HQ: Webster County  
Tel: (417) 859-2044  
[kyle.whittaker@missouri.edu](mailto:kyle.whittaker@missouri.edu)



**Sarah Havens**  
Natural Resources specialist  
HQ: Laclede County  
Tel: (573) 458-6260  
[havenss@missouri.edu](mailto:havenss@missouri.edu)



**Dr. Pam Duitsman**  
Community Development  
HQ: Christian County  
Tel: (417) 581-3558  
[duitsmanp@missouri.edu](mailto:duitsmanp@missouri.edu)



**Missouri Procurement Technical Assistance Center**

At Missouri State  
405 N Jefferson  
Springfield, MO  
417-837-2612  
[waldoaj@missouri.edu](mailto:waldoaj@missouri.edu)



**Allen Waldo**

	<b>Contact:</b> <ul style="list-style-type: none"> <li>• Chrystal Irons</li> <li>• Lance Coffman</li> <li>• Sandra Smart</li> </ul>			
		<b>Irons</b>	<b>Smart</b>	<b>Coffman</b>

Robert W. Plaster Free Enterprise Center, 405 N. Jefferson Ave., Springfield  
| 417-837-2617 | <https://sbtcd.missouristate.edu/>

**Online at <http://extension.missouri.edu/greene>**

# MU Extension Staff in Greene County



## Maggie Black

Office Manager

[blackmag@missouri.edu](mailto:blackmag@missouri.edu)

Started: May 2015

**Responsibilities:** Manage office financials, soil tests, event registrations, council relations, and customer service. She also works to develop local funds for programs and presenting sponsorships.



## Amy Patillo

Workforce Development

[patilloa@missouri.edu](mailto:patilloa@missouri.edu)

Started: November 2011

**Responsibilities:** Statewide coordination of online and face-to-face educational programs and projects designed to grow Missouri's workforce.



## Amber Allen

Human Development

[amallen@missouri.edu](mailto:amallen@missouri.edu)

Started: October 2019

**Responsibilities:** Improving families and senior adults with programs like "Boost Your Brain and Memory," "Focus on Kids" and Green Dot violence prevention and more.



## David Burton

County Engagement Specialist

[burtond@missouri.edu](mailto:burtond@missouri.edu)

Started: 2001

**Responsibilities:** Leadership development, neighboring, heritage tourism, media relations, and works with council to fund and administer local programs.



## Kelly McGowan

Horticulture Specialist

[mcgowank@missouri.edu](mailto:mcgowank@missouri.edu)

Started: 2012

**Responsibilities:** Locally coordinates the Master Gardeners and Master Naturalists chapters as well as horticulture educational events for the public.



## Kelsa Ferguson

Nutrition Specialist

[kelsaferguson@missouri.edu](mailto:kelsaferguson@missouri.edu)

Started: February 2019

**Responsibilities:** Nutrition and health education programs on chronic disease management, food preservation, stay strong-stay healthy and more.



## Justin Kastning

4-H Youth Associate

[kastningj@missouri.edu](mailto:kastningj@missouri.edu)

Started: January 7, 2019

**Responsibilities:** Develop 4-H programming in the county and grow new clubs with a primary focus on 4-H programming at Greene County Youth Academy.



# Extension

*University of Missouri*

## Greene County MU Extension

Office located inside the Springfield-  
Greene County Botanical Center

2400 S. Scenic Ave., Springfield, Mo. 65807

Tel: (417) 881-8909 | [burtond@missouri.edu](mailto:burtond@missouri.edu)

Office hours:

Monday - Friday \* 8 a.m. to 4:00 p.m.

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