



University of Missouri Extension
Grundy County
2024
Annual Report



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Office of Extension
and Engagement
University of Missouri

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December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

Chad Higgins, PhD
Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are

Faculty and staff

Jennifer Osborn

Extension Engagement Specialist

Jessica Trussell

Field Specialist in Human Development

Jim Crawford

Field Specialist in Agri Systems Technology

Denise Ferguson

Field Specialist in Agricultural Business

Gwen Funk

Field Specialist in Horticulture

Connie Griffith

Nutrition Program Manager

Shawn Deering

Field Specialist in Livestock

Jamie Beverlin

Youth Program Associate

Micah Potgeiter

Field Specialist in Nutrition and Health

Amy Albertson

Nutrition Program Associate

Scott Finley

Field Specialist in 4-H Youth Development

Valerie Tate

Field Specialist in Agronomy

Council members

Sarah Allen, Chair

Bob McIntyre, Vice Chair

Morgan Duff, Treasurer

Vickie Pash, Secretary

Brad Chumbley

Cayla Foster

Cathy Rice

Dean Rice



County commissioners

Phillip Ray- Presiding Commissioner

Don Sager- First District

Brad Chumbley- Second District

Budget and more

Appropriations budget

Income

County Appropriations	10,000.00
Total Income	10,000.00

Expenses

Salaries 4-H YPA/Benefits	8,389.24
Mileage	2,310.00
Insurance	75.00
Surety Bond	100.00
Total Expenses	10,874.24

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



SERVE MISSOURI.
DELIVER MIZZOU.®



Local Support

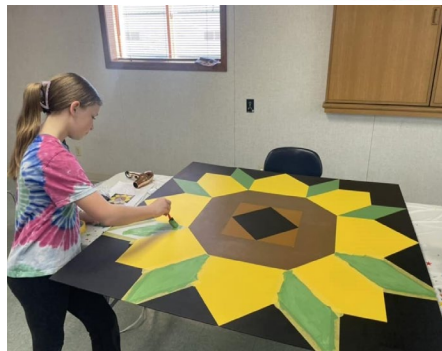
Did you know you can donate directly to Grundy County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a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



Missouri 4-H Positive Youth Development

Programs and Projects

Youth were led by Extension and 4-H volunteers throughout the year in developing their projects and learning new things. Pictured left is dining etiquette and painting barn quilts.



Achievement Day

4-H / Clover Kids Projects and Achievement Day in Grundy County was impressive. Volunteers judged the projects throughout the afternoon. Youth lined up for their judging to explain their work and what they learned along the way. Extension's Scott Finley and Youth Program Associate Amanda Allen helped to organize the event to recruit community leaders, MU Extension Council, and experts for judging. They also ensured all judging was consistent and efficient. Pictured shows ribbons for some projects, judging activities for presentations and demonstrations and includes local youth with their projects.





Missouri 4-H Positive Youth Development

4-H Camp

Area youth were able to participate in 4-H camp at Camp Crowder. Three kids from Grundy County joined in activities, learning, and more. Area volunteers also contributed to the event to make it a success. Overnight Clover Kid Camp was held and hosted 32 youth and their parents. 227 youth campers and counselors attended 4-H Camp.





Agriculture & Environment

MU Feedlot Schools

Teaching producers to finish cattle on Missouri farms can have a huge impact on the overall economy of the state. In 2024, Livestock Specialist, Shawn Deering and colleagues hosted four MU Feedlot Schools held in the state. In total, one hundred forty-nine people attended. We are very encouraged by the number of younger beef producers that have attended these schools. In 2025, Extension Livestock Specialists plan to hold another three MU Feedlot Schools in Missouri and start holding MU Beef Stocker/Backgrounding Schools.



Area beef producers listening to Tim Saunders of King City, MO explain his cattle feeding operation on the Northwest Missouri Grazing School.

KEY SUCCESSES

- ✓ MU Feedlot School attendees received education on nutrition, health, marketing, economics, facilities and financing
- ✓ Tours to new and existing cattle finishing facilities allowed participants a firsthand view of cattle feeding in Missouri
- ✓ Funding from the Missouri Agricultural Small Business Development Administration was key to this educational program



Skid loader with telehandler at MU Beef Feedlot School

Northwest Missouri Grazing School

In late June 2024, the northwest region hosted twenty-five forage and livestock producers for a three-day Northwest Missouri Management Intensive Grazing School. The evaluation results from this year's school were excellent and we had multiple producers who attended based on recommendations from previous attendees.

Native Warm Season Grass Plots

Native warm season grass plots at Hundley-Whaley Extension and Engagement Center. MU Extension Field Specialist sampled and obtained Paddock Trac readings on three of the plots to determine yields and submitted forage samples for quality analysis.



Eastern Gamagrass Plots at Hundley Whaley May 30, 2024. Shawn Deering pictured above.



Ag Business and Policy

Farm Tax Workshops



The Farm Tax Workshop was held to help producers be better prepared to work with their tax professional. The topics included in the workshop included retirement and social security planning, corporate transparency act, depreciation and section 179, conservation tax issues, sales and exchanges, items set to sunset with upcoming tax cuts, & jobs act and more. The workshop was provided for free and was taught by Ag Business Specialist, Denise Ferguson as well as a team of other specialists in the state.

Options to participate were made for in-person throughout the state as well as online.

Farm Leases for Row Crops and Livestock/Pasture

Missouri farmers, ranchers and landowners were able to get their hands on the latest trends and insights on farm leases with the Agricultural Business & Policy Program. Denise Ferguson and colleagues hosted two days of interactive webinars on crop leases followed by livestock and pasture leases. Attendees learned about current rental rates and land values, tips on negotiating the terms of a lease agreement and specialized topics based on crops and livestock and pasture leasing.

Join MU Extension to gain insights into
CURRENT TRENDS IN FARM LEASES

NOVEMBER 6
Livestock and pasture farm leases
Webinars at noon and 7 p.m.

NOVEMBER 7
Crop farm leases
Webinars at noon and 7 p.m.

Webinars tailored to trends and considerations for crop, livestock and pasture leases - **TWO** opportunities to tune in!

MUEXT.US/CURRENTTRENDSLEASES

MU is an equal opportunity/affirmative action/pro-disabled and veteran employer and does not discriminate on the basis of sex in our educational programs or activities pursuant to Title IX and 34 CFR Part 105.

The U.S. Department of Agriculture reports that 9.7 million acres of Missouri agricultural land was rented to farmers in 2022.

Weatherization and Renewable Energy



MU Extension Field Specialist in Ag Engineering Jim Crawford (pictured left), addresses weatherization and renewable energy during workshops and responding to inquiries:

- Energy conservation /weatherization – Steps and processes people can use to reduce their energy costs at home.
- Renewable energy – home and commercial scale wind and solar energy production systems. According to Crawford, “People want to know about these systems, can they reduce their electric bills, estimated paybacks and how does a large, commercial scale solar or wind farm being constructed near me affect my property values, my family and my lifestyle.”
- Jim provides unbiased, research-based data to them on both of these, sometimes very complex, topics.



Horticulture & Community

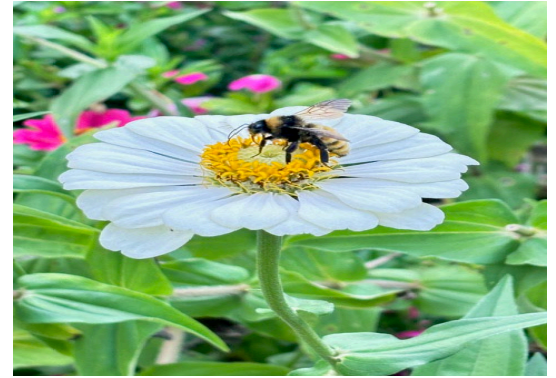
Horticulture, the science and art of cultivating fruits, vegetables, flowers, and plants, plays a pivotal role in benefiting communities in multifaceted ways:

- Contributes to food security by providing communities with a diverse range of fresh and nutritious produce additionally reducing dependence on external food sources
- Promotes healthier lifestyles by providing low impact exercise, eye-focus health, fresh air and natural vitamin D.
- Garden Clubs and Extension Master Gardener activities furnish shared horticultural spaces, foster social cohesion, and bring people together to cultivate a sense of belonging and shared responsibility.

Beyond the social aspect, horticulture enhances:

- Environmental sustainability of communities by promoting green spaces
- Reducing urban heat islands and supporting biodiversity.

Horticulture



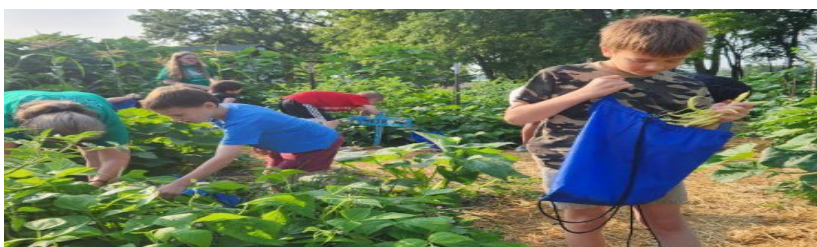
Additionally, horticultural activities often provide therapeutic benefits, promoting mental well-being and stress reduction. Overall, horticulture not only addresses practical needs but also enriches the fabric of communities, fostering health, connectivity, and environmental stewardship.

My activities this past year were designed to make the connections necessary to provide directed programming that meets the needs of the diverse communities in northwest Missouri.



Extension Master Gardener Training

In 2024, Horticulture Specialist, Gwen Funk (pictured left), managed and collaborated on three different EMG in NW MO. This “train the trainer” program supports horticulture in many ways and can often be focused to meet the need of the local community. It supports the benefits of horticulture and benefits the community with volunteer activity. Gwen managed two 30-hour training sessions in NW MO. As a result of these activities, NW MO can claim approximately 30 new EMG trainees that will help problem-solve and teach horticulture-related topics. These volunteers help facilitate other horticulture programs such as the youth Garden-n-Grow program (pictured left).





Health & Human Sciences

SNAP-Education

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

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.

4,583 direct and indirect contacts were made in Grundy County!



Amy Albertson, Nutrition Program Associate partnered with these agencies:

- Green Hills Head Start
- Trenton First Baptist Church Mobile Food Pantry
- Doodle Bugs Daycare and Preschool
- Community Food Pantry of Grundy County
- Grundy County Senior Center
- Grundy County Health Department
- North Central Missouri College
- Green Hills Community Action Agency
- Spickard Elementary
- Rissler Elementary



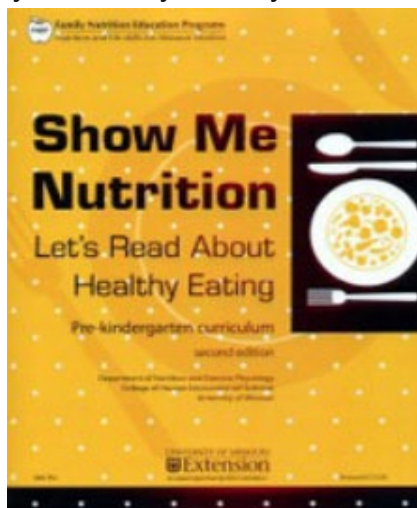
Health & Human Sciences

Show Me Nutrition and Education in Grundy County

Show Me Nutrition is a nutrition curriculum set that teaches youth from preschool through junior high how to have a healthy lifestyle while reinforcing behaviors that promote a healthy weight. It supports both the State of Missouri's Show-Me educational standards for health and physical education and Missouri's School Wellness Policy.

The Show Me Nutrition set also supports grade-level expectations for math and communication arts, as appropriate. Show Me Nutrition teaches several important health themes, such as nutrition, food safety, physical activity, how media may influence nutrition and body image. Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels.

Amy Albertson, Nutrition Program Associate, pictured below, provided instruction to Spickard Elementary and Rissler Elementary in Grundy County.



North Central Missouri College

There is a growing need on college campuses for informing students of the availability of SNAP benefits. Food pantries are on almost every campus across the state.

Amy made a visit to North Central Missouri College in Trenton for their Student Organization Fair. The Show Me Nutrition Educational Display focused on healthy drink choices. With this poster, we had bottles labeled energy drink, cola, sports drink, etc. Each had the teaspoons of added sugar measured out for them to see. It is always an eye-opening visual.

After explaining the display to one student, he explained that he only drinks water. He had a heart attack largely because of his overuse of energy drinks. We are getting an important message out to beware of excessive added sugar. It is a real danger!





Health & Human Sciences

Stay Strong Stay Healthy- Empowering Aging Adults Through Strength Training

The **Stay Strong, Stay Healthy Level 1** program has successfully empowered aging adults through an 8-week strength training series, helping them improve strength, flexibility, and balance. Through easy yet effective exercises, participants reported increased confidence and better health outcomes.

In **2024**, **Nutrition and Health Specialist Micah Potgieter** led the program in **Mercer and Grundy County**, where 21 adults attended the 16-session course. After completing the program, participants showed impressive strength, balance, and overall confidence improvements.

Key Outcomes:

•**100%** of participants improved in the **Chair Stand Test, 10-Foot Up-&-Go Test, 10-Meter Walk Test, and Chair Sit-and-Reach Test**, demonstrating improved lower-body strength, endurance, agility, walking speed, and flexibility. These improvements support daily activities, increase mobility, and make tasks like dressing and using stairs easier.

•**90%** showed improvement in the **Back Scratch Test and Balance Assessments**, resulting in reduced fall risk, better upper-body flexibility, and enhanced balance for greater independence.

The estimated **annual healthcare cost savings** for the participants who completed the program is **\$11,264**, highlighting the program's significant impact on both health and finances.

The **Stay Strong, Stay Healthy Level 1** program is making a tangible difference in the lives of Mercer and Grundy County older adults, empowering them to lead healthier, more independent lives while generating significant healthcare savings.



Participant Testimonials:

"I enjoyed the camaraderie of the group. After the first three weeks, I had no falls—a huge accomplishment for me!"

- Grundy County Participant

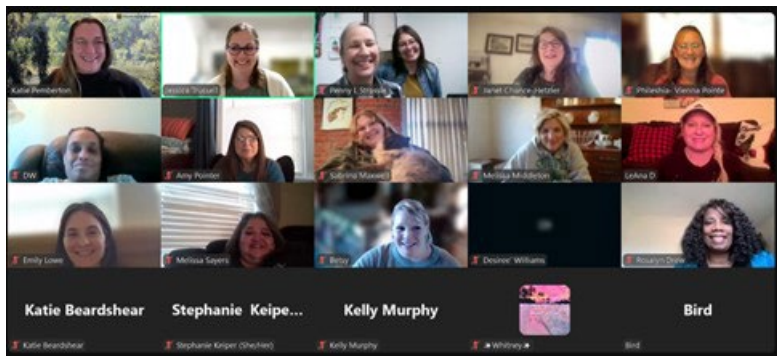
"Micah made the class fun and challenging, ensuring proper technique. She motivated us to do our best, and I'm confident I can continue this at home."

- Grundy County Participant



Health & Human Sciences

Mental Health First Aid



Jessica Trussell teaching virtual Mental Health First Aid.

In 2024, Human Development and Family Science Field Specialist trained 82 individuals through Mental Health First Aid training, including both Youth and Adult modules offered virtually across all nine counties in my coverage area. Mental Health First Aid equips participants with the knowledge to recognize risk factors and warning signs of mental health challenges and provides an overview of common treatments. The program has been proven to:

- Improve understanding of mental health conditions
- Reduce stigma surrounding mental illness
- Increase the amount of support provided to those in need

By delivering this training, Trussell contributed to fostering healthier communities and empowering individuals to provide critical mental health support when it is needed most.

What was most helpful in Youth MHFA?

“For me, to learn about different situations and new perspectives helped me the most because it shows other sides, I may not have thought about that could help me further assist the youth I service.”

- YMHFA Virtual Participant

Building Strong Families

In 2024, the Human Development and Family Science team partnered with the Missouri Department of Social Services Children’s Division to deliver five 6-session online parenting classes. These classes equipped parents with essential skills in communication, stress management, discipline, and positive parenting behaviors, supporting families working toward reunification.

The program reached 81 parents across 32 Missouri counties, providing 800 hours of parenting education that positively impacted 167 children. Parents reported applying skills learned to:

- Communicate more effectively
- Manage stress
- Foster their child(ren)’s self-esteem
- Engage in positive parenting practices
- Balance work and family responsibilities

Parenting education for at-risk parents aiming to maintain or regain custody is estimated to save Missouri’s foster care system \$6,924 per child annually (Missouri Department of Social Services, 2024). In 2024, this program contributed to an estimated total savings of \$1,156,308 for the state.

Jessica Trussell played a key role in this effort, teaching five sessions and moderating four. Participants from her nine-county coverage area included residents from Carroll (1), Daviess (2), Harrison (7), and Livingston (6) counties.

This initiative not only strengthened parenting skills and improved family dynamics but also significantly reduced financial strain on Missouri’s foster care system, demonstrating the vital impact of parenting education.



County highlights



Scan the QR Code and subscribe to receive the Extension Express!

Faculty and staff in the Northwest Region came together in late 2024 to create and distribute the monthly Extension Express newsletter, intended to highlight programming, events, and activities happening in the region’s 20 counties. Knowing about Extension programs and class offerings helps create a stronger sense of belonging and connection between faculty, staff, council members, elected officials, and program participants within the Region. The Extension Express newsletter is currently distributed to over 350 people each month.

Missouri Farm Family in Grundy County

Eric and Tera Hoffman and family were selected as the Grundy County Missouri Farm Family by University of Missouri Extension in Grundy County and the local Farm Bureau.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA. The Hoffman family were unable to attend the event this year, however, they were still honored.



MU Extension and 4-H are proud partners of the United Way in Grundy County. United Way improves lives by mobilizing the caring power of communities around the world to advance the common good. Goals of the group are to address education and educational opportunities, economic mobility, and access to health. Being a United Way partner agency has provided the opportunity to connect with other agencies in Grundy County to collectively make a difference. In 2024, the United Way held business and residential campaigns to financially support the work of the agencies. The contributions from the community are shared to support the partner agencies in their efforts to fulfill the mission of United Way in Grundy County. MU Extension and the 4-H program are very thankful for this partnership.



Jen Osborn, EES on air at KTTN with Lynda Snuffer, Salvation Army for the UW residential campaign.

Partner agencies include: Green Hills Volunteers, Parents as Teachers, Grundy County Juvenile Office, Juvenile Court Diversion Program, Community Food Pantry, Girl Scouts, Grundy County Council on Aging/North 65 Center and Salvation Army.





County highlights

North Central Missouri Fair

MU Extension and 4-H represented at the North Central Missouri Fair in Trenton.



Grundy County



UM System Footprint in the county in 2024



FY24 county students

43 students

- 33 Undergraduates
- 10 Graduate and professional students
- 31 Full-time students
- 12 Part-time students



County employees and retirees

5 people employed by UM

- 2 Campuses
- 3 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)



County alumni

Selected school alumni

- 3 Medicine
- 11 Nursing
- 11 Health Professions
- 4 Dentistry
- 3 Pharmacy
- 4 Veterinary Medicine
- 79 Agriculture
- 14 Engineering
- 9 Law

Alumni teaching K-12

- 9 teachers
- 6.5% of all district teachers
- 3 principals and administrators
- 27.3% of all district principals and administrators



County breakdown

MU

- 30 students
- 176 alumni
- 2 employees

UMKC

- 8 students
- 27 alumni
- 0 employees

Missouri S&T

- 3 students
- 6 alumni
- 0 employees

UMSL

- 2 students
- 1 alumna or alumnus
- 0 employees



County properties and offices

Thompson Farm
MU Extension in: Grundy County



County population: 9,822



County services provided

Health care (FY24)

- 99 in-state patients seen at MU Health Care, with \$40,283 of uncompensated care
- 4 in-state patients seen at UMKC School of Dentistry with a statewide average of \$52.57 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 29 visits to 26 patients having ZIP codes associated with the county

Extension (2023)

- 676 Total educational contacts from MU Extension to residents of the county, including:
- 180 contacts related to productive farming, better gardening, and managing natural resources
- 426 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 13 contacts related to starting businesses, developing community leaders, or renewing the local economy

Grundy County



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Statewide Footprint

Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.

\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

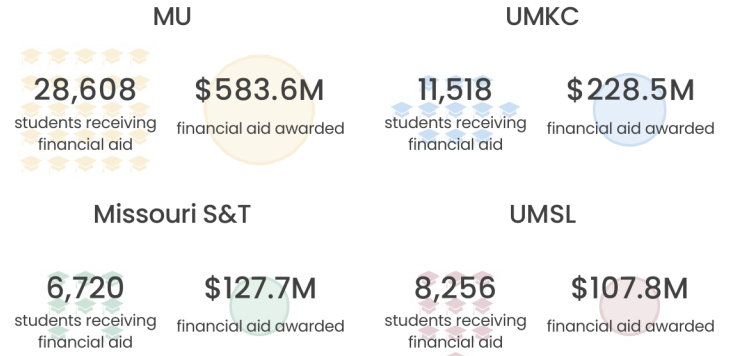


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

Education Highlights

FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2024, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation

