

Monthly Report of MU Extension in JEFFERSON COUNTY: October 2019



Extension

University of Missouri

In October of 2019, the Office Support Assistants at the Jefferson County Extension Center:

- Received **121** phone calls, which included **2** information calls for county government.
 - Greeted and supported **37** visitors to the MU Extension Center at 301 3rd Street, Hillsboro, MO.
 - Added **12** new emails to the list in September for a total of **1169** working email addresses.
 - MU Extension Facebook reached appx. **4,365** people through **45** posts. **872** people engaged with the post and we added **16** new page likes. 4-H Facebook reached appx. **476** people through **9** posts. **97** people engaged with the post and we added **21** new page likes.
 - Processed **20** soil tests serving **124** ¼ agronomic acres and **7,600** horticultural sq. footage (lawn & gardens).
 - Distributed over **633** pieces of educational material by mail, workshop handouts and community literature racks.
 - Did **1** Private Pesticide Applicator Training.
 - Sent out **1,163** E-newsletters and **204** 4-H Embryology Information by e-mail.
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Mistti Ritter – County Engagement Specialist in Community Economic Development

- In October 2019, I supported *Jefferson County Extension Council's* activities by attending the monthly Extension Council meeting on Thur, Oct 3; assisted the County Office Support Staff in arranging the upcoming Holiday Dinner Meeting in December and Annual Dinner in February 2020.
- This month, the office support staff used the new ***Dot Digital email program*** for the monthly email newsletter. The program will allow them to properly manage unsubscribe requests and monitor emailing engagement.
- On Fri, Oct 4 I met with ***Missouri Mines State Park*** rangers to gain broader understanding of history of the mining impact on region and the public education provided by the state of Missouri regarding lead contamination in the region.
- In Oct, I completed a required ***Missouri Kid's First*** mandatory reporter training module online.
- During October, I participated in the MU Extension's monthly Community Leadership Development Committee and Community Economic Development faculty meetings via remote Zoom. Additionally, I received an updated presentation on ***MU Extension Workforce Development*** faculty research on understanding the perceptions of technology and career skills classes in schools. This research was done in partnership with ***DESE*** and reveals that while many parents and students are supportive of students taking or friends/peers taking workforces skills classes, many schools have reduced programs or do not offer a lot of these classes and continue to focus on college readiness curriculum.
- In October, MU Extension CED John Gulik reached out to for help identifying contacts in Jefferson County related to ***Missouri Association of County Developmental Disabilities Services*** member organizations. MU Extension Workforce Development faculty were preparing to present at an upcoming conference and wanted to include Jefferson County programs who showed success in placing MACDDS clients in mainstream working environments.
- On Thurs, Oct 17 staff members in the Jefferson County Extension Center participated in the annual ***Great Shake-Up*** National Earthquake Drill. Participants developed an awareness of their surroundings and identified action plans and next steps in case of a significant earthquake in the region. A possible list of high-up items such as bookshelves may need to be properly secured.
- On Oct 21 – 24, I attended the annual ***MU Extension Summit*** and participated in working sessions with the community economic development, workforce development and agribusiness groups who have crafted the County Connect report to help prioritize various efforts and county needs. Additionally, we received an update on the state's broadband initiatives and a summary of UM System schools various engagement priorities and admissions efforts. Additionally, I received additional training as County Engagement Specialist regarding how to support the Extension Council's fiscal policies, the book keeper's Quickbook responsibilities, and annual financial reporting. Additionally, I attended a leadership training with ***Steven Covey Jr.*** centered around his book: ***The Speed of Trust***. Melissa Scheer, Debi Kelly, Paul Klossner and Jody Squires attended. Also attending were St. Charles, St. Louis City and St. Louis County CESs.
- We are all appreciative of the ***Jefferson County maintenance staff*** being responsive to a request for improved exterior lighting and hanging the new exterior extension sign.

Melissa Scheer – 4-H Youth Development Specialist

In October, Melissa worked the following:

- ☛ 4-H Fall Conference Oct 1-3, all 4-H Staff in Missouri (except Joyce as she was too new) met to learn and work together. I began chairing the Innovation Team in which we are working to create program and policy suggestions that will support innovative programs. We learned created the new Missouri 4-H Values statement. We learned about new opportunities in the areas of:
 - Missouri 4-H Foundation,
 - Natural Resources,
 - Soccer programing,
 - Square dance programing,
 - a New Behavior Agreement,
 - Evaluation,
 - New Curriculum planning,
 - Missouri Bicentennial,
 - The Thrive Model of Youth Development,
 - A coaching model of professional development for staff and volunteers,
 - 4-H Feeding Missouri,
 - Statewide 4-H Marketing,
 - Intercultural Competence using an progressive Self Inventory, and
 - new developments in Afterschool, In-school and Short Term (SPIN) club models.

Let me know if you have questions, connections or interests! 4-H is heading for exciting new directions.

- ☛ 4-H Enrollment records for the 2018-2019 year are complete! This is finalized each year by October 15th. We had 184 youth in on-going 4-H Clubs which includes 43 Youth Futures In-school memberships and 141 in community clubs. We had 152 in SPIN Clubs which included the Exploring 4-H Club and Healthy Habits, for a total of 336 in club programs. This is up 10% from 2017-2018 when we had 300 in SPIN Clubs, Afterschool and Community Clubs. In Jefferson County, we had 2362 in school enrichment/Hatching Chicks in the Classroom programs and 530 in St. Louis County for a total of 2892 youth in our area.
- ☛ Joyce Evans started work on September 30. I worked with her to learn curriculum, 4-H staff manuals and policies, make connections in the community as well as learn the basics of being an extension employee. She is doing a great job and I am so excited about for youth and the community! I introduced her to the school staff at Bridges Alternative School (10/17).
- ☛ 4-H Enrollment is open for 2019-2020! Kathleen has been helping with processing enrollments as they come in in the 4HOnline electronic enrollment system. Since October 1, we have 46 enrollments!
- ☛ Horse Show and Fall Heritage Festival Hillsboro Fair Grounds (10/2) - Dreamcatcher's 4-H Club shared their horses with the community at the event and 4-H'ers led activities and science. Joyce and I recruited youth and volunteers.
- ☛ 4-H Council Banquet planning meeting (10/7) – Joyce and I met with the 4-H Council Officers and planned the 4-H Banquet.
- ☛ Pro-Farmers Club Visit (10/7) – I met with the club, shared information about awards and the banquet. Continued supporting the new volunteers.
- ☛ Healthy Habits Training for Teens (10/26) – Joyce and I trained teens to Teach the Healthy Habits program. I led training on curriculum and lesson planning. Joyce led a curriculum scavenger hunt and an introduction to Mindfulness Stress Reduction programing.
- ☛ Extension Summit in Columbia (10/22-24) – I attended updates for HES Specialists, Field Specialists, learned from speakers, learned about new development in the College of Engineering, Astronomy, and 3-D Architectural Studies. I was also interested to hear and contribute to the conversation about needs for Broadband throughout Missouri and Jefferson County.
- ☛ I attended meetings (on computer unless otherwise stated): Campus update (10/15), Youth Experiencing Homelessness (10/16), Earthquake Drill (10/17), Plan of Work Human Environmental Science Update (10/30) and I took 4.5 days of vacation.

Joyce Evans – Youth Program Associate

In October, Joyce did the following:

- ✿ I have worked towards the goal of getting caught up with all things Jefferson County 4-H.
- ✿ I have begun to learn about the specifics of the Youth Futures Program.
- ✿ I was off 18 hours during the week of Oct. 7-11 for Bereavement Leave.
- ✿ I attended the 4-H Council meeting on October 7, 5:00 – 7:00 pm which was held at the at the MU Extension Office. The 4-H Council worked remotely and in person to decide the menu for the upcoming 4-H banquet. A lite dinner of sandwiches, hummus dip and veggies was served. The council decided which officer would be responsible for each presentation part at the Banquet.
- ✿ I completed professional training via computer 4-H Volunteer CORE Orientation online training (10/8).
- ✿ I completed the Building a foundation: Discrimination Prevention and Title IX v5. (10/3)
- ✿ I completed professional training via computer the Missouri Child Abuse and Neglect Mandated Reporter Training. (10/10)
- ✿ I attended the Homeless Youth Initiative meeting on (10/15).
- ✿ Created new brochure for the new 4-H Spin club, Scrap my Future. It will meet on Tuesday's, on December 3rd and 10th from 6:30 pm to 8:30 pm. The focus is career research and then scrapbook their favorite career. We are looking for volunteers of people in photography and other careers to be speakers at these meetings.
- ✿ Updated the 4-H Jefferson County Club information and created a brochure with the information.
- ✿ Dropped off the new brochures and 4-H enrollment forms to the Project Homeless Connect fair on Oct. 24th and at the Finding Grace Flea Market on Oct. 26th.
- ✿ I attended the Healthy Habits program on (10/26)
- ✿ I attended the HRS Annual Training Conference (10/29-30)
- ✿ I researched various curriculums that will be used in the Youth Futures program. Filled out the CYFAR Youth Futures Program Plan. I contacted the teachers and the Bridges and fleshed out a tentative schedule of meetings with the students.

Debi Kelly – Field Specialist in Horticulture

Agriculture

- 🌾 Attended the Jefferson County Soil and Water Conservation District Board of Directors meeting.
- 🌾 Exhibited the Missouri Beginning Farmers Program at the Brain Injury Association of Missouri's Annual Conference educating the medical field as well as support organizations who assist individuals with brain injuries that farming is an option for those they assist.
- 🌾 Met with the PI on the Missouri Beginning Farmer Program Grant to begin planning for Year 2.

Horticulture

- 🌻 Participated in the Farmers' Market Price Data Collecting zoom meeting. This is a summer research grant provided by the Missouri Department of Agriculture. Field Specialists in Horticulture visit area farmers' markets to collect price data on produce, honey and meat. I gathered price data for 3 farmers' markets.
- 🌻 Attended the Metro Food Team via zoom to continue the planning process of the direction of the team to meet the needs of the local food system as outlined by Dr. Marshall Stewart.
- 🌻 Taught 3 sessions of the Food Safety Modernization Act Workshop to inmates at the Southeast Correctional Center. Receiving the certificate of completion for the workshop assists them in successfully seeking work in the horticulture arena.

Other

- 🚦 Attended the Jefferson County Extension Council.
- 🚦 Joined the Monthly Statewide Staff Meeting – Monthly Campus Updates via zoom.
- 🚦 Attended the Plant Health Production In-Service Education in Columbia.
- 🚦 Participated in the MU Extension Summit in Columbia.

Family Nutrition Education Programs – FNEP

The Family Nutrition Education Programs (FNEP) are an important part of the University of Missouri Extension-bringing the latest nutrition information to low-income Missourians.

Gidget Mudd, Nutrition Program Associate: Monthly Activity Report for Nov 2019

First Saturday of the month May through October, Kids Korner and Healthy Change Workshops at De Soto Farmers Market.

Current /Upcoming	Activity / Location / County	Description of Engagement and Impact to County
Current	Healthy Plants, Healthy Bodies/Pevely 1 st Grade/Jefferson County	✓ Hands on gardening activities and nutrition activities
Current	Adventures In Nutrition/Crystal City Kindergarten/Jefferson County	✓ Nutrition
Current	Eating From The Garden and Building My Body/Crystal City 3 rd Grade/Jefferson County	✓ Hands on gardening activities and nutrition activities
Current	Building My Body/Vineland 3 rd Grade/Jefferson County	✓ Nutrition
Upcoming	Stay Healthy, Stay Strong with Leslie Bertsch at DeSoto Public Library/Jefferson County	✓ Nutrition and Physical Activity
Current	Kids In The Kitchen/Sunrise 6 th , 7 th and 8 th Grade/Jefferson County	✓ Nutrition and hands on cooking activities
Upcoming	Food Group Express/Crystal City 2 nd Grade/Jefferson County	Nutrition
Upcoming	Fun With Food and Fitness/Vineland 1 st Grade/Jefferson County	Nutrition

Darla Wood, Nutrition Program Associate. Monthly Activity Report for Nov 2019

Current /Upcoming	Activity / Location / County	Description of Engagement and Impact to County
Current	Food Group Express/Hillsboro Primary/Jefferson Food Group Express/High Ridge Elementary/Jefferson	✓
Current	Peace Pantry/Jefferson	✓
Current	Building My Body/High Ridge Elementary/Jefferson Building My Body/House Springs Elementary/Jefferson	✓
Upcoming	Food Group Express/House Springs Elementary	✓
Upcoming	Fun with Food and Fitness/Hillsboro/Jefferson	✓
Upcoming	Choosing Foods for Me/House Springs Elementary/Jefferson	✓