

UNIVERSITY OF MISSOURI EXTENSION

Nodaway County

2024 Annual Report

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**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**



Extension

University of Missouri

an equal opportunity/ADA institution



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



Debbie Bennett

Field Specialist in Nutrition and Health

Randa Doty

Extension and Engagement Specialist

Gwenlyn Funk

Field Specialist in Horticulture

Annette Deering

Field Specialist in 4-H Youth Development

Valerie Pickering

Nutrition Program Associate

Amanda Smith

Office Manager

Amee Wilmes

Youth Program Associate

Rachel Brown

Field Specialist in Community Health

Jim Crawford

Director of Graves Chapple Extension and Engagement Center & Field Specialist in Agri Systems Technology

Denice Ferguson

Field Specialist in Agricultural Business

Wayne Flanary

Field Specialist in Agronomy

Katie Pemberton

Field Specialist in Human Development

Amie Schleicher

Field Specialist in Livestock

Jackie Spainhower

Field Specialist in Community Development

Stacey Steffens

Northwest Regional Director

Council members

Bridget Kenney, Chairman

Nickolas Freeman, Vice-chairman

Jackie Baker, Secretary

Scott Walk, Treasurer

Allison Blackford, Member

Christopher Wallace, City Representative

Ethan Boss, MFA Representative

Garrett Louiselle, Member

Kristen Barmann, Member

Leon McIntyre, Member

Matt Bax, Member

Nicole Honan, Member

Ryan Lanman, Member



2024-25 Extension Council Officers being sworn in by Melinda Patton, Nodaway County Clerk

County commissioners

Bill Walker

Presiding Commissioner

Chris Burns

North District Commissioner

Scott Walk

South District Commissioner

Budget and more

Appropriations budget

Income

County Appropriations	33,000
County Direct Pay	546
Total Income	\$33,546

Expenses

Salaries/Benefits	16,346
Phone – County Direct Pay	546
Travel	3,300
Postage	364
Advertising	171
Publishing/Printing	535
Supplies	1,656
Insurance	1,925
Extension Council Election	149
Furniture/Maintenance	385
Total Expenses	\$26,460

Thank you!

Dear Nodaway County Commissioners and Residents,

It is our pleasure to present you with a copy of the 2024 Annual Report compiled by the Nodaway County Extension Council. We are excited to give you a short overview of the educational programs conducted by extension specialists for Nodaway County citizens.

The Nodaway County Extension Council, faculty and staff would like to thank the county commissioners and partner organizations for their support and funding for extension programs. This funding enables Nodaway County Extension to remain committed to the MU Extension Mission; to serve Missouri by extending research-based knowledge and problem-solving resources of the University of Missouri System to people throughout the state. We would also like to thank volunteers who make our programs successful.

Please take a few minutes to read through the 2024 Annual Report. Several programs from the past year are highlighted. We are committed to serving Nodaway County residents by helping them be healthy, profitable and involved citizens.

Sincerely,

Bridget Kenny
Nodaway County
Extension Council Chair
Specialist

Randa Doty
MU Extension Northwest Region
Extension Engagement



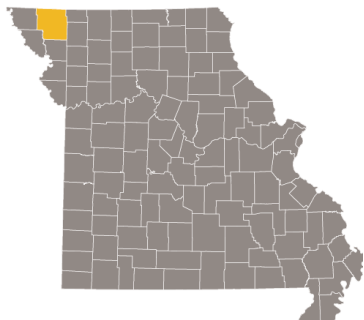
The Nodaway County Extension Council hosted a healthy food drive for the Hopkins food

pantry. Sixty-six pounds of household goods were collected

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



Local Support

Did you know you can donate directly to Nodaway 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

Nodaway County 4-H Program

Youth members participating in:

- ✓ Organized 4-H community clubs – 124
- ✓ Independent 4-H study/learning programs - 7
- ✓ 4-H special interest clubs – 24
- ✓ Organized 4-H afterschool clubs – 3
- ✓ Organized 4-H afterschool programs – 18
- ✓ 4-H school enrichment programs – 93

On My Own – Financial Literacy Program

MU Extension 4-H Faculty partnered with leaders of Upward Bound, a high school summer college prep program on Northwest Missouri State University campus, to provide the “On My Own” program to three cohorts of Upward Bound students. Each cohort participated in five financial literacy lessons, an interactive hands-on financial literacy simulation, and a written program evaluation. Seventy-seven students participated in three cohorts throughout the summer program.

Show-Me Quality Assurance



The Show Me Quality Assurance program is a youth-focused training emphasizing good livestock management practices in the handling and use of animal health products. This program teaches

youth involved in livestock projects to take an active role in the health of their livestock. By completing this program, youth demonstrate their commitment to animal production and producing safe and wholesome food. Completion of this program serves to benefit both the livestock and food industries, by reducing the risk of management-based incidents that could destroy consumer confidence in the food supply.



4-H Achievement Day

The Nodaway County 4-H Achievement Day showcased sixty-three youths with a total of 263 project exhibits. One hundred one exhibits were selected to represent Nodaway County at the 2024 Missouri State Fair! During the county fair, 4-H’ers presented five working demonstrations, one general demonstration, and five fashion revues on the courthouse square in Maryville.

Nodaway County 4-H/FFA Livestock Shows



4-Hers in Action





Agriculture & Environment

Weatherization and renewable Energy

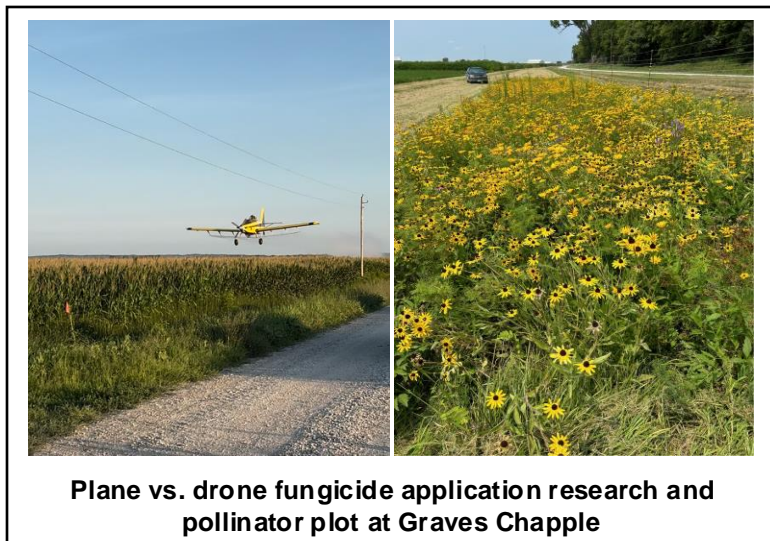
Jim Crawford, MU Extension Field Specialist in Agri Systems Technology works directly with northwest Missourians inquiries regarding:

- 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. 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.

Unbiased, research-based information is provided to them on both of these, sometimes very complex, topics.



Attendees learn easy, low-cost ways to reduce their energy consumption and thus their energy bills during a workshop on weatherization.



Plane vs. drone fungicide application research and pollinator plot at Graves Chapple

GRAVES CHAPPLE FIELD DAY



More than 170 commercial producers toured plots and listened to MU speakers at the Graves Chapple Field Day.

EXTENSION MASTER GARDENER TRAINING

MU Extension Field Specialists in Horticulture, Gwen Funk, managed and collaborated on three Extension Master Gardener courses in northwest Missouri. 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 mentioned above and benefits the community with volunteer activity. Two 30-hour training sessions were held in the region.

As a result of these activities, northwest Missouri has approximately 30 new Extension Master Gardener 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.



Youth Garden-n-Grow participants working in the garden during the Buchanan County course coordinated by the Northwest Missouri Master Gardeners



Agriculture & Environment

PRIVATE PESTICIDE APPLICATOR TRAINING

This training educated crop producers for safe handling and application of restricted use pesticides. Participants learned about pest identification, economic thresholds and injury levels, emergency planning procedure and the environmental ramification of improper pesticide application with 113 participants. Participants initiated or renewed their license certification. Participants were 19 in Andrew County, 13 in Holt County, 9 in Atchison County, 24 in Buchanan, 6 in Nodaway County, 6 in DeKalb, 6 in Clinton County, 14 in Caldwell County, 7 in Daviess County, 7 in Platte and Clay Counties,

Ag staff then followed Private Applicator Training with “hot topics” in fields of ag in Horticulture, Ag Engineering, Agronomy, Livestock and Ag Business. Further regional Private pesticide applicator training was held monthly in Buchanan County reaching an additional 72 producers.



SAFETY ACRES

- Safety Acres events held in Maryville and St. Joseph
- Five hundred ninety-two 3-5 grade students from 19 area schools attended 2, 2-day workshops on Rural safety for youth.
- There were 8 learning stations with 3 taught by MU Extension field specialists:
 - Tractor/PTO Safety
 - ATV Safety
 - Grain Bin Safety
- Evaluations conducted before and after the event to test students learning during the program showed a 65.9% increase in knowledge after the Tractor/PTO Safety sessions and 51.3% increase after the ATV Safety sessions.
- Partners included: St. Joseph Safety Council, St. Joseph Fire Department, Missouri Highway Patrol, Associated Electric and Nodaway County Cattleman's Association.



Students learning about tractor and PTO safety at Safety Acres day camp.



Students learn about ATV safety during the 2024 Safety Acres day camp.



Agriculture & Environment

Taste of Northwest Agriculture Market

The Taste of Northwest Agriculture Market is a collaborative event between Northwest Missouri State University and the Missouri Agriculture, Food & Forestry Innovation Center (MAFFIC). The market aims to connect consumers and producers, showcase northwest Missouri ag products, and create an opportunity to gather feedback from potential customers as they sample products. Everyone is invited to attend this event, it's free of charge and participants will be invited to sample the products being offered at each vendor booth. Vendors were invited to have a booth to gain valuable feedback on their products.

- Thirteen vendors participated in this event that featured value-added ag products.
- Nearly 150 participants visited with producers and provided valuable feedback for product development.
- MU Extension Field Specialists, Gwen Funk and Denice Ferguson, worked on this project in partnership with NWMSU



Join us for an exciting end to Northwest's Celebrate Agriculture Week

FREE TO TASTE AND TRY

TASTE, TRY AND BUY REGIONAL HOMEGROWN AND HANDMADE PRODUCTS

OFFER FEEDBACK AND STRENGTHEN OUR LOCAL FOOD SYSTEM

FIND YOUR NEW FAVORITE LOCAL PRODUCTS AND TAKE THEM HOME



QUESTIONS? EMAIL TAYLORANN.WASHBURN@MISSOURI.EDU

This event is supported by the Missouri Agricultural and Small Business Development Authority. The Missouri Agriculture, Food and Forestry Innovation Center (MAFFIC) is made possible through the grant funding awarded by the U.S. Department of Agriculture's Rural Development agency, project number 80388347547.



Genetic Lockbox

Objectives: "Obtain a basic understanding of genetics. Distinguish genotype and phenotype. Define dominant and recessive alleles and how they are represented."

Genetic Lockboxes are an innovative and interactive means to educate the public about genetics. Participants exercise communication techniques as they work together to solve the puzzles. The puzzles are designed to make participants think through and apply problem-solving skills to genetic concepts. Participants will struggle, make mistakes, and rely on teammates.

Through a partnership with Ellis Fischel Cancer Center, the Genetic Lockbox has gone statewide with **64 boxes** located across the state. Teachers, 4-H volunteers, FFA advisors, Boy and Girl Scout leaders, etc. can reserve box(s) free of charge. It comes with all the puzzles, hint cards, answer sheets, and a 25-page Facilitator's Guide.



*Crack the codes to open the locks to get the *prize* in the box.*

Learn More





Agriculture & Environment

Atchison/Holt/Nodaway County Women in Ag

- The Atchison/Holt/Nodaway County women in ag event, held August 28 in Rock Port at the Memorial Building, delivered another educational and fun opportunity for women in our area. Almost 70 women were in attendance.
- **When asked if they would recommend the program to other women, 100% (28 out of 28) of attendees who filled out an evaluation answered "yes". Other feedback was overwhelmingly positive.**
- Attendees were able to connect with 13 local women entrepreneurs through the vendor fair. Local sponsors generously donated \$2500, 25 silent auction items, and over 20 door prizes.
- The committee who organized and delivered the program included: Amie Schleicher, Denice Ferguson, and Gwen Funk, all with MU Extension, and program partners from the soil and water conservation district offices, USDA Farm Service Agency, and USDA Natural Resource Conservation Service.
- The program will rotate to Holt and Nodaway counties in 2025 and 2026.



The committee who organized and facilitated the Atchison/Holt/Nodaway County women in ag event on August 28 in Rock Port included women from MU Extension, soil and water conservation districts, USDA Farm Service Agency, and USDA natural resources conservation service in the three counties.



Participants practice tai chi concepts at the Atchison/Holt/Nodaway women in ag event on August 28 in Rock Port during a demonstration given by Debbie Bennett, MU Extension Field Specialist in Nutrition & Health.



Jackie Allenbrand, founder of P.H.A.R.M. dog, visits with a group of women about the program and shares the emotional stories of how farmers with disabilities have been impacted so positively by the dogs they've received. She was the keynote presenter at the Atchison/Holt/Nodaway women in ag event.



Atchison County Soil & Water Conservation District
Holt County Sol & Water Conservation District
Nodaway County Soil & Water Conservation District



Business & Community

Overview of MU Extension's Community Development Programming

Under the guidance of the University of Missouri - St. Louis, MU Extension's Community Development faculty help to build Civic Muscle, which is defined as the collective strength of people in a place (neighborhood, town, region) to respond to challenges and proactively pursue thriving communities. Community Development specialists coach communities to build four key "muscle groups": **Belonging, Contribution, Leadership, and Vitality** by providing educational programs and technical assistance. Jackie Spainhower, MU Extension Field Specialist in Community Development has offered the following opportunities to Nodaway County.

Belonging

Place-based communities building social capital and inclusivity through neighboring, civil dialogue, placemaking, etc.

Extension Express Newsletter Distributed in 2024



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.

Faculty involved in this program are: Jackie Spainhower, MU Extension Field Specialist in Community Development; Randa Doty, MU Extension Northwest Region Extension Engagement Specialist; Jen Osborn, MU Extension Northwest Region Extension Engagement Specialist; and Chelsea Corkins; MU Extension Northwest Region Extension Engagement Specialist.

Contribution

Residents (particularly those at the margins) participating in civic life and engaged in decision making (volunteering, attending public meetings, voting)

NOVA Program and Entrepreneurial Mindset Profile Certification

During the summer, Jackie Spainhower, MU Extension Field Specialist in Community Development, assisted with the facilitation of the first statewide NOVA (Nurturing Original Ventures & Ambitions) Program, which was a virtual entrepreneurial mindset summer camp for neurodivergent high school students. In early August, 2024, four students graduated from the course that was designed to help students understand the characteristics of successful entrepreneurs, identify and leverage natural talents, create a strategy to develop entrepreneurial skills, and prepare to lead in environments that value creativity.

Following the course, Spainhower completed the training to become a Certified Practitioner of the Entrepreneurial Mindset Profile (EMP), the program used to develop the NOVA Program. The EMP is a short assessment that measures seven characteristics that distinguish entrepreneurs and seven skills critical to entrepreneurial success. The assessment can be administered to individuals or groups looking to work more cohesively together in creative and innovative settings. As a coach, she can administer the assessment, as well as coach individuals and teams to better individual and group outcomes.

What participants said about NOVA:

"This class has really opened my eyes to how much I can contribute, and it's changed the way I think about my own abilities."

"I feel like I can turn my passions into something real, something I can build a future with."



Business & Community

Leadership

Diverse community leaders (including those who typically have less power and influence) collaborating for action and bridge-building

Neighborhood Leadership Academy

Neighborhood Leadership Academy (NLA) is a 10-week community development leadership program that provides participants with the skills, confidence, and strategies to plan and implement projects in their own communities. Participants come from across the entire state and meet virtually using Zoom. The program provides participants with 30 hours of educational instruction, group and individual coaching that will assist them with completing their project. Participants that complete the program are eligible to apply for mini-grants to support their projects. This year, one person in the region participated in NLA.



What participants said about NLA:

"I enjoyed the breakout sessions. Although we are from all different backgrounds, communities, we all want the same things in our communities."

Vitality

Residents, organizations, governments, co-creating conditions for equitable, thriving, resourceful places

Connecting Entrepreneurial Communities – Conference and Webinars

The Connecting Entrepreneurial Communities (CEC) Conference took place in Fulton on September 17-19, and we welcomed 122 people for the event. In 2024, the conference focused on youth entrepreneurship, networking and relationship building, removing barriers, and technology and innovation. Attendees had 30 educational breakout sessions to choose from, along with keynote sessions featuring local and national speakers as well as representatives from the University. Next year's conference will take place a little closer to home in Excelsior Springs. As a supplement to the Conference, this year we created a twice monthly webinar to share information about sessions at the upcoming conference and other relevant information about rural economic development and innovation. These webinars will continue in 2025, and the focus will be on stories of collaboration in rural communities across Missouri.

In 2024, eight people from the Northwest Region attended the CEC Conference in Fulton, and 16 people from the region participated in the monthly CEC webinars.



CEC MONTHLY Exchange



What attendees said about the 2024 CEC Conference:

"So empowering to be surrounded by growth minded, problem solving, collaborative individuals for three days. I can't wait to see what we can do with the knowledge we gained over the last three days. Due to the dedication of a few community leaders and advocates our little town was recognized this week in a room of leaders, scholars and advocates from all over Missouri for being an example of positive small town growth and commitment."

Katie Bowles, Director, Savannah Chamber of Commerce



Top: State CEC Planning Team at the Fulton Conference

Bottom: CEC webinar Jackie Spainhower, MU Extension Field Specialist, hosted with the Plattsburg R-3 administration, teachers, and students that work on the Tigers on Main project, a student owned store in downtown Plattsburg



Health & Human Sciences

FOCUS ON KIDS

According to the Missouri State Statute 452.600, when parents of children eighteen years and younger split up, they are required to attend a parenting class. Focus on Kids satisfies that requirement. This class is a supportive educational program designed to help individuals navigate the challenges of co-parenting after a separation or divorce. It provides valuable information on how to minimize the emotional impact of divorce on children, encourage healthy communication between parents, and promote effective conflict resolution. The goal is to ensure that both parents are equipped with the tools they need to create a stable, supportive environment for their children, even as they adjust to the changes in their family dynamics. It is estimated that divorce education classes like FOK have a societal return on investment over \$3 for every \$1 invested (Alcaniz et al., 2022; see also Herman et al., 2015; Taskforce on Divorce and Divorce Reform, 1973).

Focus on Kids was offered in Buchanan County every month.

- Nodaway: 37 participants with an income of \$1295
- Online numbers by county: Buchanan: 5
- Katie Pemberton, Field Specialist in Human Development teaches this course

“I learned how to respect the other parent and how to coparent better. The class was very helpful and had a lot of good information.
-Focus on Kids Participant

PONY EXPRESS THERAPY DOGS

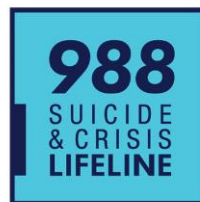
Pony Express Therapy Dogs are going on their seventh year in existence. The group has 25 members and 26 dogs, and they visit many locations within multiple counties. These locations range from nursing homes, libraries, special events and even local universities. Therapy dogs provide numerous emotional and psychological benefits to individuals of all ages. Their presence can significantly reduce stress, anxiety, and depression by promoting a sense of calm and comfort. Interacting with therapy dogs has been shown to lower blood pressure, release feel-good hormones like oxytocin, and create a soothing environment for people facing challenging situations. These dogs can also help improve social interaction, particularly for individuals with autism or social anxiety, by acting as a bridge for communication.



Members of the organization along with their service dogs.

FARM AND RANCH STRESS GRANT

Missouri’s mental health crisis is more challenging for the agricultural community, fueled by growing economic and mental health challenges that are severely affecting the health, safety, and wellbeing of rural families. To address Missouri’s mental health crisis, the University of Missouri Extension provides free mental health workshops, suicide prevention programs, and mental health awareness resources. The program collaborates with the University of Missouri College of Arts & Sciences Psychological Services Clinic to offer free telehealth counseling services.



Therapy dogs, Mr. Rossi and Miss Priss, provide services to residents of northwest Missouri.



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.

A total of 2,415 participants were from Nodaway County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.



MU Extension Nutrition Program Associate, Valerie Pickering, teaching children at Maryville Early Learning Center.

EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri. These funds were used to enroll 589 limited-resource families in nutrition education and meal preparation classes, representing 2,068 family members. Additionally, 2,864 youth were enrolled in EFNEP classes.

Thirty-six of these youth participants reside in Nodaway County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making 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.

Participating schools and agencies include:

- ✓ Eugene Field Elementary
- ✓ Horace Mann Lab School
- ✓ Jefferson Elementary
- ✓ North Nodaway Elementary
- ✓ Northeast Nodaway Elementary
- ✓ St. Gregory's Catholic School
- ✓ West Nodaway Elementary
- ✓ Community Services of NW Missouri – Maryville
- ✓ Maryville Head Start
- ✓ Maryville Treatment Center
- ✓ Maryville United Methodist Church Mobile Food Pantry
- ✓ Nodaway County Health Department
- ✓ The Ministry Center
- ✓ Villas at the Summitt

Success Story

Classes are currently under way at the Maryville Early Learning Center in Nodaway County. As a part of teaching the protein lesson, the students are introduced to different foods by means of a food tasting. One teacher said that she was so proud that one of her students was brave enough to try kidney beans. She made sure to take a picture to send to the student's mom! There were several children in each class that were leery to try the kidney beans for the first time. Once they tried them several actually liked them and ate all of them even asking for more! It is wonderful that the Family Nutrition Education Program classes can help even our youngest Missourians experience new healthy foods!



Health & Human Sciences

Stay Strong, Stay Healthy

- Classes were held in partnership with Nodaway County Services.
- 11 participants who are developmentally disabled adults
- The estimated annual medical cost savings for someone who completes Stay Strong, Stay Healthy is \$1,024, according to the Centers for Medicare & Medicaid Services.

Food Preservation

- Classes were held in partnership with Northwest Technical School Adult & Community Education courses
- Two separate classes were held
 - Pressure Canning
 - Four participants
 - Dehydrating Foods
 - Three participants



Participants prepare green beans in canning jars before loading them into the pressure canner.

Go Mo! Movement Stations



Debbie Bennett, MU Extension Field Specialist in Nutrition & Health created a pilot program called **Go MO!** to see if participants **would exercise on their own** with simple instructions and equipment. Thanks to a **HEED grant** from Health and Human Sciences, she purchased plastic totes and hand weights. Each tote includes instructions for 8 easy exercises. She placed the totes at **the Atchison County Extension office in Rock Port** and the **Nodaway County Senior Center**. **This program is a simple way to create an environment that supports people in making healthier choices.**

Dining with Diabetes

- Four sessions held in partnership with Northwest Technical School
- 4 participants; 2 with diabetes and 2 who want to prevent diabetes
- On post-course surveys, all 4 participants reported they felt confident that they can keep their diabetes under control or help the people they care for keep their diabetes under control.
- The estimated annual direct healthcare cost savings for someone who completes Dining with Diabetes is \$1,369.



A participant prepares Autumn Salad during the third session of Dining with Diabetes.

Tai Chi for Arthritis and Fall Prevention

My Mom ❤️ [redacted] at age 85:) completed here Tai Chi Class Today! So proud of her for sticking it out... And Debbie Bennett, MU Extension Health and Human Resources Instructor was FABULOUS—such a GREAT Experience for my Mom and others. HIGHLY Recommend this class★ Mom and I are taking it together next time they offer it!



This was a nice social media shoutout from the daughter of one of the Tai Chi participants. The participant's daughter had encouraged her to take Tai Chi, and they were both thrilled with the results.

- Classes were held at the Maryville Community Center.
- 13 total participants, 10 first-time participants
- A class participant who used a cane to complete the 10-foot Up & Go during her Pre-Fitness Assessment was able to do it without her cane during the Post Fitness Assessment.
- Another participant noticed that since taking Tai Chi she can keep her balance better when her dog pulls on its leash while they are walking.
- A participant said the most helpful thing about the class was “making me more aware of deep breathing and the value of good balance.”
- The estimated annual healthcare cost savings for someone who completes a Tai Chi class is \$1,111, according to the Centers for Medicare & Medicaid Services.



County highlights

2024 MU Extension Leaders Honor Roll

Each year, the Nodaway County Extension staff is given the opportunity to name outstanding community leaders to the University of Missouri Extension Leader’s Honor Roll. This award recognizes individuals who have gone above and beyond their call of duty on behalf of Extension. In 2024, Lila O’Riley and Kassie Murphy were presented with the honor.



Leaders Honor Roll recipient, Lila O’Riley and her Family. Not Pictured: Kassie Murphy

Nodaway County Ag Hall of Fame

The Nodaway County University of Missouri Extension Council has been presenting the Agricultural Hall of Fame award annually since 1976. Hall of Fame nominees must have been born or spent a significant part of their lives as a resident of Nodaway County and have a direct relationship to agricultural progress in the County. This annual award is sponsored by the Nodaway County University of Missouri Extension Council. The 2024 Nodaway County Agriculture Hall of Fame recipients were; Benny D. Farrell, Richard Groves, and Rego Jones



Benny D. Farrell



Rego Jones

2024 State Fair Farm Family



Richard Groves and Family

Nathan and Nicki Honan and family of Elmo, MO were among the families honored during the 67th annual Missouri Farm Family Day, Aug. 12 at the Missouri State Fair.

The Honan family was selected as the Nodaway County Missouri Farm Family by University of Missouri Extension in Nodaway County and the local Farm Bureau. The family includes Addison, Brewer and Chet.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension.

The event showcases the impact that Missouri farm families have on the economy and heritage of the state, said Missouri State Fair Director Jason Moore. “These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families.”