



UNIVERSITY OF MISSOURI EXTENSION

# Osage County 2025



Annual Report

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**SERVE MISSOURI.**  
**DELIVER MIZZOU.®**



**Extension**  
*University of Missouri*

an equal opportunity/ADA institution

Dear County Commissioners, Elected Leaders, and Friends of MU Extension and Engagement,

As I reflect on the past year, I am struck by the remarkable progress we have made together. MU Extension continues to deliver on its mission of linking the University of Missouri with every community across our state, ensuring that Missourians have access to the knowledge, resources, and partnerships they need to thrive.

Through the dedication of our faculty, staff, councils, partners, and advocates, MU Extension continues to make a measurable difference across Missouri. Last year, we had more than 1.5 million educational contacts and generated more than \$1 billion in economic impact. Building on that momentum, your support also helped secure a \$5 million recurring increase in state funding. This important milestone is already being invested in people, programs, and facilities to strengthen agriculture, improve health and well-being, support local economic development, and prepare youth for leadership through 4-H.

We have also adapted to new realities. Even as the sunset of federal SNAP-Ed funding forced hard choices, our commitment to delivering nutrition and health programs to families in need has not wavered. We are expanding investments in rural health, civic leadership and community development to address the priorities Missourians tell us matter most. We are also aligning our work with university, state, and federal priorities to maximize impact, whether in rural healthcare, agricultural innovation or workforce development.

Our strengths remain clear: people, programs, and partnerships. From nearly 6,000 4-H volunteers to county council members, master gardeners, and master naturalists, Extension thrives because of the dedication of those who serve. Our trusted, research-based content was accessed nearly 2 million times and downloaded more than 76,000 times last year, and innovative programs, from soil testing to urban revitalization initiatives, continue to meet Missouri's evolving needs.

Thank you for your continued partnership. MU Extension belongs to all Missourians, and together we will keep building resilient communities, fostering innovation, and preparing our state for the future.

With appreciation,

*Chadwick C Higgins*

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

# WHO WE ARE

## Faculty and Staff

Dawn Schaperclaus

Office Support

Nate Luebbering

Youth Program Associate

Sean Eberle

Field Specialist, 4-H Youth

Development

Kathy Deeken

Field Specialist, Nutrition & Health

Dawn Sebion

Nutrition Program Associate

Chrisee Brandl

Field Specialist, Livestock

Dhruba Dhakal

Field Specialist, Horticulture

Rudra Baral

Field Specialist, Agronomy

Mary Sobba

Field Specialist, Agricultural Business

Elizabeth Anderson

Extension & Engagement Specialist

Matthew Herring

Regional Director, East Central

## Council Members

Lyle Best, Chairman

Carole Moore Vice-chairman

Nora Bock Secretary

Karen Thompson Treasurer

Amy Niederhelm

Luke Deeken

Jason Hilkerbaumer

Steven Claycomb

Scott Schulte, MFA

Darryl Griffin, Presiding Commissioner

## County executives

Darryl Griffin, Presiding Commissioner

Dale Logan, Western District Commissioner

Jeff Peters, Eastern District Commissioner

## Osage County Partners

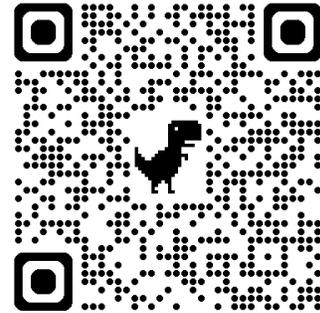


# BUDGET AND MORE

## Appropriations budget

Income	
County Appropriations	42,000
Balance Transfers	13,834
Total Income	55,834

Expenses	
Salaries/Benefits	47,280
Travel	2,316
Printing	1,425
Publishing	557
Office Supplies	1,166
Advertising	393
Insurance	2,529
Total Expenses	55,834



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

### Local support

Did you know you can donate directly to *Osage* 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.

# UM SYSTEM COUNTY IMPACTS

## MU Extension in Osage Community Impact Report

This report offers a detailed overview of how MU Extension positively impacts Osage County, showcasing the meaningful ways local engagement supports residents. It includes data on the number of students, employees, retirees and alumni affiliated with the University of Missouri System, along with the healthcare and extension services provided over the past year.

In addition, the report highlights the broader contributions of the UM System across Missouri in key areas such as education, research, healthcare, economic development and public service. It features metrics like job creation, financial aid distribution, research investment, healthcare access and broadband expansion.

This report is a valuable resource for understanding the measurable benefits the UM System brings to Missouri communities. It supports informed decision-making, advocacy efforts and strategic planning by illustrating the tangible impact of university-driven initiatives at both the local and statewide levels.

[Access your county's Impact Report.](#)



# GRAND CHALLENGES

## Grand Challenges

The Grand Challenges — Economic Opportunity, Educational Access, Health and Well-being, and Agricultural Stewardship — represent the most pressing issues facing Missouri communities. They are important because:

By focusing on these challenges, MU Extension in Osage can better leverage university resources, data and partnerships to empower people to improve their lives, businesses and communities.

This report presents localized data and insights in how MU Extension in Osage is addressing these challenges. Each section breaks down county-specific statistics compared to state averages.

[Access your county's Grand Challenges Report.](#)





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through credible statewide programs

## Missouri 4-H for Ages 8 – 18



### What is 4-H?

4-H is where Missouri's young people find their spark and learn by doing. Whether raising animals, coding robots, growing gardens, or giving back to their neighbors, 4-H members gain real-world skills with the help of caring mentors.

Rooted in University of Missouri Extension, 4-H connects classrooms, communities, and families to create learning that sticks—building confident, capable leaders who are Beyond Ready for life. In 4-H, youth discover their strengths, practice resilience, and learn to lead with heart—preparing them not just for what's next, but for anything that comes their way.



**Community clubs** are at the heart of 4-H. Led by trained volunteers, members come together regularly to learn, lead, and serve. Youth elect officers, enroll in projects, and plan hands-on activities that build leadership, teamwork, and responsibility. Some clubs focus on a single project—like photography or livestock—while others explore a variety of topics throughout the year.

**SPIN** (Special Interest) **clubs** provide a short-term way to dive deep into a specific topic with expert guidance. These clubs meet for several weeks to a few months, giving youth flexibility while developing skills to be Beyond Ready for life.



Missouri 4-H is igniting curiosity and cultivating innovation through 4-H Powered STEM. From robotics and coding to environmental science and engineering, youth engage in hands-on learning that makes science come alive.

**4-H STEM** programs build problem-solving skills, spark discovery, and prepare the next generation of innovators and leaders. Every young person—no matter where they live or learn—has access to high-quality science experiences that open doors to future opportunities and help them become Beyond Ready for the challenges of tomorrow.

### Legend



Agricultural Growth  
& Stewardship



Economic  
Opportunity



Educational  
Access &  
Excellence



Health  
& Well-Being

### Local Impact

**Osage County 4-H** continues to grow and get involved with our community. Enrollment has gone up this year with over 205 youth enrolled this year, we have had new volunteers join us, and youth are experiencing the freedom of exploring what interests them with our program. Our **School Enrichment** program has reached a total of 593 youth. Together we have reached 840 youth within our county.

We have **nine community clubs**, one of which just started this year, which help our youth get involved with new opportunities and build positive relationships with other youth and supportive adults outside their families.

This past fall, we experienced an increase of approximately 205 members in our program, reflecting positive growth in enrollment. We look forward to continuing to expand our reach and engage additional youth throughout Cooper County.

We have also seen our members demonstrate a strong commitment to service by applying the skills they gain through 4-H in meaningful ways. Our youth participated in activities such as **4-H Day at the Capitol, the 4-H Feeding Missouri drives**, and individual achievement recognition, including the attainment of **First place ribbons for the state photo contest**. In addition to countywide service efforts, our local 4-H clubs develop and carry out their own community service projects, benefiting their hometowns while reinforcing the values of responsibility and civic engagement





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## Agriculture and Environment



**The Missouri Integrated Pest Management Program (IPM)**, funded by USDA grants, has been an important extension program for more than 30 years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems in crops. In addition, the new Soybean Growth Monitoring Report is released through IPM every two weeks during the growing season.

**The MU Soil Testing Program delivers research-based nutrient and lime recommendations to more than 32,500 customers annually.**



**The Missouri Show-Me-Select Replacement Heifer Program** strives to enhance beef herd reproductive efficiency, boost farm income and establish dependable sources of quality replacement cows in Missouri. The program brings in the power of animal genomics through an enhanced DNA-option, Show-Me-PLUS.



**Since its inception more than 900 FARMS have enrolled, with an estimated statewide impact of \$200 MILLION.**



**The Missouri AgrAbility Project** provides practical education, on-the-farm assistance and agency referrals to farmers and ranchers with disabilities and their families to promote agricultural and rural independence. National Institute of Food and Agriculture (NIFA) an agency of the U.S. Department of Agriculture (USDA), administers the AgrAbility project.



### Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

# Livestock – Osage County

## Agriculture and Environment

Chrisee Brandl – Field Specialist in Livestock

### Local Impact - Livestock

**Osage County Program Activities** totaled approximately 115 contacts. Programs included SMQA, county fair initial beef weigh in and Missouri State Fair DNA samples, and others.

Virtual programs totaled approximately **381** contacts.

**Osage County Indirect Contacts** totaled approximately **500**. These contacts were made through community outreach events.

**Osage County Direct Contacts** totaled approximately **25**. The methods of contact included phone calls, texts, emails, office visits, and farm visits with topics directly related to livestock.

### **Osage County Program Highlights**

#### ***Show-Me-Quality Assurance –***

This was a 4-H event where youth learned livestock management practices in handling and use of animal health practices. The goal of the training is for youth to leave with a good understanding of producing a safe and wholesome product. There were a total of 59 youth who participated hands-on.

#### ***Osage County Fair Beef Weigh-In –***

Chrisee attended the Osage County Beef Weigh-in where she collected Missouri State Fair hair DNA and provided educational information to youth and adults on topics including management and nutrition. Chrisee submitted 1 MSF DNA sample. There were a total of 59 steers and 35 youth.

#### ***Taste of Osage –***

Chrisee attended and set up a booth at the *Taste of Osage* event in Osage County where she educated attendees on livestock nutrition by using a snack mix to represent a livestock ration. There were approximately 500 contacts made.



# Livestock – Osage County

## Agriculture and Environment

Chrisee Brandl – Field Specialist in Livestock

### Show-Me-Select (SMS) Heifer Replacement Program

The Show-Me-Select Replacement Heifer Program uses the latest research on health, nutrition, genetics and reproductive science to ensure Missouri counties continue to be national leaders in providing quality beef.

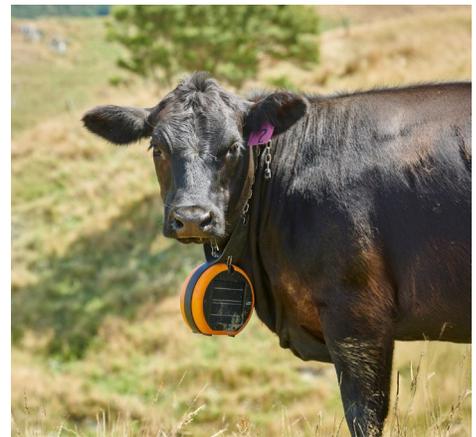
The 2025 SMS sale for the Central Region was held in Vienna, MO at South Central Regional Stockyards in May. Chrisee Brandl is the Regional Coordinator for the Central Region. Chrisee completed 19 farm visits to gather pre-breeding, breeding, and pregnancy data along with tagging heifers before the sale. There were 9 consignors that sold 58 heifers to 15 buyers. The sale average was \$3,917. Chrisee completed 7 farm visits to gather pre-breeding data for the upcoming 2026 spring sale.

Social media engagement totaled 27,109 views - 1,534 people engaged with 288 reactions, 85 shares, and 982 followers.



### Virtual Fence Foundations

The Center for Regenerative Agriculture, MU Extension, and the Missouri Fertilizer Control Board put together a 5-part webinar series about all things virtual fencing. There were approximately 1,026 participants statewide on webinars with YouTube videos published. Chrisee assisted with the organization, implementation, and advertisement of this webinar series.



### Missouri Grazing School

Grazing school is a cooperative venture between NRCS and MU Extension. The agenda covers all aspects of managed intensive grazing for both plants and livestock. Chrisee presented on topics including *matching forages to livestock* and *animal requirements and yield distribution* at two grazing schools offered in Warren and Gasconade counties. There were approximately 46 participants. It is the intention of grazing school to provide research-based education to participants who are considering intensive grazing and the importance of a comprehensive approach to managed intensive grazing. Long term outcome is improved daily gain of the livestock and further improving overall on farm income.

### Livestock Newsletters

Chrisee authored and distributed approximately 2,693 newsletters with topics focused on livestock and upcoming events for producers. A total of seven editions were sent out via email and AgConnect. Topics included Grazing Management, Secure Beef Supply Plan and Biosecurity, Beef Quality Assurance, Theileria Orientalis, Summer Annual Forages, Extending the Grazing Season, Drones and Livestock, Fall Calving Nutrition, Pearls of Production, and Livestock Specialist Introduction.

# 2025 Annual Report – Agronomy Program

**Rudra Baral, Agronomy Specialist, University of Missouri Extension**  
Serving Cole, Miller, Pulaski, Osage, Maries, Gasconade, and Laclede Counties



## Executive Summary

2025 was a year of impact and growth for MU Extension’s agronomy program in the East Central Region. Through research-based education, innovative tools, and strong partnerships, we advanced MU Extension’s core principles: **Educate, Create, Connect.**

- **226** producers engaged in direct educational programs
- **2.2 million** reached indirectly via media and outreach
- **1,830** soil samples analyzed with tailored recommendations
- **71** producers received technical assistance
- **21** forage producers benefited from free nitrate testing
- **15+** farm visited to solve field related problems
- **12** educational materials created (2 articles for MU Extension Publication, 4 newspaper articles, 1 peer-reviewed article, 1 graphic motion video and 4 workshops materials)
- **1** producer received Grassland Partnership Program and
- **6** producers received grant writing assistance

## EDUCATE: Learning & Access

### Workshops & Training (16 programs, 226 participants):

- **Private Pesticide Applicator Training:** 4 sessions, 40 producers certified
- **Soil Health Workshops:** 4 sessions + virtual program (134 participants)
- **Hay Quality Management:** 3 workshops, 28 producers
- **Warm Season Grass Management:** Miller County workshop (5 participants)
- **Grazing School:** Gasconade County (12 participants)
- **Master Gardener Program:** 7 active members trained

### Soil Testing Services:

- **1,830 samples reviewed** across 7 counties

### Nitrate Poisoning Testing Service:

- **21 forage producers** received free qualitative nitrate testing service

### Media Reach:

- **2,186,736 readers** via newspaper articles
- **1,039** reached through Extension publications
- **292 viewers** watched the educational video on nitrate poisoning

## **CREATE: Innovation & Opportunity**

- **Research Publication:** “Cropping Potential of Forage Soybean” in *Frontiers in Agronomy*
- **Extension Publications: 2 articles** at MU Extension publication and **4 newspaper** articles at local newspaper
- **Manual Development:** Developed evidence-based new workshop manuals and training resources for Hay Quality Management Workshop, Soil Health Workshop, Warm & Cool-Season Grass Management
- **Grant Writing Assistance:** Assisted **7 producers** with successful grant applications
- **Forage Quality Testing:** Launched quantitative hay quality testing service in partnership with Ward Lab Nebraska

## **CONNECT: Engagement & Partnership**

- Attended **13 County Extension Council meetings** and **12 SWCD board meetings**
- Conducted **15+ farm visits**
- Engaged **100+ community members** through events like Farm & Fest and Taste of Osage
- Strengthened partnerships for conservation and producer support
- Displayed MU Extension Information Desk at Eldon Farmers Market (3 times)

## **Impact Summary**

- **Direct Reach:** 269 participants, 71 producers assisted
- **Indirect Reach:** Over 2 million through media
- **Community Engagement:** Farmers markets, open houses, and local events

## **Looking Ahead: 2026 Priorities**

- Private Pesticide Applicators Training
- Utilizing Drones in Missouri Agriculture Workshop
- Pasture Fertility Management Workshop
- Forage Options for Winter Grazing Workshop
- Hay Quality Management and Forage Testing
- Understanding Your Soil Needs Workshops
- Grazing School Program
- Lake Area Master Gardening Program Coordination
- Ongoing services: soil testing, nitrate testing, farm visits

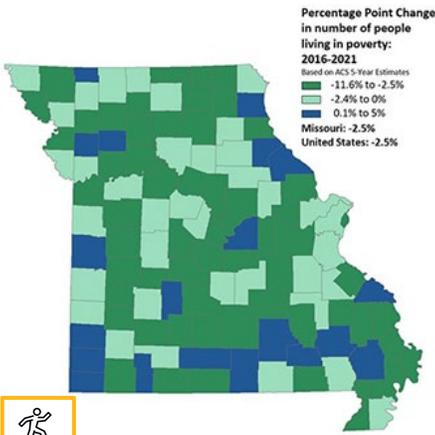
## **Conclusion:**

MU Extension’s agronomy program continues to deliver evidence-based education, foster innovation, and build partnerships that strengthen Missouri agriculture.



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## Business and Community



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

**In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.**



The annual **Connecting Entrepreneurial Communities** conference is designed for stakeholders, economic developers, businesses, local government, educators and nonprofits interested in increasing their communities' potential for entrepreneurship. In 2023, the conference offered breakout sessions in Benton County's shops and businesses, providing firsthand insight into the world of entrepreneurial communities.

**The conference drew 104 ATTENDEES, generating an estimated initial economic impact of around \$33,000 for Benton County.**



The **Neighborhood Leadership Academy** provides in-depth leadership training that emphasizes community-building principles, project planning, organizational leadership and personal leadership skills.

**"The overall knowledge that I have gained through this course has been amazing. From how to engage stakeholders in the community, to planning events and hosting meetings, these are all tools that I will fully utilized going forward."**

**2022 NLA graduate**

### Legend



Agricultural Growth  
& Stewardship



Economic  
Opportunity



Educational  
Access &  
Excellence



Health  
& Well-Being

## Business and Community

### Local Impact

#### Extension Tax Schools

University of Missouri Extension coordinated and offered tax education through one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and an online school. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, installment sales, tax benefits of home ownership, retirement tax issues, and individual tax issues. The schools were approved for up to 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 4,024 hours.

The teaching teams included CPAs, a former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, a certified financial planner, Missouri Department of Revenue, MU faculty and extension ag business specialists.

The evaluations had many positive comments and helpful suggestions. One comment from an online participant was “The video was outstanding — best I’ve seen on any CPE I’ve done live.”. Planning is underway to offer trainings in 2026. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, 2025 National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2025 school attendance totaled three hundred eighty-nine people, which was an 11% increase from 2024. The participants were from throughout Missouri and two from out of state.



## Business and Community

### Local Impact

#### Agriculture Lender Seminar

Mary Sobba

Sixty-five lenders from 20 Missouri counties and Illinois attended an ag lender seminar in Mexico. Lenders learned about crop and livestock outlook, agriculture & tax policy, rental rates & land values, input costs and enterprise budgets and regulatory updates. The average tenure of agricultural lender was 12 years with a range of 1 to 38 years. On average, lenders had 207 agricultural loans in their portfolio with an average loan size of \$33,526. Given this information, it is estimated the Mexico Agricultural Lenders Seminar reached 13,455 loans valued at 4,487.6 million dollars. Attendees drove an average of 49 miles to attend the program with a range of 5 to 95 miles.

By attending University of Missouri's Agricultural Lenders' seminars, lenders gain knowledge to help their clients make better decisions based on objective education and resources. More information and better decisions benefit their portfolio of producers, landowners, and agribusinesses through enhanced understanding of enterprise budgets, market expectations, and other decision-influencing factors affecting families' and businesses' financial health.

Participants described the seminar as informative, well-organized, and enjoyable. Several complimented the quality of the presentations and expressed appreciation for the event overall. In addition to the ag lender seminar in Mexico, there were seminars in Chillicothe, Jefferson City, Springfield and Warsaw. The total statewide attendance was 198 ag lenders.





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## Continuing Education



Established in 2002, the **Fire Officer Certificate Program** is designed for those who wish to further their professional development without the time and expense of traditional college classes. This program has been developed and evaluated to ensure it provides structured curriculum delivery and academic rigor. The program requires completion of 288 of instruction within three years.



The Law Enforcement Training Institute (LETI) has provided basic and advanced training for law enforcement since 1948. LETI's **Basic Peace Officer Academy** exceeds the 600 hours of training required for licensure in Missouri. From 2019 through 2025, the basic academy has licensed almost 400 peace officers, more than any other academy in the state. During that time, all but one graduate became employed by a law enforcement agency. LETI graduates come from around the state and return to their communities to serve and protect.



MU **Continuing Education for Health Professions (CEHP)** provides evidenced-based, relevant and responsive learning activities designed to narrow professional practice gaps with respect to knowledge, competence, and performance of the healthcare team. A commitment to lifelong learning, in partnership with those we serve, contributes to excellence in practice and improved health outcomes.



**CEHP provided 169 LEARNING ACTIVITIES  
which reached over 53,000 PROFESSIONAL  
across all Missouri counties.**

## Legend



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& Stewardship



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MU Extension **Serves MISSOURI and Delivers MIZZOU**  
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## Health and Human Sciences



### Show-Me Nutrition

#### *Programming for preschool through junior high*

An engaging way to demonstrate the benefits of nutrition, health, and physical activity. Meets Missouri's Show-Me Health and Physical Education standards and the state's School Wellness Policy.

**"We have struggled with our daughter's picky eating for years and have tried so many techniques to try and get her to eat new foods. Your influence on her has worked magic this year. She has come home so excited about trying new foods and has now become not only willing but excited to try new things."**

**Parent of a Show-Me Nutrition participant**



**Chronic Disease Self-Management** programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.



**A Matter of Balance** helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling.

**"I have cleaned my house of clutter for safety, put non-slip stickers on my tub floor, I'm getting much more regular exercise and I'm feeling stronger."**



## Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,419,598 in federal funds to Missouri. The funds support engagement with 70,722 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 970,939 indirect educational contacts through newsletters, health fairs, and food pantries.

19,521 direct and indirect contacts were made in Osage 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.



## Health and Human Sciences

### Local Impact

**A Matter of Balance**, Osage County Library, ending March 7, 2025

**A Matter of Balance** helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling. This class helped ten participants maintain or increase their strength or balance as follows:

Maintained or increased strength: 100%

Maintained or increased balance: 90%

Reduced fear of falling/increased confidence: 100%

90% indicated they felt more knowledgeable about fall prevention strategies

**Based on the 10 completers, this program is expected to contribute to an estimated \$9,380 in annual healthcare cost savings.**

**Tai Chi For Arthritis, Part 2** PILOT program, Osage County Library, ending October 7, 2025

**Tai Chi for Arthritis (Part 2)** is ideal for those who have completed the original program and are looking for a more challenging course. Tai Chi For Arthritis is also an evidence-based program and very popular, but Extension does not offer this program going beyond Part 1. This program was offered to begin to test the following hypothesis: those who have completed Part 1 and felt they improved their balance and strength would be more likely to continue Tai Chi longer term if they could advance to another level after Part 1. I am also hypothesizing that their balance and strength will improve beyond the benefits achieved in Part 1. Participation is low because the class was only open to those who have already taken Part 1 and previously expressed an interest in learning Part 2.

Maintained or increased strength: 100%

Maintained or increased balance: 100%

At least a small reduction in arthritis pain: 100% (of those reporting having arthritis pain)

Plan to use the skills learned in the class to improve health in the future: 100%

100% indicated that learning Part 2 increased their desire to continue practicing Tai Chi

**Based on the projected annual medical cost savings of Tai Chi For Arthritis and Fall Prevention (Part 1), this program is expected to contribute to an estimated \$3,333 in annual healthcare cost savings.**

“I really enjoyed this. I am going to continue.”

## Health and Human Sciences

### Local Impact

#### **Alpha-Gal Syndrome Awareness Presentation, Osage County Library, December 18, 2025**

This was an informative program on Alpha-Gal Syndrome, a food allergy triggered by tick bites. The session covered common symptoms, screening and diagnosis, and practical tips for prevention. Participants also learned how to make safe food selections, explore alternative ingredients, and enjoy a recipe sample designed for those living with Alpha-Gal Syndrome.

There were 19 attendees. Of those who completed the surveys:

Satisfied or very satisfied with the presentation- 100%

The presentation met expectations- 100%

Would recommend the presentation to others- 100%

“I really appreciate making this information available and the info you shared. There are so few opportunities to learn that I’m trying to go to any that are available. Thank you!”



#### **Missouri Health Talks Radio Interview, 3/14/25**

This interview was held at the Osage County Library, where myself, librarian Sarah Falter, and a program participant talked about fall prevention programming at the Osage County Branch. We also discussed the library’s role and the intersection of public libraries and public health. Commercial market data suggests about 100 listeners.

#### **100 Miles, 100 Days- Taste of Osage One Mile Community Walk**

This was a fun community one mile walk held prior to the start of the annual Taste Of Osage Event. It was part of the overall **100 Miles, 100 Days challenge as a free, fun event to support participants to move and stay motivated. It was held at the Linn High School track and had 12 participants.**

### Local Impact

**Tai Chi For Arthritis and Fall Prevention**, Osage County Library, ending June 6, 2025

The **Tai Chi For Arthritis and Fall Prevention** program is designed to improve multiple aspects of health through slow, gentle movements that can be practiced almost anywhere. The degree of exertion can be easily adjusted, making this program suitable for adults of all levels and abilities.

Published medical studies have shown benefits, such as pain relief, improved balance and reduced falls. You will learn warmup exercises, six basic and six advanced moves and a cooldown during 16 one-hour classes. Harmony of inner and outer self comes from integrating mind and body, which can be achieved through the ongoing practice of tai chi.

Maintained or increased strength: 100%

Maintained or increased balance: 50%

At least a small reduction in arthritis pain: 100% (of those reporting having arthritis pain)

Plan to use the skills learned in the class to improve health in the future: 100%

**Based on the 5 completers, this program is expected to contribute to an estimated \$5,555 in annual healthcare cost savings.**

“I could tell a difference from the first time. My back didn’t hurt for days.”



## Local Impact



Senior Connections is an effort supported by several Osage County partners with the eventual goal of developing a senior center in the community. Kathy Deeken and Dawn Seibon teamed up to host a table for 6 **Senior Connections** events in Linn, reaching a total of over 300 people with information about MU Extension and various programs we offer.

On October 23, at one of the Senior Connections gatherings, Falls Free Missouri funded a Community Conversation around healthy aging and fall prevention. This brought together MU Extension, Missouri Council for Activity and Nutrition, and Missouri Department of Health & Senior Services.

Of the series of these Community Conversations around the state, the Osage County event was the most well-attended.

