



UNIVERSITY OF MISSOURI EXTENSION

# Ozark County

# 2024

# Budget Report

**SERVE  
MISSOURI.**

**DELIVER  
MIZZOU.**

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**Extension**  
*University of Missouri*

an equal opportunity/ADA institution

# Who we are

## Faculty and staff



**Dr. Janice Weddle**  
Extension Engagement Specialist

**Alicia Winrod**  
Field Educator in Nutrition & Health

**Holly Sinning**  
Nutrition Program Associate

**Cally Jo Clayton**  
Office Manager

## Council members

Eric King • Chairman  
Doug Hawkins • Vice-Chairman  
Paula Bodenhamer • Secretary  
Jeff Nash • Treasurer  
Shanna Clayton  
Bryan Luark  
Konnie Plumlee  
Earl VanRanken  
Kenny Warden  
Layne Nance



*Alicia Amyx-Winrod, recipient of the  
2024 Susan Mills-Gray Impact on  
Communities Health Award*

## Ozark County 2024 Extension Events

- Private Pesticide Applicator Training, Sarah Kenyon
- Grazing School, Elizabeth Picking
- Beef Reproductive Training, Elizabeth Picking & Sarah Kenyon
- Stay Strong, Stay Healthy, Alicia Amyx-Winrod
- Food Preservation, Stephanie Johnson
- Eating from the Garden, Alicia Amyx-Winrod
- Missouri Crunch Off, Holly Sinning
- Cooking Matters, Alicia Amyx-Winrod
- Preparing for Winter Feeding, Elizabeth Picking

# Virtual Events

- Small Dairy Herd Management Webinar Series
- Connecting Entrepreneurial Communities Monthly Exchange Webinar Series
- Missouri Rural Food Access Partnership Community Roundtable
- Lamb and Kid Care in the First 72 Hours
- Sowing and Growing Hope in Early Childhood
- Diabetes Self-Management
- On My Own: Ag Leasing, Farmland Values, and Custom Work Costs
- Ask the Southwest Agriculture Experts Webinar Series
- Proof 2 Profit for Small Business Owners
- Chronic Disease Self-Management
- Maintaining Healthy Trees and Woods
- Mental Health First Aid
- Sheep and Goat Monthly Webinar Series

# Customer Experience & Outcomes

2 Pressure Canners Tested

129 Soil Sample Tests

14 Private Pesticide Applicator Licenses

15 Nitrate Quick Tests

21 Hay and Forage Tests

2 Corn & Soy Hull Tests

3 Plant Disease Identification

404 Followers on Facebook

## Ozark County Nutrition Program Outcomes

Total Ozark County Nutrition Program Contacts: 3,142

## Success Stories

“In my 2<sup>nd</sup> grade class my first lesson was introducing the food groups and having students name examples of foods from each group. While we were discussing the fruit group, one student said that she did not like Asparagus. I encouraged the class to try new foods in different ways, like roasting/baking vegetables. When I came back to class for my second lesson, she shared with me that her mom looked up a recipe for baked asparagus, her whole family tried it, and she said it was very tasty and would be eating this recipe again.”

“On a recent visit to the Senior Center, I had a senior citizen come to my table asking for simple, healthy recipes that would be easy to cook. I used a food hero recipe that was a one-pan meal with a total cook time of 20 minutes. The next time I went back to the Senior Center this gentleman said he has been cooking the meal once a week and has enjoyed eating a healthy recipe, that was easy for him to make at home.”



# Ozark County

## Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS)

### 2024 Programs & Events in Ozark County

- Ozark County Council Meetings: 2
- Meet with the Gainesville Lions Club – October
- Participated in the Sequential Intercept Model (SIM) Mapping Project for the MO 44<sup>th</sup> Judicial Circuit – February & March
- As a result of the SIM project, we created the Ozark County Substance Use Task Force
- WeCanPROSPER Resilience Trainings Facilitated – 4 (2 March, 1 April, & 1 May)
- Eating Disorders Awareness Week Article (“Eating Disorders Awareness Week: Feb. 26 to March 3”) published on the MU Extension website – March
- “Saved by Paws” article about the relationship between pets and mental health published in the Community Partnership of the Ozarks (CPO) monthly newsletter – May



← The SIM Mapping Project for MO’s Judicial Circuit on 3-1-24



← The CHEO team at MU Extension & Engagement Week (EEW) in October

The CHEO team at the National Health Outreach & Engagement Conference (NHOC) in Greenville, SC in May 2024 →



← The CHEO team volunteering at a food bank in Columbia in April

### Missouri Voices Survey

In early 2024, as part of a Community Health Needs Assessment, all Community Health Specialists conducted a “MO Voices Survey” to gain the thoughts of community members about the health of their communities. Some key findings are listed below.

\*Please note, these results include people who live and/or work in any of the 7 counties I cover (Douglas, Howell, Ozark, Taney, Texas, Webster, & Wright).\*

- “I trust my healthcare providers.” → 46.4% Somewhat agree, 35% Strongly Agree, 14.2% Disagree
- “I have access to medicines I need.” → 54.1% Strongly Agree, 30.1% Somewhat Agree, 7.7% Disagree
- “I regularly feel anxious, stressed, or hopeless.” → 29.5% Agree, 48.7% Disagree, 21.9% Neither
- “I wish we had \_\_\_ in my community.” → Mental Health Care & Resources, More Medical Professionals, Transportation, Community Centers / Resources, Access to Healthy Food, & Emergency Healthcare Services (ER & Urgent Care)
- Biggest Concern for Health & Well-Being → Financial, Access to Healthcare, & Mental Health
- Top 4 Most Pressing Health Concerns for the Community → Substance Use Disorder (SUD), Mental Health, Unhealthy Eating/Overweight/Obesity/ Diabetes, and Poor Access to Healthcare

# Ozark County

## Health and Human Sciences

### Local Impact



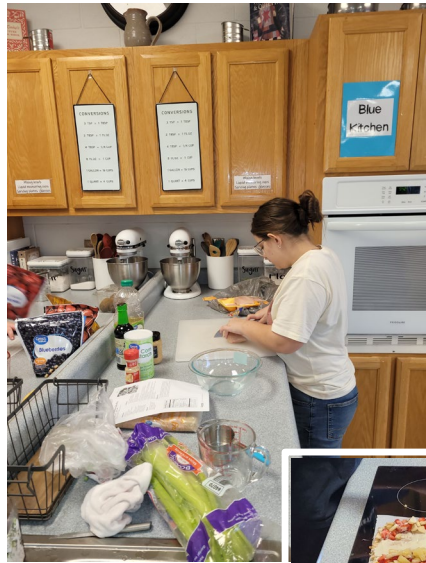
#### Cooking Matters

*Make quick, tasty, and affordable meals everyone will enjoy.*

Learn valuable tips for stretching your food dollars and how to prepare a recipe and sample easy, low-cost, nutritious and delicious dishes.

**"We prepared barley jambalaya in class and one participant mentioned she had never tried barley before. She tried the jambalaya and really enjoyed it. A few days later she excitedly said she made the recipe at home and her whole family enjoyed it!"**

#### Cooking Matters facilitator about a class participant



This Cooking Matters was two six-session series of classes in Ozark County serving 22 student participants through partnership with Dora R-III School District. This class is taught twice a day to the students in the Dora FACS nutrition and health classes.

Annual diet-related cardiometabolic disease costs are \$300 per person. **By improving the diet of those participating in Cooking Matters courses, there is potential to save \$300 per person per year. 17 participants completed the course in Ozark County in 2024 for an economic healthcare impact of \$5,100.**



#### COOKING MATTERS

Sessions	16
Contacts	108

Of the participants surveyed 82% increased fruit and vegetables, 65% increased healthy foods when eating out, and 82% cooked more at home. 76% of participants reported they will teach friends and family what they learned in this class.

# Ozark County

## Health and Human Sciences

### Local Impact

The Ozark County Senior Demonstration program is an AmeriCorps grant received to engage community seniors to serve as volunteers throughout the county in a series of projects to provide policy, systems, and environmental changes to promote healthy choices for the community. Focusing on Healthy Futures and Education, the grant projects include building community gardens, implementing 4-H and STEM programs, and a Senior Tech program. At the end of the two-year grant, the volunteers will be responsible for **decreasing food insecurity, providing healthy foods to the community, improving youth engagement and social skills, increasing opportunity for learning through multi-generation activities, and reducing the negative impact of isolation** imposed on the county senior population by the pandemic through engaging fellow seniors in healthy, motivating activities and programs. The AmeriCorps federal annual investment of \$75,000, supplemented by \$7,500 in match through university employee volunteer recruitment, volunteer management, evidence-based programming, and program promotion, was awarded in October 2021. The two-year **\$150,000** grant program is a multidisciplinary endeavor by Alicia Amyx-Winrod, Nutrition and Health Educator, Katy Taylor, 4-H Specialist, and Nick Sanchez, Youth Program Associate. Through **partnerships** with more than fifteen local service agencies, community organizations, and local businesses, this program has insured **sustainability** and community support.



### Susan Mills-Gray Impact on Communities Health Award

The Susan Mills-Gray Impact on Communities Health Award recognizes a University of Missouri Extension regional faculty member who has demonstrated excellence through leading or serving an integral role in policy, system, and environmental change efforts related to improved health for a community, county or regional area.

Nominees are evaluated on their policy, system, and environmental change efforts related to improved health for a community, county or regional area. Submissions should address their efforts related to:

- Demonstrated outcomes and impacts
- Program sustainability
- Community, county or regional area partnerships



Katy Taylor, Alicia Amyx-Winrod, Terri Fosset pictured at Extension and Engagement Week with Susan Mills-Gray.



# Ozark County

## Health and Human Sciences

### Profiles and Stories

The Missouri Council for Activity and Nutrition (MOCAN) is a partner-driven council that is housed in Columbia with MU Extension and is composed of professionals across the state from diverse backgrounds (e.g., educators, government officials, healthcare providers, nonprofit representatives, etc.). Through statewide networking, organizations work together to implement and support policy changes that will improve the health and quality of life of Missourians.



**100 Miles, 100 Days** statewide initiative by MU Extension, is a free program igniting physical activity over summer. **807 Missourians** joined this program including Ozark County residents. This program encourage participants to increase or maintain their physical activity throughout the summer through education, competition, and goals.

As a continuation of the stem programs to decrease food insecurity and provide healthy foods to the community, I utilize **the Eating from the Garden** curriculum and university garden resources to provide direct education in the **Gainesville Elementary garden**. The redesign of the gardens have led to more access for larger numbers of students to "get their hands in the dirt". This series started in October 2024 with class time sessions and physical gardening sessions and will continue in the spring with addition sessions to plant, harvest, taste, and share our garden produce. Through this PSE direct education project, I have:

- Continued and enhanced existing partnerships with schoolteachers, administrators, and students  
Provided direct education and garden education to students
- Designed and presented tastings appropriate to our gardening region and student interest
- Manually helped students clean the garden beds and "put the gardens" to bed for the season  
Scheduled additional sessions for direct education and physical planting for the 2025 season

#### EATING FROM THE GARDEN

Sessions	2
Participants	104

**"I can't wait to plant a garden this spring. I want to grow everything!"**

- Class participant

# Ozark County

Missouri 4-H

## Local Impact

### 2023-2024

- 2 Active Clubs
  - 1 In-School Club
  - 1 Community Club
  - 34 Participants/Volunteers

### 2024-2025

- Currently 3 Active Clubs

- Show Me Marksmen
  - Nick Sanchez
  - Nicksanchez420@gmail.com
- Dusty Boots
  - Kathleen Johnson Finnemore
  - Kathleenjohnson995@gmail.com
- Dora 4-H Club
  - Paula Bodenhamer
  - pbodenhamer@dora.org



# Ozark County

Missouri 4-H

## Profiles and Stories



### **4-H Builds Leadership and Communication Skills**

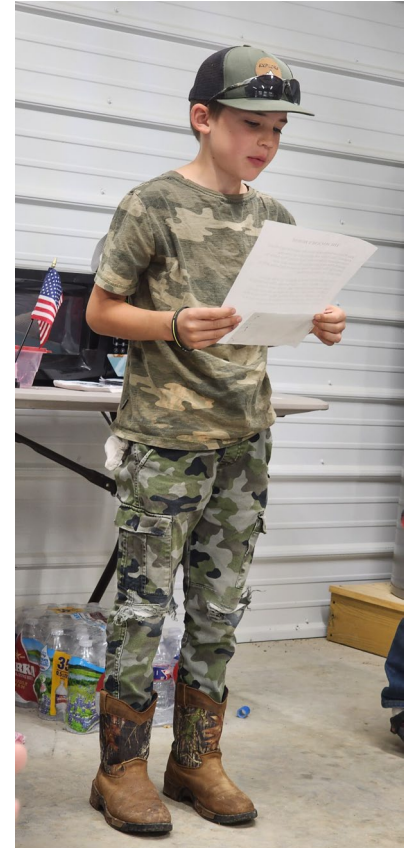
95% help others reach their goals.

86% comfortable speaking in a group.

99% said they show respect for other's ideas.

85% Can work with someone who made them upset.

95% Look for ways to involve all members of a group.



# Ozark County 2024 Extension Council Budget

Ozark County Extension Budget	2024 Proposed Budget
<b>Salary Expenditures</b>	
Hourly wages for Office Support	21,840
FICA	1933
Medicare	317
Insurance	0
Substitute Office Support (100 hours @ 12.50)	0
FICA	0
Medicare	0
<b>Total Support Staff Budget</b>	<b>24,090</b>
Copier	1392
Repair/Maintenance/Office expenses	0
Furniture/equipment	0
<b>Total Equipment Expense</b>	<b>1392</b>
Telephone	780
Supplies/Services	1200
Legal/Advertising	100
Postage & PO Box	125
Insurance/ Liability	1493
Insurance/Bond	100
Bank charges-checks	120
<b>Total Office Expenses</b>	<b>3918</b>
<b>Mileage</b>	<b>2600</b>
<b>Total Budget Request from the Honorable Ozark County Commission</b>	<b>\$31,422.00</b>