

UNIVERSITY OF MISSOURI



Extension

St. Louis County

ST. LOUIS COUNTY

2017

ANNUAL REPORT

UNIVERSITY OF MISSOURI  
 Extension  
St. Louis County

132 E. Monroe Ave.



# A LETTER FROM THE VICE CHANCELLOR FOR EXTENSION AND ENGAGEMENT



December 4, 2017

Dear County Commissioners and Friends of MU Extension:

For much of the past year, MU Extension was focused on a long-overdue assessment of statewide needs and a deep look at how we respond to these needs with programs and resources.

We crisscrossed the state to gather input from 42 community conversations with 1,200 people and reviewed analysis and recommendations from a range of external experts. As a result, MU Extension is working on a variety of changes in the interest of providing better university engagement with your communities.

We are steadfast in our resolve to help local communities and the state meet grand challenges associated with economic opportunity, educational excellence and healthy futures. These challenges reflect what Missourians from every corner of the state told us they were most concerned about.

As you read your county's annual MU Extension report, I believe you will be pleased to see the results that have been accomplished through county-based University of Missouri faculty. These faculty members work in response to input received from local extension councils.

At the state level, local MU Extension efforts really add up. Though we have long known extension funds were leveraged, an independent review revealed that MU Extension created more than \$945 million dollars of public value from the \$80 million it received from federal, state, county, grant and contract partners. A public value ratio exceeding 11:1 even surprised us.

As we go about implementing changes based on the recently completed needs assessment and review of our organization, I am confident that our ability to create value at the local level will be even greater.

I encourage you to read the attached annual report from your MU Extension county center to gain an understanding of how MU Extension has worked this past year to serve your community.

Your support of MU Extension and your efforts in your community is greatly appreciated. As always, I welcome input on how the University of Missouri can better serve your community and its people.

Sincerely,

A handwritten signature in black ink that reads "Marshall Stewart". The signature is written in a cursive, flowing style.

Marshall Stewart, Ed.D.  
Vice Chancellor for Extension and Engagement

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# A LETTER TO THE COMMUNITY FROM THE CPD AND CHAIR

We are pleased to present to you the 2017 Annual Report for MU Extension in St. Louis County. We have worked tirelessly to extend our impact through partnerships, outreach, and furthering our mission to improve people’s lives through research-based education.

We have strengthened current relationships and developed new collaborations with organizations throughout St. Louis County. Working closely with the University of Missouri through Creating Whole Communities and the St. Louis Economic Development Partnership, we developed the Neighborhood Leadership Fellows program. This program provides education to leaders throughout the St. Louis Promise Zone. In addition, we have continued our working relationships with the Botanical Gardens and Missouri Conservationists in providing the St. Louis Master Gardeners and Master Naturalists training programs. We collaborated with Parkway Schools to offer our full spectrum of programming to their staff as part of their wellness initiative. We also collaborated with the City of Wildwood to provide a series of housing workshops. In addition, we have presented to the University City and the Kirkwood-Des Peres Chambers of Commerce.

We were able to strengthen existing and make new contacts with our constituents in the St. Louis region during this past year through programming, technical assistance, or interactions at events. Numerous classes and services were provided at our facility in Kirkwood, as well as municipalities throughout the region. Our outreach has included technical assistance and informational booths at the Multi-Agency Resource Center for the flood recovery efforts, the Greentree Festival, Great River Greenway’s Life Outside Festival, the St. Louis County Office of Community Empowerment’s Community Festival, and many others.

Extension continues to be grateful for the generous support of the St. Louis County Government, which helps us to offer a significant amount of programming opportunities throughout the county! We also want to thank our Extension Council members who advise us on our programming needs, as well as our many partners who assist us in making a positive impact for all residents.

We hope that this report gives you a better idea of the work MU Extension and our faculty / staff are accomplishing. We look forward to 2018, as we strategically plan to broaden our impact, expand our collaboration efforts, and increase our outreach throughout St. Louis County.

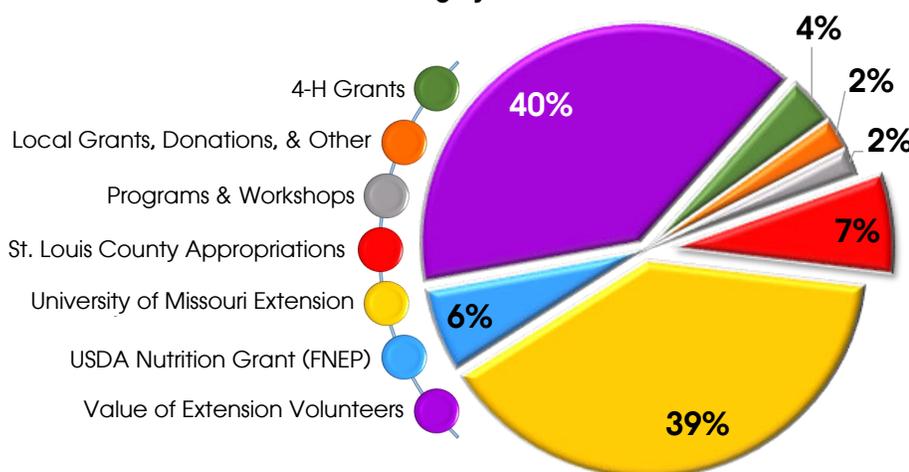


Larry McGowen, *St. Louis County Extension Council Chair*



Dwayne T. James, *St. Louis County Program Director*

**2017 Funding by Source**



**2017 St. Louis County Appropriations Budget**

Salaries & Wages	\$99,263
Payroll Expenses	\$7,622
Travel	\$10,000
Postage	\$1,200
Telephone	\$6,612
Security	\$825
Rent/Lease Equipment	\$3,524
Central Service Charge (REJIS)	\$400
Publishing/Printing	\$500
Supplies/Service	\$2,725
Other Personal Services	\$6,925
Professional Services	\$5,000
Insurance	\$1,200
Furniture/Computer Supplies	\$600
Rent	\$64,600
<b>TOTAL</b>	<b>\$210,996</b>

# Extension Council

Leaders that advise and oversee

UNIVERSITY OF MISSOURI  
Extension  
St. Louis County



## 2017 Council Members

### Executive Committee:

- Chair  
**Larry McGowen**, *Wildwood*
- Vice Chair  
**J. Toni Burrow**, *Ferguson*
- Secretary  
**Mary Oswald**,  
*Bellefontaine Neighbors*
- Treasurer  
**Cynthia Jordan**, *Creve Coeur*

### Additional Members:

- **Sylvester Bolden**, *St. John*
- **Courtney Hinton**, *Normandy*
- **Tracey Howe-Koch**,  
*Florissant*
- **Jane Kerlagon**, *Wildwood*
- **Dave Kreuter**, *Creve Coeur*
- **Margo McNeil**, *Hazelwood*
- **Veronica Morrow-Reel**,  
*Dellwood*
- **Bill Ruppert**, *Kirkwood*
- **Tim Schmalz**, *University City*
- **Lisa Taylor**, *Florissant*

Three support staff members support council and office operations, while supporting the programs implemented throughout the region.

Their knowledge, assistance, and hard work help us deliver all that is in this Annual Report.

### St. Louis County Support Staff

- **Amy Armstrong**,  
*Administrative Associate / Communications*
- **Melinda Farrar**, *Accountant*
- **Janie Lewis**, *Administrative Associate / Technology*

THE 90 DIFFERENT MUNICIPALITIES THROUGHOUT ST. LOUIS COUNTY ARE REPRESENTED BY COUNCIL MEMBERS EITHER APPOINTED OR ELECTED TO GUIDE US ON OUR PROGRAMMING NEEDS.



The University of Missouri Extension (MU Extension) is a unique partnership of local, state and federal governments with the University of Missouri and the people of Missouri. Each county-based office is governed by its own Extension Council, a volunteer governing board that guides Extension programming, administers Extension county funds, and makes personnel recommendations.

The Extension Council, comprised of elected and appointed citizens, is a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities. Each council member must reside within St. Louis County. Mayors of cities in St. Louis County with a population of more than 10,000 residents can appoint one person to reside on the council. Council member elections are held in January. Meetings are held on the third Thursday of the month at 6:00 p.m. at our office.

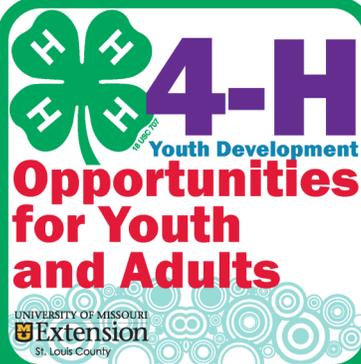
## 2017 HIGHLIGHTS

- **2017 ANNUAL DINNER** - On March 31, we hosted our annual dinner at Orlando's in Maryland Heights to recognize our outgoing council members for their service, congratulate new members, and award our Extension Leaders Honor Roll recipients. We were pleased to have Vice Chancellor for Extension and Engagement, Dr. Marshall Stewart, as the speaker. More than 120 guests attended the dinner.
- **TACKLING THE TOUGH SKILLS** - Over a two day workshop in March, we educated 10 trainers on teaching critical life skills in the workplace. These include attitude, responsibility, communication, problem solving, workforce preparation, anger management, conflict resolution, critical thinking, self-esteem, teamwork, and healthy ways to deal with stress.
- **MOTORCYCLE SAFETY COURSE** - We partnered with the Kirkwood Fire and Police Departments to provide a course related to how motorcyclists can prepare and execute rides safely, as well as what to do in the event of an accident.

# PROGRAMMING GUIDE

Single- and multi-session educational programs cover topics in agriculture, natural resources, lawn and garden, home and consumer life, nutrition and health, families, community and leadership development, business and careers and emergency management.

	Program Available Onsite	Youth	Families	Seniors	Businesses	Service Providers	Table of Contents
<b>4-H Youth Development</b>							
4-H Community Clubs	✓	✓					p. 6
4-H School Programs	✓	✓					
4-H Youth Futures		✓					
<b>Business Development &amp; PTAC</b>							
Training and Assistance					✓		p. 8
Selling to the Government Workshops					✓		
<b>Labor Education</b>							
Labor Law Breakfast Series					✓		p. 9
Labor Education Classes	✓				✓		
<b>Community Development</b>							
Neighborhood Leadership Academy			✓	✓			p. 10
Community Arts	✓	✓	✓	✓			
<b>Natural Resources</b>							
Horticulture Workshops	✓	✓	✓	✓	✓	✓	p. 12
Master Gardener			✓	✓	✓		
Master Naturalists			✓	✓	✓		
Soil Testing			✓	✓	✓		
<b>Nutrition and Wellness</b>							
Matter of Balance	✓		✓	✓	✓		p. 14
Stay Strong, Stay Healthy	✓		✓	✓	✓		
Cooking Matters	✓		✓	✓	✓		
Food Preservation	✓		✓	✓	✓		
Nutrition Classes for Youth	✓	✓	✓		✓		
Mental Health Workshops	✓		✓	✓	✓		
Chronic Disease Workshops	✓		✓	✓	✓		
Classes for Service Providers	✓		✓	✓	✓	✓	
<b>Housing</b>							
Aging in Place	✓		✓	✓		✓	p. 16
Energy Efficiency/ Management	✓		✓	✓	✓	✓	
Healthy Homes	✓		✓	✓	✓	✓	
HomeWorks	✓		✓	✓		✓	
Rent Smart	✓	✓	✓	✓	✓	✓	
<b>Financial Education</b>							
Woman's Financial Series			✓	✓			p. 16
Financial Literacy Workshops	✓	✓	✓	✓	✓	✓	



Faculty and Staff serving  
St. Louis County & City

- **Amanda Meek**, 4-H Youth Development Specialist
- **Gus Robinson**, 4-H Youth Development Specialist
- **Bailey Lutz**, 4-H STEM Educator
- **Vincent McKinney**, 4-H STEM Educator
- **Terry Olishile**, 4-H Program Coordinator
- **Cornita Robinson**, 4-H Youth Program Educator
- **Diamond Mack**, 4-H STEM Intern

**“I like girls’ group because I can ask personal questions without being judged. I also like that we do projects and build things. It’s very fun that we can enjoy ourselves and still be in an educational setting.” Powerful Girls Rock Club member at Holman Middle School**

4-H IS DEDICATED TO PROVIDING POSITIVE YOUTH DEVELOPMENT AND HELPING YOUTH STEP UP TO THE CHALLENGES IN A COMPLEX AND CHANGING WORLD.



### 4-H GIRLS TECH CHALLENGE

As part of an AspireIT grant through the National Center of Women & Information

Technology, this project empowered four female high school students from the St. Louis area to **mentor 26 girls ages 9-14** through the use of technology. Because of the sharp contrast between the number of males and females in the STEM field, this project was targeted towards female youth in efforts to increase their interest in science, technology, engineering, and math. Our project included a visit to Intelligrated Systems, a robotics company in St. Louis, where the youth were able to see the latest technology for robots used by companies such as Amazon.

### 4-H TOURS & OUTREACH

Aligning with the 4-H mission, we actively engage youth members as valued,

contributing members of their communities through tours and outreach activities. Teens from the Saint Louis area participated in college tours across Missouri and Illinois. These colleges included the University of Missouri-Kansas City, University of Missouri, Lincoln University, University of Missouri-Saint Louis, Chicago State University, University of Chicago, and Columbia College.

### HIGHLIGHTS

- The **4-H Science Matters with Bayer** program started in October 2017. The youth create and implement community action plans to help address community issues identified by them. Fifteen high school youth were selected for the program, and twelve youth traveled to the National Youth Summit on Agri-Science in 2018.
- The **4-H Electric Dolphins club** hosted the VEX IQ competition at Ranken Technical College on November 18<sup>th</sup>. Eleven teams participated in the competition.
- The **4-H LIFE program** at the Missouri Eastern Correctional Center connected **50** youth with their incarcerated parent and/or caregiver at monthly 4-H meetings.
- Spin Clubs and workshops include: Get Gardening, Jr. Treekeepers, and String Art.

# IN 2017, 4-H SERVED MORE THAN 1,326 YOUTH IN THE ST. LOUIS AREA.

## 4-H ROBOTICS PROGRAMS

Our current programs include STEM activities, such as Robotics, that supplement classroom learning and after school

programs. Working in pairs, youth learn problem solving, teamwork, and communication skills. 4-H Robotics programs were held at:

- Ferguson Middle School
- Pattonville School District
- St. Louis the King School
- St. Louis Catholic Academy
- Storman Academy
- Cross Keys Middle School
- St. Louis Public School District
- Kennard Junior Classical Academy
- National Society of Black Engineers
- Johnson-Wabash Elementary
- Jackson Park Elementary
- St. Louis City Library



**“The Robotics program is fantastic. The teacher is so good with the kids. It’s amazing. I wish there were more of these animations.”**

**- Parent of St. Louis Public Library Robotics Participant.**



## 4-H COMMUNITY CLUBS

Clubs offer long-term educational experiences in which youth learn life skills such as leadership, decision making, public speaking and working with others.

- **4-H ELECTRIC DOLPHINS** - Members build, program and compete, using EDR and VEX IQ robots. They also host an annual VEX IQ competition in St. Louis.



A total of **547** youth completed the 4-H Robotics program in **2017.**

- **THE CLOVER CLUB** - Members work on various projects and attend field trips while learning life skills. The club also adopted a military troop for the holidays.
- **GATEWAY 4-H** - Members build and program VEX and LEGO EV3 robots to complete various tasks. They compete in VEX and FIRST LEGO League.
- **LUCKY HORSESHOES** - Members practice for the 4-H Horse Bowl competition. The St. Louis County 4-H Horse Bowl team received fourth place in the 2017 4-H Senior Horse Bowl. Individual members placed 4<sup>th</sup> and 5<sup>th</sup> in Horse Bowl and 8<sup>th</sup> in Hippology.

- **NXT GEN** - Members build and program LEGO Mindstorm NXT robots, along with other hands-on science activities, such as programming with Scratch.
- **POWERFUL GIRLS ROCK** - Led by 4-H Youth Futures mentors, members develop leadership skills while building self-esteem and discussing issues.

**YOUTH FUTURES** began in **2002** with **41** students. In **2017**, over **576** kids participated in the program.

## 4-H YOUTH FUTURES

The 4-H Youth Futures College

Within Reach program prepares students for college by providing information about the college application process, ACT preparation, time management, FAFSA and scholarships. 4-H staff members maintain contact with students and track them all the way through college. Along the way, students also meet new people and have fun.



# Business Development Opportunities for business owners



Faculty and Staff serving St. Louis County & City

- **Millie Miller-Hoover**, Business Development Specialist
- **Kevin Wilson**, Director, Small Business & Technology Center
- **Lynette S. Watson**, Business Development Specialist
- **Luis Ortega**, Business Development Specialist

**Our office offers a variety of services to help with the contracting process.**

## THE BUSINESS DEVELOPMENT AND PROCUREMENT TECHNICAL ASSISTANCE CENTER CONTRIBUTED TO ECONOMIC DEVELOPMENT THROUGH GROWTH IN JOBS, SALES, INNOVATION, TECHNOLOGY DEVELOPMENT, AND COMMERCIALIZATION.

### TRAINING AND ASSISTANCE

Our office provides a wide range of services including classes and seminars, individual counseling, easy access to bid opportunities, contract specifications, procurement histories and all the other information necessary to successfully compete for government contracts policies. For example, Etegra, Inc. is a St. Louis-based, minority-owned small business operating as a full service architect-engineer firm.

**Through our bid matching service, Etegra prospered in receiving contract awards and received an 8(a) certification from the Small Business Administration (SBA).**

### SELLING TO THE GOVERNMENT

We presented **10** seminars with **79** attendees on learning to identify opportunities and understanding the contracting process.

The seminar also covered services available to assist them in all aspects of government contracting. The corresponding SAM workshop had **21** participants.

## 2017 ACCOMPLISHMENTS IN ST. LOUIS:

**203** Active Clients

**919** Contracts Awarded

Worth **\$96,174,817**

**10** Training Events, with **301** attendees

**10** Outreach Events, with **899** attendees.



THE LABOR EDUCATION PROGRAM WORKS WITH MEMBERS AND LEADERS OF WORKPLACE-BASED ORGANIZATIONS TO HELP THEM DEVELOP SKILLS TO CONTRIBUTE TO THEIR ORGANIZATIONS, ACT EFFECTIVELY IN THEIR WORKPLACE, AND BE INFORMED AND ACTIVE PARTICIPANTS IN THEIR COMMUNITIES.



Faculty and Staff serving St. Louis County & City

- **Douglas Swanson**, *Labor Education Specialist*

*Doug holds a dual appointment. In addition to Extension, he is also a faculty member at UMSL where he is the Labor Studies Coordinator in the Political Science Department.*

### LABOR LAW BREAKFAST SERIES

This program focuses on people with an interest in labor and employment relations. This monthly series brings presenters from multiple organizations, including the Federal Mediation and Conciliation Service, the National Labor Relations Board, the National Academy of Arbitrators, faculty from multiple universities, and attorneys. Presenters discussed a variety of topics including “**Navigating the Minefield of Love & Romance in the Workplace**,” “**The State of the St. Louis Economy**” and the “**Effectiveness of Zero-Tolerance Policies**,” alongside programs on retirement and updates from multiple governmental agencies.

### CONTINUING EDUCATION PROGRAMS

The statewide Labor Education Program works with members and leaders of workplace-based organizations across Missouri to help them develop skills, act effectively in the workplace and be informed and active participants in their communities. The program offered **35** courses and conferences to **952** participants, most of whom are leaders of organizations representing the economic interests of more than **20,000** working people in Missouri and surrounding states.

[labored.missouri.edu](http://labored.missouri.edu)



In **2017**, the attendance increased nearly **14%** over the past few years.

### OTHER LABOR EDUCATION PROGRAMS

Educators in the Labor Education program also taught students at the University of Missouri – Saint Louis and gave presentations at the Kirkwood-Des Peres area and University City Chamber of Commerce.

**“The labor law breakfast series is an event that caters to any person in the labor or HR fields! There, you enjoy experts in the field discussing the topics of the day. As an attorney, I attend regularly to keep up on the current legal issues. I highly recommend this series to anyone to come and see what this is all about!”**  
~ Labor Law Breakfast Series Participant

# Community Development Opportunities for all ages



Faculty and Staff serving St. Louis County & City

- **Lisa Overholser,** Community Arts Specialist

Advisory Board for the St. Louis Storytelling Festival

- Ron Turner
- Lynn Rubright
- Becky Walstrom
- Cynthia Adams
- Lynne Beetner
- Barney Bradshaw
- Patty Carleton
- Anthony Clark
- Allan Crean
- Jim Gerst
- Annette Harrison
- Sue Hinkel
- Nan Kammann-Judd
- Jennifer King
- Marilyn Kinsella
- Janie Lewis
- Mary Lynch
- Bobby Norfolk
- Sherry Norfolk
- Terri Olishile
- Kathy Schottel
- Jackie Wright
- Karen E. Young

Feedback was overwhelmingly positive with one K-12 educator calling it an *“awesome teaching opportunity”* that allowed her to expand on African culture. Another educator indicated it was a *“privilege to be a site to host storytellers; our students loved them!”*

# OUR COMMUNITY ARTS PROGRAM FOSTERS DEVELOPMENT THROUGH THE ARTS.

## ST. LOUIS STORYTELLING FESTIVAL

The festival renews and celebrates the timeless art of storytelling. It has received accolades and loyal audiences for its innovative and masterful celebration of storytelling, as well as its outreach to the St. Louis metropolitan community.

The 38th annual festival was held over four days in May 2017. It included a workshop and special storytelling programs devoted to the August 2017 total solar eclipse; a deaf storytelling program and the first St. Louis appearance of a science-based storytelling podcast. There were sessions held at libraries, detention centers, museums, parks, historical sites, and more than 30 K-12 schools.



## COMMUNITY PARTNERSHIPS WITH MAJOR ST. LOUIS EDUCATIONAL AND CULTURAL ORGANIZATIONS, INCLUDING:

- Jefferson National Expansion Memorial (Gateway Arch Museum of Westward Expansion and the Old Court House)
- Missouri Botanical Garden
- Missouri Historical Society
- St. Louis Science Center
- Challenger Learning Center
- St. Louis Juvenile Detention Center
- St. Charles City-County Libraries
- St. Louis County Libraries
- St. Louis Public Libraries
- Maryville University
- Special School District
- Missouri School for the Blind
- Laumeier Sculpture Park
- Cahokia Mounds State Historical Site
- The Stage at KDHX
- KWMU
- Hospitals
- Community centers



In 2017, we hosted 44 storytellers at a total of 77 venues in Missouri, reaching a total audience of 13,400.

## G.H.O.S.T.

### (GHOST, HORROR, OR SCARY TALES) PROJECT

The MU Extension Community Arts Program continued their partnership with 4-H for our annual G.H.O.S.T. Project. G.H.O.S.T. is a storytelling workshop and performance program for upper-middle and high-school youth. Participants worked with a master storyteller to research, create, and tell their own ghost stories. Five talented youth performed at our Fall 2017 G.H.O.S.T. Slam, which was held in collaboration with Playtime Recreation at the Cherokee Recreation Center.

# COMMUNITY DEVELOPMENT OFFERS SEMINARS FOR COMMUNITY LEADERS TO STRENGTHEN COMMUNITIES.

## NEIGHBORHOOD LEADERSHIP ACADEMY (NLA)

Celebrating its **15th** year, the NLA provides hands-on leadership training emphasizing community building principles, organizational leadership, management practices, and personal leadership skills. It connects resources at MU Extension and UMSL to residents and neighborhoods wanting to create more livable communities.



There are nearly **300** NLA alumni throughout St. Louis. NLA offered two cohorts in the spring and fall. Fifty five leaders graduated with a Chancellor's Certificate in Neighborhood Leadership. These NLA leaders have used their training to start projects including community gardens, block units, coding programs, and neighborhood associations.



**"I feel more confident in my own ability to lead, learn, grow, and create a thriving organization. The connection and networking is so valuable as well!"**  
 ~ 2017 Spring Cohort graduate

## CREATING WHOLE COMMUNITIES (CWC)

### "WHAT'S BREWING?" SERIES & MORE

**CWC, formed in 2014, is a collaboration between MU Extension, UMSL and the St. Louis region's neighborhoods to focus on strengthening our communities.**

CWC provides research-informed community forums, publications, civic dialogue opportunities and capacity building on topics such as: how place matters, building inclusive cities, neighborhood change, and youth engagement. The "What's Brewing?" Series brings together community members for breakfast and conversation around strengths and opportunities in neighborhoods.

Our conversations brought us to Spanish Lake, Dogtown, and Bevo Mill.



**"I have so many amazing memories of my childhood in Spanish Lake in the 90's. Being able to openly discuss issues concerning the neighborhood and what can be done to bring life back to the area, made me feel like I was helping to make a difference."**  
 ~ What's Brewing in Spanish Lake Participant

**Community Development Opportunities for all ages**

UNIVERSITY OF MISSOURI Extension St. Louis County

Faculty and Staff serving St. Louis County & City

- **Claire Wolff,**  
Community Development Specialist

Creating Whole Communities Team

- **Todd Swanstrom**
- **Karl Guenther**
- **Courtney McDermott**
- **Tonnie Glispie Smith**
- **Lakeisha Griffin**
- **Victoria Fick**
- **Gregory Anderson**
- **Dr. Margaret Sherraden**
- **Dr. Mark Tranel**
- **Dr. Kristen Wagner**

# Natural Resources Opportunities for all ages

UNIVERSITY OF MISSOURI Extension St. Louis County

Faculty and Staff serving St. Louis County & City

- **Nathan Brandt**, Horticulture Specialist
- **Holly Records**, Master Gardener Coordinator

Advisory Committees:

### Missouri Master Gardeners

St. Louis Master Gardeners

- **Ned Siegel**, Chairperson
- **Nona Swank**, Treasurer
- **Cheryl Rafert**, Secretary
- **Gloria Mahoney**
- **Betty Struckhoff**
- **Durinda Mullins**
- **Marsha Smith**
- **Anne Rankin-Horton**
- **Terry Milne**

### Missouri Master Naturalists

Great Rivers Chapter

- **Rachel Becknell**, President
- **Bob Virag**, Vice President
- **Diana Miller**, Secretary
- **Vaughn Meister**, Treasurer

Board Members-at-Large

- **Michael Meredith**
- **Sherri Schmidt**
- **Pam Wilcox**



**103** Active Master Naturalists contributed more than **10,564** community service hours.

# NATURAL RESOURCES OFFERS VOLUNTEER PROGRAMS, SOIL TESTING, ARBORIST TRAINING, INSECT/WEED IDENTIFICATION, AND PLANT HEALTH DIAGNOSTICS.

## MASTER GARDENERS

Held annually, this program trains individuals who are dedicated to improving their communities through gardening.

Sessions are held at the Kemper Center for Home Gardening, housed at Missouri Botanical Garden, our program partner.



St. Louis Master Gardener

The donated hours of our Master Gardeners are an equivalent of **19** full-time employees working in parks, community gardens and schools. There are over **50** locations that include: St. Louis County Parks, Gateway Greening, Flora Conservancy, Longview Farm Park, Bellefontaine Cemetery, Forest Park Forever, Forest ReLeaf, U-City in Bloom, Paraquad, Kirkwood City Parks, and many more public organizations.

In **2017** we trained **49** new Master Gardeners bringing our active members to **432** who's volunteered time was worth: **\$590,745.**

## MASTER NATURALISTS

This 15-session course trains individuals who

are dedicated to improving their communities through natural resource education and service. These sessions are provided by instructors in collaboration with the Missouri Department of Conservation and are combined with our offices in St. Charles and Franklin Counties. In 2017, we trained **33** new interns combined from these three counties.

Master Naturalists supported a wide variety of efforts in St. Louis including work with Community Collaborative Rain, Hail & Snow Network, St. Louis Audubon Society, Little Creek Nature Area, Forest Park Forever, and Forest ReLeaf.



## SOIL TESTING

Soil testing is one of the top services offered through the Extension office. These services are offered at our Kirkwood location and through our partners, Gateway Greening and Brightside St. Louis. These samples came from homeowners, landscapers, hobby farmers, and commercial clients. Additional assistance for questions on how to interpret the results are available through our horticulturist or the Master Gardener Helpline at the Missouri Botanical Garden.

IN 2017  
we processed 830  
15 samples from  
different counties  
BY 603 clients  
Generating revenue  
of \$7,500.



## ADDITIONAL HIGHLIGHTS

### USDA GRANT

– Six gardens were formed or upgraded as part of a USDA grant serving over **15,000** youth. These gardens assist in providing sustainable food, while increasing the gardening knowledge at local schools and communities.

### INTRODUCTION TO BEEKEEPING COURSES

– **45** individuals took the introductory course of MU Extension's newly developed Certified Master Beekeeper Program held in our office. The course focused on the principles and history of beekeeping, honeybee biology, and more.

### MISCELLANEOUS OTHER COURSES

– We educated more than **146** individuals on other topics including Landscape Problems, Herbal Therapy, Cure Lawn Weed Headaches, Tried and True Perennials, Vegetable and Container Gardening, Mushroom Cultivation, Maintaining Native Gardens, and Growing Annuals from Seeds.

### S.L.U.G.S—ST. LOUIS URBAN GARDENING SYMPOSIUM

– In June we partnered with Brightside St. Louis, the Missouri Department of Conservation, and the City of St. Louis to bring the St. Louis Urban Gardening Symposium to the demonstration garden at Brightside St. Louis. In 2017, **79** individuals participated in this joint venture.



"I didn't realize how much I didn't know until I attended class. Becoming more aware of my impact on the environment and things I can do to help has been very enlightening. "

~ From a 2017 Master Gardener Trainee

# Nutrition & Wellness Opportunities for all ages



UNIVERSITY OF MISSOURI  
Extension  
St. Louis County



Faculty and Staff serving  
St. Louis County

- **Leslie Bertsch,**  
*Nutrition & Health  
Education Specialist*
- **Damaris Karanja,**  
*Nutrition & Health  
Education Specialist*
- **Emily Barbee,**  
*Nutrition & Health  
Education Specialist*
- **Terressa Caine-Clary,**  
*Nutrition Program  
Associate*
- **Angela Kaiser,** *Nutrition  
Program Associate*

*"I learned to look at unit prices to see how much I am actually paying for the item."*

*"I learned how to check the labels and eating smaller portions."*



## NUTRITION AND HEALTH PROVIDES COURSES TO RESIDENTS OF ALL AGES AND ORGANIZATIONS BASED ON THE LATEST SCIENTIFIC EVIDENCE TO IMPROVE ONE'S HEALTH AND WELL-BEING.

### COOKING MATTERS

This program is aimed at curbing hunger and food insecurity among low-income families

and individuals. Through hands-on cooking and nutrition lessons, the program shows families how to shop for and prepare healthy, delicious, and affordable meals.

**Two Cooking Matters courses and over four Cooking Matters at the Store grocery store tours were implemented, reaching 183 contacts.** Courses and tours were offered in partnership with St. Louis County Dept. of Health, ARC, Our Lady of Perpetual Help Food Pantry, The Breakfast Club, and the YMCA in Carondelet. People reported making healthier food choices at the end of the course.

### HOME FOOD PRESERVATION

We provided twelve **Home Food Preservation Workshops reaching 133 contacts.**

Participants learned how to can several items such as salsa, jam, and pickled vegetables. In addition, the correct procedure for pressure canning vegetables was reviewed. Workshops were offered in partnership with Thomas Dunn Learning Center, Webster Groves Rock Hill Ministries, Gateway Greening, and the St. Louis County Library.

### EAT SMART/MOVE SMART CHILD CARE COACHING

The Missouri Foundation for Health

established a five-year initiative to address childhood obesity through prevention efforts in selected communities. We contracted with the Missouri Department of Health and Senior Services to provide individualized training and technical assistance to the childcare centers within these selected communities across Missouri. **Three childcare centers in St. Louis County received professional development training and technical assistance. All three centers are applying for Eat Smart and Move Smart recognition this year.**

### EAT SMART GUIDELINES FOR CHILDCARE

The Missouri Department of Health and Senior Services, in partnership with our nutrition staff, provided over **115** licensed child care staff with research-based workshops on nutrition, wellness, and physical activity.

### CHRONIC DISEASE SELF MANAGEMENT

Partnering with the Oasis Institute, we provided this six-week program

to 14 participants. During this program, participants made weekly action plans, shared experiences, and helped each other problem solve. Subjects covered include techniques to deal with problems such as frustration, fatigue, pain, and isolation. Other subjects covered were appropriate exercises for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments. In addition, **56** contacts were reached through the Ferguson Community Center.

## STAY STRONG, STAY HEALTHY

This premier program improves the strength, flexibility, and balance of older adults or anyone who is getting back into their exercise routine. **We conducted ten Stay Strong, Stay Healthy classes reaching 615 contacts.** Classes took place across the St. Louis region.

## WORKPLACE WELLNESS

Approximately **92** St. Louis County Government employees participated in the Workplace Wellness program in collaboration with Catholic Charities. This program provides participants with practical strategies on how to cope with stress and challenges they endure. This program takes place during the workday and leads to better physical, mental, and spiritual health.

## TAKING CARE OF YOU

BJC's School of Health and Youth Outreach hosted a class at St. Francis Community Services Southside Center in South St. Louis City. St. Francis provides critical social services support to immigrants living in South St. Louis. The women's Hispanic support group took a 6-week Taking Care of You Course to learn how to better manage and cope with the stress they face in their daily lives.

## ONE-TIME PRESENTATIONS

Our nutrition staff collaborated with thirteen organizations to complete eighteen one-time presentations across the region. Topics included *Cooking for One*, *Food for Thoughts - Eating to improve brain health*, *Strength Training at Home*, *Feeding Your Infant and Toddler-Dealing with Picky Eating*, *Injury Prevention for Runners*, *Cooking with Pumpkin*, *Taking Care of You*, *The Dash and Mediterranean Eating Pattern*, and *Eating for Weight Loss*. These one to two hour classes reached **619 contacts**. While each of these classes presented a limited amount of information and time with people, evaluation results show that a significant number of people improved their knowledge, attitude, and behaviors as a result of the presentations.

## HEALTH INSURANCE EDUCATION

This state-wide, cross-program Health Insurance Education Initiative, provides individuals, families, and employers the facts, resources, and skills training they need to make informed health insurance decisions as required by the Affordable Care Act. We partnered with Planned Parenthood, Legal Services of Eastern Missouri, Mercy, Mid-East Area Agency on Aging, and East Missouri Action Agency to provide a Health Insurance Education program.

## FAMILY NUTRITION EDUCATION PROGRAM (FNEP)

FNEP brought **\$9,681,129** in federal funds to the State of Missouri. These funds were used to provide nutrition education to **838,295** food stamp recipients and food stamp eligible citizens of Missouri. **86,855 of these participants reside in St. Louis County and St. Louis City.**

The Expanded Food and Nutrition Education Program (EFNEP) brought **\$1,788,349** federal funds to the state of Missouri. These funds were used to provide nutrition education to **2,705** limited resource audiences with children in the home. **2,334** youth were reached through EFNEP. **3,200** of these youth and adult participants reside in St. Louis City and County.



Since our classes, I have canned 12 quarts raw pack tomatoes, and many, many pints and halves of tomato sauce, choice salsa, heirloom tomato salsa, chow chow, peach salsa, jalapeño jelly, garlic pepper jam, and peach jam. I am now a canning convert and cannot wait until I am able to resurrect this fabulous pressure canner.  
~ Catherine B.

# Housing Education Opportunities for all ages



UNIVERSITY OF MISSOURI Extension St. Louis County

Faculty and Staff serving St. Louis County & City

- **Kandace Fisher-McLean,** Housing & Environmental Design Specialist

In 2017, over 450 individuals have been assisted through workshops and individual consultations.

## HOUSING & ENVIRONMENTAL DESIGN PROVIDES EDUCATION ON MAKING HOMES HEALTHY.

### UNITED WAY INDIVIDUAL DEVELOPMENT ACCOUNT (IDA) PROGRAM

In partnership with the United Way, we reached **78** youth that are aging out of the foster system. They were educated about their rights and responsibilities as renters in Missouri, improving landlord/tenant relationships, and properly caring for their homes. In addition, they learned about personal finances and nutrition. **21** youth also completed a Cooking Matters at the Store program workshop.

### MATTER OF BALANCE

Through Matter of Balance classes we reached **152** contacts. Through the application of eight distinct lessons, Matter of Balance aims to reduce older adults' fear of falling and increase their activity levels. By discussing fears and concerns about falling, creating action plans for dealing with those fears, and improving physical strength and balance, this program has been proven to reduce one's risk for falling.

### HEALTHY HOMES

A national program that aims to help consumers reduce their health risks by educating them about common residential pollutants and toxins. Topics include education on keeping a home dry, clean, well-ventilated, pest-free, safe, contaminant-free, maintained, and thermally controlled.

## OUR FINANCIAL EDUCATION PROGRAMS INCREASES THE FINANCIAL STABILITY OF ITS MEMBERS.

### WOMEN'S FINANCIAL EDUCATION SERIES (WFES)

WFES is designed to promote self-reliance

by arming people with knowledge and skills about money management, credit, insurance, estate planning and retirement planning. In St. Louis County, **30** adults learned about techniques to more effectively make financial decisions, implement financial strategies and increase success in reaching financial goals. The series is facilitated and sponsored by MU Extension with support from the United Way of Greater St. Louis, St. Louis County Library District, Grace Hill Women's Business Center, YWCA Metro St. Louis, Connections to Success, American Association of University Women, and other community coalitions.

### MONEY SMART WEEK

MU Extension is a partner in Money Smart Week®, a public awareness campaign helping people better manage their personal finances. Businesses, financial institutions, schools, libraries, not-for-profits, government agencies, and the media come together each year to elevate the importance of financial literacy, inform consumers of where they can find help, and provide free educational seminars and activities throughout our region. In Over **2,622** people participated in **126** financial related programs that were offered.

# Financial Education Opportunities for adults



UNIVERSITY OF MISSOURI Extension St. Louis County

Faculty and Staff serving St. Louis County & City

- **Suzanne Gellman,** Financial Education Specialist

"This is a fantastic educational opportunity that I wish all women (and men) could take."

WFES Participant

# MU EXTENSION CONTINUING EDUCATION

The MU Conference Office provides full-service meeting management for a variety of noncredit educational programs. In FY 2017, the MU Conference Office organized 72 conferences for more than 20,000 people in teacher education in math, science and writing; crop management and agricultural lending, as well as statewide youth leadership programs, generating \$3.2 million in revenue.

[muconf.missouri.edu](http://muconf.missouri.edu)

## Fire and Rescue Training Institute (MU FRTI)

In FY 2017, MU FRTI celebrated its 85<sup>th</sup> anniversary of providing continuing professional education and training to Missouri's fire service and emergency response personnel. In addition to fire training, courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation. In FY 2017, MU FRTI trained 11,319 firefighters and emergency responders from 932 departments, organizations and agencies throughout all 114 Missouri counties. [mufrti.org](http://mufrti.org)

## Law Enforcement Training Institute (LETI)

LETI provides training and education for Missouri's 17,000 personnel and police recruits and presentations to community and civic groups, as well as collaborative programs with agencies from 31 states. In FY 2017, LETI reached nearly 2,000 police and emergency responders. With MU's Human Environmental Sciences department, LETI piloted Taking Care of You and Mental Health First Aid for Law Enforcement, helping participants better understand mental illness and how it impacts their work. Other programs include advanced animal cruelty investigations training and armed intruder and personal safety response. Students receive over 700 hours of basic training and certification, with other topics and certifications like Crisis Intervention Team Training available. [leti.missouri.edu](http://leti.missouri.edu)

## Missouri Training Institute

The Missouri Training Institute provides continuing education programs in business, as well as customized training programs and consulting services for business and industry and public, nonprofit and educational organizations and institutions. In FY 2017, 10,630 people enrolled in the institute's 371 programs that cover diverse business practices, such as human resource management, team building, decision-making, strategic planning and leadership. [mti.missouri.edu](http://mti.missouri.edu)

## MU Nursing Outreach

Nursing Outreach serves mainly rural health-care workers with high-quality, affordable continuing education programs using face-to-face and online delivery methods; 92 percent live outside the St. Louis and Kansas City metro areas. In FY 2017, nurses from 77 Missouri counties and the city of St. Louis attended continuing education programs. Another 867 nurses and 1,986 health care professionals — including social workers, nursing home administrators and psychologists — were served through multidisciplinary programs. [nursingoutreach.missouri.edu](http://nursingoutreach.missouri.edu)

## Center for Continuing Medical Education and Physician Lifelong Learning (CME/PLL)

CME/PLL serves MU Extension and the MU School of Medicine by educating physicians and other health care providers to improve the standard of care in Missouri. In FY 2017, CME/PLL offered 1,678 noncredit programs, courses and activities, serving 27,345 people, as well as 14 accredited medical conferences, including the annual Missouri Telehealth Network Summit on trends in this emerging healthcare arena; an Ellis Fischel Cancer Symposium on holistic approaches to cancer care; and one of the world's largest multidisciplinary conferences on dialysis. CME/PLL also provided online training for 6,400 state mandated child protection reporters in 20 occupational fields. [medicine.missouri.edu/cme](http://medicine.missouri.edu/cme)

## Veterinary Medical Extension and Continuing Education (VMECE)

Veterinary Medical Extension provides information and consultation to veterinarians and livestock owners on issues such as disease risks, rising input costs and regulations that impact farming operations. In FY 2017, VMECE provided 17 continuing education events for veterinarians needing credit to renew their licenses. Twelve events addressed antibiotic label changes that went into effect on January 1, 2017, and how to write a veterinary feed directive. The rest dealt with preventing and responding to disease outbreaks in Missouri livestock operations. The VMECE team also presented at more than 40 meetings across the state, educating animal owners about the antibiotic label changes. VMECE also taught food animal production medicine to MU College of Veterinary Medicine students and collaborated in research that addressed bovine reproduction. [vmth.missouri.edu](http://vmth.missouri.edu)

# IMPACTS AT MU EXTENSION ST. LOUIS COUNTY







Urban Region Office

- **Cindy Zluticky**, *Regional Director*
- **Milly Carter**, *Regional Administrative Associate*

St. Louis City Extension Center

- **Jody Squires**, *Associate Regional Director*
- **Mary Lynch**, *Urban Region Office Support*

Nutrition Education Office

- **Brittney Stone**, *FNEP Project Director*
- **Katelyn Ryder**, *FNEP Program Manager*
- **Rehan Gerges**, *FNEP Office Support*
- **Maxine McBride-Jackson**, *FNEP Office Support*
- **FNEP Staff:**
  - ~ Megan Allen
  - ~ Mary Bolling
  - ~ Jessica Brown
  - ~ Alejandra Cortez
  - ~ Diana Finlay
  - ~ Mimi Johnson
  - ~ Barbara Larson
  - ~ Charlese McBride
  - ~ Peggy Milford
  - ~ Gidget Mudd
  - ~ Andrea Oswell-Holmes
  - ~ Sanja Sasvari
  - ~ Amanda Schweigert
  - ~ Michelle Stauffer
  - ~ Callan Vail
  - ~ Darla Wood

UNIVERSITY OF MISSOURI EXTENSION IMPROVES MISSOURIANS' LIVES BY ADDRESSING THEIR HIGHEST PRIORITIES THROUGH THE APPLICATION OF RESEARCH-BASED KNOWLEDGE AND RESOURCES.

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