



UNIVERSITY OF MISSOURI EXTENSION

Saint Louis County

2020 ANNUAL REPORT



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**Office of Extension
and Engagement**
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT**

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December 1, 2020

Dear county commissioners and friends of MU Extension,

Few of us have experienced a year quite like 2020. The COVID-19 pandemic has brought each of us so many unforeseen professional and personal challenges. Yet, as difficult as the last months have been, they have also called us at University of Missouri Extension and Engagement to think about our work differently and find new ways to serve and respond to Missouri's needs.

We are working harder and more innovatively to develop local and statewide partnerships and collaborations that help us improve lives, communities and businesses across the state. Through our four UM System universities, we are working to expand our state's broadband access and support statewide efforts to prepare our workforce for 21st century opportunities. This work is key to keeping Missouri's economy competitive and helping people and communities in every part of our state thrive.

We continue to expand and develop tools like the All Things Missouri web portal (<https://allthingsmissouri.org>) that provide a wealth of data local leaders can use to pinpoint county and community needs and plan for coordinated solutions. New COVID-19 tracking tools, for instance, help county health departments accurately assess the local impact of the virus and coordinate targeted responses. A new Missouri Food Finder tool (<https://mofoodfinder.org>) matches consumers with growers and producers to create a market for locally grown foods. The UM System Community Connect web portal (<https://community.umsystem.edu>) showcases the many resources, services and faculty programs available to the community through each of the four universities in the UM System. Please explore and use these tools. Tell us how we can improve them to better serve you.

Whether online or in person, we are committed to working with you to deliver knowledge, resources and programs that best meet your communities' interests and needs. I hope you see the impact of that work in this year's county annual report — just as you see your own hand, as key stakeholders, in making this work possible.

We greatly appreciate your support of MU Extension as partners within your community. As always, I welcome your input on how the University of Missouri can better serve you as we look forward to a brighter year ahead.

Sincerely,

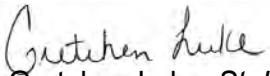
Marshall Stewart, Ed.D.
Vice Chancellor for Extension and Engagement

Who we are

We are pleased to present the 2020 St. Louis County Extension Annual Report. As the 2020 St. Louis County Extension Council Chair, I am honored to work with a team of passionate and dedicated faculty, staff, volunteers, community members, and donors who strive every day to meet and exceed our local mission to reach and engage our community by providing research-based educational programs for youth and families, businesses and communities, and horticulture. While we were presented with many challenges outside our control in 2020, we were able to quickly respond to overcome those challenges through collaboration with MU, UMSL, neighboring county extension offices, and other partners; cost reductions; and, by adapting our program models to be able to continue to provide quality programs throughout our region.

As we begin 2021, and continue to overcome ongoing challenges from 2020, with continued commitment from MU, local employees and volunteers, St. Louis County Council, and the communities in which we live, work and serve, we will be stronger, more resilient, more connected, and we will see a bright tomorrow. Thank you, all, for your continued support of MU Extension in St. Louis County.

Best regards,



Gretchen Luke, St. Louis County Extension Council Chair

MU Extension St. Louis County Faculty & Staff

Dwayne T. James, P.E.

Urban County Director | County Engagement

Emily Barbee

Field Specialist in Nutrition & Health

Leslie Bertsch

Field Specialist in Nutrition & Health

Mary Bolling

Nutrition Program Associate

Justin Keay

Field Specialist in Horticulture

Barbara Larson

Nutrition Program Associate

Vincent McKinney

4-H STEM Extension Instructor

Terry Olishile

4-H Youth Program Associate

Holly Records

Extension Educator in Horticulture

Donald Robertson

PTAC Specialist

Douglas Swanson

Field Specialist in Labor & Workforce Development

Melinda Farrar

St. Louis County Office Bookkeeper

Janie Lewis

St. Louis County Office Support Staff

2020 St. Louis County Extension Council

The **St. Louis County Extension Council** are elected or appointed members to advise with programming, provide fiscal management and oversee operations for University of Missouri Extension in St. Louis County

- ♦ **Gretchen Luke**, *Chairman* (Bridgeton)
- ♦ **Rob Rambaud**, *Vice-chairman* (Wildwood)
- ♦ **Rebecca Poon**, *Secretary* (Manchester)
- ♦ **Karen Jamerson**, *Treasurer* (Jennings)
- ♦ **Dr. Savita Bagga** (Manchester)
- ♦ **Richard Breeding** (Chesterfield)
- ♦ **Adam Brown** (University City)
- ♦ **Eugene Franks** (Ferguson)
- ♦ **Tracey Howe-Koch** (Florissant)
- ♦ **Cheryl L. Jordan** (MU Alumni Association)
- ♦ **Jane Kerlagon** (Wildwood)
- ♦ **Nancy Luetzow** (Kirkwood)
- ♦ **Stephanie Njieri** (Youth Member)
- ♦ **John Pimmel** (Maplewood)
- ♦ **Lynn Squires** (Kazelwood)
- ♦ **Lisa Thompson** (Maryland Heights)
- ♦ **Ken Truemper** (Glendale)
- ♦ **Cathy VerBerkmoes** (Ferguson)

Budget and More

St. Louis County Appropriations Budget

Income

County Appropriations	210,652
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Total Income	210,652
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Expenses

Salaries/Benefits	113,981
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Rents & Leases	71,705
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Telephone	5,244
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Office Supplies/Service	8,798
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Professional Services	4,900
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Equipment Rental	4,000
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Insurance	1,324
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Travel	700
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Total Expenses	210,652
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Additional Donors and Community Partners

- ♦ A Red Circle
- ♦ Better Family Life
- ♦ Beyond Housing
- ♦ Brentwood Public Library
- ♦ Brightside St. Louis
- ♦ Deaconess Foundation
- ♦ Gateway Greening
- ♦ Invest Stl
- ♦ Missouri Foundation for Health
- ♦ National Center for Women & Information Technology
- ♦ Northside Community Housing
- ♦ Ready by 21, St. Louis
- ♦ St. Louis Mental Health Board
- ♦ St. Louis Economic Development Partnership
- ♦ St. Louis County Parks Department
- ♦ St. Louis Public Library
- ♦ IBEW Local 1
- ♦ Kirkwood Public Library
- ♦ University of Missouri St. Louis

We work diligently to provide a Return on Investment of the St. Louis County through our impact and securing additional funding. This funding comes from programs, workshops and services in addition to local gifts. Our volunteers provide value through service in the St. Louis area.

Return on Investment

University of Missouri Extension	691,170
Programs, Workshops & Services	37,865
Local Gifts, Grants and Contracts	67,110
Value of Volunteers	867,100

MU Extension is a unique funding partnership

MU Extension funding is a three-way partnership of federal, state and county government. Federal and state funding provided by the MU system covers the salaries, training, computers and communication equipment of our professional staff. County funds support our local office in Kirkwood by employing our bookkeeper and support staff and helping with additional expenses associated with operations including staff mileage.

The St. Louis County Extension Council, faculty and staff would like to express our appreciation to the St. Louis County Council for their continued support of MU Extension and the programs we offer throughout the St. Louis County region.

2020 St. Louis County Council Members

- ♦ County Executive Dr. Sam Page
- ♦ Councilwoman Rita Days, District 1
- ♦ Councilwoman Kelli Dunaway, District 2
- ♦ Councilman Tim Fitch, District 3
- ♦ Councilwoman Rochelle Walton Gray, District 4
- ♦ Councilwoman Lisa Clancy, District 5 (2020 Chair)
- ♦ Councilman Ernie Trakas, District 6
- ♦ Councilman Mark Harder, District 7

Local Support

Did you know that you can donate directly to St. Louis County Extension Council with your contribution designated to support immediate needs or to help grow our endowment in order to provide for the long-term viability of the program? Interest earned on gifts to the endowment is used to benefit the county's operations and programming. You can also direct your donation to a specific program.

For more information, visit: <https://extension.missouri.edu/counties/st-louis/donate>

St. Louis County Annual Dinner

Our 2020 St. Louis County Annual Dinner and Fundraiser welcomed more than 150 attendees.

It was held on Friday, March 6, just prior to the national response to the spread of COVID-19. During the dinner, the St. Louis County Extension Council along with our specialists and educators shared stories of impact, programming successes and partnerships. Additional attendees included elected officials, business leaders, community partners and past participants of our programs.



ADDITIONAL HIGHLIGHTS

Our speakers included St. Louis County Executive Sam Page, Representative Kevin Windham Jr. and University City School District Superintendent Sharonica Hardin who graciously joined us and shared their wisdom and insight.

Other special guests included the 2019 Farm Family recipient Mary and Patrick Bellrose of Fahr Greenhouse, as well as our 2019 Extension Leader Honorees:

- ♦ **Amanda Davis**, Vice President for the St. Louis Association of Community Organizations (SLACO), for making positive change in juvenile justice and working on the Save Our Streets initiative with the Federation of Block Units.
- ♦ **Beverly Jones**, Job Coach at St Louis Youth Jobs, for assisting others in accomplishing their goals, developing life plans and becoming productive members of society.
- ♦ **Phedra Nelson**, Wellness Director for Gateway Region YMCA, for empowering North County communities to a healthier future by increasing access to healthy food .
- ♦ **Don Wiley**, Laborers' International Union of North America (LIUNA) Local 110 Business Manager, for being the inspiration that led to the 2019 Opioids in the Workplace Conference.
- ♦ **Diane Witte**, a paraprofessional at Northview High School in the Special School District, for leading the Marshall Mentor Program at Northview and adapting the curriculum for the interactive boards.

"It was a wonderful evening. I meant what I said, that we could not be a small agriculture business without the help of MU Extension. "

- Pat Bellrose, Fahr Greenhouse



County Engagement Highlights

University of Missouri Science Center Day

Working with the St. Louis Science Center, we engaged with more than 4000 participants at the UM Science Center Day, which brought together faculty, staff and students from UM campuses. Young participants' drew visualizations of community priorities. Members of our 4-H clubs brought exhibits and materials for hands-on activities: Electric Dolphins demonstrated robotics projects, while Science Matters helped attendees create their own dog/cat toys and pig/cow banks.



COVID-19 Response - Missouri Food Finder

As a result of COVID-19, consumers face the loss of many usual food options and have heightened concerns about how and where they will be able to buy food. Developed by University of Missouri Extension's Center for Applied Research and Engagement Systems (CARES) in collaboration with the Missouri Department of Agriculture, the **Missouri Food Finder** connects Missouri consumers with people growing and selling locally produced food in their region.



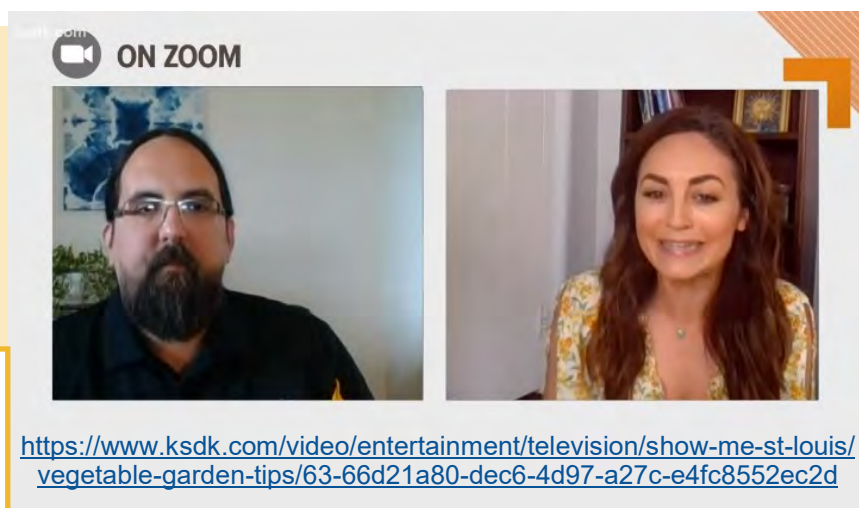
Horticulture Tips on Show Me St. Louis

Our Horticulture Specialist, Justin Keay, appeared on KSDK's Show Me St. Louis to share some tips on gardening basics:

- ♦ Planting opportunities in St. Louis for late vegetable gardens
- ♦ The Beginning Gardener: Getting Started with Vegetables in 2020

"Your TV segment on home gardening this morning was great - great info and great presentation!"

- Nancy Luetzow



<https://www.ksdk.com/video/entertainment/television/show-me-st-louis/vegetable-garden-tips/63-66d21a80-dec6-4d97-a27c-e4fc8552ec2d>

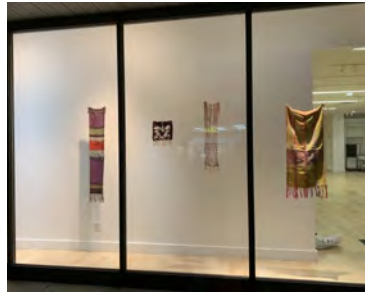
Community Arts

KEY OUTCOME

The **2020 St. Louis Storytelling Festival** was abruptly switched from an intensive one-week in person event to a multi-week virtual only event. Our Community Arts Specialist Lisa Overholser, curated all festival events. There were a variety of events, including "School's Out Storytime", "Later Tales for Adults" and "Way Back Wednesdays". More than 225 participated in the virtual festival with more than 700 views of the saved videos on the St. Louis Storytelling Festival Facebook page.



We worked with UMSL researchers and outside artists to help curate the **"We Came as Refugees: An American Story" Puppet Show**. The overall goal of the show was for participants to learn about and understand the refugee integration experience in the United States. There were 150+ participants.



Working with the MU School of Visual Arts to install **Art in Empty Storefronts**. This program places visual art pieces, installations, or exhibits created by students or alumni of the school in empty storefronts.

Labor and Workforce Development

KEY OUTCOME

The onset of the pandemic challenged Labor and Workforce Development (LWD) to create new opportunities for engagement. In 2020, LWD transitioned and offered webinars to business, labor and community leaders across the state of Missouri. These responsive webinars brought timely information. **We engaged more than 1,080 St Louis County direct contacts in 14 programs and more than 100 sessions.**



The statewide Labor and Workforce Development team had more than 60,000 digital engagements and 48,000+ social media engagements statewide. Our Labor and Workforce Development Specialist, Doug Swanson, worked to create the *Connecting You to a New Talent Source* as a FOCUS St. Louis Impact Fellow. Additionally, Doug is part of the **Opioid Technical Assistance** grant which helps foster a culture that promotes employee safety, health and well-being through strategies that include recovery resources, providing support and reducing stigma related to the challenges surrounding substance use disorders.

Program Highlights

4-H Youth Development

PROGRAM SPOTLIGHT

As part of the **4-H Science Matters program**, teens traveled to the National 4-H Center in Maryland to participate in the National Youth Summit on Agri-Science. Teens also worked on an agri-science grant to research how to keep weeds out of their gardens and the benefits of gardening. They were also able to teach others their new knowledge on pollinators, agriculture and more through in-person (pre-COVID) and virtual classes in addition to showcases including the University of Missouri Science Center Day.



ADDITIONAL HIGHLIGHTS

As part of a **Smart Cents** grant, we were able to provide a financial literacy curriculum to youth and family members from a variety of backgrounds. The curriculum focused on accessing opportunities and pathways to prosperity and financial health. Pivoting to a virtual delivery, we provided the curriculum to 38 students in the St. Louis region.

In a partnership with the St. Louis Science Center and Storman Academy Middle School, we piloted a **Virtual Robotics Game** with middle and high school students. The goal being to create virtual competitions.

Our **4-H Electric Dolphins** from St. Louis helped to host the State VEX competition in February at the State Technical College of Missouri. There were 17 VEX IQ and 24 VEX teams.

The **4-H Girls Tech Challenge**, which teaches girls about computer programming, addresses community issues and explores careers, was held this fall in partnership with St. Francois County 4-H. Four college/high school teens led the virtual program for 27 girls in the St. Louis area and a few around the state to teach digital art, robotics, HTML, engineering and electrical circuits. The girls also learned about a variety of computer science careers.

We created **Media Literacy Virtual Curriculum** for students to learn what it means to be media literate. As part of the course, 40 students learned how to become a Positive Media Agent (PMA). 20 students became PMAs by creating positive media on an opposing position or a counter view and sharing the media.

Our all-girls **Powerful Girls Rock 4-H** after school program continued working on leadership, self-awareness, time management, bullying, communication skills and the transition to high school. It was started by two 4-H alumni four years ago.

"This 4-H program has given my girls the confidence, help and education they need to better understand themselves and learn how to be helpers."

- Christina Elkins, Teacher

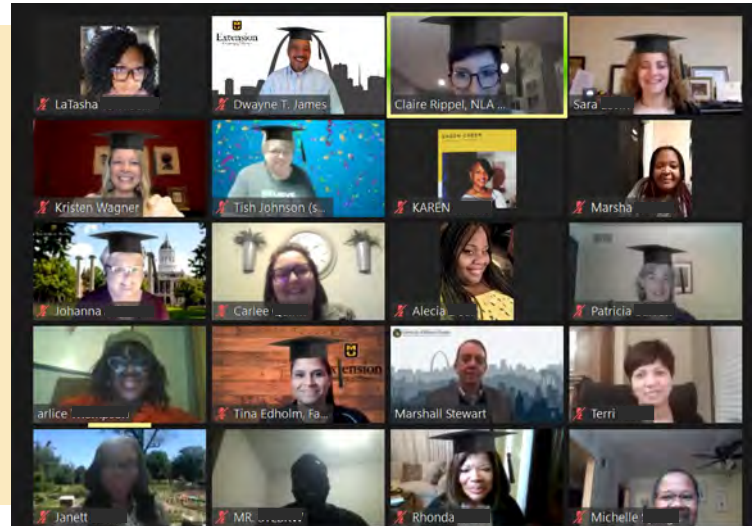
Due to the COVID-19 pandemic, the annual statewide **4-H Youth Futures College within Reach** conference was offered virtually over three days with 2-hour sessions per day. There were a total of 60 high school students in attendance.



Community Development

PROGRAM SPOTLIGHT

In partnership with UMSL, **Neighborhood Leadership Academy (NLA)** has been offered since 2002 in the St. Louis region. This is the first year that the program was offered statewide. This format aims to increase opportunities in smaller communities and build bridges between urban, suburban and rural Missourians to solve complex challenges that face many communities across the state. The NLA 2020 class had 58 participants from a wide variety of communities. This year, the St. Louis County Extension Council allocated funding to help kick-start five of the NLA projects.



ADDITIONAL HIGHLIGHTS

The 2020 **Neighborhood Leadership Fellows (NLF)** cohort had 23 graduates. This 9-month, 18-session fellowship prepared community leaders from the St. Louis Promise Zone (North St. Louis City and parts of North County) to work towards local system change. Fellows created an Individualized Personal Leadership Plan and worked in group projects aimed at addressing more equitable regional policies and preventing violence in the community. The 2020 group NLF is provided in collaboration with Creating Whole Communities (CWC) and the St. Louis Economic Development Partnership with funding from Missouri Foundation for Health, ReCAST, St. Louis Mental Health Board and the Deaconess Foundation.

“I learned so much about myself and my abilities. This program allowed me to see that I am the change in my community that I have been waiting on. Now, I also have other fellows, mentors, and coaches at the ready able to give me support, guidance, and encouragement.”

- 2020 NLF Participant

2020 was the inaugural year of the **Youth Empowerment Program**. This nine-month fellowship is for youth (13-19 years of age) to acquire awareness, training and engagement as community leaders; to recognize critical needs; and to learn how to develop plans to address those needs through policy. More than 30 teens participated this inaugural year. YEP is administered through partnerships with Ready by 21 St. Louis, ReCAST, Missouri Foundation for Health, Northside Community Housing, St. Louis Youth Violence Prevention Partnership and St. Louis City Health Department.



We provided **Navigating Difference Cultural Awareness Training** to all 107 employees of the City of Richmond Heights over four sessions. When asked, 65% responded as having a better understanding of cultural competency as a result of the training.

We **partnered with regional organizations** to assist with their community development including InvestSTL with their Civic Infrastructure Design, Beyond Housing with their community conference and virtual community workshops and Violence Prevention Commission with video and info graphics about community leadership.

Program Highlights

Horticulture & Natural Resources

PROGRAM SPOTLIGHT

The **St. Louis Master Gardener Chapter** logged **26,219 volunteer hours this year**. Highlights include 2018 MG Ron Brown expanding his Friends of the Market Community Garden to include a house and property in Ferguson, MO which made it possible to serve clients with disabilities and 2020 MG Kirsten Westley writing a grant to receive a pollinator kit for Orchard Farm Elementary School.



ADDITIONAL HIGHLIGHTS

The **MU Extension Commercial Horticulture Newsletter** began this year as a bi-weekly video newsletter to connect commercial horticulture producers to resources helping them be successful in growing and marketing horticultural crops. 81 videos were created and uploaded to the MU Ext IPM YouTube channel.

COVID restrictions went into place in STL County the day before the **Sustainable Kitchen and Garden Seminar** was scheduled to take place in-person. Within 24 hours, we setup a Zoom version of this event with reduced class offerings. This seminar is oriented towards the general gardening public and offers a variety of gardening/nutrition topics.

As part of the **International Institute Grant for Refugee Farmers**, we performed farm visits, offered zoom training sessions and developed video segments on various topics. The program provides direct consultation to farmers regarding crop selection including the viability of growing various African vegetables in the Midwestern Climate.

Private Pesticide Applicator Training was provided in a face to face session and two sessions using Zoom. Trained farmers improve pest management using safe application practices and maintaining concern for the environment.

2020 Wednesday Free Speaker Series. There were 25 talks held this year with an average attendance of 99. Topics included Planting for Birds, Composting 101, Problems Common To Perennials and Annuals, The Basics of Tree ID and Managing Your Garden for Pollinators.



In the 2020 calendar year, 94 active **Master Naturalist Great Rivers Chapter** volunteers logged 7,877 volunteer service hours to support 63 partner and local organizations.

Additionally, we provided virtual instruction on these Horticulture topics: **Selling Local Foods Metro Workshop; Soil 101 and Understanding Soil Test Results; Cover Crops for the Vegetable Garden; and Plant Health & Production.**

We also provided an MU Fruit Production Series and MU Home Gardening Series along with the Private Pesticide Applicator Training and Master Pollinator Steward Training.

The **St. Louis Master Gardeners Horticulture Answer Service** was available by phone and email to answer plant questions and provide gardening knowledge.

Business Development

PROGRAM SPOTLIGHT

The Missouri Procurement Technical Assistance Center (MOPTAC) St. Louis office has participated in several recovery discussions, initiatives, webinars and efforts to assist small businesses with COVID-19 recovery including:

- ◆ North County Inc., Regional Development Association's committee to assist small businesses
- ◆ Panel discussions with Karl Guenther, University of Missouri St. Louis Assistant Vice Chancellor of Economic & Community Development, to highlight opportunities for small businesses with UMSL and surrounding anchor businesses.



ADDITIONAL HIGHLIGHTS

The MOPTAC continued to serve its clients in the St. Louis Metropolitan area by conducting individual Zoom sessions, monthly online training events and phone calls. Our 2020 program impact includes:

◆ Number of New Clients	118
◆ Amount of Counseling Time	835 hours
◆ Number of Counseling Sessions	689
◆ Number of Participated Events	26
◆ Dollar of Awards	\$66,322,801

MOPTAC has additionally provided information to our clients regarding changes in Woman Owned Small Business (WOSB) certification.

The Missouri Small Business Development Centers (SBDC) for Agriculture, Food, & Forestry is helping businesses move beyond the disruptions of the COVID-19 pandemic. Our SBDC is combining the relationships and expertise of our Horticulture Specialists with the Missouri SBDC's business knowledge and resources to provide knowledgeable services to producers and agriculture businesses facing today's challenges. We are providing one-on-one, personalized assistance to help businesses make confident decisions by offering assistance with:

- ◆ Commercial Horticulture
- ◆ Food & Forestry
- ◆ Value-added meats



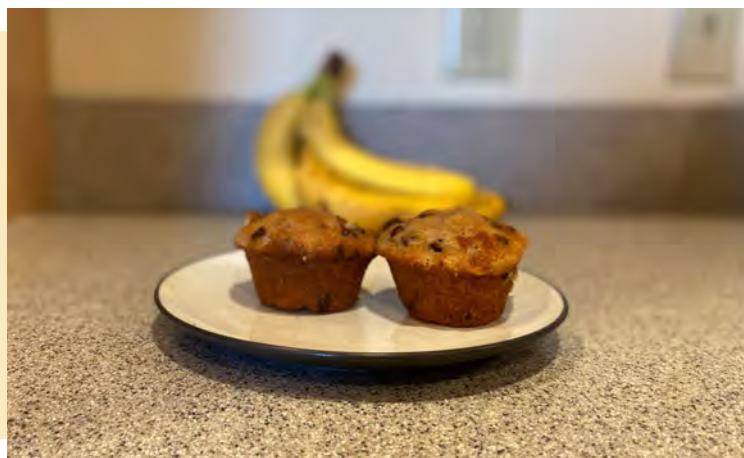
On National Procurement Technical Assistance Center (PTAC) Day, September 16 2020, our Procurement Specialist, Don Robertson, was honored with a Proclamation. We thank St. Louis County for their continued support of the Missouri PTAC program.

Program Highlights

Nutrition and Wellness

PROGRAM SPOTLIGHT

We worked with the Carondelet YMCA and Rec Center's Active Older Adults group to offer **Nutrition in Action**. The goal of this class is to provide active older adults with research-based nutrition education on a variety of healthy eating topics. We introduce different cooking techniques and allow them to sample some new foods. Each week participants are asked to set an action plan and do some small homework such as measuring portion sizes.



ADDITIONAL HIGHLIGHTS

We trained young adults to become community peer health educators in a two-part virtual **Healthy Behaviors for Teens** presentation. They learned the importance of eating healthy snacks, being a good role model for healthy behaviors in their community and then made a healthy fruit pizza snack together. Wellness topics included healthy snacking, reducing added sugars, food budgeting and smart grocery shopping. Participants received food and supplies to prepare the healthy snack.

Delivered a 2-hour training titled **"Move More, Sit Less"** to the staff at a child care facility in Spanish Lake to help them fulfill Missouri state requirements. Training topics included how to be good role models for physical activity and how to structure and build it into the curriculum.

We provided presentations on the topic of falls during **National Falls Prevention Awareness Week** for the Kirkwood/Webster Senior Resource Team. There were a total of 21 professionals who were on the calls. The Senior Resource Teams (SRT's) are multidisciplinary teams of community members and service providers who work together to address the problems of seniors and adults with disabilities.

We delivered a virtual nutrition class to 42 young adults in the **United Way of Greater STL: Youth Individual Development Account Program**. Topics included tips on how to save money on fruits and vegetables while comparing unit prices to find deals.



In partnership with Lindbergh School District Community Education, we offered a virtual **Meals in an Instant Pot** class that focused on how to use this kitchen appliance and demonstrated how to make a Mushroom Risotto.



We worked with the Mehlville Oakville Alumni Association to host a **Virtual Healthy Snack Event** fulfilling their grant from the Walmart Foundation meant to address nutrition education. We provided a healthy snack recipe kit and a corresponding cooking demonstration on Facebook Live.

In partnership with Parkway School District Employee Wellness, we led employees in a **Real-time Virtual Cooking Class**, making a quinoa enchilada skillet.

Nutrition and Wellness

PROGRAM SPOTLIGHT

We partnered with Healthy Schools Healthy Communities funded by Missouri Foundation for Health, BJC's Youth and School Outreach, Birthright St. Louis, Better Family Life, Inc. and CHIPS Health and Wellness Center to lead families thru the **Cooking Matters at Home** program. Each week, families participated in evening cooking classes over Zoom and received a bag of groceries to recreate the meal at home. Meals included Turkey Tacos, Chicken, Veggie and Rice Stir Fry and Pineapple Carrot Muffins. In total, 92 people (53 adults, 39 youth) completed the program in 2020. Lesson topics included recipe reading, the importance of family meal planning and healthy snacking.



"The kids learned how to prepare and cook healthy meals without fighting each other over who didn't want to do what. A Godsend for a busy parent that can't get to the stove every day."

-shared by one parent

ADDITIONAL HIGHLIGHTS

We worked with the Brentwood Public Library to initiate a monthly **Healthy Kitchen Series**. The plan was for each month to feature a different topic discussing the nutritional benefits of the food/foods and how to cook those items in your kitchen at home. COVID-19 postponed the efforts however, we were still able to provide a few discussions. For example, we led a 60 minute presentation on nutritional benefits of Fish and Omega-3 fats and how to incorporate them into your diet with a special focus on fish.

Through the **Family Nutrition Education Program**, MU Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program recipients and those who are eligible. Our nutrition educators conducted 750+ sessions with more than 13,750 individuals in a variety of settings to help them make behavior changes to achieve lifelong health and fitness.



We partnered with the Kirkwood Public Library to provide a 60-minute **Taking Care of YOU: Self Care** class focused on 10 tips that people can employ in their life and the research supporting these tips. The class concludes by asking people to develop a self-care action plan. We also worked with the library to provide a **How to Boost Immunity through Five Different Lifestyle Habits** virtual class. This class was developed by one of our Nutrition and Wellness Specialists during quarantine.

"The breathing techniques we learned have helped with my sleeping, alertness, and have allowed me to rise above my anxiety and frustration and thrive in my daily activities."

— Male Participant, Living a Healthy Life with Chronic Disease

In collaboration with Missouri Association of Area Agency on Aging, specialists conducted seven self management workshops reaching 88 total participants with a 97% completion rate. These courses are designed to address the complex array of health issues and self-management behaviors that cut across different chronic illnesses. Participants were given the necessary tools, resources and skills to learn how to become better self-managers of their chronic condition(s) and improve their overall health and well-being.

County highlights



2018 Neighborhood Leadership Fellow and 2020 Master Gardener Ronald Jones created a unique educational & demonstration garden in the JeffVanderLou neighborhood. **Ronald won the Missouri State Fair Best 2020 St. Louis Urban Garden.** A recent New York Times article titled [The Promise of Pawpaw](#) included Ronald's garden.

Our Community Development Specialists, Claire Rippel and Dwayne James accepted **Community Builders Network award** for Growing in Equity Anti-racism on behalf of Neighborhood Leadership Academy and Neighborhood Leadership Fellows.

Representing at the Legislative Academy, **St. Louis County 4-H member Anna Loucks had the honor of shadowing the Missouri Secretary of State, John R. Ashcroft.**

As part of the 4-H Healthy Habits Grant, our Nutrition and 4-H Specialists & Educators created recipe kits focused on healthy breakfasts. **The kits included three recipes; baked apples, no-bake energy bites, and pineapple carrot muffins. We were able to deliver approximately 150 kits.** 4-H youth trained in the Healthy Habits developed videos demonstrating each recipe and made the recipe cards for the kits. Bags were delivered to families in Jefferson County, St. Louis County, and St. Louis City.

Providing a "Healthy Change Workshop" at the Maplewood farmers market in the Schlafly Bottleworks parking lot. We provide information on food safety, shopping on a budget and reading food labels in addition to having recipes available for foods that people can purchase at the market.



We partnered with A Red Circle and Beyond Housing to provide nutrition education to residents living at two senior housing buildings. Originally, we were to provide three in person educations however as a result of COVID-19, **we pivoted to online classes while still providing all the 95 residents with the needed ingredients and recipes.**

The Great Rivers Chapter supported this Audubon Center at Riverlands Eagle Ice Festival with trail hiking, eagle viewing and crafts for the children. **The annual event was attended by more than 1800 visitors.**

2020 YEP Scholar and St. Louis County Extension Council Youth Member **Stephanie Njeri, was awarded the 2020 Community Service Award** from Vintendo4Africa.

The Soil Testing Blitz took place the first part of March, where soil samples were dropped off at seven partner locations. Horticulture Specialist Justin Keay and Horticulture Educator Holly Records worked to identify partner locations that were geographically spread. **77 soil samples were collected during the blitz; which resulted in a 103% increase from the previous year for the same month.** This event allowed us to get the word out about soil testing services.

Our 4-H alum and intern Drachen Koester met with Bayer President Lisa Safarian and Vice President Darren Wallis to share his 4-H experiences at the National Youth Summit on Agri-Science. **Drachen was also selected as a finalist for the National 4-H Youth in Action award.**

MU Extension is the outreach and engagement arm of the University of Missouri system providing research-based educational programs for youth & families, businesses & communities and horticulture.

Follow us on Social Media: MUExtStL



<http://extension.missouri.edu/stlouis>

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