



UNIVERSITY OF MISSOURI EXTENSION

# Wayne County

# 2023 Annual Report



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 **Extension**  
*University of Missouri*  
 an equal opportunity/ADA institution





Office of Extension  
and Engagement  
*University of Missouri*

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

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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

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

# Who we are

## Faculty and staff



**Jennifer Williams**  
Extension  
Engagement  
Specialist



**Kelley Brent**  
Southeast  
Nutrition and  
Health Field  
Specialist



**Davida Pedigo**  
4-H Program  
Associate



**Judy Koehr**  
Nutrition Program  
Associate



**Fran Mann**  
Office Manager

## Council members

**Julie Gronski, Chairman**  
**Beverly Brown, Vice-chairman**  
**Peggy Roach, Secretary**  
**Angie Boshell, Treasurer**  
**K. Sue Henry**  
**Donna Pennington**  
**Dawn Barks**  
**Rye Huff**  
**Shelby Henson**  
**Kyle Mabury**  
**Vinnie Clubb, Farm Bureau Rep**  
**Brian Polk, Commissioner**



## County commissioners

**Brian Polk, Presiding Commissioner**  
**Steve Foster, Western District Commissioner**  
**Doug Wood, Eastern District Commissioner**





# Budget and more

## Appropriations budget

### Income

County Appropriations	30,000
Additional Funding for 4-H	5,000
<b>Total Income</b>	<b>35,000</b>

### Expenses

Salaries/Benefits	27,328
Travel	2,772
Telephone	941
Office Supplies/Service	346
Postage	201
Farm Family	300
Advertising	139
Copier Expense	1,866
Unanticipated Office Exp.	245
<b>Total Expenses</b>	<b>34,138</b>

## Return on investment

Protein Distribution	\$43,657.80
USDA/MU Garden Grant	\$24,694.41
MU Eat Smart in the Parks Grant	\$5,000.00
4-H "Lead to Change" National Grant	\$2,000.00
SNAC/4imprint Grants for 4-H (\$500)	\$1,000.00
4-H Foundation Grant – Fair Grounds	\$1,000.00
Missouri 4-H Day of Service Grant	\$1,500.00
4-H Scholarships for Local Students	\$5,000.00

## Key outcomes and numbers

- ✓ 861 Contacts made with Wayne County Extension by phone/email for information on FCC Broadband Challenge, Livestock Brands, Protein Distribution, Rock Identification, How to Start a Small Business, Japanese Beetle Repellent, Tranquilizing a Longhorn Cow for Transporting, Catfish Pond Water Testing, Canned Goods in contact with Bug Spray, Reheating Mashed Potatoes, Harmful Chemicals in Topsoil, Beef Jerky Certification, Swim Lessons
- ✓ 92 People stopped by the office for Soil Samples Boxes/ Results, Forage Pamphlets, Canning Help, Tax Return Forms, Swim Lesson Registration, Irrigation Grant Information, Marketing Organic Produce Information, Recipes, Seeding Rates, Farm Tax Record Books, 4-H Membership Forms, Cash Rental Rates
- ✓ 196 Soil samples, 2 Hay samples, 4 Water samples
- ✓ Kelley Brent received the Missouri Farm Bureau Outstanding Specialist Award
- ✓ 41,843 People were reached on Facebook for MU event advertising and information
- ✓ Programs offered – 3 County Protein Distributions, Swim Lessons, Walking for Fitness, Stay Strong, Stay Healthy, Eating for Brain Health, Keep Your Keys, Century Farm Registration, Open Gym
- ✓ Extension presence at events – Ag Connect, 4-H Ignite National Summit, Child Abuse Awareness Fun Day, Easter Egg Hunt, 4-H Regional Art Show, 4-H Day Camp, MO State Fair, 4-H Day of Service, Wayne County Fair, Jack O' Lantern Jubilee, Chad Higgins – Interim Vice Chancellor Extension/Engagement & Interim Chief Engagement Officer Visit to Wayne County, Greenville Christmas Activities, Williamsville Christmas Parade, CMS Family Night

## MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

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



## Local Support

Did you know you can donate directly to *Wayne County Extension* with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H.

<https://extension.Missouri.edu/counties/wayne/donate>

# Wayne County



## UM System Footprint in the county in 2023



### FY23 county students

**12 students**

- 10 Undergraduates
- 2 Graduate and professional students
- 10 Full-time students
- 2 Part-time students



### County employees and retirees

**4 people employed by UM**

- 3 Campuses
- 1 MU Health Care



### County alumni

**Selected school alumni**

- 3 Medicine
- 6 Nursing
- 6 Health Professions
- 3 Dentistry
- 2 Pharmacy
- 3 Veterinary Medicine
- 15 Agriculture
- 10 Engineering
- 12 Law

**Alumni teaching K-12**

- 6 teachers
- 4.7% of all district teachers
- 1 principal or administrator
- 14.3% of all district principals and administrators



### County breakdown

**MU**

- 6 students
- 83 alumni
- 3 employees

**UMKC**

- 0 students
- 7 alumni
- 0 employees

**Missouri S&T**

- 5 students
- 6 alumni
- 0 employees

**UMSL**

- 1 student
- 21 alumni
- 0 employees



### County properties and offices

MU Extension in: Wayne County



County population: 11,298



### County services provided

**Health care (FY23)**

- 21 in-state patients seen at MU Health Care, with \$6,942 of uncompensated care
- 1 in-state patient seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 7 visits to 5 patients having ZIP codes associated with the county

**Extension (2022)**

- 5,728 Total educational contacts from MU Extension to residents of the county, including:
- 5,728 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development



# Wayne County



University of Missouri System  
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

## UM System Statewide Footprint

### Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.

**\$3.1**  
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

### Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

### Education Highlights

#### FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million

MU		UMKC	
27,256	\$536.0M	11,859	\$217.3M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded

Missouri S&T		UMSL	
6,748	\$117.7M	8,489	\$102.8M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed [mobraadband.org](http://mobraadband.org), part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

**Supporting the University of Missouri is an investment in the future of Missouri.**

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2023, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation





# Missouri Grand Challenges: Local Solutions



## WAYNE COUNTY

### Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

**For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:**



#### Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



#### Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



#### Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

### Knowing Local Challenges



#### CHALLENGE 1: Economic Opportunity: *Business Dynamics*

#### Business Growth/Change

The rate of business change reflects the net gain or loss in total establishments. The report area saw a net loss of 43 businesses between 2011 and 2021. There were 261 establishment "births" and 304 "deaths" contributing to the change. The rate of change was -17.27% over the ten year period, which is lower than the state average of 8.04%.

##### Establishment Net Change Rate

**-17.27%**

Wayne

Missouri

8.04%

Data Source: US Census Bureau, [Business Dynamics Statistics](#). 2011-2021.

#### Largest Job Sectors

Understanding the local economy is vital to describing a community. In this region, the largest sector by employment size is Government and government enterprises, which employs 594 people. The average wage for the industry is \$55,018. Retail trade and Other services (except government and government enterprises) are the next largest sectors, and they employ 373 and 298 workers, respectively.

Job Sector	Total Employment	Average Wage
Government and government enterprises	594	\$55,018
Retail trade	373	\$20,265
Other services (except government and government enterprises)	298	\$22,815

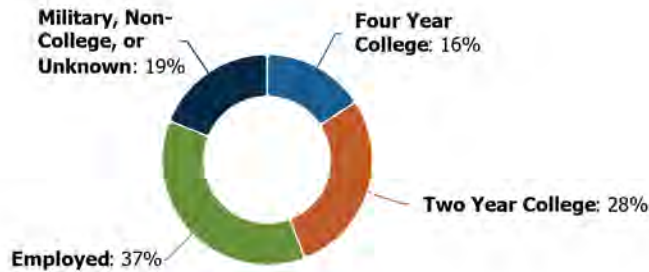
Data Source: US Department of Commerce, [US Bureau of Economic Analysis](#). 2022.



## CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

### Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 95 graduates surveyed in the report area, 15 went to a four-year college, 27 to a two-year college, 35 directly entered the job market. The remaining 18 are reported as in the military, not in college, or unknown.



Data Source: [Missouri Department of Elementary & Secondary Education](#). 2022.



## CHALLENGE 3: Healthy Futures: *Access to Care*

### Mental Health Care Providers

Mental health is a critical public health issue worldwide. Access to mental health services is a challenge across Missouri, which ranks 46 out of 51 states in provider access. In the report area there are approximately 3 credentialed professionals providing mental health care to serve the area's 10,974 residents. The patient-provider ratio in the report area is 3,658 to 1, which means there is 1 provider for every 3,658 persons. The ratio of persons to providers in the report area is higher than the state average of 855:1, which means there are fewer providers per person in this area.

#### Ratio (Population to Providers)

3,658:1

Wayne

Missouri

855:1

### Primary Care Providers

Older adults make up a historically large percentage of the U.S. population and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 4 primary care physicians (MDs and DOs) to serve the area's 3,086 residents over the age of 65. The patient-provider ratio in the report area is 772:1, which means there is 1 provider for every 772 older adults. The ratio of adults to providers in the report area is higher than the state average of 242:1, which means there are fewer providers per person in this area.

#### Ratio (Population to Providers)

772:1

Wayne

Missouri

242:1

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). December 2023.

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). December 2023.





## CHALLENGE 4: Agricultural Growth & Stewardship: Food Security & Access

The ability to access healthy and affordable food can be a challenge in Missouri’s rural and urban communities alike — with negative impacts on people’s health and food security status. Food insecurity is the lack of access, at times, to enough food for an active, healthy life. It is associated with many adverse social and health outcomes. Missouri’s overall food insecurity rate is 11.8% — and 12.8% for children under age 18. More than half of Missouri’s 114 counties and the City of St. Louis report food insecure populations of 12.6% or higher. Multiple interventions that address the root causes of food insecurity can impact this critical public health issue. Learn more at the [Food Security Story Map](#).

### Population Living in a Food Desert

43.30%

Wayne

Missouri

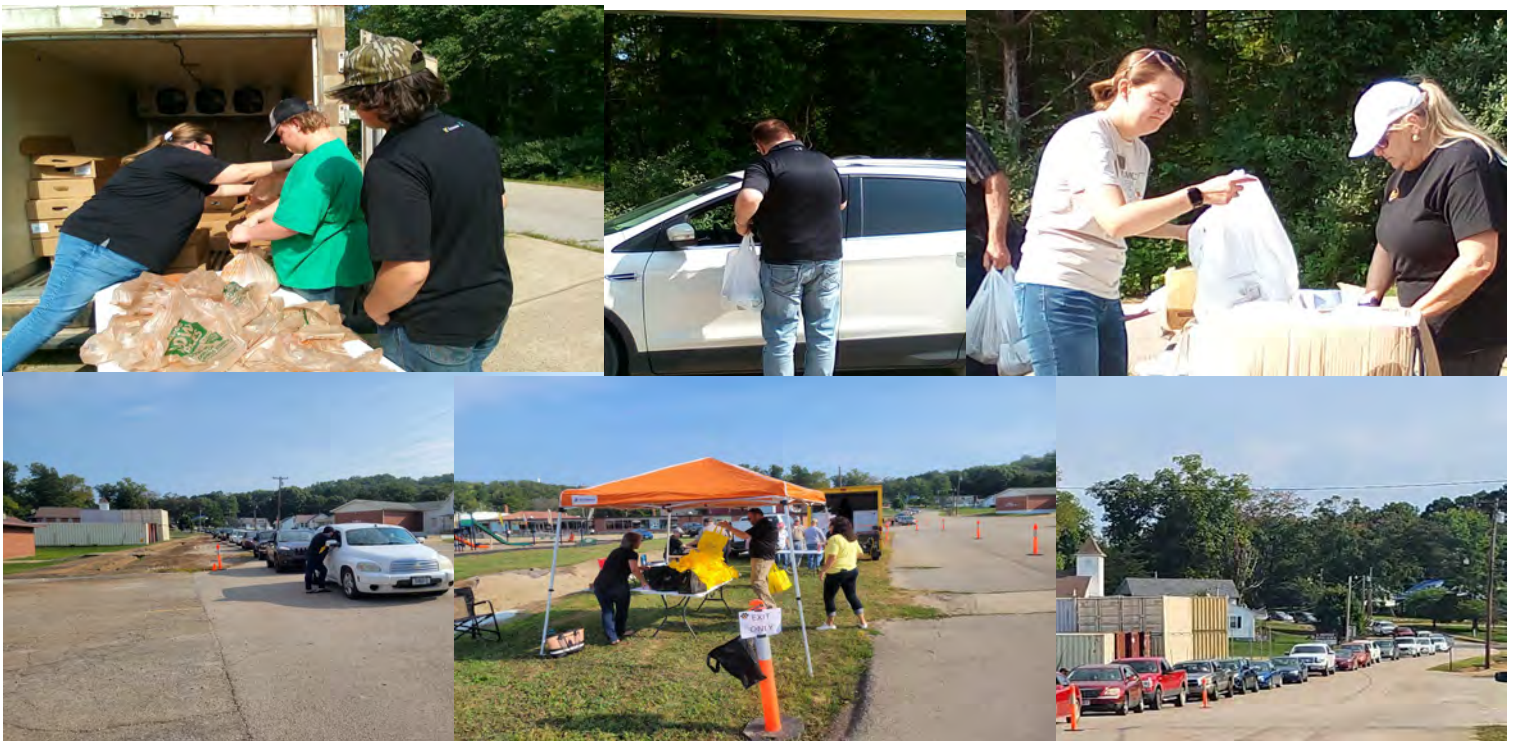
17.69%

Data Source: US Department of Agriculture, Economic Research Service, [USDA - Food Access Research Atlas](#), 2019.

### Wayne County Protein Distribution

Wayne County Extension partnered with Community Resource Council to implement the USDA Local Food Purchase Assistance program in Wayne County. The purpose of this effort is to promote and support local ranchers and producers while also providing much needed food distribution efforts for rural communities with food security concerns.

USDA Local Protein Distribution – Wayne -4 events, \$43,657.80 brought into Wayne County  
Additional \$6,500 raised for MU Admin for Programming  
USDA Local Food Distribution – Madison - \$9,493.75



# Wayne County

## Missouri 4-H

### Local Impact Wayne County 4-H Programs—Impacting Local Youth by Teaching Life Skills



Wayne County 4-H Clubs offer long-term educational experiences in which members learn life skills such as leadership, citizenship, responsibility, teamwork and community service under the guidance of trained adult volunteers. Our project-based learning teaches youth life skills, such as goal-setting, while they pursue what interests them. Our 4-H youth connect to the University of Missouri for hands-on learning and leadership events on campus. Participation in 4-H activities encourages skills such as wise use of resources, decision-making, goal setting, marketable skills and self-motivation. We are creating youth who care about and contribute to the economic vitality of the entire community.

Wayne County has two community 4-H clubs in Greenville and Williamsville with over 30 volunteers serving nearly 50 youth. Projects range from arts and crafts to archery, gardening, and animal projects.

Wayne County offered over 10 SPIN or Special Interest Clubs that offered everything from SNAC to Archery to Young Entrepreneur projects to College and Career Readiness. Over 1000 youth (some duplicated) participated in the SPIN programs and School Enrichment programs offered at the Greenville and Clearwater School Districts as well as through camps and church camps. We created partnerships with all the schools as well as the Wayne County Fair Board and the Wappapello Lake Area Association.

Wayne County received grants totaling over \$10,000 in equipment and supplies to support some community service projects, including our SNAC project. The contribution of our volunteers had a value of over \$100,000 based on a federally recognized rate of \$25 for each hour of volunteer service.

How do our 4-H programs make Wayne County better? 4-H members are three times more likely to go into science related careers. Studies show that youth in programs like 4-H are 70% more likely to attend college, increasing their earning potential by over \$2 million over their lifetime. Communities reap long-term benefits when they support 4-H clubs. Youth engaged in the program are 60% more likely to vote and volunteer for their community than their non-engaged peers.

4-H programs are supported by the University of Missouri Extension Council and facilitated by Brad Coleman, 4-H Field Specialist, and Davida Pedigo, Youth Program Associate.



# Wayne County

Missouri 4-H

## Local Impact

“4-H at the Lake”



“2023 4-H Day of Service”



“Youth Futures”

“2023 National Ignite Group”



“4-H Regional Day Camp”

“4-H Day with the Cardinals”







MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**  
 through credible statewide programs  
**Agriculture and Environment**



**The Missouri Integrated Pest Management**

**Program**, funded by USDA grants, has been an important extension program for 30-plus years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems.



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



**Management-intensive grazing**

involves dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend grazing schools learn how to reduce costs through improved livestock, grazing and pasture management while getting insights into fencing, watering systems and grazing system design.



**The annual impact of management-**  
**intensive grazing is estimated to be**  
**\$125 MILLION per year in Missouri.**



Women make up a growing portion of private forest landowners, and their knowledge and confidence in managing their land is invaluable. **The Women Owning Woodlands program** empowers women landowners to take action to secure the future of their land.



**Legend**



Agricultural Growth  
& Stewardship



Economic  
Opportunity



Educational  
Access &  
Excellence



Health  
& Well-Being



# Wayne County

## Agriculture and Environment

UNIVERSITY OF MISSOURI EXTENSION

### 2023 Update

Sarah J. Higgins  
Field Specialist in Natural  
Resources  
314-971-4826  
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Covering Bollinger, Butler, Cape Girardeau, Carter, Crawford, Dent, Dunklin, Howell, Iron, Jefferson, Madison, Maries, Mississippi, New Madrid, Oregon, Pemiscot, Perry, Phelps, Pulaski, Reynolds, Ripley, Scott, Shannon, St. Francois, Ste Genevieve, Stoddard, Texas, Washington, and Wayne Counties

#### About me & 2023 in review

Hello all! I started my position as a Natural Resources Specialist on July 5<sup>th</sup>, 2023. I am based out of Phelps County in Rolla, and I serve 28 other counties in southeast Missouri. I got the opportunity to work in this part of the Ozarks while pursuing my undergraduate degree Environmental Science from Mizzou and loved getting to explore the beautiful landscapes in this region. I moved back to Missouri after receiving my master's in Environmental, Soil, & Water Science from West Virginia University, and I feel so grateful to be back. I'm excited to work with the people in this region to conserve our beautiful natural resources.

Since starting in July, I've gotten the opportunity to meet many others in the area involved in natural resources, including private landowners, Missouri Department of Conservation employees, and Natural Resources Conservation Service employees, people involved in the timber industry, and other Extension professionals. I'm looking forward to developing these partnerships more in 2024 and collaborating on programs to deliver in southeast Missouri. Please contact me to talk more about what kinds of natural resource programming you'd like to see in your county. Looking forward to working more with you all in 2024!



Field site demonstrating the need for timber management at the MO Tree Farm Conference.



Invasive bush honeysuckle from an invasive species workshop in Versailles, MO. Other invasive species discussed included autumn olive, multiflora rose, wintercreeper, sericea lespedeza, princess tree, and eastern redcedar (a native field invader).

#### Looking at 2024

Here are a few programs to keep an eye out for in 2024. I also hope to visit more counties and attend some Extension council meetings, so please reach out if you'd like me to come!

- Restarting Women Owning Woodlands program. We hope to have social hikes and monthly virtual meetings.
- White Oak, Whiskey, and Wine webinar series at 12 pm on Mondays in January.
- Hybrid (virtual & in-person) Succession Planning workshop on February 29<sup>th</sup>.
- Invasive Species workshop in March.
- Forest health webinar series in early April, followed by a forest health field day on April 13<sup>th</sup>.

Please contact me for any details related to the programs above. I will send more information and updates on programs throughout the year. I'm eager to work with you all next year!



# Wayne County

## Agriculture and Environment

### Local Impact

#### “2023 Wayne County Missouri State Fair Farm Family”

Kyl & Lee Mabury



Kyle and Lee Mabury of Patterson were among the families honored during the 66<sup>th</sup> annual Missouri Farm Family Day, August 14, at the Missouri State Fair.

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

#### “Wayne County Century Farm”

Gary & Sheryl Beiseman



“We’d like to offer our sincere congratulations to one of Missouri’s newly registered Missouri Century Farms. The Beiseman Family Farm joins over 8,000 other Missouri Century Farms but they are only the 20<sup>th</sup> registered Missouri Century Farm in Wayne County. It was such an honor to present them with their certificate and yard sign and learn more about their history in Wayne County.” Jennifer Williams, Extension Engaged Specialist, Wayne County Extension





# MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

**In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.**

Wayne County Extension engaged in Good Neighbor Week by organizing a protein distribution for Wayne County at the Greenville City Park. 367 households received a bag with 4 lb. of ground beef and 2 chicken quarters. 953 household members benefited from this give away..



## Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

# Wayne County

## Business and Community

### Local Impact

“Roger works at a local grocery store. He came to Wayne County Extension questioning how to start a new business. We retrieved information from the MU Extension website and provided a contact with SBDC. Expressing his appreciation for our help, he left our office.

After a few months had past, I saw Roger at the store. “Are you still working on your new business”, I asked. “Does a ‘patient pending’ mean anything?” asked Roger with a smile. He is preparing to make his dream come to pass and Extension was there to help him start in the right direction.







MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**  
 through credible statewide programs  
**Health and Human Sciences**



**Stay Strong, Stay Healthy** teaches older adults easy yet powerful exercises to boost strength, balance and daily life capabilities. Participants also gain insights into nutrition for healthy aging and active living.

**After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.**



**Cooking Matters** teaches shopping strategies, using nutrition information to make healthier choices and to learn how to cook delicious, affordable meals at home.

**“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**



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

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

**Legend**



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



# Wayne County

## Health and Human Sciences

### Local Impact

John Fuller, MU Human Development and Family Science field specialist, conducted a “Keep Your Keys” program at the Wayne County Health Center conference room. Four people attended and received resources to help their mental state stay alert in order to continue driving as long as possible. They also learned pointers of when it’s time to surrender the car keys.

*“I am not ready to give up my independence yet. I want to maintain clarity of mind as long as I can. Now I know there are steps I can take to achieve this.”*



Kelley Brent, a nutrition and health specialist serving Butler, Carter, Ripley and Wayne counties, is the recipient of the 2023 Missouri Farm Bureau Federation Outstanding Specialist Award.

Regional extension Family, Nutrition & Consumer Science subject-matter specialists who have demonstrated outstanding programming for rural families during the past 18 months and are nominated jointly by the county extension council and the county Farm Bureau are eligible. You may only receive this award once.

Nominees are evaluated on:

- Recognized competence in their field.
- Demonstrated leadership and ability to develop and deliver high-quality educational programs for individuals and families.
- Knowledge of the county's educational program needs.
- Effectiveness in establishing relationships with the county extension council, county commission, county Farm Bureau, local legislators, agency personnel and community civic groups.

Kelley totaled 18,753 contacts in 2023 with programming, engagement and projects throughout southeast region and statewide.



# Wayne County

## Health and Human Sciences

### Local Impact



USDA MU Garden Grant –Wayne – 4 partners, \$24,694.41

Butler – 8 partners - \$14,817.87

Carter – 3 partners - \$18,951.87

Ripley – 1 partner - \$8,297.82

The Missouri Department of Social Services provided Community Services Block Grant funding to the University of Missouri to expand school and community garden efforts in ninety locations throughout the state in 2022. In 2023, the University of Missouri was able to add eighty-two additional gardens as well as supporting twenty-one of the 2022 gardens. Wayne County now has gardens at the Greenville Elementary School and High School. Clearwater Elementary received a greenhouse and an assortment of garden tools. Clearwater High School was awarded a greenhouse to allow the FFA teacher, Kyle Mabury, to begin presenting agricultural classes.

The Greenville Elementary began gardening in 2022. They raised and sold enough produce to provide seeds for the upcoming growing season.

# Wayne County

## Health and Human Sciences

### Local Profiles and Stories



The annual Wayne County MU Extension Swim Lessons provided a full week of age-appropriate swimming education to a total of 24 kids. The kids ranged in age from 5 to 18. Swimming instruction, water safety, hydration and 4-H information were provided to all attendees.

An individual in the Wayne County walking class indicated that the opportunity to participate with the group for exercise and socialization keeps her going and motivated to do more.



Three participants shared examples of improved confidence related to their balance issues after taking Matter of Balance. One participant mentioned the discussions help her understand ways she can be more proactive in helping her to enjoy life despite her having Lumineers's disease.

The Eat Smart in the Parks Program outreach has been successful in reaching 8 counties in the southeast region who indicated interest in receiving the grant. These efforts have already opened up partnerships and the awareness of the need of healthier concession options in the parks via the informational toolkit they all received. We are excited to implement the program this year and not only impact through education of the park managers but informing users and offering healthier options while they recreate.

Eat Smart in the Parks - Wayne - \$5,000  
Butler - \$5,000  
Stoddard - \$5,000





# Wayne County

## SNAP-ED

### Local Profiles and Stories

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan. This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums. All ages can benefit from the SNAP curriculum,

784 direct or indirect contacts were made in Wayne County.

SNAP-Ed programming, "Kids in the Kitchen" was provided to 10 elementary students through an after-school program. Eight pre-school students participated in the same program.



Adults received nutritional information and exercise instruction through the "Let's Take a Walk" program where "Eat Smart, Stay Strong" was presented and by attending "Healthy Change" at the Wayne County Nutrition Center. An average of 13 attended. "Eat Smart, Be Active" classes were also held at the FCC facility near Piedmont, MO, the Meadowbrook Complex, and Trinity Methodist. 36 adults were present to listen to the curriculum.

# Wayne County

## SNAP-ED

### Local Profiles and Stories



#### 2023 Crunch Off

Wayne County's goal was 100. Through the Missouri-grown popcorn event at the Wayne County Fair and the Missouri-grown apple crunch off at the Greenville School, we easily reached it.

Wayne County Extension participated in the first annual "Child Abuse Awareness Fun Day". The event was organized by the MO Dept. of Social 42<sup>nd</sup> Circuit Children's Division. Wayne County NPA, Judy Koehr, had a table with information about nutrition, SNAP applications and giveaways for those who stopped by



MU Extension provided cooking demonstrations at the Missouri State Fair. Each showcased simple recipes featuring a different fruit or vegetable using fresh Missouri-grown produce. It was set up like a TV cooking show with competition between guest chefs. Three judges were chosen out of the audience. Everyone who watched the demonstration was given a chance to taste test.

Judy Koehr, Wayne County NPA, participated on August 10<sup>th</sup> by setting up the ingredients and utensils for that day's demonstrations and cleaning up afterward

Wayne County Extension was invited to be a part of the Clearwater Middle School Family Fun Night. Judy Koehr, NPA, prepared a table with nutrition information, had SNAP applications available, and had give aways for the adult visitors. 123 adults and students came to room and checked out our display.





# Wayne County

