



UNIVERSITY OF MISSOURI EXTENSION

Webster County

2024 Annual Report



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 417-859-2044

<https://www.facebook.com/webstercountyumextension>
<https://extension.missouri.edu/counties/webster>



Extension
University of Missouri

an equal opportunity/ADA institution

Who we are

Faculty and staff



Jeannie Moreno

Youth Program Associate
morenoja@missouri.edu
35 Years of Service



Patrick Byers

Horticulture Specialist
byerspl@missouri.edu
16 Years of Service
(retired November 2024)



Erin Snow

Office Manager
erin.snow@missouri.edu
2 Years of Service



Christy Whittaker

Nutrition Program Associate
cwhittaker@missouri.edu
1 Year of Service



Kyle Whittaker

Extension Engagement Specialist
Agriculture & Environment
kyle.whittaker@missouri.edu
5 Years of Service

Council members

Will Brooks, Chairman
Junior Bateman, Vice-chairman
Bill Messick, Secretary
Alea Clark, Treasurer
Lisa Jameson
Susan Keene
Missy Montgomery
Charity Stuber
Blair Gann
Ilene Philbin
Dean Witte
Tim Clarkson
Joel Olson
David Rybolt
Rick Fletcher
Dale Fraker



County executives

Paul Ipock – Presiding Commissioner

Dale Fraker – Northern Commissioner

Randy Owens – Southern Commissioner

Stan Whitehurst – County Clerk

Budget and more

Appropriations budget

Income

County Appropriations	54,628
Student Fees	11,372
Friends of Extension	4,290
Resale Services	1,056
Total Income	71,346

Expenses

Salaries/Benefits	51,173
Travel	9,697
Telephone	1,559
Office Supplies/Service	1,824
Utilities	4,006
Insurance	3,087
Total Expenses	71,346

Return on investment

University System	188,792
Donations	4,290
Program Revenue	11,372

Webster County Partners

Webster County Soil & Water
Sign Effix Graphics
Central Bank
Chet and Bill's Meat Processing
Webster Electric Cooperative
Seymour Bank
Arvest Bank
City of Marshfield
Marshfield Area Chamber of Commerce
Webster County Cattleman's
Webster County Farm Bureau
Marshfield MFA
OACAC
Webster County Health Unit
Seymour YMCA
Marshfield Lion's Club
Hillside Christian Church
Marshfield High School & FFA
Las Cazuelas
Case Real Estate
Brooks Gas
Webster County Beekeeping Club
Friends of Extension
Marshfield Machinery
M3X
Fordland Clinic

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



Local Support

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



Office of Extension
and Engagement
University of Missouri

Vice Chancellor's Office
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Columbia, MO 65211
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December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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

Webster County



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Footprint in the county in 2024



FY24 county students

60 students

- 41 Undergraduates
- 19 Graduate and professional students
- 47 Full-time students
- 13 Part-time students
- 13 Pell grant recipients (aid year 2024)



County employees and retirees

18 people employed by UM

- 17 Campuses
- 1 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)

8 UM retirees and beneficiaries
 UM salary and retirement income: \$943,009
 UM state tax revenue: \$27,525
 UM federal tax revenue: \$124,944



County alumni

Selected school alumni

- 6 Medicine
- 24 Nursing
- 18 Health Professions
- 10 Dentistry
- 17 Pharmacy
- 4 Optometry
- 13 Veterinary Medicine
- 53 Agriculture
- 96 Engineering
- 19 Law

Alumni teaching K-12

- 6 teachers
- 1.5% of all district teachers
- 2 principals and administrators
- 8.3% of all district principals and administrators



County breakdown

MU

- 30 students
- 208 alumni
- 13 employees

UMKC

- 12 students
- 63 alumni
- 1 employee

Missouri S&T

- 18 students
- 96 alumni
- 3 employees

UMSL

- 0 students
- 20 alumni
- 0 employees



County properties and offices

MU Extension in: Webster County



County population: 39,868



County services provided

Health care (FY24)

- 245 in-state patients seen at MU Health Care, with \$236,597 of uncompensated care
- 3 in-state patients seen at UMKC School of Dentistry with a statewide average of \$52.57 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 278 visits to 125 patients having ZIP codes associated with the county

Extension (2023)

- 5,911 Total educational contacts from MU Extension to residents of the county, including:
- 1,902 contacts related to productive farming, better gardening, and managing natural resources
- 3,600 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 166 contacts related to starting businesses, developing community leaders, or renewing the local economy

Webster County



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

UM System Statewide Footprint

Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.



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 FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

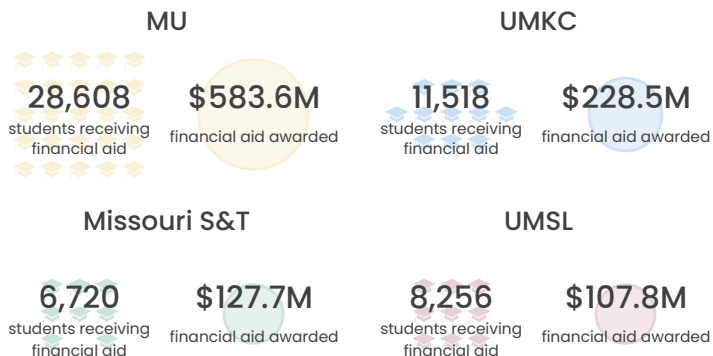


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

Education Highlights

FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

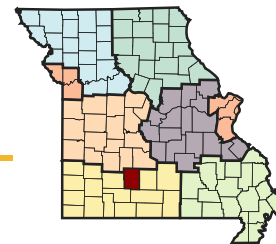
Supporting the University of Missouri is an investment in the future of Missouri.

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 2024, 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



WEBSTER 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

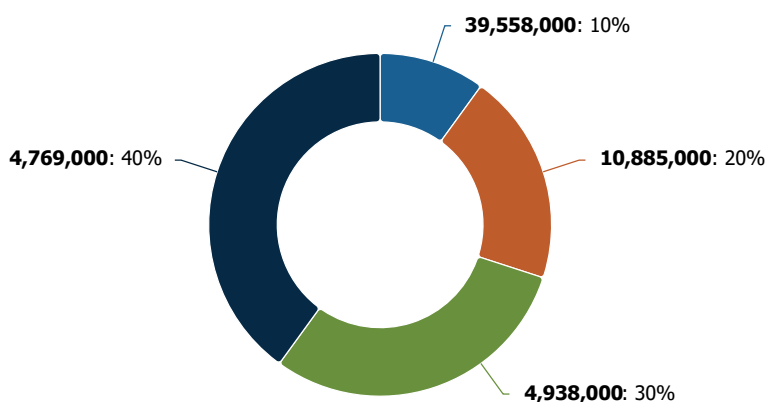
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Agricultural Economics*

Leading Agricultural Products

Total Rank (Sales): \$10



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$1,194,000 in 2017, an average of \$742 per farm. This is below the statewide average farm income of \$56,606.

Report Area	Total Farms	Average Farm Income
Webster	1,609	\$742
Missouri	87,887	\$56,606

Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.

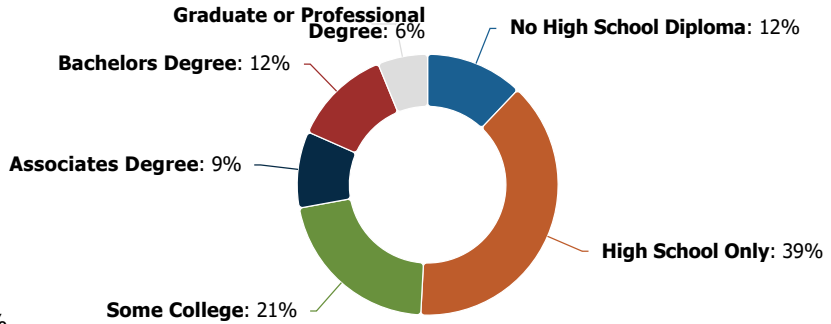


CHALLENGE 2: Educational Access and Excellence: *Educational Attainment*

Adult Educational Attainment

Educational attainment shows the distribution of the highest level of education achieved in the report area, and helps schools and businesses understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25 and is an estimated average for the period from 2017 to 2021.

In the report area, 21.3% of adults have at least some college education and 21.7% of adults have an associate's level degree or higher. However, 38.8% stopped their formal educational attainment after completing high school, and 12.1% of adults did not complete high school.



No High School Diploma

12.09%

Missouri

8.69%

Webster

Data Source: US Census Bureau, [American Community Survey](#). 2018-22.

Data Source: US Census Bureau, [American Community Survey](#). 2018-22.



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 trio there are approximately 26 credentialed professionals providing mental health care to serve the area's 39,085 residents. The patient-provider ratio in the report area is 1,503 to 1, which means there is 1 provider for every 1,503 persons. The ratio of persons to providers in the report area is higher than the state average of 346:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

1,503:1

Missouri

346:1

Webster

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). December 2024.

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 15 primary care physicians (MDs and DOs) to serve the area's 6,181 residents over the age of 65. The patient-provider ratio in the report area is 412:1, which means there is 1 provider for every 412 older adults. The ratio of adults to providers in the report area is higher than the state average of 250:1, which means there are fewer providers per person in this area.

Rate per 100,000 Seniors

242.70

Missouri

399.40

Webster

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). 2021.



CHALLENGE 4: Agricultural Growth & Stewardship: *Soils Testing*

Recent public initiatives and USDA programs are putting a focus on producers to improve the health of their soil. The USDA-NRCS defines soil health as the continued capacity of the soil to function as a vital, living ecosystem that sustains plants, animals and humans. A variety of practices can improve soil health, including regular monitoring, sampling and testing protocols. The MU Soil and Plant Testing Laboratory provides testing and unbiased, research-based recommendations for economically viable and environmentally safe nutrient management practices across Missouri.

Report Area	Agriculture	Home and Garden	Community Areas	Research	Total
Webster	321	43	0	1	365
Missouri	13,742	4,773	421	6,406	25,342

Data Source: [University of Missouri Extension Soil and Plant Testing Laboratory Annual Summary](#). 2022.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H Natural Resources programs employ hands-on activities in climate science, environmental sustainability, renewable energy, sportfishing and wildlife conservation. The **Shooting Sports program**, which teaches marksmanship, safe firearm use, hunting and archery principles, is a prime illustration of how 4-H programs promote holistic youth development and responsible citizenship. Supported by caring adult leaders, these programs offer opportunities to cultivate life skills, self-worth and conservation ethics.



A **SPIN club** focuses on a specific topic led by an expert in the field. While community clubs may meet over the full 4-H program year, SPIN clubs meet for set periods, typically from several weeks to a couple months. SPIN clubs can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Webster County

Missouri 4-H

Local Impact

4-H Annual Report Information

Jeannie Moreno, Youth Program Associate - Webster County 4-H

A community youth participants building life skills, contributing to their community and becoming college and career ready.

- 4-H members contribute hundreds of thousands of hours back to their community every year. [Service is a hallmark of all 4-H programs](#), teaching youth about the importance of giving back, [improving our communities](#) and developing innovative solutions to solve problems, large or small. 4-H'ers learn skills such as teamwork, critical thinking, community engagement and build a sense of compassion, confidence and pride.
- 4-H is an innovator in developing youth leadership and decision-making skills to prepare young people for the future. Our civic engagement programs engage youth in programs, organizations, and communities where they share a voice, influence, and decision-making authority. 4-H civic engagement programs equip young people with [confidence and leadership skills](#) to be leaders today and tomorrow.
- Our programming empowers youth to be healthy – body and mind – with the skills to make healthy decisions and lead healthy lifestyles. Having the confidence and skills to lead healthy lifestyles not only improves overall well-being; it enables youth to tackle life's challenges today and become leaders in their lives, careers and communities as they grow into responsible adulthood.

4-H Clubs

- 4-H participants in Webster County = **103** members
- **702 student participate in school enrichments programs**
- Webster County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.
- SNAC (Student Nutrition Advisory Council (SNAC) Clubs – Missouri's 4-H Student Nutrition Advisory Council (SNAC) Initiative, developed in collaboration with MU Extension Family Nutrition Education Program (FNEP), creates 4-H clubs that focus on teaching healthy eating in combination with leadership and citizenship skills central to 4-H. SNAC club members learn to advocate for increased healthy eating awareness, education, and initiatives to improve the health of their community.
- **127 students participate in Kids from the Kitchen**

Webster County

Missouri 4-H

Profiles and Stories



Recognition Night 2024 held at Fordland church of Christ on December 7th. Junior 4-H'ers that received their honor award t-shirts.



Recognition night's meal was prepared by the Mighty Eagles 4-H club.



Webster County 4-H members participated in the 2024 Regional Action Pac Team trip last spring. The group traveled to St. Louis for industry tours and leadership development activities.

Webster County

Missouri 4-H

Local Impact



Farm and Field 4-H club held a beef showing clinic at the Webster County fairgrounds. Participants learned how to care for, and properly display their beef animals.



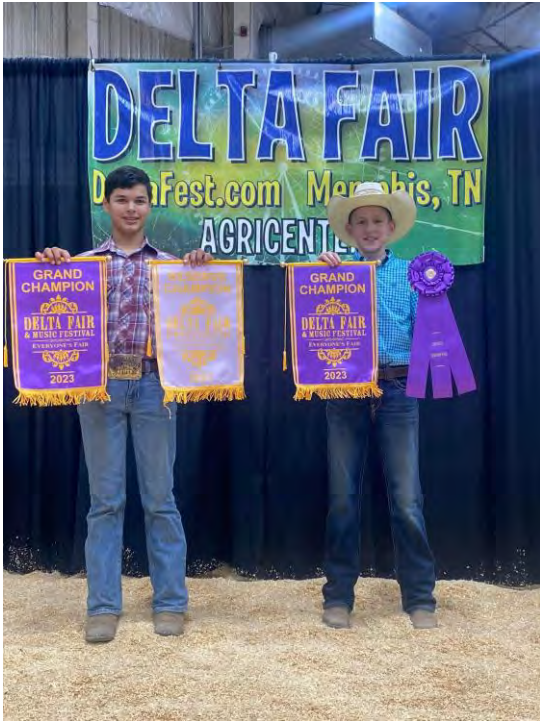
Many Webster County 4-H members exhibited projects at the Webster County Fair, Ozark Empire Fair and the Missouri State Fair.

4-H offers several different project areas that 4-H members can participate in. 4-H exhibits at the Webster County fair continues to increase as 4-H membership grows.

Webster County

Missouri 4-H

Local Impact



Showing livestock is an important part of 4-H membership. Many Webster County 4-H members show animals at several district, regional and national shows.



Members of the Farm & Field 4-H club that exhibited animals at the 2024 Webster County Fair

Webster County

Missouri 4-H

Local Impact



Webster County 4-H has several members participating in Shooting Sports. Webster County youth have great success a state competitions. Many adults volunteer countless hours as instructors in multiple disciplines of shooting sports. The shooting sports participation in Webster County continues to grow. The Webster County MU Extension council wants to thank all of our 4-H volunteers!

Webster County

Missouri 4-H

Local Impact



Mighty Eagles 4-H members from Fordland are participating in Feeding Missouri. Shown here are members stocking shelves at a local food pantry.

Members of the Heartbeat 4-H Club doing community service, ringing the Salvation Army bell.



Heartbeat 4-H members also participated in a trash pick day on the Norfolk river as a community service project.

Webster County

Missouri 4-H

Local Impact



Webster County 4-H members are involved in many community events and service projects. Shown above is the Farm and Field 4-H club participating in the Marshfield Independence Day Parade.



4-H members give demonstrations on their selected projects. These presentations teach young people how to prepare for and make a presentation. They are required to reflect on what they have learned. 4-H teaches young people the great skill of public speaking.



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



Missouri Grazing Schools teach management-intensive grazing by dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend the 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.



The Agricultural Business and Policy (ABP) program drives the growth of Missouri's agriculture economy by equipping farmers, ranchers, landowners and agribusinesses with the knowledge and tools to make sound farm management decisions. ABP provides interactive programming and tailored resources such as enterprise budgets and farm accounting tools and valuable executive education through its annual Agricultural Lenders School and seminars. These programs deliver key insights, market outlooks, policy updates and practical tools to help lenders and their clientele navigate volatile farm economies. ABP conducts unbiased comprehensive surveys on farmland values, custom farming rates and cash rental rates. These surveys for farm operators, ag lenders, government agencies and industry stakeholders provide valuable insights into trends and indicators of farm financial health.



"A lot of veterans come right out of the service and may feel disconnected and may be struggling with finding job opportunities. The Heroes to Hives program offers a diversion as well as opportunities."

Eric Work, Heroes to Hives participant

Heroes to Hives offers free professional training in beekeeping to veterans, promoting financial and personal wellness through community development. Missouri's Heroes to Hives group has trained more than 1,200 veterans since 2021. It is the nation's largest agriculture training program for U.S. military service members.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Webster County

Agriculture and Environment

LOCAL IMPACT



Family members - Lynn and Kyle Roach accepting the Century Farm recognition for the Strickland Family

The Webster County University of Missouri Extension recognized the 2024 Missouri Century Farms program inductees from Webster County, the Strickland and Richerson families, on Oct. 17th at the MU Extension Annual Farm Celebration Dinner. The event was hosted by the Webster County MU Extension Council and was held at Hillside Christian Church. The evening included a meal served by the council members and special recognitions for the Century Farm families.

Family members Lynn and Kyle Roach accepted the award for the Strickland Farm. The Strickland family originally acquired the farm in 1908 located in Marshfield Missouri. The 90-acre farm located on Plank School Road is currently used for hay and forage production. The original owners were Harry and Ethel Strickland, grandparents of Lynn Roach.



Members of the Richerson family accepting the Century Farm .

The Richerson family farm was acquired in 1916. The original farm was 40 acres, since that time the farm has expanded. The farm currently is a cow/calf operation including hay production. The original owner was R.E. Richerson. The Richerson family accepted the award.

The Centennial Farm project was initiated in Missouri in 1976, it awarded certificates to those individuals owning farms that had been in the same family for 100 years or more. In 1986, the University of Missouri Extension and the MU College of Agriculture created the annual Century Farm program and recognition. Missouri Farm Bureau became a co-sponsor in 2008. Since the program started in 1976, more than 8,000 Missouri farms have received the Century Farm designation.

Webster County

Agriculture and Environment

LOCAL IMPACT



Roy & Sarah Kaderly and family of Marshfield were among the families honored during the 67th annual Missouri Farm Family Day, Aug. 12th at the Missouri State Fair.

The Kaderly family was selected as the Webster County Missouri Farm Family by University of Missouri Extension in Webster County and the local Farm Bureau. The family includes children McCoy, Reiss and Bowen

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The Kaderly family operates a commercial beef operation, and the kids show some purebred cattle. The entire family is involved in the day-to-day operations of the farm.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension.

The 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."

The Kaderly family was also honored at the Webster County MU Extension Annual Farm Celebration Dinner on Oct. 17th. The event was held at Hillside Christian Church in Marshfield, a meal was served by the extension council members. The event was sponsored by the MU Extension council and Friends of Extension donors.

Webster County

Agriculture and Environment

Profiles and Stories



52 Webster County youth participated in the 2024 Country Cured Ham Workshop. Many of the youth exhibitors show their hams at the Webster County Fair and the Gold Buckle Gala held in conjunction with the Ozark Empire Fair.



Webster County youth had success at the 2024 Gold Buckle Gala Ham show and sell. 4-H member Harper Vanzzyverden exhibited the reserve champion ham in the junior division. The ham was purchased by Dr. Roger Holden.

Tucker Jackson, a Conway FFA member and Webster County resident exhibited the reserve champion in the senior division. The ham sold for a record \$60,000, the highest selling ham in the history of the Gold Buckle Gala sale. The youth receive 75% of the funds for scholarships and 25% of the funds generated from the sale go to support livestock and fairgrounds improvements by the Ozark Empire Fair Foundation.



Webster County

Agriculture and Environment

Local Impact

Engagement Activities conducted by Webster County MU Extension



Extension Engagement Specialist Kyle Whittaker, MU Extension Workforce Development Specialist Amy Patillo, MU Extension Horticulture Specialist Kelly McGowen and Youth Program Associate Baily Andrews conducted Career Development Event workshops at the Springfield Lawn and Garden Show on February 23rd. The workshops were held in conjunction with the lawn and garden show hosted at the Ozark Empire Fairgrounds. The team provided the workshop for FFA students preparing for district and state competitions. The team conducted 3 workshop in the areas of Floriculture, Nursery/Landscaping and Entomology.

The Floriculture Career Development Event includes identifying 60 plants from a list of 143 plants. A plant diagnosis and disorders practicum, Greenhouse and floral item identification practicum, and a written exam. This workshop had 135 participants.

The Nursery/Landscaping Career Development Event includes identifying 50 plant specimens from a list of 91 shade trees, flowering trees, evergreen trees, perennials, evergreen shrubs, vines and ground covers, turf and flowering shrubs. The event also includes a plant disorder and diagnosis practicum, a landscape design practicum and a written exam. This workshop had 61 participants

The Entomology Career Development Event includes identifying 40 insect specimens from a list of 114. The event also includes an insect/plant diagnosis practicum, Pesticide formulation problem and a written exam. This workshop had 85 participants.

Webster County

Agriculture and Environment

LOCAL IMPACT



Extension Engagement Specialist – Kyle Whittaker conducted the Southwest District Poultry and Meats Evaluation Career Development Events (CDE) held on the campus of Missouri State University. The meats CDE involved 28 teams from schools throughout southwest Missouri and the poultry CDE involved 30 teams. The event is a qualifying event for FFA teams competing for the state FFA CDE.

Webster County

Agriculture and Environment

LOCAL IMPACT



The Webster County MU Extension Council hosted the 99th Annual Diversified Ag Conference on April 9th at Marshfield High School. The event was well attended and include sessions on the following topics:

- Tapping into your clover's potential
- Being self sufficient- homesteading topics
- Bullet proofing you beef operation
- ABC's of the USDA
- What to feed when you have no feed
- Nutrition considerations for horses
- Youth sessions



MU Extension agronomy Specialist conducted Private Pesticide Applicator training in February. Producers wanted to purchase or apply restricted use pesticides are required to participate in these trainings.

Chet and Bill's Meat Processing was presented the Leader's Honor Role Award. This award is selected by the faculty and staff, Chet and Bill's has been extremely helpful to extension Webster County. They have sliced a lot of dry cured bacon and country cured hams!



Webster County

Agriculture and Environment

LOCAL IMPACT



Home poultry processing class conducted at the Extension Center. The workshop was held in October. Participants received hands-on instruction for processing live birds.



Extension Engagement Specialist Kyle Whittaker conducted a “Field to Freezer” program in Webster and several other counties.



Several dry cured bacon workshops were held throughout the Southwest region. Extension Engagement Specialist Kyle Whittaker offered two workshops in Webster County. Participants learn the process of dry curing fresh pork bellies to make bacon.

Webster County

Agriculture and Environment

LOCAL IMPACT



Food preservation classes were in high demand in 2024. MU Extension Webster County partnered with local master canner Carol Hughes to offer several food preservation classes. A food preservation class was held the 3rd Saturday of every month. The food preservation programs are continuing into 2025.

In another partnership – Webster County council member and best-selling author Susan Keene offered a 10-week writing class. The class was full, and attendees learned how to write and publish their own book.



Chole Collins
MU Extension Dairy Specialist
Serving Webster County

Webster County

Agriculture and Environment

LOCAL IMPACT



Marshfield Booster Club Dairy Judging Contest

Marshfield, MO - March 2024

“Chloe Collins provided guidance and organizational support for the Dairy Judging contest held at the Webster County Fairgrounds. From sorting cow classes to taking oral reason presentations from contestants, this was a great event to educate youth on a small portion of the dairy industry and peak their interest.”



Chole Collins
MU Extension Dairy Specialist
Serving Webster County

Webster County

Agriculture and Environment

LOCAL IMPACT



Ozark Fall Farm Fest

Springfield, MO - October

“Chloe Collins served as one of the co-coordinators for the annual MU Extension booth at the Farm Fest event. This is a three-day agriculture focused event with an estimated 40,000+ people in attendance. This year we were set up in the new Wilson Arena, a prime vendor location, and multiple extension staff were present to interact with attendees.”

Webster County

Agriculture and Environment

LOCAL IMPACT



Joplin, MO - April 16-18th, October 29-31st

“Elizabeth Picking Livestock Specialist, Reagan Bluel Dairy Specialist, and Chloe Collins Dairy Specialist taught artificial insemination schools in April and October of 2024 in partnership with Kent Daniels from Select Sires, FCS Financial in Joplin, American Foods Group, and Joplin Regional Stockyards. This multi-day school combined classroom learning about estrous synchronization, reproductive anatomy, and management strategies to increase AI success with hands-on learning. Attendees were able to get hands on practice artificially inseminating cows and handling and thawing semen. These 24 attendees, from across SW Missouri, became certified to artificially inseminate cattle.”



**Spring Forage
Conference**

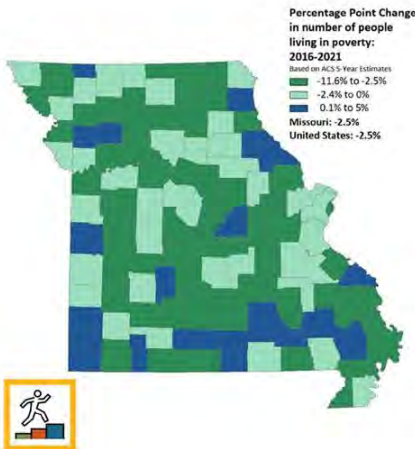


MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**



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.



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

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



"I highly recommend this incredible program to any community looking for focus and direction."

Strategic Doing participant

Strategic Doing is a one-day workshop that guides community stakeholders through an inclusive, problem-solving approach to developing high-impact projects to address local development issues.

The city of Risco, Mo., lacked retail options for food. Risco's Strategic Doing workshop and follow-up activities resulted in a GROCERY STORE OPENING in the community.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Webster County

Business and Community

Profiles and Stories



Webster County MU Extension council members Blair Gann and Missy Montgomery organized the first Leadership Marshfield. Program participants met once a month for a year. Each participant was tasked with a capstone project to plan and implement in our community.



Goals

- Enhance leadership skills of participants to improve Marshfield's future.
- Familiarize participants with the community's opportunities, needs, problems, and resources.
- Identify and analyze current economic, political and social forces affecting the community's future.
- Establish professional and collaborative peer relationships.
- Provide common ground for communications between participants and community leaders.
- Educate participants on how to move people and ideas to action.

The 2025 program has already started but if you are interested contact the extension center.



Business and Community Development

David L. Burton
Community Development
Specialist
417-881-8909
burtond@missouri.edu



LOCAL IMPACT FOR ANNUAL REPORT

Headquartered in GREENE COUNTY

MU Extension Community Development Specialists (CDS) help build Civic Muscle, which is the collective strength of people in a place (neighborhood, town, region) to respond to challenges and proactively pursue thriving communities. CD specialists coach communities to build Civic Muscle in four key “Muscle Groups.”



BELONGING

Neighboring 101 is offered monthly on Zoom and features nationally known practitioners of neighboring, like Seth Kaplan (at left), author of “Fragile Neighborhoods.” Program has participants from 38 different states now.

Show-Me Neighborhood Art Week — This new statewide art program celebrating public art and an increased sense of belonging as a result of this event. Had hundreds of participants, including 73 art installations statewide.



CONTRIBUTION

Missouri Good Neighbor Week— statewide we document 31,129 acts of neighbor between Sept. 28 and Oct. 4 with reports from every county in region.

Wont You Be My Neighbor Day — Has become a national effort to celebrate Mister Roger’s birthday. KY3 was a key partner in promoting this regionally.

“Join or Die” movie — Did total of 12 showings of this documentary with nearly 500 participants before it went to Netflix.



LEADERSHIP

Neighborhoods USA— Presented two workshops on neighboring at the national conference and two students in Neighboring 101 won national awards.

Be a thought leader — Wrote 72 newspaper and magazine columns in 2024.

Springfield Neighborhoods—Helped with annual training and support.

Neighborhood Leadership Academy—The Southwest Missouri cohort had 7 participants this year. We also celebrated completion of 6 projects from 2023.



VITALITY

Coaching / Pledge / Newsletter — Advised 52 individuals on a neighborhood events nationwide.. Media efforts related to neighboring resulted in d over 1 million impressions on social media and perhaps as many in traditional print and television. Had 124 people take the Engaged Neighbor Pledge this year.

National Movement—Was asked to speak in three different states (Michigan, New York & Colorado) on developing a good neighbor week.

Springfield Culture Fest — Council supported this new effort in Springfield.

Neighboring 101

Neighboring 101 is not just for new homeowners or people new to community life. This ongoing monthly program (started in 2020) is for anyone wanting to improve their neighborhood and community or their personal life and health. *One-time \$25 enrollment fee.*

Get Started With These Steps

1. Visit [extension.Missouri.edu](https://extension.missouri.edu) and register for Neighboring 101.
2. Receive an exclusive newsletter with links to videos of all past classes.
3. Attend monthly sessions live to ask questions. Class is the third Thursday of each month at 12 pm (CST).
4. Access exclusive materials and resources for the Engaged Neighbor network.
5. Take what you learn and improve your neighborhood, your community and yourself.

What Others Have Said

“Every month I learn something that I can apply in my neighborhood.” - Laura

“This program has inspired the work we are now doing in my community.” - Jen

“Every month I say that is the best speaker we have had but then the next one is better. Every month I am inspired.” - Chet

Contact David Burton at burtond@missouri.edu

Program Enrollment for 2024 totaled 832 including these counties (and number enrolled).

Barton 2 | Barry 2 | Cedar 4 | Christian 18 | Dade 4 |
Douglas 2 | Greene 189 | Jasper 12 | Lawrence 9
McDonald 3 | Newton 2 | Ozark 1 | Polk 2 | Stone 8
Taney 9 | Texas 6 | Webster 8 | Wright 2

Guests have included practitioners, authors and leaders in the neighboring movement:



Majora Carter



Dave Runyon



Seth Kaplan



Melody Warnick



Mike Mather

SHOW ME

Neighborhood Art Week



Show Me Neighborhood Art Week is a University of Missouri Extension art-focused outreach program that strives to promote creative expression and public art made by residents, regardless of their skill level, as a contribution to the community's sense of place and residents' sense of belonging. The program goals are to:

- Promote the engagement of neighbors;
- Foster a sense of belonging and inclusion within communities; and
- Use art as a tool to increase the sense of belonging.

We promoted and solicited participation in our pilot Show Me Neighborhood Art Week statewide. After creating an online map of sites registered, statewide viewing was June 1-15 2024. Participants were sent yard signs to display next to their installations.

- The program had participation from every extension region.
- 73 total registered sites and 1,182 registered voters.
- 293 participants signed up for the Engaged Neighbor newsletter.
- Over \$3000 in prizes for regional winning artists was distributed.
- 72% of participants in Show Me Neighborhood Art Week reported an increased sense of belonging and love for the communities by participating.



Regional participation (artist and/or participant) was as follows:

Barton 12 | Barry 6 | Christian 24 | Dade 14 | Douglas 4 | Greene 389 | Jasper 8 | Lawrence 29
McDonald 12 | Newton 21 | Stone 28 | Taney 49 | Texas 16 | Webster 38 | Wright 22



Missouri Good Neighbor Week 2024

Snapshot of Results



Named "Neighboring Program of the Year" in 2023 by Neighborhoods USA



82 +

Service Events

These groups — including 67 MU Extension county councils — worked together to serve their neighbors.



7891 +

Visitors to website

to learn more about what it means to be an engaged neighbor in Missouri.

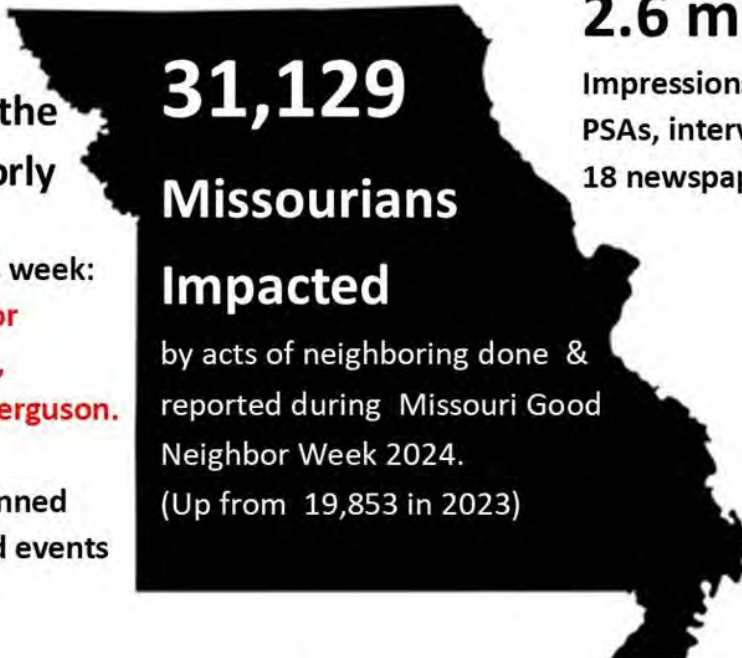


5 Cities

were named the most neighborly

Based on points accumulated this week:
Houston, Excelsior Springs, Sikeston, Springfield and Ferguson.

13 Cities also planned neighbor-focused events or campaigns.



31,129

Missourians Impacted

by acts of neighboring done & reported during Missouri Good Neighbor Week 2024.

(Up from 19,853 in 2023)

2.6 million

Impressions from TV PSAs, interviews, radio, podcasts & 18 newspaper columns statewide.



13

proclamations done by towns and cities in support of Missouri Good Neighbor Week.

122

People were nominated as one of Missouri's **Most Engaged Neighbor.**

Missourians really appreciate neighbors that go the extra mile.



2896

People involved in an **act of neighboring.**

Everything from mowing yards to delivering cookies to first responders. Many times more than one person was involved.

<http://missourigoodneighborweek.com>

Southwest Missouri Led the Way During Neighbor Week

Counties in Southwest Missouri were well represented during Missouri Good Neighbor Week. Statewide, projects organized by county extension councils reached over 14,000 individuals. The following county councils reported doing a community service activity during the week.

Barton 85 | Barry 2 | Cedar 75 | Dade 300 | Dallas 50 |
Douglas 325 | Greene 525 | Jasper 12 | Lawrence 65 |
Stone 45 | Texas 60 | Webster 45 | Wright 100

In Greene County, the council collected 200 high quality coats for distribution to new residents of Springfield from international locations (Pic 1). Springfield had 18 registered block parties during the week. (Pic 2) Council members also staffed at table at the Springfield Cultural Festival (Pic 3).

We also recognized 22 individuals statewide as the Most Engaged Neighbor and these counties had an honoree. These honorees were from Greene County:

- Chance Parish, Springfield (Pic 4)
- Stefanie Johnson, Springfield
- Nancy Susan Williams, Springfield
- Rudy Widmar and Rebecca Welsh, Springfield
- Jamie Tatum, Springfield
- Hayden Hradek, Republic

Besides the winners, we had 130 nominations for “Most Engaged Neighbor” including nominations from these counties:

Christian 2 | Dallas 1 | Newton 1 | Polk 3 | Stone 2 |
Taney 4 | Greene 12 | Webster 3 |

Additionally, the City of Springfield was named one of the five “Most Neighborly Cities” in Missouri based on numbers during Missouri Good Neighbor Week. David Burton presented the award to the Springfield City Council. (Pic 5) Republic was a runner-up in its city size category.

Totals Acts of Neighboring During the Week Reported From These Counties in SW Region.

Barton 12 | Christian 24 | Dade 14 | Greene 4140 | Jasper 16 |
Lawrence 29 | Newton 8 | Polk 22 | Stone 18 | Taney 24 |
Texas 3015 | Webster 16 | Wright 12

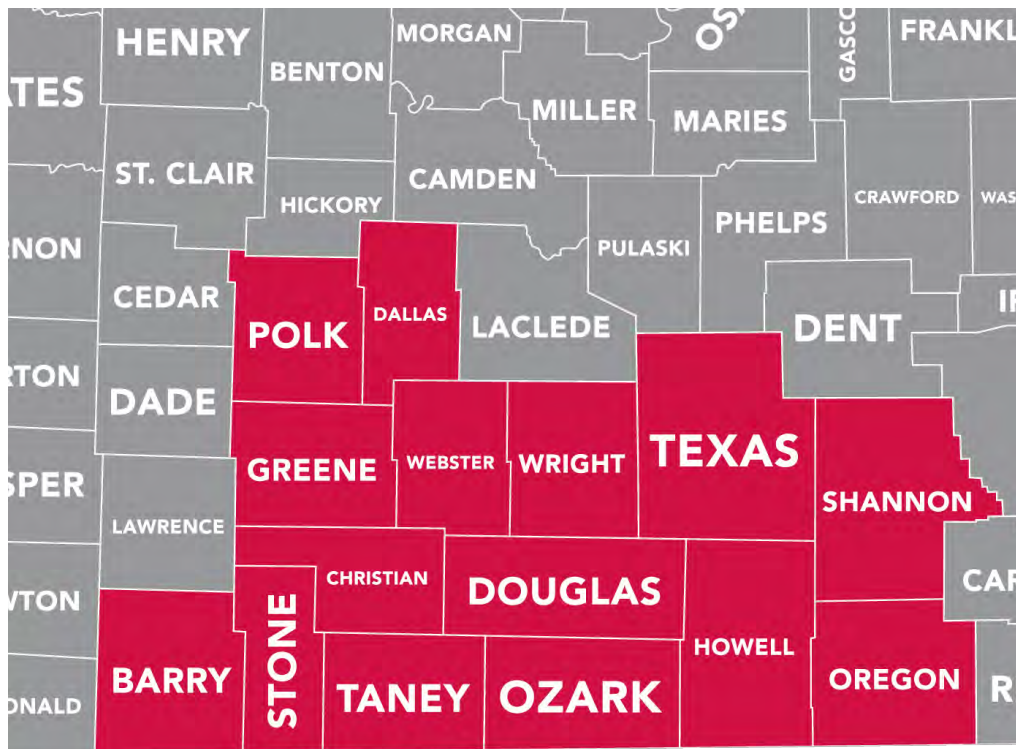




Missouri State UNIVERSITY

Name: Definition for County Annual Report - 2024
Cumulative Period Start: 10/1/2023
Current Period Start: 10/1/2023
Scorecard End: 9/30/2024
Webster County

Data Elements	Value
Capitalization	\$1,015,500.00
Sales Increase	\$905,999.00
New Businesses Started	0
\$ of Contract Awards	\$47,775.00
# of Contract Awards	3
Jobs Created	8
Jobs Retained	111
Unique Clients Served	26
Number of Clients Counseled	28
Number of Training Event Attendees	254



The Missouri SBDC at Missouri State University serves 15 counties in southwest Missouri (highlighted).



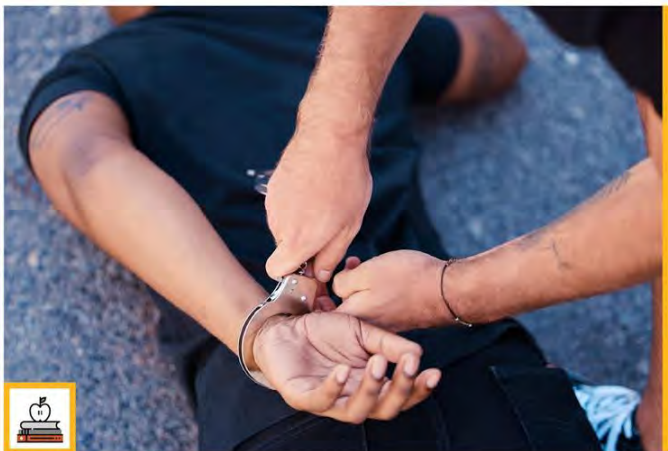
MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Continuing Education**



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



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.



The **Law Enforcement Training Institute** (LETI) offers advanced training on a wide variety of topics, including defensive tactics, firearms, use of force and de-escalation. LETI offers customized programs for all required continuing education areas of concentration.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



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



Show-Me Nutrition

Programming for preschool through junior high

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

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

Parent of a Show-Me Nutrition participant



Home Food Preservation

Preserve the season's bounty - deliciously and safely.

Learn safe techniques for pressure canning, boiling water bath canning, steam canning, dehydration and freezing.

Understand the importance of using safe preservation and storage methods to avoid cross-contamination and foodborne illnesses.

"This course made me more self-sufficient and improved my family's access to quality food."



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



Christy Whittaker
Nutrition Program Associate
Webster County

Webster County

Health and Human Sciences

Local Impact

SNAP-Ed Public Value Statement 2024

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

1059 direct and 5228 indirect contacts were made in Webster County. Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant’s lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

Schools/Agencies Served:

- | | |
|---------------------------------|--------------------------|
| Edwin P. Hubble Elementary | The King's Pantry |
| Daniel Webster Elementary | Webster County Pantry |
| Marshfield Farmer's Market | Wheel- Fed |
| Marshfield Senior Center | Kingdom Pantry |
| OACAC | Safe Haven Now- Fordland |
| Webster County Extension Office | Missouri State Fair |
| Webster County Health Unit | |
| Niangua Food Pantry | |



Success Story:

One evening, after a day of teaching kindergarten at Hubble Elementary in Marshfield, I received a message from a parent I know. They asked if I was the “Ms. Christy” who teaches nutrition at school. I confirmed that I was, and they went on to share a heartwarming story.

Their child had been coming home on nutrition days, excitedly talking about all the fun things they had learned about grains, fruits, and vegetables. That day, in particular, they couldn’t stop sharing about the vegetable lesson—explaining the vegetables they had tried and how they help with seeing in the dark and keeping their body healthy and growing.

After a moment of reflection, the child had even asked their parent, “Do you think I’m eating enough vegetables, or should I be eating more?”

The parent was amazed at their child’s newfound curiosity and awareness about healthy eating. They reached out to thank me for helping to make nutrition a positive and engaging experience in their child’s life.

Webster County

Health and Human Sciences

Local Impact



Tai Chi for Arthritis and Fall Prevention

is designed to improve multiple aspects of health through slow, gentle movements that can be practiced almost anywhere.

After eight weeks, Tai Chi participants IMPROVED their BALANCE, STRENGTH, and PAIN

Jenni Nevatt and Alicia Amyx-Winrod were the instructors for this 9-week, 17 session Tai Chi for Arthritis and Fall Prevention. This program was sponsored through the Webster County Health Unit and funded by a \$2500 grant from the Webster County Senior Tax Board. This class was taught at the Marshfield Senior Center and the Seymour Senior Center serving 21 Webster County Seniors.

The healthcare impact of Tai Chi on a community is \$1,111 per participant providing an **economic impact of \$14,443 for Webster County.**

AFTER PARTICIPATING IN TAI CHI PARTICIPANTS ASSESSED SHOWED:

- 100 % improved or maintained lower-body **strength and endurance** needed for activities such as climbing stairs, walking, and getting up from a seated position.
- 100 % improved or maintained the **agility and balance** needed for activities such as standing quickly from a seated position and walking
- 100% improved or maintained **reduced risk of falling** and **continued independent living**
- 85 % reported **more confidence** in performing activities of daily living without losing their balance or becoming unsteady
- 70% felt overall **better health.**
- 85% reported feeling **physically stronger**
- 92% were confident that they would be able to continue strength training exercises on their own

Tai Chi for Arthritis and Fall Prevention

Sessions
34

Contacts
327



"I'm more aware of how I walk, I know to stretch and warm up before exercising. I'm more inclined to think body/mind connections. I like the class, the repetition before moving on to new forms, going over the new concepts at every class, and the instructor was awesome!! She was so aware of what the aging population needs were."

Webster County participant



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Community and Professional Health Education**



Recovery Friendly Workplaces (RFWs) foster a workplace culture that promotes employee safety, health and well-being through strategies that support managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. The framework was developed in partnership with MU Extension's Labor and Workforce Development Program.

As of 2024, 41 Missouri businesses have been designated recovery friendly workplaces, and 2,651 EMPLOYEES have been trained on addiction, stigma and naloxone distribution.



The **Missouri Research-Extension** (MO-RE) Protocol emphasizes the role of Community Health Field Specialists in transforming health and well-being across the state. Following a comprehensive county health needs assessment, each specialist is sharing their findings with partners, stakeholders and organizations in their regions to address the identified priorities.



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience. Upon completing the training, participants can attend a facilitator session, enabling them to deliver the content within their communities and strengthen resilience within their networks.

100% of participants indicate that the skills and techniques they learned will help them become MORE RESILIENT.

Legend

Shelby Yake, Community Health Specialist (CHS)



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



Webster County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS)

2024 Programs & Events in Webster County

- Webster County Council Meetings: 10
- Judged FFA Practice Events at Marshfield High School – March
- Presented information about my position and the CHEO (Community Health Engagement and Outreach) team to Leadership Marshfield – April
- Assisted with Webster County Diversified Agriculture Conference in Marshfield – April
- Virtual WeCanPROSPER Resilience Trainings Facilitated – 4 (2 March, 1 April, & 1 May)
- Eating Disorders Awareness Week Article (“Eating Disorders Awareness Week: Feb. 26 to March 3”) published on the MU Extension website – March
- “Saved by Paws” article about the relationship between pets & mental health published in the Community Partnership of the Ozarks monthly newsletter – May



↑ Webster County Extension staff & Council Members at the Annual Dinner on 2-22-24



← My table of mental health resources at the Diversified Agriculture Conference on 4-9-24 ↓



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



Missouri Voices Survey

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

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

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



Webster County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS) – Ongoing Programs

In 2024, I completed the trainings to teach/ facilitate the following programs/courses

**Note: All courses below meet once a week for 6 weeks, for 2.50 hours each session and can be held virtually or in-person.*

Chronic Disease Self-Management Program (CDSMP)

The CDSMP is a direct education intervention that helps individuals and caregivers of those with chronic health conditions build a "toolbox" of strategies they can utilize to help achieve their health goals. Workshops are for adults and are highly participatory and build mutual support. Workshop topics include techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems, such as depression, anger, fear, and frustration. Participants learn appropriate exercises for maintaining and improving strength and endurance, fall prevention, healthy eating, better breathing techniques, appropriate use of medication, working more effectively with health care providers, communication skills, action planning, problem solving, and decision making. Through actively achieving small goals, participants obtain success, which builds confidence in their ability to manage their health & maintain active, fulfilling lives.



Diabetes Self-Management Program (DSMP)

This course is designed to help people with diabetes live a healthy life. The DSMP focuses on helping people make small changes to their routines, habits, and physical activities to reduce the burden of their condition. Participants learn to make healthy food choices and plan menus, increase physical activity and exercise safely, prevent or delay diabetes complications, communicate effectively with health care providers, and develop action plans to improve their health and wellbeing.



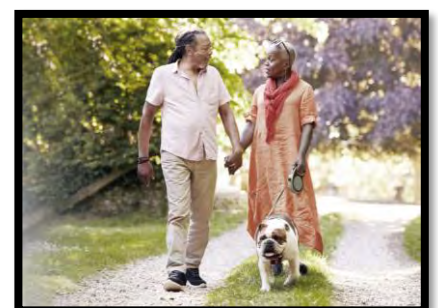
Chronic Pain Self-Management Program (CPSMP)

This course is designed to help people with chronic pain live a healthy life. The CPSMP focuses on helping people make small changes to their routines, habits, and physical activities to reduce the burden of their pain. Participants learn to manage frustration, fatigue, isolation, & poor sleep; make healthy food choices; increase physical activity safely to improve strength, flexibility, and endurance; communicate effectively with family, friends, and health professionals; use medications appropriately and evaluate new treatments; and develop action plans to better manage pain and improve overall health and wellbeing.



Building Better Caregivers (BBC)

The course is designed to help caregivers manage their stress related to caring for another person. Topics covered in the course include caring for their own health, dealing with difficult emotions, managing care partner behaviors, planning for the future, finding resources, improving communication skills, conducting effective family meetings, and others.





Webster County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS) – Ongoing Programs

In 2024, I completed the trainings to teach/ facilitate the following programs/courses

Changing Our Mental and Emotional Trajectory (COMET)

COMET is a two-hour interactive training that teaches participants how to reach out in a meaningful, respectful and supportive way to friends, co-workers or acquaintances who seem to be struggling somewhere between wellness and a mental health crisis. While designed for rural and farming communities, it can also be used in urban and suburban settings. Often, we want to support our friends, neighbors and colleagues in times of need but may not know how. COMET empowers us to be more prepared to support others' mental health needs — especially before a crisis. This training doesn't expect community members to "fix it," but instead trains people to feel comfortable initiating a supportive and potentially emotional conversation by using a simple seven-question guide.



Ambiguous Loss & Farming

Ambiguous loss is an unclear loss without closure. The lack of clarity is based on something or someone being both here and not here at the same time, such as a missing person or someone who has dementia. Others may not recognize the loss, and people may not be able to move forward in solving the original need or problem. Ambiguous loss theory has long been used to support family therapy in cases such as terminal illnesses and children leaving home. However, ambiguous loss also has many applications for families in the farming industry. In the changing farm and rural landscape, loss of land, livestock, changing markets, and even relationships can be ambiguous losses that lead many to feel "stuck."



Community Health Worker Credential (CHW-C)

I took an online course at State Fair Community College (SFCC) during the Fall 2024 semester to become a Community Health Worker (CHW). A CHW is a frontline public health worker who is deeply connected to the community they serve, acting as a bridge between residents and healthcare providers by identifying health needs, providing culturally appropriate health education, navigating social services, and advocating for community wellness, essentially improving access to healthcare for vulnerable populations. CHWs are links between people & healthcare providers, helping individuals navigate the healthcare system & address barriers to care. They also conduct outreach activities to identify individuals in need, educate them about health issues, and promote healthy behaviors. I got this credential to increase my knowledge of public health and increase my skill set.



PASTURE WEEDS AND THEIR CONTROL WORKSHOP



- WEED IDENTIFICATION
- CONCERNS AND SOLUTIONS TO WEEDS IN YOUR PASTURES and HAYFIELDS
- CONTROL PRACTICES OTHER THAN CHEMICAL

WHEN/WHERE

Webster County MU Extension Office	Marshfield	June 24, 2024
Polk County MU Extension Office	Bethel	June 26, 2024
Hickory County MU Extension Office	Hermiston	July 1, 2024
Dallas County Extension Building	Buffalo	July 8, 2024
Laclede County MU Extension Office	Ledonia	July 8, 2024
Combs County Chamber of Commerce Building	Combsville	July 22, 2024
Olney Farm	770-07001	July 14, 2024

TIME: 4:00 pm – 6:30 pm

Webster County MU Extension Office is a participant in the National Extension System, which is a part of the University of Missouri Extension System. Webster County MU Extension Office is a participant in the National Extension System, which is a part of the University of Missouri Extension System.

Garden Quilt Class



Garden Quilts are 1' x 1' boards.

Thursday, October 3
9:00 am
800 S. Marshall
Marshfield, MO 65706

\$30
50% off if you bring in at least 10 non-perishable food items.

Participate in Good Neighbor Week by donating to our food drive!

All items donated are for the Webster County Extension Blessing Box. Non-perishable food and personal hygiene items accepted.

To register, call 417-859-2044 or email Websterco@missouri.edu

Country Cured Ham Workshop



When:

(Tues.) Jan. 9th 2024 or (Thursday) Jan. 11th 2024 4pm–7pm each day

Call (417) 859-2044 to register and set up a time

You must pre-register and pay fee prior to Dec. 18th 2023
Cost—\$ 60

Where: Webster County MU Extension Center

Each person will be provided with all materials and will leave with a ham and instructions on what to do next and how the ham can be prepared to show and/or eat.



To Register mail the completed registration form. Each ham requires a separate registration

Name: _____ Phone: _____
Address: _____
Check time below Circle Date 9th or 11th
4pm 5pm 6pm 7pm
Email: _____



Lawn & Garden Show Floriculture, Nursery/Landscaping & Entomology CDE Workshops

Dear FFA Advisor:

Our 4th Annual Lawn & Garden Show Floriculture Workshop is set for Friday and we are adding the 1st Entomology and Nursery Landscaping Workshop Friday February 23, 2024. The workshops will be set up for those to come and go as they wish and will be held in the Green Hall of the FFA beginning at 9 a.m. and will end at noon. Participating rates will be allowed over the FFA at 7 a.m. Following the winter sessions all advisors are encouraged to meet the show. A 10-minute talk with the University of Missouri Extension will be provided the workshop for any FFA members. Visitors will provide at least 10 items for identification in and areas for the floriculture and product identification portion of the session as possible. In addition, many landscaping companies will be on hand to assist residents and students with the University Landscaping Career Development Event.

If you are interested in participating, please let me know at soon as you can for planning purposes. Registration is not required but an email or receipt is much appreciated as they may not be available for each session. A \$2.00 admission fee will be charged to students for the show. This fee includes the workshop. Advance will be admitted free of charge with suggested student. Concessions stands will be open throughout the day.

Thank you for your support of Youth in Agriculture! Hope to see you soon!

Libby Nelson

Flora/Nursery Director
libby@websterco.missouri.edu
office 317-853-3060
cell 417-859-6279

Home Poultry Processing

10/29/2024
4:30-6:30

Each Participant will leave with a whole carcass. A portion of the class is outdoors, please dress accordingly.

\$25

Register at:
417-859-2044 or Websterco@missouri.edu
800 S. Marshall, Marshfield, MO 65706

Backyard Poultry

WEBSER COUNTY EXTENSION

LEARN THE INS AND OUTS OF RAISING POULTRY IN YOUR BACKYARD

WHEN AND WHERE:
March 28th, 2024 @ 6:00 p.m.

Webster County Extension Office
900 S. Marshall
Marshfield, MO 65706

\$10/ PERSON

REGISTER YOURSELF TODAY!
EXTENSION.MISSOURI.EDU/EVENTS

FOR MORE INFORMATION: WEBSTERCO@MISSOURI.EDU • 417-859-2044

Dry Cured Bacon Workshop

When: Monday October 14, 2024 6:00–7:00PM
Where—Webster County Extension Office
800 S. Marshall, Marshfield, MO 65706

Cost—\$25 per pork belly

You **MUST BE REGISTERED** by October 4th, 2024

To register, contact the Webster County Extension at (417) 859-2044
The attendee will leave with a 4-5 pound pork belly for curing
Each pork belly order requires a separate registration

4,698 direct contacts with Webster County Residents through programming and 95,362 indirect contacts

Report based on the "County Contact Summary" produced from our MyExtension. Full demographic and affirmative action reports are available at the county office.

Key Outcomes in 2024	TOTALS		TOTALS
Phone Calls	1,342	Facebook Followers	1,231
Walk-ins	974	Facebook Reach	21,300
Soil Tests	365		
Forage Tests	29		
Pesticide Certifications	20		
Food Preservation Classes	12		
4-H Membership Increase	4%	2024 4-H membership = 103	
4-H Volunteers	77		
4-H School Enrichment	703		

