

Impacting YOU

"Impacting You"
is a monthly report
used to communicate

University of Illinois Extension - Unit 26
programming impacts to stakeholders.

Dear Valued Stakeholder:

It is my pleasure to present this brief impact report of the programs and events offered to the residents of Franklin, Jackson, Perry, Randolph and Williamson Counties during this past month.

- Lynn Heins, Unit 26 County Extension Director

224

**Total Direct
Contacts**

(Excluding SNAP-ED)

18

**Total Number
of Programs &
Events**

SNAP

2,624

**Total Direct
Contacts**

172

**Total Number of
Programs & Events**

This federally funded Supplemental Nutrition Assistance Program (SNAP-Ed) is nutrition education provided for SNAP participants and other low-income individuals.

Creating Compassionate Communities

Compassion fatigue has been described as a state of physical and mental exhaustion caused by a depleted ability to cope with one's everyday environment. Professionals regularly exposed to the traumatic experiences of the people they serve are particularly vulnerable. In an effort to address this issue in her community, Susan Sloop, Family Life Educator from the University of Illinois, partnered with Centerstone Behavioral Health, Prevent Child Abuse Illinois, and Egyptian Health Department in 2017 to form the first cohort of Creating Compassionate Communities (CCC). The overarching goal of CCC is to encourage participants to become more aware of the impact of burnout, compassion fatigue and visceral trauma has on them. The second cohort of CCC began on September 7th with 44 individuals participating in a Poverty Simulation facilitated by Susan. After the simulation one participant reported, "I did not realize just how many different agencies a person has to visit in order to get basic needs met". Another reported, "It truly is an eye opening experience and one that I will definitely make me think about the struggles my clients go through."





Pumpkin Field Day

The rain held off making for a beautiful day for extension educators and specialists to discuss a range of pumpkin production topics at the 2018 Pumpkin Field Day. In addition to field demonstration plots on disease and weed management, participants were able to view the 75 pumpkin varieties as well as an ornamental popcorn variety trial. Laura Ingwell, an entomologist from Purdue University, was also on hand to provide information on insect pest management and pollinator stewardship in pumpkins. Nearly 90 participants from around the state and the surrounding area enjoyed this free event held at the Ewing Demonstration Center.



4-H Jr. Ranger Program



Members of the Randolph County 4-H spent an evening at Randolph County Lake and achieved Junior Ranger status through a program with the US Forest Service. Twenty-seven participants received Junior Ranger booklets and learned about maps and compasses, ecosystems and woodland fires. The Junior Rangers also received a badge, pin and special code to access Junior Ranger activities online.



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