



IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties

Coles and Cumberland 4-H Skate Night!

The Annual Skating Party was held on January 19th where donations were collected. Because of the generosity of the 4-H Members and volunteers the following items were collected: From Coles county for the animal shelter: 36 bags/cans of cat food, 14 bags of dog food, 60 toys, 7 containers of cat litter, 55 boxes of dog treats, 14 boxes of cat treats, 10 towels, 12 blankets, and 155 misc/cleaning supplies!

From Cumberland county for the food pantries in Greenup, Toledo, and Neoga : 159 cans of veggies/fruits/beans, 52 rolls of toilet paper, 29 boxed food items, 22 cans of meat, 9 detergents, 6 wipes, 6 paper towel rolls, 6 toothbrushes, 5 hand soaps, 5 Kleenex, 4 toothpastes, 4 body washes, 2 shampoos, and 1 dish soap.

Thank you to all for the donations and for attending the Federation 4-H Skate night for Coles and Cumberland County!



Spring Into Gardening!



Spring into Gardening will be held February 15th at the Home Church in Charleston. Topics include: 'Making a Healthy Difference-Nutrition and Gardening', 'Tree Care and Urban Soils', and 'To Market to Market to Buy a Fat Fig'. A Silent Auction and Door Prizes will also be offered! Check in is at 8AM, with the Program starting at 8:30AM and go until noon. Cost is 25.00. If interested in

attending, please go to

<https://go.illinois.edu/SpringIntoGardening2020> to register, or call the office at 217-345-7034.

Shelbyville 4-H Officer Training

Shelby County 4-H held an officer training for 4-H members on Saturday, January 11th led by local Youth Educator Kim Morrison. The highlight of the morning was trying to open Escape Boxes. Members had to work together and open a series of boxes to find their final clue. Thank you to everyone who helped and attended. It was a great morning with Shelby County 4-H'ers!



Master of Balance Fall Prevention

Falling can be a real issue for older adults. In December/January, Extension Educator Cheri Burcham partnered with Covenant Transitions to co-facilitate "A Matter of Balance" program at the LifeSpan Center in Coles County. Of the five participants who fully completed the program, 100% reported that as a result of the program, they strongly agreed/agreed that they felt more comfortable talking to their health care provider about their medications and other risks for falling; more comfortable talking to their family and friends about falling; felt more comfortable increasing their activity; felt more satisfied with their lives; and, they would recommend the program to a friend or relative. Burcham will continue to partner with others to provide this program in all Coles, Cumberland, Moultrie, Douglas, and Shelby Counties.

Upcoming Healthy Food Distribution

Upcoming Family Friendly Event! A Healthy Food Distribution made possible by Illinois Extension and Toledo Christian Church. To be held February 22 from 10:00-11:30AM at Toledo Christian Church on 501 S Maryland Street in Toledo. Free food and grocery product to be distributed. For more information, please call our Extension Office in Toledo at 217-849-3931.

