



November 2021

# IMPACTING YOU

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



## *Walk a mile in their shoes...*

On October 29, 41 Windsor school district staff and city council members participated in a Poverty Simulation held by the University of Illinois Extension. The simulation was organized and facilitated by U of I Extension Unit #19 staff and CED Extension Specialist Nancy Esarey Ouedraogo. Susan Ogwal from the Lieutenant Governor's office and Extension staff from Unit #26 and 20 also assisted. Participants were assigned roles to play as community members who were experiencing poverty and felt the challenges of living with limited resources and an abundance of stress. For one "month" (four, 15-minute weeks) they were tasked to secure food and shelter while maintaining the family and negotiating support systems, agencies, and the real world. Participants then went through a debriefing of their experiences, sharing what they discovered were real challenges for this population and brainstorming ways they could be more helpful in their real-life roles. There were many insightful observations made that day that will assist them in working with low-income students and families. U of I Extension Unit #19 SNAP-Ed staff have been working with the schools to provide programming, special events and food distributions and will continue to provide these services.



## Partner Agencies Sponsor Educational Opportunities



The Prairie Association of Home and Community Education (PAHCE) group held their annual Co-County Meeting Thursday, October 21, at the Arthur Mennonite Church. The morning speaker was Rebecca Comstock, who is the Moultrie County coordinator for Dove, Inc., the agency that works with victims of domestic violence. Arthur Police Chief Mike Goodman gave the afternoon presentation on spam, fraud and ID theft. He gave some great information on what current scams were happening, how to protect yourself and what to do if you find yourself a victim. He emphasized that if anyone finds themselves a victim of scams or fraud, to not be embarrassed and hide it, but to report it and tell others so they can be aware and protect themselves.

PAHCE is an educational and service-oriented group that has been closely affiliated with U of I Extension for many years and includes members from Moultrie, Douglas and Coles counties. Cumberland County also has a group that is quite active as well. Both groups belong to the Illinois Association of Home and Community Education and if anyone is interested in joining, please just call the Arthur or Toledo Extension offices for more information.

## Shelby County 4-H Federation show appreciation to farmers

Shelby County 4-H including Federation purchased a variety of breakfast bars and snacks to assemble 300 harvest bags. The harvest bags were delivered to 10 grain elevators in Shelby County as well as our 4-H supporters. The harvest bags are an important service project for Federation members as they want the farmers to know we are thinking of them during harvest season. This is the third year for the project.



## Cumberland County 4-H Annual Fall Bash



Cumberland 4-H kicked off their new 4-H year with their Annual Fall Bash on Sunday, October 10. Members met for a cookout where they had hot dogs and s'mores. Each member who attended received a pumpkin. They were able to paint their pumpkin, and they did such a great job. Our members were so creative! They participated in outdoor games and had a costume contest. Will Dasenbrock won the costume contest with his shark costume! He received \$30 from the Cumberland Federation group. Everyone had a great time celebrating a new 4-H year. We look forward to what this 4-H year brings!

Cumberland 4-H Federation also sponsored a scarecrow contest for the clubs of Cumberland County 4-H. There were three entries: Muddy Creek, Raisin' Kane, and Springpoint Rebels. Raisin' Kane was selected as the winner! Pictured is Jaylynn, Cumberland 4-H Coordinator, presenting the winning scarecrow with a check for winning. Congratulations!



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