



March 2021

# IMPACTING YOU

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



## ICE WREATHS A WINTER CRAFT



In February, an article by local Master Gardener Darla Chouinard in the Yard and Garden column of the Journal Gazette discussed how to make ice wreaths. Packets of supplies and instructions were available at the office, and at the local public library in Mattoon. Individuals who participated shared with us their beautiful ice wreath creations!

Thank you to all who participated and shared! If you would like to know more about our local Master Gardener program, please contact Jenny at [jalee73@illinois.edu](mailto:jalee73@illinois.edu) or visit our Facebook page at <https://www.facebook.com/ColesCountyMasterGardeners>



## EXPLORE 4- H JANUARY - FIRST AID PROJECT KIT

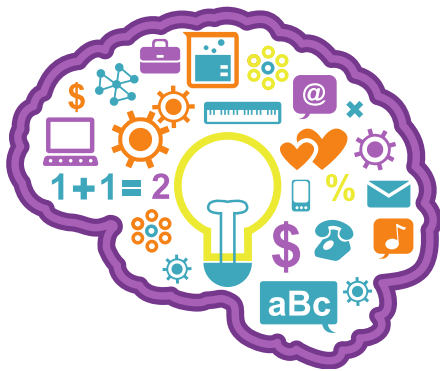
The 4-H programs in Coles, Cumberland, Douglas, Moultrie, and Shelby Counties are bringing youth a new way to “Explore 4-H”. Each month there will be a different exploratory kit offered for ALL youth - not just 4-H members.

In January 54 youth created first aid kits. With this project kit, members are better prepared for accidents that may happen. Each member built their own first-aid kit and learned the purpose of the items in the kit. Cost for the kits was partially funded by a 4-H Innovation Grant offered through Illinois State 4-H. More information can be found at our website: <https://go.illinois.edu/explore4h>



## Wits Brain Fitness Online Class

Join University of Illinois Educator Cheri Burcham as she leads participants online through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain, so join Cheri in these upcoming FUN online classes: March 8 at 2:00PM Class is FREE and open to the public. Virtual class will be hosted on Zoom. The class may also be accessed by phone, so participants will not see the screen but may listen in and also verbally participate. To register and receive class access instructions, please e-mail Cheri Burcham at [cburcham@illinois.edu](mailto:cburcham@illinois.edu) or call and leave a voicemail at 217-543-3755 and she will get back to you.



### Coles Office 217-345-7034

- Pam Vaughan-Sturgeon, County Director
- Kim Morrison, 4-H Educator
- Jenny Lee, Master Gardener and Master Naturalist Coordinator
- Elizabeth Hartke, SNAP-Ed Community Worker
- Jessica Hays, 4-H Coordinator
- Liz Mason, Office Support Assistant

### Cumberland Office 217-849-3931

- Jaylynn Schober, 4-H Coordinator
- Kathy Deters, Office Support Associate

### Moultrie and Douglas County Office 217-543-3757

- Cheri Burcham, Family Life Educator
- Angie Welker, 4-H Coordinator
- Susan Stollard, SNAP-Ed Community Worker
- Teri Boehm, Office Support Specialist

### Shelbyville Office 217-774-9546

- Mary Beth Massey, SNAP-Ed Program Coordinator
- Penny Hood, SNAP-Ed Community Worker
- Yolanda Nation, 4-H Coordinator
- Diana Litteral, Office Support Assistant



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