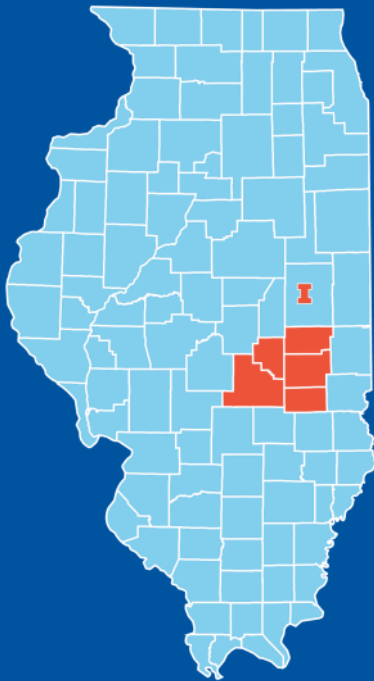




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



Financial Report	3
Coles County	4
Cumberland County	5
Moultrie –Douglas County	6
Shelby County	7



A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones
 Chancellor, University of Illinois



A Note from the County Director

University of Illinois Extension serving Coles, Cumberland, Douglas, Moultrie, and Shelby counties continues to provide exceptional educational resources throughout our five-county district.

It is a great pleasure to showcase the impact that Illinois Extension has throughout the region, and demonstrate the positive outcomes of our outreach. These efforts are made possible by dedicated staff and one of our most critical assets — our volunteers. The work that we do is designed to fit the needs of your family members, friends, neighbors, and community.

The pillars of our local educational outreach include 4-H youth development, family life, and nutrition education. In addition to our educators, local staff members have access to experts at the University of Illinois, who are leading researchers in their respective fields.

We are privileged to lead these programs that help improve the lives of our neighbors and friends. It is our pleasure to serve you. We appreciate your continuous support of Illinois Extension and look forward to working with you in the upcoming years. As we look toward the future, we are excited to continue to work with you on extending knowledge and changing lives.

Danna Lewis
 County Extension Director



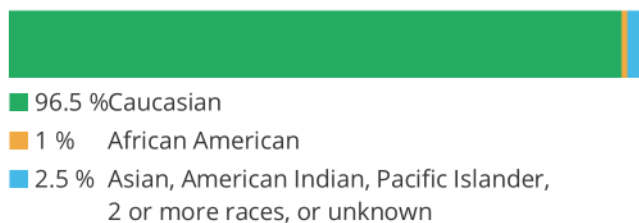
Serving Youth in Coles, Cumberland, Douglas, Moultrie, and Shelby Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

Program Reach



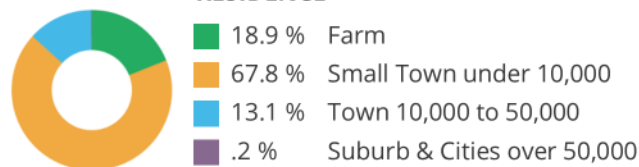
RACE



ETHNICITY

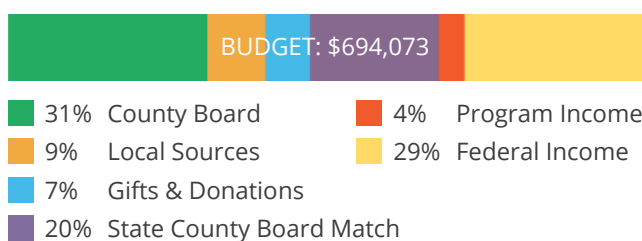


RESIDENCE



Financial Report

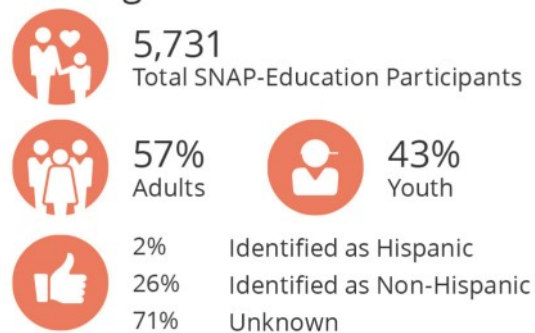
Illinois Extension serving Coles, Cumberland, Douglas, Moultrie, and Shelby counties has been skilled in acquiring a number of grants and gifts to help us flourish from year to year. Additionally, we receive a large amount of funding from the local level, including from county boards, and state support.



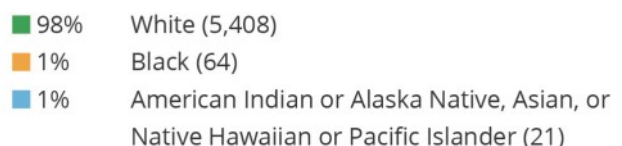
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

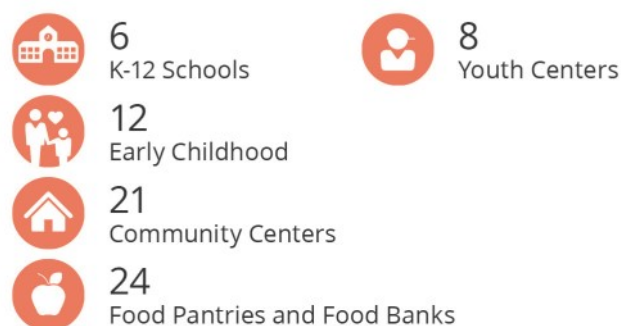
Serving Local Families



RACE OF PARTICIPANTS



Our Community Partners





4-H Federation Provides Outreach

Coles County Federation provides a unique opportunity for Coles County 4-H teens to help plan county activities and events, while building leadership skills and gaining confidence. Federation members provide a voice for youth involved in 4-H. They take on the responsibility for organizing county workshops and assisting with county-wide 4-H show planning, set-up, and implementation. Federation members also plan fun events for all 4-H members, like the annual Barnyard Bash during our county fair.

Federation teens bring fresh concepts and their own energy to the program, providing Extension staff with ideas that appeal to teens and younger 4-H members. Federation allows teens to bring different perspectives and experiences to 4-H.

Combined, Federation members in Coles County devoted over 300 hours to planning and implementing several activities, events, and community service initiatives, including: the annual Skate For a Cause (collecting items for our local animal shelter), officer training, Trunk-or-Treat community outreach, Achievement Night, DCFS Drive (raising donations for families in need), 4-H Week activities, and various workshops throughout the year. 4-H Federation offers teens a place to share their ideas and have fun, while making lifelong friendships.



Master Gardeners Receive Award

Local Master Gardeners received Outstanding Master Gardener awards at the state conference in East Moline, Illinois. Pictured are Sandra Poth McClellan, Donna Bopp, and Donna Coonce.



Unless you try to do something beyond what you have already mastered, you will never grow.
RALPH WALDO EMERSON

Master Naturalists Graduation

Master Naturalist training for 2019, finished the week of October 21st. At the last meeting, participants listened to Sarah Livesay discuss the art of interpretation and teaching. One participant noted that they learned things from Sarah that will “help with effectively sharing my love for nature and the mission of the Master Naturalist program with the community.” The evening class finished with graduation and cake. Congratulations to the unit’s first Master Naturalist graduating class!



Pledge Our Hands to Larger Service

Every 4-H meeting and event starts with the 4-H pledge. Throughout the year, members put their hands to work by giving back to our community. Older members lead younger ones as they begin to instill the importance of community service.

At the county level, there are more than 10 opportunities to volunteer, or provide a form of community service throughout the year. During the summer, Federation members helped the Life Center staff and patrons weed and clean out a front garden bed to better display their sign.

In the midst of fair season, members took time to volunteer at the Coles County Animal Shelter. Members and volunteers went to the shelter during that Friday to socialize with the animals, and deliver requested items that were donated.

Each 4-H Week, members make 10 tie-blankets that are donated to DCFS to be given to at-risk youth in our community. Cumberland County 4-H pledges their hands to service for their clubs, their community, their country, and their world.



Financial Literacy

In the past year, over 200 students in three different high schools participated in Real Money Real World (RMRW). This financial literacy program was piloted in two schools last spring, and implemented in a third last fall. RMRW includes hands-on budget management and decision-making activities involving Extension professionals, school staff, and local business volunteers.

RMRW provides young people the opportunity to learn basic money management practices in the classroom, and then make simulated lifestyle and budget choices similar to those adults face on a daily basis, through a spending simulation. During the spending simulation, students assume the role of a 27-year-old adult. They receive an occupation, monthly salary, and the number of children they are raising. Community volunteers staff booths that represent actual businesses in the community. Throughout the activity, students keep track of their finances and attempt to complete the simulation with a positive balance.

Students were often surprised at the real cost of things, such as utilities, groceries, clothing, and transportation. One booth in the simulation is the "Chance" station, representing the unexpected things that happen to all of us, like getting a flat tire, or receiving some birthday money. More often than not, these chance happenings cost us money, rather than increasing our cash flow. One student was shocked when they drew a chance card informing them that they had decided to adopt a kitten — at the cost of \$75, plus monthly pet food and vet expenses. After receiving the card, the student commented, "I had no idea how expensive it was to do something nice like adopting a cat!" RMRW is a great example of learning by doing.



Aging Gracefully

Family Life Educator Cheri Burcham focused her programming in 2019, on the area of healthy aging, covering topics such as brain health, diabetes self-management, positive aging, fall prevention, caregiving, senior bullying, and resiliency. In total, she reached over 1,426 individuals through these programs, including Matter of Balance, Take Charge of Your Diabetes, and The Amazing Brain Healthy Aging Summit held in Coles County.

Cheri continued to facilitate monthly Wits Fitness brain training classes in Sullivan, Shelbyville, Mattoon, Toledo, and Arthur. Participants learned the importance of keeping the brain active, and that they benefit from both physical and mental activities. Upon completing the class, participants listed goals for themselves, such as taking time to be with people more often, and doing puzzles and other thinking exercises.

As an educator, Cheri's goal is to assist older adults in living healthy, happy, and independent lives. She not only reaches older adults directly, but indirectly, by providing in-services and webinars to professionals who serve that population. Cheri also provides information for older adults on social media with the U of I Extension Family Files blog and on the U of I Extension Unit and Around the Table Facebook pages.

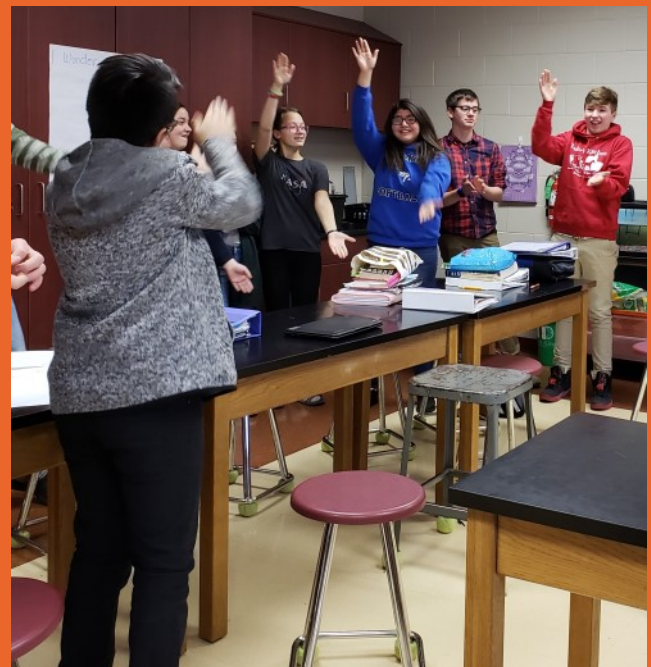
4-H National Youth Science Day

Each year, 4-H celebrates National Youth Science Day (4-H NYSD). The goal of the initiative is to inspire kids everywhere to become interested in STEM (science, technology, engineering, and math) through hands-on challenges and events. In December, the eighth grade science classes in Arthur participated in Code Your World.

Students spent two days working on the Code Your Dance activity. The goal was to write a program for the Chicken Dance, and then a dance of their own creation. Students wrote instructions for the dances, then turned those instructions into code.

Once the students coded their dance, they turned into the teachers as fifth grade students joined the fun! The eighth graders not only explained basic coding to the fifth graders, they then had the younger students use the code to learn the dance, and even encouraged them to change the code in one small way to make a different version of the dance.

Students learned essential life skills, like problem solving, teamwork, and resiliency, that will help prepare them for college and career. Throughout the challenge, computational thinking skills were practiced. Students learned how to break problems down into smaller problems. They worked on pattern recognition, sequencing, and algorithm design. By the end of the week, 91 students in Arthur had taken part in Code Your Dance.



4-H Growing Strong in Learning

Shelby County 4-H had 366 members enrolled in 2018-19. Those members represented 12 community clubs, four Special Interest (SPIN) clubs, two Cloverbud clubs, and one MCA club. Shelby County 4-H was ranked sixth in the state for the number of youth enrolled by population (9.52%).

4-H members in Shelby County had many opportunities to learn about a wide variety of projects through the 17 workshops held throughout the year. The number of youth attending those workshops totaled 363 (duplicates included). Skills learned through the workshops increased 4-H member's mastery skills in a variety of project areas. Four workshops were assisted and/or led by older youth members, primarily Federation members, which helped those members increase their leadership and public speaking skills.

Federation members were also role models for younger members through the Chit Chat with a Cloverbud held during the fair. Talking with Cloverbuds about their project prepares Cloverbud members for conference judging when they become 4-H members, and lets them be a part of the fair experience. It also allows the Federation members an opportunity to demonstrate their leadership skills. In the areas there this program occurred, fair entries increased. Families commented that the workshops offers beneficial skills that parents may not be able to teach, or offer to their kids.



Kids in the Kitchen



Over the summer, Illinois Extension teamed up with several community partners to offer six Illinois Junior Chef cooking schools. These partners included Salvation Army, YMCA (both the Mattoon and Toledo locations), Hope House, Lovington Library, and Windsor Grade School. Approximately 100 kids throughout the region participated in the cooking schools.

Each location offered five, two-hour sessions, in which the kids learned basic cooking skills, such as measuring ingredients, mixing techniques, and cutting skills. All the kids had fun not only learning the skills, but also preparing recipes, like veggie pasta salad and pumpkin pudding, that they could taste-test. At the end of the class, the students received a certificate, a chef hat, cooking utensils, and a cookbook, so they can continue

Partners in Produce

SNAP-Ed successfully collaborated with the Arthur Produce Auction to form a new program called Partners in Produce. Through Partners in Produce, families in need received fresh fruits and vegetables during the growing season. The SNAP-Ed team attended the auction each Tuesday and Friday, where we received donations of produce, which was then distributed to 20 food pantries in our unit and two summer feeding programs.

A total of 25,268 pounds was distributed, which equates to 21,056 meals provided to the food insecure (using the formula 1.2 pounds = 1 meal). In addition to the distribution of produce, the pantries also received direct education about preparation and use of fresh produce.

Pantry volunteers literally cried when they saw the fresh produce we had for them. We saw first-hand how a tomato, a cantaloupe, or even a handful of beets could put a smile on the face of a child!



Coles County

707 Windsor Road, Suite A
Charleston, IL 61920
(217) 345-7034
Fax: (217) 348-7940
Mon - Fri, 8 am - 4:30 pm

Moultrie-Douglas

122 S. Windsor St
Arthur, IL 61911
(217) 543-3755
Fax: (217) 543-3757
Mon - Fri, 8 am - 4:30 pm

Cumberland County

102 S. Meridian, P.O. Box 218
Toledo, IL 62468
(217) 849-3931
Fax: (217) 849-2411
Mon - Fri, 8 am - 4:30 pm

Shelby County

1125 W. N. 2nd St.
Shelbyville, IL 62565
(217) 774-9546
Fax: (217) 774-9549
Mon - Fri, 8 am - 4:30 pm

All locations close from 12:00 – 1:00 p.m.



EXTENSION UNIT COUNCIL MEMBERS

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Paula Enstrom
Caleb Hurst
Morgan Hutchins
Julia Miller
Kevin Pierce
Gloria Spear
Chris Strohl
Beth Williamson
Mark Degler,
County Board Representative
Nancy Purdy,
County Board Representative

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Coles County Master Gardeners
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Shelby County 4-H
facebook.com/Shelby-County-IL-4-H

University of Illinois ~ U.S. Department of Agriculture ~ Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate in any program, please contact the county Extension office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.