



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

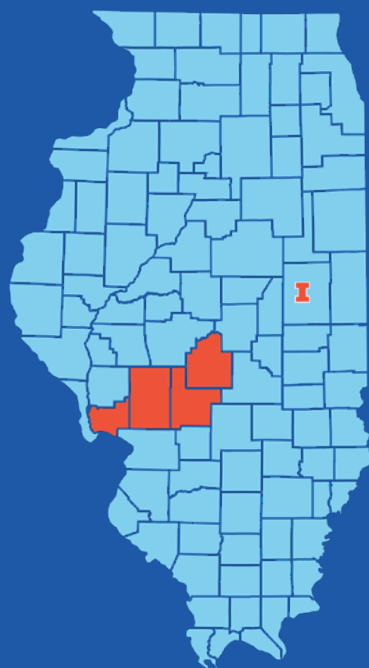


2020 IMPACT REPORT

University of Illinois Extension
Christian, Jersey, Macoupin, and Montgomery Counties

Illinois Extension

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.



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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 Message from the County Director

2020 was a year of change and challenge. It started out with programming and activities as normal until mid-March, then as most of you recall, the world and “normal” changed. Extension transitioned staff to working from home and transitioned program delivery and outreach efforts to virtual, by mail and curbside whenever possible. Zoom became an everyday occurrence and while travel time was removed from the program delivery equation all together, internet connectivity and access became even more important.

Still, when we reflect on 2020, we had some amazing firsts and there is not enough room to write about all of the great programming and outreach that took place. One story that we didn't have room for, but that I am excited to share with you is about the Montgomery County Yield Survey, which still took place in 2020. This year the data was gathered remotely, shared back electronically and results calculated virtually. We missed our morning donuts and lunch time in-person chats, but we were still able to gather data together safely. It wouldn't have been possible without the efforts of the Montgomery County Farm Bureau Board and staff.

You will find many exciting updates in this report, including the stories of the 2020 Extension Council Community Partner Award winners. Our partners are what make us successful. I am thrilled to announce that the program will continue in 2021, as directed by the Extension Council (see pages 4-5). The SNAP-Ed staff took the summer to learn how to create and edit videos, and they are now delivering 100% of their programming remotely until it is safe to return to in-person activities. The audiences they reach are some of our most vulnerable and we must continue to put safety first for both staff and program participants. In March, 4-H staff started to build kits and offer online programming to help fill the time of our youth who were learning at home (see program listings on page 6). Many other successes and firsts are highlighted throughout this report.

Thank you for your continued support.
Amanda Cole,
County Extension Director



Extension Council	City	County
Ann Bandy	Taylorville	Christian
Elizabeth Jimenez Bandy	Bullpit	Christian
Maureen Bruns	Rosamond	Christian
Connie Beck	Litchfield	Montgomery
Greg Beheme	Carlinville	Macoupin
Cheryl Canavan	Carlinville	Macoupin
Dr. Jerome Epplin	Litchfield	Montgomery
Diane Fessler	Dow	Jersey
Roberta Gorden	Blue Mound	Christian
Sandy Hefner	Jerseyville	Jersey
Gwen Podeschi	Taylorville	Christian
Cindy Pryor	Grafton	Jersey
Veryl Reiher	Gillespie	Macoupin
James Siebert	Jerseyville	Jersey
Jack Stork	Jerseyville	Jersey
Terry Trader	Hillsboro	Montgomery

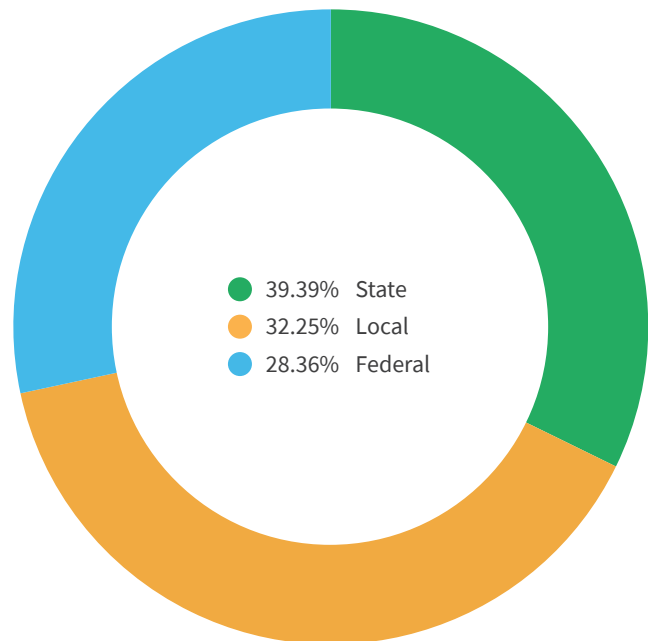
Financial Report

Extension is funded through a combination of locally-raised, county board and federal dollars, which are returned to the community through educational programming.

FY20 Revenue Sources	
Local	\$524,439
State*	\$640,482
Federal**	\$461,212
Total	\$1,626,133

*Includes GRF passed through campus to unit

**Includes federal SNAP-Ed & Smith-Lever funds





The Cloninger family, members of Lucky Birds 4-H Club in Macoupin County.

Programming Outreach

Christian, Jersey, Macoupin, and Montgomery counties for October 1, 2019, through September 30, 2020.



162
Total Program Activities



2,721
Total Program Participants



5,132
Direct Contacts



295
Total Program Sessions



41
Total Program Sites



245.3
Total Program Hours Delivered

Community Partner Award

This award is sponsored by the Extension Council of University of Illinois Extension serving Christian, Jersey, Macoupin, and Montgomery counties. The council plans to recognize a community partner each year throughout our four counties. Extension Council is a volunteer board which serves in an advisory role cooperating with Extension staff in planning, promoting, developing, implementing, evaluating, and financing an Extension program designed to meet the needs, interests and resources of the local communities served.

We are extremely proud to provide this award to four organizations within Christian, Jersey, Macoupin, and Montgomery counties and thank them for their service to Extension. These partners play a vital role in the outreach efforts of Extension.

This year's awards went to:

- C.E.F.S. Economic Opportunity Corporation of Christian County
- Farm Credit Illinois of Jerseyville
- Carlinville Area Hospital
- Bremer Sanctuary of Hillsboro



C.E.F.S. of Christian County

For the past two years, the Illinois Extension Smart Grid Outreach Team has actively worked with C.E.F.S. Economic Opportunity Corporation to increase energy literacy in Illinois. The programming has primarily targeted low-income senior citizens and rural residents living in Ameren Illinois territories. Educational programming has focused on addressing cost-savings programs and how to utilize no cost and low-cost strategies to improve home energy efficiency, which can allow consumers to save energy and potentially lower utility bills.



Farm Credit Illinois of Jerseyville

Throughout the years, Farm Credit Illinois of Jerseyville has allowed several Extension programs to take place at their facility, such as Illinois Junior Chef, 4-H Public Speaking Contest, Cooking for Fall workshop, and 4-H Achievement Program, just to name a few. Farm Credit is a valued supporter of Jersey County 4-H and an incredible member of our community. They are very accommodating and always willing to offer their services and resources to help our 4-H program and the youth of Jersey County.

Carlinville Area Hospital

Carlinville Area Hospital is an active partner with Macoupin County 4-H, particularly in 4-H's Health Jam program. Lisa Peterson, nutrition and wellness educator, has also partnered with the hospital by holding classes to teach healthy eating and living to local adults and youth. Carlinville Area Hospital goes above and beyond to educate our local communities through a wide range of health programs. They are always willing to team up with Extension and provide health and wellness education to local youth and adults.



Bremer Sanctuary of Hillsboro

Bremer Sanctuary has partnered with Extension in numerous programs. This past year alone, Bremer volunteers were instrumental in supporting the National 4-H Pollinator Habitat Program. Bremer's own volunteers assisted Extension staff with coordinating and implementing a field trip where over 100 local 3rd graders were able to learn about pollinators and plant a habitat on the sanctuary. The pollinator habitat program would not have been as great a success without their help.



First Ever 4-H Virtual Fairs & Achievement Nights

In order to protect the health and safety of all 4-H members, volunteers and staff, Christian, Jersey, Macoupin, and Montgomery counties held their annual 4-H shows and exhibitions virtually for the first time. During each county's fair week, members took pictures or videos of their projects and uploaded them to the online fair entry system. Members also completed a short narrative about their project learning experience. Judges then reviewed the pictures, videos and narratives and gave written feedback and ribbons, as usual.

Over all four counties, a total of 251 members participated and showed 842 unique projects.

In the fall, our traditional 4-H achievement nights were adapted in a variety of ways. In Christian and Macoupin counties, families joined a live Zoom call where members and volunteers were recognized and awards were given. In Jersey County, a pre-recorded video with award winners was distributed for families to watch on their own, or clubs to show during a smaller club meeting. In Montgomery County, staff and volunteers helped coordinate a socially-distanced, curbside award pick-up and recognition afternoon.

The 2020 4-H year was different, to say the least, but we all came together as we stayed apart, which was the theme for our virtual fair shows.



Isabella Falter, member of Raymond Buckeyes 4-H Club in Montgomery County, earned two blue ribbons in poultry during the 2020 Montgomery County Virtual 4-H Fair.



Michael Barber, member of Northwestern Green Machines 4-H Club in Macoupin County, displaying his 3-D design.

Virtual and At-Home Programs

While the ability to meet and learn in person was limited, 4-H staff and volunteers in Christian, Jersey, Macoupin, and Montgomery counties worked on adapting current programs and creating new offerings that could be delivered virtually, or completed at home. Programs included 3-D Design & Printing, DIY Code & Build (using Makey Makey), 4-H Healthy Habits Bingo, DIY Dog Toys, Pumpkin Pie in a Bag, Visual Arts Take-Home Kits (including turkey pinecones, holiday ornaments and snowman tin art), Building Blocks of Leadership, College 101, and Find Your Spark in 4-H.

Over 700 youth in Christian, Jersey, Macoupin, and Montgomery counties were reached through virtual or at-home 4-H programs in 2020.



Abby Erlenbush, member of Young Riders 4-H Club in Christian County, demonstrating her halter skills.



Brent Hedden, member of Edinburg Warriors 4-H Club in Christian County, mixes the pumpkin pie ingredients.

Pumpkin Pie in a Bag

Over 60 families in Christian, Jersey, Macoupin, and Montgomery counties were able to learn about pumpkins while making a traditional fall dessert thanks to a partnership with 4-H and agricultural literacy staff. Participants went home with all the ingredients to make a no-bake pumpkin pie, as well as an instructional video and pumpkin facts.

Thank you for this opportunity! We had so much fun doing this together as a family.

PARENT PARTICIPANT, PUMPKIN PIE IN A BAG



Madelyn and Easton Kahl, members of Crazy Clovers 4-H Club in Macoupin County, proudly displaying their delicious pumpkin pie.



Lucy, Alayna and Emmy Rothe, members of American Clovers 4-H Club in Jersey County, with blankets collected for donation.

Spreading Warmth

4-H members throughout Christian, Jersey, Macoupin, and Montgomery counties collected items for displaced youth during the fall, unit-wide community service project. Over 30 blankets were donated to the United Child Advocacy Network. They serve Calhoun, Jersey, Macoupin, Montgomery, and Greene counties and provide training, prevention and treatment services in preventing child abuse.



In the fall, fires burned over thousands of acres in several of our local counties. Volunteer firefighters and local farmers worked tirelessly to stop the fires. Our 4-H members wanted to show their gratitude to farmers and firefighters for their efforts to protect our communities. 4-H members wrote thank you notes to farmers and collected items needed for local fire stations.



Partnering with Montgomery County Farm Bureau

In early March 2020, Lisa Peterson, nutrition and wellness educator, partnered with Montgomery County Farm Bureau in Hillsboro to host a hands-on pressure cooker and freezer meal class. The idea of this class was to show how easy and effective it can be to meal prep, especially for farm families during the planting and harvesting seasons.

More than 30 participants attended the event and put together ingredients for a slow cooker chicken tortilla soup and a pizza casserole. Peterson provided education on how to safely freeze recipes for a quick, easy and healthy meal and demonstrated how to use a multi-cooker. Participants were even able to leave with the two meals prepped and ready to cook or freeze.

Based on previous evaluations, 100% of participants walked away with increased knowledge about making healthy choices using an electric pressure cooker, how to clean a pressure cooker and how to operate the appliance safely.

Additionally, all participants left with the intent to prepare one of the recipes provided. This was a successful new partnership between Illinois Extension and the Farm Bureau with the hope of continued collaboration in programming for the future.



Pictured above (left) Lisa Peterson, nutrition and wellness educator, showing participants how to prepare a freezer-safe tortilla soup.



Makenna and Quincy Harding, members of Crazy Clovers 4-H Club in Macoupin County, participated in Cook & Connect. Their family cooked delicious, zesty pepperoni lasagna roll-ups and did yoga/stretching together.

Cook & Connect

Over 50 families throughout Christian, Jersey, Macoupin, and Montgomery counties signed up for a crate that included a family-friendly recipe and activity or game to do together. Recipes included instructions that allowed the whole family to participate. Activities and games were centered around stress management, better communication, physical activity, quality time, and appreciation. This collaboration between nutrition and wellness and 4-H allowed families to enjoy a home-cooked meal and bond together. All non-perishable ingredients and activity supplies were provided.

Very fun activity to get the family together and having dinner planned was a plus.
COOK & CONNECT PARENT PARTICIPANT

Stay Connected to Your Health and Wellness Needs



@uiecjmmnw



@eatlocalincjmm



@U18EatLocal



@dashofwellness



@MSSNutrition



Expanding Access to Waste Management Education

Recognizing that landfill waste in Illinois is greater than the national average, Extension Educator Ashley Belle has provided educational outreach throughout central Illinois, helping residents identify ways to reduce landfill waste. With people spending more time at home during the pandemic, Belle wanted to encourage Illinois residents to take a closer look at the amount of waste their household generates. She developed an interactive webinar called Managing Waste at Home to help participants learn about how municipal solid waste is managed in the United States and solutions for diverting waste materials from the landfill through source reduction, composting and recycling.

The webinar, which was a part of the monthly Everyday Environment webinar series, included a live question and answer session and drew over 120 participants. Additionally, to expand programming reach, the webinar was recorded and has been viewed 685 times on the Illinois Extension YouTube channel.

Overall, participants reported that they would take steps to decrease the amount of household trash generated and would strive to recycle and compost more. Surveys revealed that participants' knowledge of locating Illinois recycling and composting facilities also increased from 2.58 to 4.3 (on a 5-point scale). By diverting waste materials from the landfill, we are saving space, as well as helping to reduce greenhouse gas emissions.



I will be more mindful to purchase products where the packaging can be recycled in my town.
MANAGING WASTE AT HOME PROGRAM PARTICIPANT

I never realized the amount of waste that is thrown away each day!
MANAGING WASTE AT HOME PROGRAM PARTICIPANT



go.illinois.edu/EverydayEnvironmentWebinars



Macoupin County Master Gardeners completed the First Responders Memorial landscape located near the historic Macoupin County courthouse in Carlinville, Illinois.

Macoupin County Master Gardeners

In early 2020, Macoupin County Master Gardeners began planning for the second and third phases of new landscape installations at the Macoupin County courthouse. The second phase was completed this year around the First Responders Memorial. This new landscape includes several pollinator-supporting native species and cultivars that will also be used in the Phase 3 installation behind the Veterans Memorial. The new landscape was installed by several members of the Macoupin County Master Gardeners, who also worked to maintain the existing landscapes on the courthouse grounds throughout the growing season.

Good Growing

The Good Growing team led 12 webinars in 2020, with over 950 attendees from across Illinois, the country and the world. The recordings were closed captioned and posted to the Illinois Extension Horticulture YouTube channel and have over 2,700 views. The Good Growing webinar series was created as a free, live webinar with at-home, follow-along activities. Extension educators offer research-based techniques to keep gardens productive and healthy throughout each season. Extension Horticulture Educator Andrew Holsinger lent his expertise in some of the live activities. Andrew presented accessible edible containers, basics of tree fruit diseases, fun with evergreen foliage, and how to care for popular holiday plants.



Whether you are new to gardening or experienced, subscribe for tips to help you along the way!
go.illinois.edu/SubscribeHortTips



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice. Through classes, workshops, and collaboration with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively affects families and communities.

In 2020, SNAP-Education shifted to virtual education and resources due to COVID-19.



Addressed community partner needs by providing resources and collaboration opportunities



Provided live, virtual classes families could join from their own phone, tablet, or computer



Distributed print materials to families on topics such as recipes made with common pantry ingredients



Increased reach via social media, text, and e-news with relevant nutrition and activity information



Created a new community food resource map, Find Food Illinois, on the Eat. Move. Save. website

A first-grade student at Jerseyville West told me before our second nutrition lesson early in 2020, 'I really missed you! I have been eating fruits and veggies. I've been drinking water and milk and stopped drinking soda!'

- Elizabeth Conrady, SNAP-Ed community worker

SNAP-Education Community Partnerships



13
K-12 Schools



2
Agencies or Community Centers



8
Emergency Food Sites



7
Early Childhood



Community and economic development program coordinator Valerie Belusko (left), talks to Fang Fang Li, owner of China Wok in Hillsboro, about the BIG program.

Small Business Assistance

Being an entrepreneur is hard, but being an immigrant entrepreneur is even more challenging. Most of us can go to the store, or work and meet people with whom we have grown up, or share a similar background. Unfortunately, if you do not have these connections and don't share a cultural background, you might feel isolated and disconnected from those around you.

The Business Interruption Grant (BIG) was developed to provide \$580 million in economic relief for the small businesses hit hardest by COVID-19. BIG leverages federal funding provided by the CARES Act to help offset COVID-19 related losses for Illinois small businesses.

Valerie Belusko, community and economic program coordinator, and Elisha Hughes, 4-H youth development program coordinator, realized that many business owners hadn't heard of the BIG program, or the program hadn't been translated into their language. Belusko and Hughes were able to obtain translated documents and provide information to immigrant entrepreneurs from China, the Philippines, Macedonia, Sri Lanka, and Korea.





Amanda Cole
County Extension
Director



Ashley Belle
Extension Educator
Environmental & Energy
Stewardship



Andrew Holsinger
Extension Educator
Horticulture



Sara Marten
Extension Educator
4-H Youth Development



Lisa Peterson
Extension Educator
Nutrition & Wellness



Jennifer Russell
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Valerie Belusko
Program Coordinator
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Communications



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Macoupin County



Lisa White
Office Support Assistant
Montgomery County



Penny Brannan
Extra Help, Clerical
Jersey County



Beth Groves
Extra Help
Agricultural Literacy

EXTRA HELP

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Mitch Abbott
Jeanette Baker
Autumn Cobb
Belinda Ernst

Mary Fuchs
Penny Grundy
Vickie Housh
Carol Strohbeck

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Jersey County Extension

201 W. Exchange St., Ste. A
Jerseyville, IL 62052
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Thurs., 8 a.m. - noon

Macoupin County Extension

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ONLINE



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Cover photos: (top left) Alayna Rothe, Ephriam Parrish and Gennasee Cannon peeling carrots for Soup Fest; (top right) Layne Bliler and Adelaide Dunkirk participating in a cookie decorating workshop; (bottom left) Ainsley Pollard and Hazel Holshouser proudly showing off their fairy gardens; (bottom right) Nicholas Raney working with his steer for the virtual 4-H fair.

**Illinois
Extension**

College of Agricultural, Consumer & Environmental Sciences

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, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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