



2017 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING FRANKLIN, JACKSON, PERRY,
RANDOLPH, & WILLIAMSON COUNTIES

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



I ILLINOIS

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A Note from the County Director

It has been an exciting year for University of Illinois Extension in the Franklin-Jackson-Perry-Randolph-Williamson Unit! The College of ACES Dean, Dr. Kim Kidwell, challenged us to answer, “*what do you do and why does it matter?*”

When we drill down to the core of what we do, we can see Extension work is making a difference in important statewide issues like **food, environment, health, community and economy.**

I’m pleased to present this annual impact report to demonstrate the efforts and collaborations that helped move the needle on these critical issues in 2017.

Lynn Heins
County Extension Director
HeinsL@illinois.edu



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Special Thanks to the 2016/2017 Unit 26 Extension Council

Mr. Rick Avery, Council Chair
 Ms. Nicole Loyd, Vice-Chair
 Ms. Brenda Jones, Secretary
 Mr. Bill Bathon
 Ms. Gail Batteau
 Ms. Gay Bowlin
 Ms. Beverly Harsy
 Ms. Jessica Grammer
 Ms. Shari Heine
 Mr. Eddie Kerkover
 Mr. Don Harsy
 Ms. Judy Pour



2,017
 Combined
 Page Likes



44+
 Active
 Partnerships



8,782
 Total Volunteer
 Hours



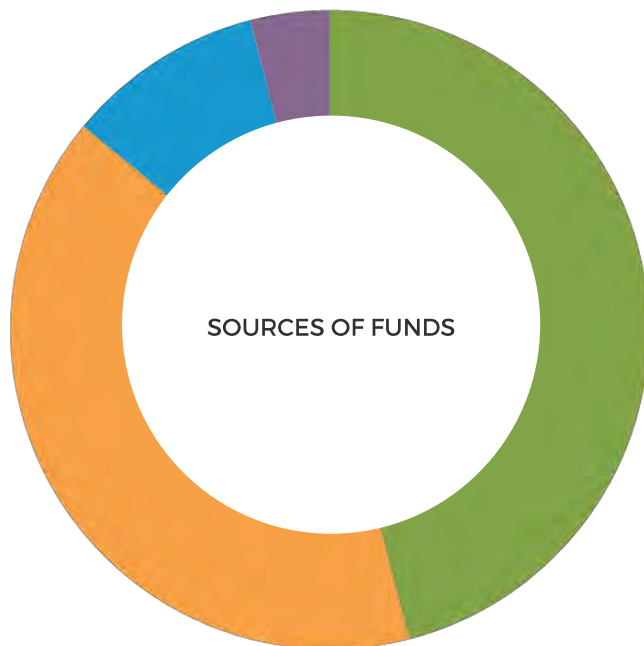
317
 Total
 Volunteers



27,776
 Direct Education
 Contacts



163,412
 Webpage
 Views



46% Local Funds
 40% Federal Funds
 10% State Funds
 4% Grants / Revenue Generation through Program Fees



Food Access

Food insecurity continues to be a leading concern in Illinois. Hunger has a major influence on overall health and well-being of individuals and families. One in five Illinoisans has low access to food and recent reports identify 270,353 Illinoisans live in food deserts. Many families facing food access issues may also be facing issues of limited transportation, limited financial resources, and other realities of poverty.

Extension is equipped to address the issue of food access at the individual, community/organizational, and policy levels. Through Extension's multi-disciplinary team members and extensive volunteer base, Extension is positioned to reach a broad and diverse group of stakeholders to address this issue.



Sesser-Valier High School volunteers load a recipient's vehicle with fresh produce, dairy, and bread during the St. Louis Area Foodbank Mobile Market.

This food is such a blessing to our family. Thank you so much!

MOBILE MARKET PARTICIPANT

St. Louis Area Foodbank Mobile Market

University of Illinois Extension has partnered with the St. Louis Area Foodbank to fight hunger by bringing a Mobile Market food pantry to Franklin and surrounding counties. The Foodbank provides a truckload of fresh, healthy groceries each month for all residents.



Community volunteers bag up fresh produce for recipients of the Mobile Market, held at Sesser City Park the first Monday of each month.



Illini Fighting Hunger

For the second year, University of Illinois Extension's 4-H program has partnered with Illini Fighting Hunger. Illini Fighting Hunger (IFH) is a Registered Student Organization at the University of Illinois at Urbana-Champaign and a program of the Wesley United Methodist Church and Foundation, as well as a chapter of Universities Fighting World Hunger.



4-H'ers and community volunteers packaged more than 10,000 meals and distributed them to food pantries throughout Franklin, Jackson, Perry, Randolph, and Williamson counties.



Food Production

The Local Foods team hosted the Fruit and Vegetable Field Day at the Jackson County Extension Office to showcase the variety trails and provide an update on the latest research in small fruit production, sweet pepper variety trails, ornamental corn, high tunnel production and more.





Kids in the Park

Designed to get kids excited about conservation, Kids in the Park is a collaborative program between 4-H and Master Naturalists that helps foster the next generation of environmentally conscious citizens.



The volunteer-led curriculums are designed to educate youth about conservation and wildlife.



Pollinator Gardens

Pollinators are essential to our food supply, and important pollinators such as bees and butterflies have gained attention in recent years due to declining populations. University of Illinois Extension Master Gardeners have formally partnered with the Rend Lake Army Corps of Engineers to address the issue of declining pollinators. The Rend Lake Visitor Center pollinator garden was established to support pollinators while providing education to the public about plant selection and simple gardening practices.

Veronica (Iron Weed)





Monarda (Bee Balm)



Asclepias tuberosa
(Butterfly Milkweed)



Aster

4-H Club DIGS

Club DIGS (Doing Interesting Gardening Stuff) is a 4-H Club in Perry County, led by Perry County Master Gardeners. DIGS is geared towards gardening education, and volunteers provide hands-on learning opportunities that inspire youth to appreciate gardening.





SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Education)

SNAP-Education works with limited-resource audiences to make healthier choices where they eat, shop, live, play and learn in their communities. Through classes and workshops, and by working towards policy, systems, and environmental changes, SNAP-Education positively impacts the nutrition and activity choices of people and communities we serve.

Serving Local Residents



5,398

Total SNAP-Ed Participants



776 (14%)
Adults



4,622 (86%)
Youth



181 (3%)

Participants Who Identified as Hispanic

RACE OF PARTICIPANTS

- 80% White (4,320)
- 19% Black (1,006)
- 1% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (72)

Our Partners



39

K-12 Schools



16

Community Centers



6

Youth Centers



1

Store or Market



24

Early Childhood Centers



7

Food Pantries and Food Banks



Community worker Hannah Sickmeyer teaches gardening skills during Great Garden Detective

Community worker Megan Austin teaches knife skills during Illinois Junior Chef



Head Start Garden Kids: Trying new vegetables



Healthy Foods, Healthy Families

University of Illinois Extension SNAP Educator Toni Kay Wright formed an innovative partnership with Southern Illinois Healthcare (SIH) Center for Medical Arts and Southern Illinois University to deliver the Healthy Foods, Healthy Families pilot project. A local pediatrician became interested in the Fresh Fruit and Vegetable Voucher program offered by the Women, Infant and Children (WIC) program. SIH professionals came together to brainstorm a similar project that addressed the obesity epidemic and increased access to healthy food exposure and nutrition outreach to families with at-risk youth. This eight-week pilot included a wide array of nutrition education, fresh produce, and recipe cards. The intent of this pilot, which has successfully engaged a small set of families, is to develop a toolkit that replicates the program and is available to health professionals for implementation.



Healthy Living Through the Lifespan

Nearly 700 adults participated in Healthy Living Through the Lifespan educational programs. These workshops are designed to prepare adult audiences to face relevant issues experienced throughout the lifespan, such as parenting, stress management, memory and aging, caregiving, retirement, recognizing and maintaining resiliency.

- › Being Mindful in a Busy World
- › Mindfulness for Teens
- › Someday is Today, Live your Bucket List
- › Finding your Get Up and Go
- › De-clutter and De-stress
- › Hold that Thought!
- › Looking at the Funny Side
- › Who Gets Grandma's Yellow Pie Plate?
- › I'm Positive, I'm Aging
- › How High Do You Bounce?





Career and Technology Field Day at Ewing Demonstration Center

The second annual Career and Tech day was held September 14 at Ewing Demonstration Center. The field day was developed to create an interactive and educational experience for local junior college and high school agriculture students. The event promotes recruiting for area four-year universities and exposes students to agricultural career paths.



Career Exploration and Workforce Preparedness

According to Illinois Data Trends (2016), since 2008, underemployment rates and unemployment in Illinois are leveling out. While more individuals are graduating with a college degree, employers are having difficulty filling jobs due to the skills gap. At the same time, fewer are prepared for the jobs that are available. Underemployment and lack of available workers contribute to the economic viability of families, businesses, and communities across Illinois.

University of Illinois Extension addresses these issues through programming that fosters career exploration and workforce preparation:

- › 4-H Projects and 4-H Exhibit Opportunities
- › 4-H Teen Leadership Competency-based Programs
- › Youth Entrepreneurship STEM Training/Education
- › Beginning Farmer Training
- › Tackling Tough Skills Training
- › Customer Service Training





4-H Summer STEM Camp

Campers who attended the 4-H Summer STEM camps learned about the scientific method and engineering design through hands-on activities and experiments in several areas. Youth learned about the environment and technology while enjoying crafts and games.





4-H Highlight: Cool Cooks in the Kitchen

The teen-led Cool Cooks in the Kitchen Workshop is a fun, engaging program that allows youth to learn about nutrition while trying new, healthy recipes and gaining kitchen skills. 4-H teen teachers serve as positive role models for younger youth while developing their own leadership and teaching skills as they plan and implement hands-on learning experiences. Teen teachers are intentionally trained and prepared for their role and are supported by caring adult mentors.



4-H Community Club Data



22
Youth Volunteers



120
Adult Volunteers



1,028
Community Club Members



57
Community Clubs





College of ACES Dean Dr. Kim Kidwell connects with Jackson County Health Department Director of Health Education Michelle McLernon and University of Illinois Family Life Educator Susan Sloop.

Partnerships That Put Knowledge to Work

Community collaboration is what we do — it's built into our mission, which is to “enable people to improve their lives through learning partnerships that put knowledge to work.” As state resources continue to decline, it's critical to combine resources with area agencies to increase our reach and to make greater impact. Following is a list of some of the community agencies that collaborated with University of Illinois Extension in Franklin, Jackson, Perry, Randolph, and Williamson counties to help plan and deliver important educational programming in 2017.

- › Area Food Pantries (not limited to)
 - › Saluki Food Pantry
 - › Chester Area Christian Food Pantry
 - › Cross Walk Food Pantry
 - › Murphysboro Food Pantry
 - › St. Louis Area Food Pantry
- › Illinois Farm Bureau
 - › SIU Medicine
 - › SIU Dept. of Plant, Soil & Ag
 - › Southern Region Early Childhood Programs
 - › Head Start
 - › Touch of Nature
- › Southern Illinois University
 - › Southern Illinois Healthcare
 - › Second Act
 - › Centerstone
 - › Early Head Start
 - › John A. Logan College
 - › Harrison–Bruce Hist. Village
 - › Child Care Resources/Referrals
 - › SWCD/NRCS
 - › IL Specialty Growers Association
 - › Food Works
 - › Crab Orchard NWR
 - › Pyramid State Park
 - › Giant City State Park
 - › Rend Lake Army Corps of Engineers Project Office/Visitor Center
 - › Healthy So. Illinois Delta Network
 - › Franklin/Williamson Healthy Community Coalition (HCC)
 - › Perry County HCC
 - › Jackson County HCC
 - › Randolph County HCC
 - › Franklin, Jackson, Perry, Randolph and Williamson County Health Departments
 - › Memorial Hospital in Chester
 - › Regional Office of Education
 - › Local School Districts
 - › Southern Illinois Miners
 - › Boys and Girls Club



Outstanding Community Members

Perry County Master Gardener Jon McClurken was nominated for and received the Master Gardener of the Year Award during the Illinois Master Gardener Conference. Jon has a passion for the Master Gardener mission, which is “helping others grow.” Jon has partnered with Extension staff to pilot and deliver innovative programs which are aimed to encourage youth and adults to develop an understanding and appreciation of gardening.



Katelyn Hamilton was one of three young women who have added \$1,000 to their college fund, thanks to the Illinois 4-H Foundation and the Illinois State Fair. Katelyn participated in the Superior Young Producer Award Program. This program rewards 4-H members who excel in their knowledge of the livestock industry in five specific species: beef, dairy, horse, sheep, and swine.





4-H Week Proclamations

National 4-H Week was October 1 through 7. To honor 4-H Youth Development, Franklin, Jackson, Perry, Randolph, and Williamson counties designated

National 4-H Week in their communities. 4-H youth met with County Boards as the proclamations were signed.



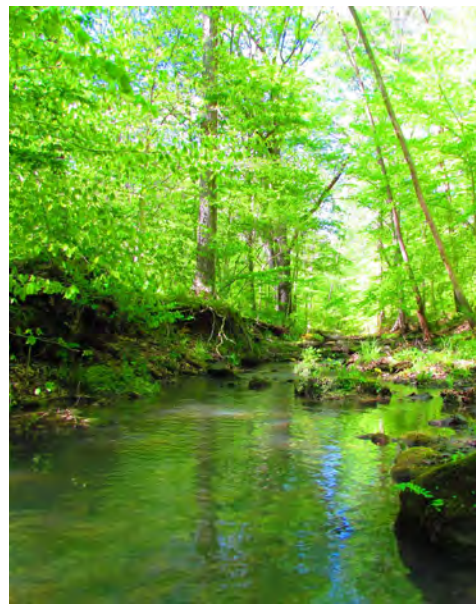
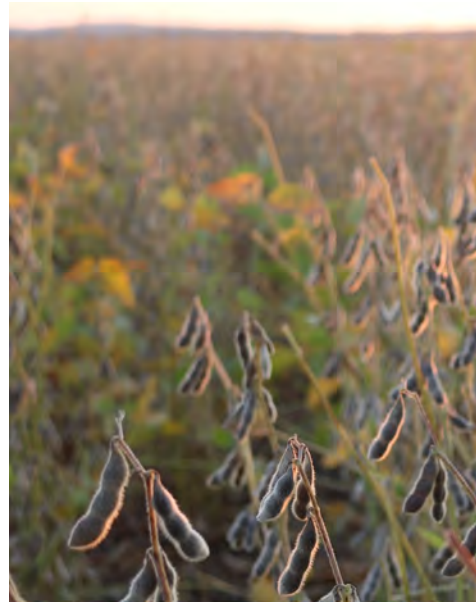
Franklin County Board Chairman Randall Crocker with 4-H youth



Randolph County Commissioners with 4-H'er Michael Hubert



Perry County Commissioners with Perry County 4-H teens







Lynn Heins
County Director



Trinity Allison
*Extension Educator, SNAP-Ed,
Region 4*



Megan Austin
*Community Worker,
SNAP-Ed*



Cindy Bauman
4-H Program Coordinator



Talon Becker
*Extension Educator,
Commercial Ag*



Terri Cagle
Office Support Associate



Jance Curry-Witzman
Community Worker



Alisha Eggers
Community Worker



Nathan Johanning
*Extension Educator,
Local Foods*



Alicia Kallal
*Extension Educator,
Horticulture*



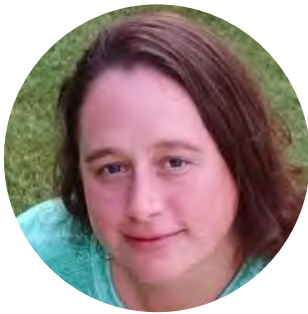
Erica Kurtz
Office Support Assistant



Marc Lamczyk
*Local Foods Program
Coordinator*



Sara Marten
*Extension Educator,
4-H & Youth Development*



Rebecca Needham
Extension Educator,
4-H & Youth Development



Jennifer Newbury
Work Program Participant,
SNAP-Ed



Caitlin Purcell
Office Support Assistant



Maggie Rose
Program Coordinator



Rhonda Shubert
Program Coordinator,
4-H & Youth Development



Hannah Sickmeyer
Work Program Participant,
SNAP-Ed



Susan Sloop
Extension Educator,
Family Life



Vicki Snider
Community Worker, SNAP-Ed



Brandi Swisher
Program Coordinator,
Youth 4-H



Esther Waddy
Program Coordinator,
4-H & Youth Development



Toni Wright
Extension Educator, SNAP-Ed

Not Pictured:

Patti FitzPatrick,
Business Manager

Raetta Goins,
Office Support Assistant

Beverly Rendleman,
Office Support Assistant



OFFICE LOCATIONS

Franklin County

1212 Route 14 West
Benton, IL 62812
Phone: (618) 439-3178
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(closed 12-1 pm)

Jackson County

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Murphysboro, IL 62966
Phone: (618) 687-1727
FAX: (618) 687-1612
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Perry County

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Room 110
Pinckneyville, IL 62274
Phone: (618) 357-2126
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Randolph County

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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).

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