

# Impacting YOU

"Impacting You"  
is a monthly report  
used to communicate

University of Illinois Extension - Unit 26  
programming impacts to stakeholders.

Dear Valued Stakeholder:

It is my pleasure to present this brief impact report of the programs and events offered to the residents of Franklin, Jackson, Perry, Randolph and Williamson Counties during this past month.

- Lynn Heins, Unit 26 County Extension Director

553

Total Direct  
Contacts

(Excluding SNAP-ED)

11

Total Number  
of Programs &  
Events

SNAP-ED

218

Total Direct  
Contacts

This federally funded Supplemental Nutrition Assistance Program (SNAP-Ed) is nutrition education provided for SNAP participants and other low-income individuals.

17

Total Number of  
Programs & Events

## Volunteer Inducted into 4-H Hall of Fame

Cathy Hewlett of Mulkeytown, Illinois was one of 80 volunteers recognized by the Illinois 4-H Foundation as a 4-H Hall of Fame recipient during a ceremony at the Illinois State Fair in Springfield. "These volunteers fully embody what 4-H strives to instill in youth," said Angie Barnard, Illinois 4-H Foundation executive director. "They are caring, dedicated, generous leaders, and the Illinois 4-H Foundation is extremely proud to be able to provide this honor to thank them for their service to this wonderful organization." The Illinois 4-H Foundation established the statewide Hall of Fame in 2004 to honor and celebrate extraordinary 4-H alumni, volunteers, and former 4-H staff.





# Extension at the DuQuoin State Fair

Local 4-H members led tours during the Helping Hands Farm Stand at the DuQuoin State Fair. This fun, interactive tour allowed participants to visit five barn stations as they learned more about what goes into farming.



Master Gardeners and Master Naturalists answered horticulture related questions and shared information on the area's natural resources at the fair. Several Master Gardener volunteers also hosted pop-up programming. Over the course of the fair, the volunteers reached a little over 1,000 individuals that stopped by their booth.



## Health and Food Fair at Attucks Park

As a member of the Healthy Southern Illinois Delta Network (HSIDN) Diabetes Today Resource Team (DTRT), the University of Illinois Extension worked with Southern Illinois Healthcare (SIH) and the St. Louis Area Foodbank to provide a free Health and Food Fair at Attucks Park in Carbondale. Individuals were able to receive a free health screening to check blood pressure, blood sugar, BMI and cholesterol while also learning more about diabetes, heart disease, stroke and other preventable chronic diseases. At the event, the foodbank and Victory Dream Center served 334 families (1,226 individuals) 22,081 pounds of food through a "farmer's market style" mobile food pantry where individuals could select the items they would like. Of those 1,226 people, 48% were children!



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