

# Impacting YOU

"Impacting You" is a monthly report used to communicate University of Illinois Extension - Unit 26 programming impacts to stakeholders.

Dear Valued Stakeholder:

Extension plays a vital role in building a strong community by providing services that help solve problems, develop skills, and create a better future for local residents and youth. From reliable information to help businesses weather the economic effect of COVID-19 to activities to help families stay healthy in body and spirit, Illinois Extension remains a trusted source to address the most pressing issues in the state of Illinois relating to food, health, environment, community, and economy.

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, County Extension Director  
Serving Franklin, Jackson, Perry, Randolph & Williamson Counties*

475

Total  
Contacts

34

Total Number  
of Programs &  
Events

## Community gains support with new Extension family life educator

Whether you're in the middle of raising toddlers or learning to navigate the needs of your aging parents, each stage of life brings new challenges. Illinois Extension's family life team is available to help connect you with information and resources based on sound science and best practices and walk with you every step of the way. Robin Ridgley is the newest member of the family life team serving Franklin, Jackson, Perry, Randolph, and Williamson Counties within the heart of Southern Illinois.

A native of Benton, Illinois, and a two-time Southern Illinois University alumna, Ridgley received her bachelor's degree in elementary education and a master's degree in education administration. She has many years of experience teaching in the public-school system and most recently served as a family services school-based counselor and a prevention specialist at Centerstone. Robin is excited to connect with local partners and community members as she provides educational programming and resources on healthy living throughout the lifespan.



*We're excited to welcome Robin to the Illinois Extension team. As a family life educator, her work will address important issues that many families face, especially during a global pandemic. Her program priorities relate to social-emotional wellness, brain health, and family relationships. Much of Robin's work aligns with community partners and results in larger impact for our communities."*  
-Lynn Heins, County Director

# Extension helps adults live happy, healthier, wealthier lives

We're never too young or too old to learn valuable lessons that keep us fit, healthy, happy, and financially sound. In a tradition that has lasted decades and adapted to the changing world environment, Lessons for Living are monthly workshops that provide easy-to-understand tips for living full, rich lives. The 2021 lineup includes the following programs:

- Five Flavors: How the Palate Changes
- Building Resiliency in Yourself and Your Organization
- How to Save on Travel
- Healthy Behaviors for a Healthy Immune System
- Medical Identity Theft
- Understanding the Impact of Adverse Childhood Experiences

The free online webinars, taught by University of Illinois Extension educators, are extended at no cost to the public in collaboration with the Illinois Home and Community Education units throughout the state. Individuals can register for sessions at: [go.illinois.edu/2021HCElessons](http://go.illinois.edu/2021HCElessons)



## Take a stand against heart disease with Illinois Extension



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In the United States, someone has a heart attack every 40 seconds, so knowing your risk and taking steps to prevent this is more important than ever. February is

American Heart Month, and Illinois Extension highlights heart-healthy tips to increase knowledge about heart disease and steps to prevent and manage it. A four-week webinar series, Health at Home: Healthy Eats for a Healthy Beat, kicks off in mid-February and runs through mid-March. Each 30-minute class will explore critical nutrients for improving heart health, followed by a live food demonstration showing how to prepare a heart-healthy meal. Those interested can register at: [go.illinois.edu/healthybeats](http://go.illinois.edu/healthybeats)

College of Agricultural, Consumer and Environmental Sciences

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

If you need a reasonable accommodation to participate in programming, contact your registration office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.