

May 2019

Impacting YOU

"Impacting You"
is a monthly report
used to communicate
University of Illinois Extension
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, County Director

1,242

**Total Direct
Contacts**
(Excluding SNAP-Ed)

32

**Total Number
of Programs
& Events**

SNAP-Ed

1,869

**Total Direct
Contacts**

115

**Total Number of
Programs & Events**

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

Community Service that Matters

Our 4-H participants give back to the community through various service projects during the year. Through their work with Sleep in Heavenly Peace, Franklin County and Perry County 4-H members helped build and assemble beds for children in need to ensure they have a safe, comfortable place to sleep. The Perry County "Sew Much Fun" 4-H group (and others from the community of Pinckneyville) also worked together to make 86 patriotic blankets for veterans to be delivered prior to the Veteran Honors Flight #5.



Illinois Jr. Chef Provides Nutrition Education During Summer Months



Even though local schools have already let out for the summer, our Supplemental Nutrition Assistance Program Education (SNAP-Ed) Community Workers are still hard at work provide basic nutrition education. The Illinois Junior Chef Program is a statewide, hands-on culinary and nutrition education program. During this summer cooking school, each lesson focuses on a particular food group and is paired with a recipe that features new cooking skills.



Keys to Embracing Aging

Family Life Educator, Susan Sloop, emphasizes healthy lifestyles throughout the lifespan. This spring she made her way through Randolph County as she conducted the senior series, "Keys to Embracing Aging." During her programming at the Sparta Senior Center and the Chester Senior Center, Susan shared key factors that make a difference in the aging process including how to stay mentally fit, maintaining a positive attitude and the importance of physical activity.

University of Illinois Extension
Franklin|Jackson|Perry|Randolph|Williamson
402 Ava Road, Murphysboro, IL 62966
(618) 687-1727 | <https://web.extension.illinois.edu/fjprw/>

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 programming, contact your registration office.
Early requests are strongly encouraged to allow sufficient time for meeting access needs.