

Impacting **I** YOU

"Impacting You" is a monthly report used to communicate University of Illinois Extension 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, Extension Director
Serving Franklin, Jackson, Perry, Randolph & Williamson Counties

1,953

Total
Contacts

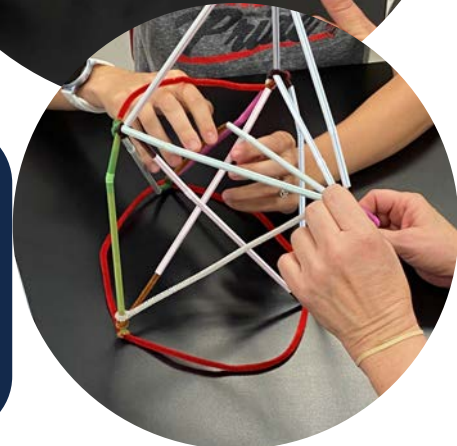
78

Total Number
of Programs &
Events

Educator leads activity on the influential role of experiences on brain development

Family Life Educator Robin Ridgley worked with area school teachers to understand how positive and negative early childhood experiences can impact an individual's lifespan. The Brain Architecture Game is a tabletop experience that builds understanding of the influential role of experiences on early brain development – what promotes it, what derails it, and the resulting consequences for society. The goal is to build a "brain" that is as tall (functional) and sturdy (withstanding stress) as possible. Tools used during the game include pipe cleaners (basic brain structure), straws (positive experiences or support), and weights (traumatic events/stressors).

“ I enjoyed the brain architecture game. It was a great way to realize what kind of trauma kids can go through at a young age and how it affects them. We need to be "straws" and a support system for them. ”



SIFPN wins regional award

Congratulations to the Southern Illinois Food Pantry Network (SIFPN) for being selected as the second-place central region winner for the Community Partnership Award for their collaborative approach to impact food insecurity. The award was presented during the National Extension Association of Family and Consumer Sciences Annual Session. Working collaboratively with community partners and food pantries, the SIFPN strives to reduce hunger and improve the health and wellbeing of our communities through access to healthy and nutritious food, education, resources, and advocacy. By allocating donations from partnering organizations, they help transform the lives of residents who face food insecurity in Southern Illinois communities.



4-H members add creativity to annual light fair

For over two decades, the DuQuoin Holiday Lights Fair has showcased beautiful lights, murals, and festive displays. Our local 4-H members added their creativity to the mix by creating holiday murals. Franklin, Jackson, Perry, Randolph, and Williamson County 4-H members each created a unique painting to display at this year's festival. Individuals can check out the displays in person during the yearly event. The Holiday Lights Fair is open through the end of the year each evening from 5 - 9:30 p.m. at the DuQuoin State Fairgrounds at 655 Executive Drive in DuQuoin. The cost to attend is \$10 per car.



Extension shares information on heritage chickens



Participants looking to add to their farm stand or personal flock enjoyed a heritage chicken workshop led by Local Foods and Small Farms Educator Katie Bell. During the program, Bell discussed a variety of topics including:

- Different heritage breeds and their eggs
- Selecting healthy chickens or young chickens
- Different coops, including moveable coops
- How to feed chickens for egg production

University of Illinois Extension
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A recording of the program will be posted at a later date on the unit's YouTube channel. Visit us at: youtube.com/c/UniversityofIllinoisExtensionFJPRW

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.