



November 2020

IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties

Local University of Illinois Extension educator wins national awards Cheri Burcham, Extension Educator, University of Illinois Extension

University of Illinois Extension Educator Cheri Burcham along with team members Cara Allen (retired), Karla Belzer, Chelsey Byers, Tessa Hobbs-Curley, Molly Hofer and Susan Sloop were honored recently at the National Extension Association for Family and Consumer Sciences (NEAFCS) 86th annual session, whose theme was “Life Elevated”. The team received Second Place Central Region NEAFCS Educational Curriculum Package Communications Award at the conference held virtually on September 14 - 16, 2020.

In receiving the award, Burcham and the family life team were recognized for their efforts in encouraging caregivers of adults to practice techniques of self-care to manage stress, prevent burnout and promote a positive caregiving journey. The NEAFCS Educational Curriculum Package Communications Award encourages excellence in a teaching package that utilizes communication tools from two or more categories: audio/visual, written, exhibit, slides, transparencies, computer program or educational publication. This award is sponsored by the NEAFCS membership and awards fund. This team along with colleague Caitlin Mellendorf also received the Second Place Central Region NEAFCS Innovation in Programming Award for their efforts in providing education to long-term care providers through a webinar series. The Extension educators’ commitment to meeting the needs of individuals, families and communities is exemplary.

Coles Office
217-345-7034

- Pam Vaughan-Sturgeon, County Director
- Kim Morrison, 4-H Educator
- Jenny Lee, Master Gardener and Master Naturalist Coordinator
- Elizabeth Hartke, SNAP-Ed Community Worker
- Liz Mason, Office Support Assistant

Cumberland Office
217-849-3931

- Jaylynn Schober, 4-H Coordinator
- Kathy Deters, Office Support Associate

Moultrie and Douglas
County Office
217-543-3757

- Cheri Burcham, Family Life Educator
- Angie Welker, 4-H Coordinator
- Susan Stollard, SNAP-Ed Community Worker
- Teri Boehm, Office Support Specialist

Shelbyville Office
217-774-9546

- Mary Beth Massey, SNAP-Ed Program Coordinator
- Penny Hood, SNAP-Ed Community Worker
- Yolanda Nation, 4-H Coordinator
- Diana Litteral, Office Support Assistant

Moultrie-Douglas 4-H Virtual Fair



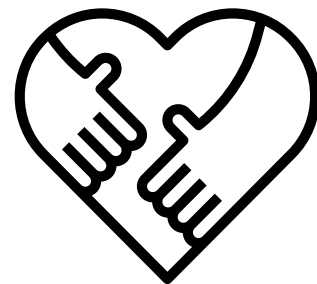
Natalie Lane of the
Tuscola Country Clovers

Grace Hutchison of the
Camargo Champs
displaying General Project Show awards

displaying 2020 virtual 4-H Horse Show Awards

Discover Caregiving Webinar Series

The Discover Caregiving Relationships Webinar Series is in full swing! It began on October 8 and will occur weekly on Thursday evenings until November 12. There are over 48 million caregivers of those age 50 and older and this webinar series is designed to address the many issues and challenges those caregivers experience. As of this writing, 172 people have participated in the first three sessions “Caregivers Need Care Too”, “Losses and Mixed Emotions” and “Changing Relationships.” Of those that have completed the evaluations, 95% have rated the webinars High/Very High in terms of education, motivation and/or support they received. When asked what information received was most important, some of the responses included: “The acknowledgment that I am not the only one with my feelings about my caregiving situation and recognizing that it is normal. I also really appreciated the links to additional resources”.



Remaining webinars in the series will be held November 5, and 12 at 6:30 PM. Registration is still open online at <https://go.illinois.edu/dicovercaregiving> To view the previous recorded sessions and caregiving resources, go to <https://extension.illinois.edu/global/caregiving-resources>

Shelbyville 4-H Pumpkin Fun!



Silver Spurs 4-H members painted 4-H pumpkins as their October club activity. Everyone's pumpkins turned out great!



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