



October 2020

IMPACTING YOU

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

GREETINGS FROM THE COUNTY DIRECTOR!

Welcome to the October Newsletter! My name is Pam and I'm so pleased to be your new County Director. I'm so thankful to be here, where I believe my expertise and education will continue to help provide you exciting and worthwhile educational opportunities. The position began May 1, which meant my first day was during the pandemic. I found myself working from home, getting to know staff from afar, never seeing colleagues face-to-face, and having every meeting in an online format or over the phone. It has been a very challenging and unique experience, full of change – and with change comes opportunity. There is always a way to make a negative situation positive and to achieve a common goal. That is why we have excellent staff who continue to work and serve the community, through a grassroots approach, while maintaining a variety of high-quality programming through a variety of delivery modes, while also doing our best to keep you safe, happy and healthy.

I look forward to meeting you and please feel free to contact me with your questions, concerns, or ideas.
Thank you!

Dr. Pamela Vaughan-Sturgeon
County Director – Serving Coles,
Cumberland, Douglas, Moultrie, and Shelby
Counties
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Produce Auction

Last year, thanks to local growers, Extension received 25,223 lbs. of produce to benefit local families. This year we are at about 20,000 lbs., helping 22 local pantries, the Windsor Summer Feeding Program, and the Arthur Community Meals. Our team is also collaborating with Eastern Illinois University to help leverage efforts from area producers to increase locally-available nutritional support. For more information on the collaboration visit go.illinois.edu/ProduceGrant2020



Wits Fitness Brain Class

October 5: 2:00–3:30PM

Join University of Illinois Educator Cheri Burcham as she leads participants Online through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory.

To register, please e-mail Cheri at cburcham@illinois.edu



Fun at the Shelby County 4-H String Art Workshop!



Idea Garden

Have you visited the Idea Garden Lately? The Master Gardener Idea Garden is located on the grounds of Sarah Bush Lincoln Hospital in Mattoon. The garden is 1,200 square feet of planted space providing a source of inspiration, relaxation, and continuing education for our community and its visitors. Take time to visit the Idea Garden to spark inspiration for your next garden project!



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