



2018 IMPACT REPORT University of Illinois Extension DuPage, Kane & Kendall Counties

ILLINOIS EXTENSION COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



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A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the

University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones Chancellor, University of Illinois





A Note from the County Director

It is often said that "everything old is new again."

Over 48 years with University of Illinois Extension, I have seen this to be true with trends such as food preservation and community gardening. I also have witnessed advancements that provide better information, and technology which allows us to reach people in new ways.

What never gets old is Extension's commitment to communities. My first experience with this came through 4-H, which shaped not only my direction in college, but also my career. I am forever grateful that my father opened that door for me, as it led to decades of sharing knowledge, collaborating with communities, helping fellow residents, and inspiring the next generation. Extension's breadth of programming and passionate people continue to do all that today, as you will see in these pages.

My career with Extension has been very fulfilling and rewarding. Although I will miss seeing all the great volunteers, community members, and staff as often, I know Extension will continue to be there to serve me and my neighbors. Thank you for a memorable 48 years.

Sandra I. Davis County Extension Director

Condia Duis





*\$26.02 per hour was utilized as the hourly value of Illinois volunteer service, as reported by Independent Sector at http://www.independentsector.org

There is a lot to Extension. In addition to 4-H, there is the Master Gardener program, the Master Naturalist program, health and wellness activities. There's just a lot of information available to the community at little or no cost. HEATHER DEVOE, EXTENSION VOLUNTEER



Master Gardeners & Master Naturalists

The Horticulture and Natural Resources program area provides informal instruction and resources for residents, as well as more formal training for Master Gardener and Master Naturalist volunteers, who then serve our communities in various ways.

In 2018, our tri-county program trained 29 new Master Gardener volunteers and 24 new Master Naturalist volunteers. In addition to rigorous training and classroom time, they must complete at least 60 volunteer hours in their first year.

Master Naturalist training covers topics such as botany, herpetology, ornithology, prairies, soils, watersheds, and mammals. The Master Naturalists participate in native restorations, seed collection, invasive species control, species monitoring, direct education and more. They also serve on multiple councils, boards and committees.

Master Gardener training topics include vegetable gardening, weed and insect identification, trees, small fruits, integrated pest management, lawn care, flower gardening, plant diseases, tree and shrub care, and soils and fertility. They serve through community gardens, youth programs, therapeutic horticulture, heritage work and more. Each of our counties also hosts a Master Gardener Help Desk, where local residents can call, visit or email volunteers with horticulture-related questions. They are open seasonally, spring to fall.



http://go.illinois.edu/MasterGardenerHelpdkk



Master Naturalist trainees explore biodiversity by counting the number of organisms in the circle, during a hands-on lesson in fall 2018.

It is a great way to meet people with the same interests, expand my own knowledge-base and volunteer. It is a win-win program to me. PAT GUNNERSON, CERTIFIED MASTER GARDENER & MASTER NATURALIST TRAINEE

Master Programs by the Numbers



Master Gardener Volunteers

Master Naturalist Volunteers

21,622 Volunteer Hours

13,505 Direct Contacts

> \$562,604 Value* to Communities

*\$26.02 per hour was utilized as the hourly value of Illinois volunteer service, as reported by Independent Sector at http://www.independentsector.org

Sharing Knowledge in Many Ways

Extension Educator Richard Hentschel also shares research-based education and seasonal tips through local media and online tools, including weekly newspaper columns, regular radio features on WDCB and WSPY, the "Green Side Up" podcast, blogging, and the "This Week in the Garden" video series.

On Facebook alone, this video series reached 33,576 people in 2018. With timely topics and various locations, the short videos provide ideas and education for home gardeners. Overall, local media and social media efforts allowed us to reach hundreds of thousands with helpful information.



http://go.illinois.edu/overthegardenfence http://go.illinois.edu/greensideup http://www.facebook.com/extensiondkk/videos ACES DEAN KIDWELL VISITS MASTER GARDENER PROJECT IN ELGIN

In May, College of ACES Dean Kim Kidwell visited Sherman Natural Prairie and Community Garden in Elgin, as part of her statewide tour of Extension units. "We want to be sure what we do supports the betterment of our communities," she said to the volunteers, community members and staff. "You inspire us to do that." In 2018, the garden had 115 participants and 20-plus volunteers who educate via meetings, newsletters and on-site consultation. The project features 48 raised beds, an ergonomic garden, a pollinator garden, bee hives and more.





MASTER GARDENERS GROW WITH, GIVE BACK TO LOCAL COMMUNITIES

In 2018, volunteers reported 10,777 pounds of produce donated to local food pantries by Master Gardener-led projects. For example, the Plano Community Garden gave 6,401 pounds to the Kendall County Community Food Pantry. In addition, the Naperville Community Garden celebrated its 8th Annual Gleaning Day to collect left behind, edible produce after the garden closes and before beds are prepared for winter. They also grow produce for Loaves and Fishes and collect season-long donations from community garden members. Over eight years, the program has donated more than 22,500 pounds of fresh produce. Other projects sharing food include Bloomingdale Community Garden and Sherman Community Garden, Elgin.

MASTER GARDENERS PROVIDE C.A.L.M. FOR JUVENILE CENTER'S YOUTH

Donna Plonczynski decided to become a Master Gardener when she began volunteering at the Juvenile Justice Center (JJC), working with youth in detention and teaching them to grow food. "The first year, I knew I needed some more knowledge to share with the kids," she said. "I wanted a solid foundation, so I applied to become a Master Gardener." Now, she leads a team of Master Gardener volunteers and the JJC gardening program has expanded to a larger yard and reaches more youth. "We share **C.A.L.M.** with them," she said. "They **contribute** to their community by growing food for meals, they enjoy **activity** that is outdoors, they **learn** new skills, and they are **mentored** by good folks. One of the kids told me that 'gardening is way cool,' and will start working with his grandmother when he gets out. I am pleased we have such a positive influence."





NATURALISTS LOOK OUT FOR OUR ENVIRONMENT

The Master Naturalist program continues to grow with new members and project opportunities. Volunteer Liz Copeland costewards a 14-acre woodland at Fermilab, and has logged more than 2,100 hours of service since 2013. "I feel privileged to be able to give back to our environment," she said. "I can document that I have made a difference in removing invasive species like buckthorn, honeysuckle, and barberry. Our Floristic Quality Index has increased from the mid-20s to the high-40s. We continue to spread seeds and plant plugs to increase biodiversity." In the fall, she hosted a workday for the 24 new trainees. "The extra hands opened up sunlight to a large area in just a couple of hours!" she said, adding that it normally would've taken several weeks. "I am glad to see the steady increase of interest in these programs. The more the merrier."



SUPPLEMENTAL NUTRITION ASSISTANCE **PROGRAM EDUCATION (SNAP-EDUCATION)**

SNAP-Education staff works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play, and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

Serving Local Families



4,280 Total SNAP-Education Participants



29.9%

67.7% 13.8% 18.5%

Adults

Identified as Hispanic Identified as Non-Hispanic Unknown

70.1%

Youth

RACE OF PARTICIPANTS

- 67.1% White (2,874)
- 8.6% Black (369)
- 5% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (215)

Our Community Partners



65 K-12 Schools



Early Childhood Centers

18 **Community Centers**

19 Food Pantries and Food Banks We can always count on Extension to provide relevant and timely information and resources to help people learn the skills to improve their own health. MICHAEL ISAACSON KANE COUNTY HEALTH DEPARTMENT

Nutrition & Wellness

In addition to the SNAP-Education program, Extension offers Nutrition and Wellness programming to further based education on chronic disease management, proper nutritional choices, overall physical wellness, food safety, and food preservation. We collaborate with communities, organizations, businesses, health groups, schools, and more.

One example is our collaboration with the Kane County Health Department (KCHD) to address community health needs, specifically in the areas of promoting a healthful diet and consistent physical activity. Since 2012, Laura Barr, Nutrition and Wellness Educator, has worked on the Health Advisory Board to develop ways to address the Community Health Needs Assessment Report. She helped plan and present at events such as Summer Wellness at the Aurora Farmers Market, and Wellness Works, which is now in its fifth year.

"U of I Extension strongly supports our mission to improve the lives of residents in our communities," said Michael Isaacson, Assistant Director of Community Health, KCHD. "We can always count on Extension to provide relevant and timely information and resources to help people learn the skills to improve their own health."

Additionally, Barr serves on the Carpentersville Health Council, the Chronic Disease Action Team, Healthy Living Interdisciplinary Council.



Get recipes, activities, and budget-saving ideas at http://go.illinois.edu/eatmovesave

EXTENSION PROVIDES PRACTICAL EDUCATION THROUGH PARTNERSHIPS

Locally, SNAP-Education works with 19 food pantry sites, and staff often will showcase a recipe using items clients receive while shopping at the pantry. They can taste it and take a recipe copy home. "We believe nutrition education is important for our clients," said Kristin Jachymiak of West Suburban Community Food Pantry. "They may be more open to taking items they may have shied away from in the past." Healthy recipes also are shared at DuPage County Health Department. "This impacts the local residents in a positive way by providing simple yet creative ideas with a wide variety of healthy foods," said Ryan Coughlin of DCHD. It is an interactive, educational opportunity for clients as they wait for services. "WIC staff finds this collaboration helpful since we do not have the resources to present and educate our participants like Extension can."





REACHING CHILDREN AND PARENTS IN WAYS THAT WORK

The SNAP-Education team strives to educate youth with interactive instruction and also their families with helpful handouts or presentations. "By providing health information to both parents and to students, Extension enhances dialogue between child and parents to discuss healthier meal choices at home," said Javier Ramos of Jerri Hoffmann Child & Family Center in Carpentersville. Extension community workers also can lead lessons in Spanish. "We are so happy the instructor is bilingual," Ramos said. "A small percentage of our classrooms are predominantly Spanish speakers, and it helps when she shares information with them in their native language."

SNAP-EDUCATION ENGAGES STUDENTS TO MAKE HEALTHY CHOICES

Extension Community Workers connect with students from preschool through middle school using age-appropriate curriculum. The interactive lessons are memorable, from using a special glow light to show the importance of handwashing to teaching healthy meal preparation skills and kitchen safety. "We enjoy the collaboration because of the dynamic approach a new person and content can incorporate to our program," said Karin De La Paz of CUSD 300. "It connects to school curriculum, and gives talking points for teachers during meal times." Angelica Hernandez-Nunez, a District 131 bilingual teacher, said, "It is an excellent way to approach and educate students on ways to balance their food. It also is an opportunity to connect students with the University and allow them to think that education does not finish at elementary school."





COLLABORATING FOR HEALTHIER COMMUNITIES

In 2018, Extension collaborated with the City of West Chicago on multiple special events, including the inaugural West Chicago Food Festival, which educated families about how to create healthy meals on a budget. The Extension team presented cooking demonstrations in both English and Spanish. "Attendees learned a lot, had fun, and got to take away some tasty food samples," said Bethany Bayci, the city's special events coordinator. "It was reassuring to have such organized, professional, and intelligent women leading such an important event component. These efforts have life-long positive impacts on the health of these individuals and families as they carry what they learn with them and subsequently share their knowledge with others."





Serving Youth in DuPage, Kendall, and Kane Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

Program Reach



RACE

- 79 % Caucasian
- 7 % African American
- 14 % Asian, American Indian, Pacific Islander, 2 or more races, or unknown

81 % Non Hispanic 19 % Hispanic





*\$26.02 per hour was utilized as the hourly value of Illinois volunteer service, as reported by Independent Sector at http://www.independentsector.org

Value of Volunteerism

Through 4-H, volunteers encourage tomorrow's leaders. It may be by leading a club, teaching youth life skills at a workshop, sharing expertise during conference judging, or sharing a passion for a special interest.



\$794,339 Value* to Communities

We meet new people and learn new skills in a supportive environment. **YIRENNY CORDERO, 4-H MEMBER**

2018 4-H Youth Impact Survey

Local 4-H club members participated in a Youth Impact Study. One-hundred-sixty-six participated, representing all three counties, various ages and different experiences. They answered questions based on how 4-H has impacted them.



95% Feel Connected to a Caring Adult



96% Can Resolve Differences in Positive Ways

97% Say They are Willing to Consider Ideas of Others, Even if They are Not the Same



95% Can Explain their Decisions to Others

84%

Have Gained Leadership Opportunities

93% Feel Able to Manage their Time to Meet Deadlines and Accomplish their Own Goals



95% Can Explain their Decisions to Others



Feel They Make a Difference in the Community



Get the full results at http://go.illinois.edu/info4Hdkk

4-H TEEN SCIENCE AMBASSADORS LEARN AND LEAD

From computer coding to environmental science, 4-H Teen Science Ambassadors learn and share hands-on STEM lessons through 4-H. Entering its seventh year, the program encourages sixth- to twelfth-grade youth to be leaders and share their passion for STEM. To do this, they receive focused training and then volunteer to teach others at supervised, organized community activities. The ambassadors develop important life skills, such as public speaking, leadership, communication, and teamwork.





4-H GOVERNMENT DAY CELEBRATES SILVER ANNIVERSARY

What better way for teens to understand government than to step into it for a day? This spring, 4-H youth saw first-hand a 9-1-1 call center, SWAT team tryouts, and courtroom proceedings, while others debated an issue at the Kane County Board during the 25th Kane County 4-H Government Day. By shadowing county officials who volunteered their time, these 4-H teens gained real-life knowledge about the ways local government impacts their lives. "After today, I would tell local youth that if you want to make a change, you have to be educated about the process, and going to local government meetings is a good way to experience that," said Abigail DeDina. "4-H provides experiences you may not have otherwise."

4-H CONFERENCE JUDGING EXPERIENCES DEVELOP VALUABLE SKILLS

Each year, 4-H members work hard to learn new things and develop skills, which they then can demonstrate at 4-H shows and the county fair. One of these opportunities is the 4-H conference judging experience, where youth share what they learned with professionals and those volunteers offer positive feedback, constructive critique, and suggestions for continuing to grow in the project area. This allows youth to demonstrate their mastery beyond a physical exhibit, and emphasizes the importance of one-on-one communication and presentation. "It teaches valuable lessons and can propel your learning and even a future career," said Gwen Klinkey. 4-H'ers can explore hundreds of projects in areas of animal science, career & leadership development, creative arts, environmental sciences, global civic engagement, healthy living and nutrition, and STEM.





SHARING KNOWLEDGE FOR THE FUTURE

Through the 2018 4-H Ag Innovators Experience (4-HAIE) "Monarchs on the Move," more than 1,350 youth were challenged to learn how increasing the monarch butterfly habitat benefits the environment and agriculture. As an interactive learning experience, youth get to know the life stages of a monarch and the tough life of a monarch caterpillar. Older students also evaluated a landscape to identify ways to increase biodiversity. Local Extension staff and 4-H Teen Science Ambassadors led the program throughout the summer. All left with a better understanding of entomology, food production, the environment, and how they can help. Youth also received a free milkweed starter kit from 4-HAIE, made possible by National 4-H Council and Monsanto. **EXTENSION HOSTS INTERN FROM UNIVERSITY OF ILLINOIS**

College of ACES student Jenna Baker plans to become a high school agriculture teacher. "I learned a lot about what 4-H has to offer and gained experience in education," she said. "I was able to work with hundreds of youth impacted by Extension." With mentorship from staff, Baker taught lessons from aerospace to etiquette, developed curriculum, and adapted programs to fit various age groups. She also led the summer 4-H Ag Innovators Experience "Monarchs on the Move" program in 10 locations.





NEW FACES JOIN SNAP-EDUCATION TEAM

In November, Nayaab Sattar joined our team as the new SNAP-Education Extension Educator. She has a bachelor's degree in brain behavior and cognitive sciences, and a master's degree in health behavior and health education from the University of Michigan. Before coming to Extension, she worked at an urban non-profit hospital and at a county health department. Also in 2018, Extension welcomed Community Worker Liliana Aguero, and Program Coordinator Christine Birns moved to SNAP-Ed from the 4-H Youth team.

SANDRA I. DAVIS RETIRES FOLLOWING 48 YEARS OF SERVICE

In fall 2018, County Director Sandra I. Davis announced her upcoming retirement from a 48-year career with University of Illinois Extension. She is an award-winning educator and author with Extension, a 4-H alumnus, a past 4-H club leader, and a lifelong resident of the Kendall/LaSalle area. She started with Extension in the 1970s as an assistant advisor, and spent decades teaching sewing skills, providing important food and nutrition information, and promoting volunteerism. She was first named to the County Director role for LaSalle County in 2000. "The beauty of our programs is that people come here and want to be a part of them," said Davis. "I have seen a lot of change over the years, but through it all, Extension is still there to provide researchbased information to communities." In 2018, there were two other local retirements program coordinators Ellen Jackson and Sarah Navrotski.





DEANNA ROBY-VORGIAS NAMED NEW COUNTY DIRECTOR

University of Illinois Extension appointed Deanna Roby-Vorgias as the new County Director serving DuPage, Kane and Kendall Counties. As County Director, she succeeds Sandra Davis and will lead the tri-county unit and its 20-plus staff members in three office locations: St. Charles, Naperville, and Yorkville. The role is responsible for personnel, financial, program, and facilities management. Roby-Vorgias comes to the role with 25 years of experience with University of Illinois Extension and 4-H Youth Development, most of which has been in DuPage, Kane and Kendall Counties. She served as interim County Director in 2018, as well as holding her previous position of 4-H Youth Development Educator. In 2018, she also earned the state Mentoring Extension Excellence Award. Her education includes a master's degree in education at University of Illinois and a bachelor's degree in communications at Northern Illinois University.





Sandra Davis County Director (2018)



Nanette Long **Office Support Assistant**





Julie Jarmusz Office Support Associate



Joan LeMay Office Support Associate



Kim Olson Office Support Associate



Richard Hentschel Extension Educator Horticulture

Kim Eisnaugle

Program Coordinator

4-H Youth Development





Donna Nuger Extension Educator 4-H Youth Development



Rosie Ralston

Publicity & Promotion

Program Coordinator 4-H Youth Development



Doris Braddock



Laura Barr Walker Extension Educator Nutrition & Wellness

Linda Lentz

Community Worker

SNAP-Education







Jo Ann Britton Program Coordinator 4-H Youth Development



Christine Birns Program Coordinator SNAP-Education



Liliana Aguero Community Worker SNAP-Education



Maria Trejo Community Worker SNAP-Education





Patty Luster Program Coordinator 4-H Youth Development



Yolanda Escobedo Community Worker SNAP-Education





Olivia Melgoza Community Worker SNAP-Education

Lorena Reyes

Community Worker

SNAP-Education

2018-2019 EXTENSION COUNCIL - DUPAGE, KANE & KENDALL COUNTIES

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KANE COUNTY (headquarters) 535 S. Randall Road St. Charles IL 60174 (630) 584-6166 uie-dkk@illinois.edu Mon-Fri 8:30 a.m. - 4:30 p.m.

OFFICE LOCATIONS

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Cover photos: (top left) 4-H Cloverbud members celebrate at 4-H Fun Night in Kane County. (top right) DuPage County Master Gardeners prepare for a program. (bottom left) A Master Naturalist volunteer clears invasive species at Fermilab. (bottom right) A team poses with the finished project at the annual 4-H Bridge Bust in Kendall County.

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 any program, please contact the county Extension office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Coo

Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.

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