



EXTENDING KNOWLEDGE

Changing Lives

IN JEFFERSON COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



People gather on hay bales for a nutrition class at the Family Farm & Forage Field Day

Family Farm & Forage Field Day is a Success!

The Jefferson County Cooperative Extension Service partnered with Riverside, the Farnsley Moreman Landing, Louisville Metro Parks and Metro Councilwoman Cindi Fowler to co-host the first annual Family Farm & Forage Field Day.

Presenters from the University of Kentucky Extension, Kentucky State University Extension, Sullivan University, and organizations related to agriculture held brief classes on topics like gardening, goat keeping, bee keeping, insects, wildlife, pollinators, healthy eating, milking demonstrations, hay production and testing, and more for the 1,000+ participants.

The county 4-H Project Day was held in conjunction with the Field Day and FFA members from Seneca High School were also on hand to showcase their projects.

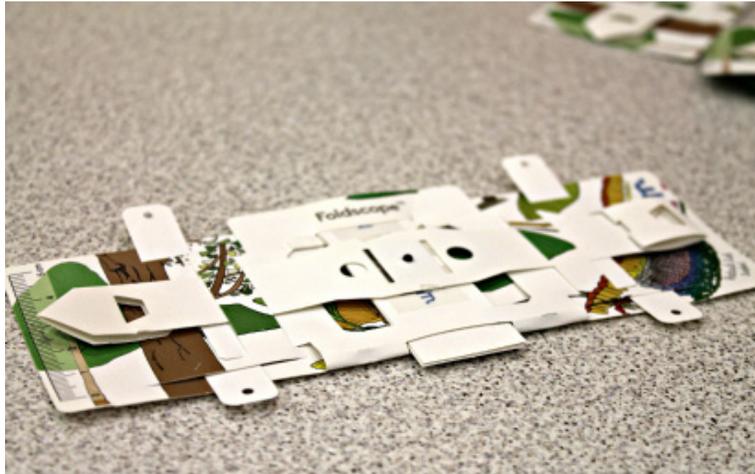
The second annual Field Day will take place on June 17, 2017.

Priority Program Efforts

- A total of **1,695** people are now involved in addressing significant community issues
- **250** youth made an impact in their community through service projects
- **680** local residents implemented practices that promote sustainable agriculture
- **45** producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations.
- **1,219** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **1,675** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **245** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **1,897** youth and adults demonstrated informed and effective decision-making skills
- **295** individuals incorporated new or additional conservation practices.

Summer Science Fun at Camp

Jefferson County 4-H Camp develops practical life skills and has many opportunities for fun mixed with learning. This year at camp, 4-H participated in a beta program for the newly designed Foldscope, that was recently in the national spotlight. This new approach for mass manufacturing optical microscopes uses a printed-and-folded, single, flat sheet of paper, akin to Origami, to produce the microscope.



A Foldscope that 4-H youth used at Camp

In nature classes, campers hiked through the woods of Lake Cumberland. They stopped to discuss insects, flowers, and plants. They made use of their Foldscopes and viewed cells, insect body parts, and surrounding fibers. The use of these portable microscopes captivated campers with nature and science ideas. This led to questions about the use of today's technology, the structure of a cell, and alternative methods to use the Foldscopes in other countries. By including hands-on science at summer camp, several campers are now participating in 4-H after school and community club science programs to continue their exploration of science.

Improving Senior Citizens' Nutrition

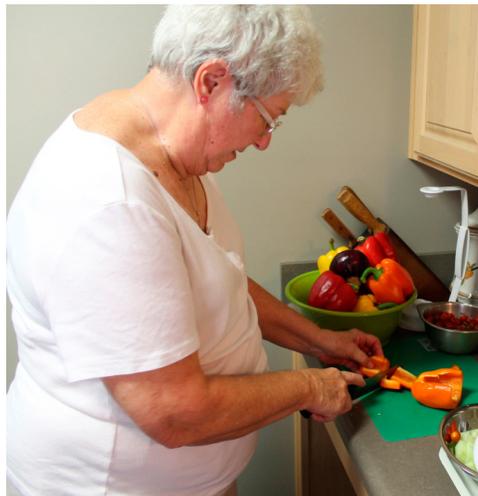
Food insecurity is growing among older adults. According to the USDA Healthy Eating Index, the food insecurity rate for all senior households was 8.9% in 2014, up from 5.5% in 2001. At the same time, the percentage of seniors facing the threat of hunger has more than doubled. Food insecure seniors are at a

higher risk for a wide range of health problems. They have lower nutrient intakes and are more likely to suffer from diabetes, depression, limitations in daily activities, high blood pressure, congestive heart failure, heart attacks, gum disease, and asthma.

The Jefferson County Extension Agent for Family and Consumer Science partnered with a low-income senior citizens apartment complex to conduct a 6 week healthy living series followed by monthly nutrition education classes. The classes, with over 72

participants, were conducted using the USDA Dietary Guidelines and MyPlate. In a 10 month follow-up evaluation, participants showed:

- 100% tried the new recipes,
- 50% have made dietary changes,
- 80% reported reading food labels, and
- 60% are drinking more water and fewer soft drinks.



Preparing a healthy meal with bell peppers.

Several reported that it is hard to change eating habits after so many years, but the impact of what they learned and the improvements in their health have not only motivated them to continue with the changes, but to share it with friends and family.

Leadership in School

In a survey conducted by Jefferson County 4-H, teachers identified leadership development as the number one priority for 4-H to address through school programs. Youth need opportunities to develop and practice leadership, organizational and communication skills. These experiences help prepare youth to assume leadership roles immediately and in the future.

In response, Jefferson County 4-H offers a leadership curriculum for schools. One such program at Jacob Elementary School, actively engages 110 fourth graders in a school club, which involves presentations, workshops, and projects related to leadership and citizenship.



A 4-H member leads a club meeting.

The classes participated in nine, one-hour workshops that included traditional 4-H lessons, along with lessons about democracy and students practicing the democratic process. The students participated in nominations and elections for offices in the school club using the County Clerk's electronic voting booths to enhance the experience.

Teachers from the four, fourth-grade classrooms, reported that 90% of the students gained a better understanding of functioning of a democracy. The teachers also reported that the school club setting was beneficial to the needs of their school and their classes.

West End Home Gardening Initiative

The West End Home Gardening Initiative came about as a spin off of the Shawnee Garden program, "Green Belt Gardeners." The Gardening Initiative consisted of 5 families. Extension provided various items to help them start a home garden, including reclaimed wood for garden beds, soil, compost, plants and seeds.

The families gardened throughout the summer and fall season. At the end of the year, they submitted a short

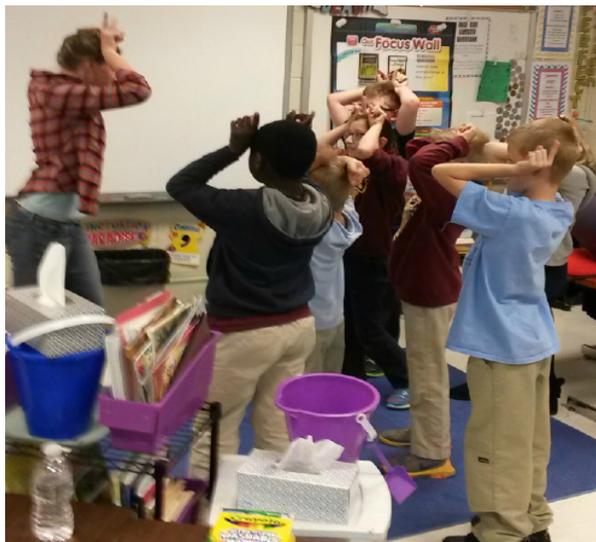
paragraph of their experiences and how the program has affected their outlook on gardening. One participant commented on the experience saying that his family really enjoyed the garden and sharing harvested food with his neighbors. One participant, who is a father of three, said, "My family was able to cut food expenses in half due to the garden." Another participant had been thinking about planting a garden for years before she found out about our program. She said in the year that she began gardening she learned about soil conditions and planting times. The produce she grew, she shared with others in her family and her community.

Garden Club Learns about Pollinators

The Garden Club at Jeffersontown Elementary School needed help transforming an herb bed into a pollinator garden. The Horticulture Agent taught elementary school-aged youth about pollinators and worked with the youth to transform the garden bed.

To determine the knowledge of the students, on the first day they were asked and responded:

1. 7/10 participants knew what a pollinator was.
2. 7/10 could name 1 pollinator. (bee was the dominant answer)



Youth demonstrate their knowledge of insect anatomy.

3. 5/10 could name 2 pollinators. (bee and butterfly)
4. 3/10 could name 3 pollinators. (bee, butterfly, squirrel)
5. 0/10 could name 4 pollinators.
6. 4/10 could say what a pollinator does.
7. 3/10 knew why pollinators were important.

Using those results a program for the students was developed that included teaching

games, such as the pollinator relay and build-a-bug, along with a garden-work component that allowed the students hands-on experience in planning and implementing a pollinator garden.

By the end of their academic year, the garden club members had successfully developed an 30'x60' area into a diverse habitat of native pollinator-friendly plants based on their personal planning and habitat



Nick Brown, center, works with youth to develop life skills.

development to encourage the growth of existing plants and controlling unwanted plants. By the end of May, the Club consistently observed swallow-tail butterfly caterpillars and ladybug larva living in the habitat we had created. We also saw the growth of many monarch butterfly-friendly plants, such as milkweed and bottle brush, that flowered over the summer.

On the last day of the program, the students were asked the same series of questions and received the following results:

1. 7/8 participants knew what a pollinator was.
2. 7/8 could name 1 pollinator. (bee was the dominant answer)
3. 6/8 could name 2 pollinators. (bee and butterfly)
4. 5/8 could name 3 pollinators. (bee, butterfly, squirrel, bat, wind, people)
5. 5/8 could name 4 pollinators. (bee, butterfly, wind, bat, squirrel, dog, people)
6. 7/8 could say what a pollinator does.
7. 7/8 knew why pollinators were important.
8. 8/8 said they told a parent and/or family member about the pollinator garden.

The Garden Club has started again with the new school year with new and returning students.

Empowering Homeless Youth

A partnership between Extension and the YMCA

Safe Place, made possible by a Children, Youth, Families At Risk (CYFAR) grant, is focusing on homeless youth in Louisville. Through the grant, a Life Skills Coordinator has been hired. He uses a set curriculum to deliver life skills programming to homeless youth ages 12 – 23 in the YMCA Shelter House and Drop In Center.

The Drop In Center, for homeless youth ages 16 – 23, has seen an increase from 4 youth a day to 19 youth a day since 2015. There, life skills are focused on jobs,

housing, locating resources and job and trade skills.

As a result of this programming:

- 26 youth have gained employment,
- 13 have gained housing,
- 5 have enrolled in college,
- 9 are enrolled in trade schools and working toward a GED.

In addition, 8 participants have received mental health assistance, 3 participants are no longer involved in prostitution and 2 others have obtained Green Cards.



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