

# EXTENDING KNOWLEDGE

# Changing Lives

## IN NELSON COUNTY

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



### Combined Programming Efforts

Stakeholders like our Fiscal Court, City Council, School Boards, School Leadership, Business leaders, etc. were invited to hear a presentation by Dr. Julie Zimmerman, University of Kentucky professor for Rural Sociology, entitled "Nelson County Up Close: The Changing Demographics of Nelson County". Over 90 participants from all targeted audiences came to hear the story and see the quantitative changes, based on census



*Nelson County Stakeholders and Community Members listen to Dr. Julie Zimmerman*

data and projections, just how much our county will be transforming. They were informed on facts, such as Nelson County's population will grow nearly 53% over the next 35 years and that by 2030 those aged 65 plus will increase by 124%. One Nelson County School board member raised his hand at one point and asked the question "Do

you mean to tell me that by 2030 we will have an additional 1,800 youth under the age of 19 that we need to prepare for?" And of course the answer was yes. Many more eye opening demographics were presented and much

discussion was initiated. So much interest centered around this new information that Dr. Zimmerman was invited to the county a second time only weeks apart by the Bardstown/Nelson County Chamber of Commerce to discuss the effects of "Boomers on Business: Population projections for Nelson



*Charts and Graphs Showing Evolving Demographics and their effects on business and growth in Nelson County*

County". Nearly 50 people attended this lunch and learn session for a more in depth look and the effects Baby Boomers will have on business over the coming years.

### Priority Program Efforts

A total of 732 people are now involved in addressing significant community issues

1086 youth made an impact in their community through service projects

50 local residents implemented practices that promote sustainable agriculture

20 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

2052 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

2433 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 118 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 750 youth and adults demonstrated informed and effective decision-making skills

65 individuals incorporated new or additional conservation practices.

## FAMILY & CONSUMER SCIENCES

Agent: Dayna Parrett



### Overview

The goal of the Family & Consumer Science program is to strengthen the family unit through educational programs given through making beneficial lifestyle choices, nurturing families, promoting healthy homes, nutrition, empowering community leaders, and financial management. Each area provides information so people can become informed decision makers as it pertains to their home, family and community. Programs, information, and assistance were given to Extension Homemakers, civic groups, Nelson County Fair participants, senior citizens, preschoolers, daycare centers, and the general public.

The Nelson County Family and Consumer Sciences program believes in the importance of teaching youth about the foods they consume. Throughout the school year and over the summer, kid's cooking programs taught youth how to make meals for themselves, how to use kitchen equipment, the importance of hand-washing before cooking, proper food safety, table setting and table etiquette.

Over 100 different youth made meals varying from personal pizzas to vegetable burritos. By the end of the programs, 96% of youth said they could make one of the meals at home, and over 50% said they had made a meal they had been taught for their family.

### Homemaker Highlights

Monthly lessons were given to 122 Nelson County Extension Homemakers. These lessons included various timely topics of interest to Homemakers and their families. The Nelson County Homemakers continue to be a strong asset to the community with the many hours of volunteer service contributed. In the 2014-2015 fiscal year, the Nelson County Extension Homemakers Association donated about 6,500 volunteer hours to the community; the equivalent of 2 full time employees and over \$60,000.00 in wages.

Nelson County Homemakers host "Soup Day" every year to give back to the community. This was the 4th annual soup day and over 200 people attended.

## SNAP-Education

Nelson County hired a SNAP-Ed Nutrition Assistant due to the increased rate of poverty throughout the county. Abby Van Meter was hired to educate limited resource families and individuals to acquire knowledge, improve skills, and change behavior necessary to achieve health and well-being.

This program was implemented in January 2015. 100% of families enrolled in the program demonstrated a positive behavior change regarding their diet. Families were taught a variety of nutrition-related topics, including meal planning, price comparison, and healthy choices for children, using "Nutrition

Facts" to make food choices, and food safety. Classes were taught at various locations, including the Extension Office, Bethany Haven (a homeless shelter), and community centers. Bethany Haven had two residents complete the program, with both showing significant improvement in their dietary habits.

*"The Healthy Eating on a Budget class was a wonderful experience. Before this series, I struggled daily trying to decide how to feed my family healthy foods on a very limited budget. I now feel as though I can purchase healthy foods as well as prepare them while staying within my allotted food budget. The confidence gained from this class has really helped me get on the right track for my health."*

*-Bethany Haven resident*



*Nelson County SNAP-Education Assistant, Abby Van Meter, uses hands-on techniques and literacy elements in each lesson, to inspire children to lead healthier school days and lives.*

## 4-H YOUTH DEVELOPMENT

Agents: Luke Fries and Danielle Hutchins



### Overview

Community stake holders identified the need for Nelson County youth to feel invested in the 4-H/Extension program that helped them develop their life skills, thereby, creating a sense of belonging and commitment. A former Nelson County 4-Her is now serving in the role as an intern for the Hardin County Cooperative Extension 4-H program. She attributes the financial assistance of scholarships she earned from the many facets of the Nelson County 4-H programming to her success as a student-educator. A former Nelson County 4-H Sewing Club member has completed the Master Clothing Volunteer program and is giving back to the community by serving two successful years as the co-leader for the Nelson County 4-H Sewing Club. An at-risk teen in the 4-H program who was food insecure and had unstable housing, now has housing and food provided through the ambassador program she is a

part of at her college. She notes that her past participation in 4-H is helping her pursue her goal of becoming a social worker. She spent a week of her summer teaching arts and crafts and serving as an adult cabin leader during Nelson County 4-H Camp.

She says of 4-H,

*"4-H has helped me be in leadership roles as a young adult. It gave me the opportunity to learn about myself, taught me to communicate and connect with others. I have learned to respect myself and the thoughts and feelings of others. Without 4-H, I would not be the leader I am today and would never have learned my potential to achieve what I set my mind and heart to accomplish."*

## Shooting Sports

The Nelson County 4-H Shooting Sports Club provides youth an opportunity to develop physically and mentally. Youth devise personal goals for proper use of equipment and improving accuracy. They practice safety and promote safety in the community. This year, over 70 youth participants continue to support each other as they work to improve their shooting scores and prepare for regional and state competitions.



The Nelson County 4-H Shooting Sports Club hopes to increase skill development in the youth and continue to develop competent leaders and coaches. Members indicated that as a result of their involvement in the Nelson County 4-H Shooting Sports Club:

92% of participants increased their knowledge of shooting safety. 94% indicated that as a result of their participation in 4-H they feel that they have a connection with adults who care about them and are interested in their success.

## Nelson County 4-H Camp

According to a Texas A&M study, youth with disabilities continue to be underrepresented in 4-H in comparison to national demographic numbers. For the last five years, the staff and volunteers of Nelson County 4-H have worked to foster an inclusive culture for campers with disabilities.

As one of the largest attended five-day camps in the state of Kentucky, Nelson County 4-H Camp serves as the cornerstone of

a well-rounded 4-H program. Every Nelson County School, 4-H project club, ethnicity, and family income level is represented at camp. In 2015, 224 campers, 35 teens and 37 adults participated in Nelson County's 4-H Summer Camp. 50% of the campers were returning from previous years. A post-camp survey found consistency in many positive indicators including that 98% of campers tried something new at camp, 81% of campers would return next year, 82% learned something at camp that would help them at home, school, or other places. 99% reported making new friends.



*Adult Volunteer and fearless cave and spelunking expert, Joe Cecil, poses with Nelson County 4-H Campers*

For the past four years, three to five of the campers attending were considered to be on the autism spectrum. The first year, the campers attended with an aide. Now, all but one are able to attend camp independently and consistently return to learn, grow, as well as be and feel a part of something special.

Agents continually work with one another and local partners to make camp a success and to provide some of the best 4-H programming possible. Some of those partners include the Chamber of Commerce, Head Start, Communicare, local branches of the public library, all school systems in the county, local churches, doctors' offices, assisted living facilities, the local newspaper, TV stations, and radio stations. Many thanks for their help to "make the best better"!

## AGRICULTURE/NATURAL RESOURCES

Agent: Ron Bowman

Agriculture remains an important economic force in Nelson County. Total cash receipts from agriculture products were about \$64 million in 2013. 51% of these receipts were from livestock sales and 49% from crops sales. That was an all-time high based on the high prices for grains and livestock. 2014 statistics were not available at the time of this report.

Traditional educational programs were held for beef, swine,

dairy, and grain production. Farm visits for disease identification and control, weed and insect problems and other management issues also demand a large portion of time. Other programs held this year were forage, soil and animal waste testing, and ration balancing.

A big part of time was spent on providing educational programs for producers that qualified for the County Agriculture Investment Program (CAIP). The new guidelines require one hour of continuing education for qualified applicants. Classes were provided in Beef Quality Assurance, Pork Quality Assurance, Cattle Handling and Care Certification, Forestry and Tobacco GAP certification. More than 90 producers received their training. Eleven Nelson County producers participated in an advanced Master Cattleman Class. Sessions were taught on economics, cross-breeding, nutrition and health. Five producers were aided in preparing their Nutrient Management Plans.

## HORTICULTURE

Agent: Robbie Smith



The Horticulture program is not just about the production of plants but rather a bigger dynamic of how horticulture and all its subparts impact our community. There are two major areas that this program seeks to make better in our community:



Community Horticulture Advancement and Commercial Horticulture and Forestry Advancement. In short our goal, is to help homeowners become better decision makers in the area of home horticulture and to provide education and consultation to those individuals or groups that would like to increase their personal incomes from the production of products on their own land. To accomplish this goal, county-wide educational sessions were taught in multiple locations in the county to nearly 300 new participants. Another 400 individuals participated in the Blooming Bardstown Garden Tour and Marketplace. On this day 100 individuals participated in a horticulture question and answer session while walking the grounds of one of our counties' historic sites.

These goals are accomplished through several mechanisms within the program. The Nelson County Beekeepers are one group that have enjoyed very good success while starting an organization to foster beekeeping in Nelson and surrounding counties. Fifty-two members work in different areas to promote beekeeping. The organization has participated in educational offerings, the

Kentucky State Fair Honey Booth, the Bardstown Craft Festival, and several youth training activities. They have begun to purchase shared equipment and continue to develop marketing materials for their industry.



Commercially speaking, we continue to support the Bardstown and Bloomfield Farmers' Market by organizing and training growers to be efficient and sustainable in their efforts to profit on their product. This year there were 24 farms represented. Twenty classes were offered to individuals interested in taking their desire to grow a product for the next level of production and marketing.

## KEEP UP WITH US!

### Listen to our radio show!

"Extension Today" on WBRT - 11:00 a.m.  
Every 2nd and 4th Thursday of the month  
"Teen Talk" on WBRT—6:30 p.m.  
2nd Thursday of the month

### See us on TV!

Channel 6—monthly programs  
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