



# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN HENRY COUNTY

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



Henry County Cooperative Extension Office

*In Henry County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Henry County Cooperative Extension Office is your connection to the University of Kentucky and the world.*

*"There are two spiritual dangers in not owning a farm. One is the danger of supposing that breakfast comes from the grocery, and the other that heat comes from the furnace." -Aldo Leopold on the importance of Agriculture.-*

### Priority Program Efforts

- A total of **58** people are now involved in addressing significant community issues
- **15** youth made an impact in their community through service projects
- **80** local residents implemented practices that promote sustainable agriculture
- **40** producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **37** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **50** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
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- A total of **500** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

## Dealing With Dementia

Five million Americans have Alzheimer's/ Dementia and every 68 seconds there is a new case diagnosed. By 2050 the number could triple as a result of the baby boomer generation. Alzheimer's is the sixth leading cause of death and it is the only leading cause of death that is still increasing that cannot be slowed, cured or prevented. For this reason, the Henry County Extension Service in cooperation with Second Wind Dreams and the UK Work Life Program provided the Virtual Dementia Tour to 22 employees of the New Castle Nursing and Rehab Center.

Caring for another human being requires a special kind of person - someone who is empathetic, patient and kind. But how can a person who cares for elders be empathetic when they have never experienced old age in its fragile state? We find ourselves making decisions for and about our elders as though we know what they are coping with. Lessening the divide between us and our elders gives us a greater chance of meeting their needs.



*Nursing home employee undergoing virtual dementia simulation*

Learning to create a positive environment for those with Dementia can only come from attempting to walk in their shoes. The Virtual Dementia Tour is a unique, interactive experience designed to improve communication and care. Upon completion of the training, caregivers were able to identify with and better understand the behaviors and needs of those in their care.

The Virtual Dementia Tour is a scientifically proven method of building a greater understanding of dementia through the use of sensory tools and instruction. During the experience, participants are guided through the Tour that alters the senses. Tasks and exercises that are part of the Tour enable caregivers and professionals to experience for themselves the physical and mental challenges facing those with dementia.

All 22 of our participants were profoundly impacted by the experience. Administration at the nursing center reported that they were all talking about it for days after the experience. After

participating in the Virtual Dementia experience the employees reported an increase in their appreciation for what the residents were undergoing on a daily basis.

## Cooking Matters To Families

A collaboration between Dare to Care; the North Central District Health Department, KIPDA Rural Diabetes Coalition and the Extension Service was brought together to offer the six week Cooking Matters course to families. With today's hectic lifestyles it's easy to get caught up in family meal routines that may not be so healthy. This course helped 11 families (most of whom were dealing with diabetes) with in-depth nutrition education classes that included experiential cooking and meal planning strategies for healthier lifestyles. The class was engaged in menu planning, recipe makeovers, using leftovers and saving foods to use in meals later on in the week. At each session the participants actually cooked a meal and also received enough groceries to create the meal for their families. The exercise was a great way for our participants to change their attitudes about cooking healthy meals. One session included a trip to the grocery store for an educational tour and the opportunity to purchase \$10 in healthy groceries of their choice. They were also challenged to put some part of the program into effect in their lives each week and were encouraged to share their successes the following week. Their responses ranged from incorporating more fruits and vegetables in their meals, to fixing their families something new to eat, and purchasing less processed foods.



*Participants cooking a healthy family dinner*

## Hemp Production

Henry County has always been known as a large tobacco production county. The 2012 Census stated that Henry County produced around \$7,908,560 of tobacco each year. However, since falling tobacco prices and the loss of tobacco contracts, tobacco farmers are looking for alternative crops to raise. Commercial hemp has shown to be a viable option to tobacco growers because of hemp's versatility. However, little information was known of hemp production practices, profitability, and markets around the Greater Louisville area.

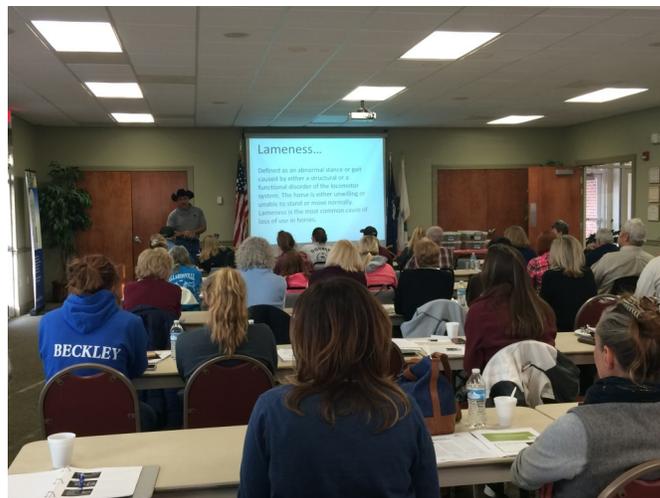
To assist potential producers with gathering correct research based information, the Henry County Extension Office, in conjunction with the Oldham County Extension Office, organized a Hemp Production Luncheon to address production methods, differences in hemp varieties, and misinformation about raising hemp. A total of 56 individuals attended the Hemp Production Luncheon. Participants learned from a University of Kentucky Hemp Specialist and 3 known local hemp companies about regulations, growing conditions, associated labor cost, harvesting of hemp, and marketing options.

After the meeting, two hemp companies were able to make multiple contacts with potential farmers. In addition, because of this meeting one of the hemp companies that produces cannabidiol oil has started building a processing facility in Campbellsburg, KY. This processing facility will extract the cannabidiol oil from industrial hemp and sell the oil around the world. The Henry County Extension Office formed meetings between the hemp company and local government officials to discuss potential grower opportunities, building locations, and business resources available. This company is projected to contract with numerous local farmers, which in turn can help regain farm profits that were lost to decreased tobacco prices and lost tobacco contracts.

## Horseman Short Course

According to the 2012 Kentucky Equine Survey, Henry County has approximately 2,500 horses with an approximate inventory value of \$13,921,000. With this being said, horses and horsemanship is extremely important to the County. With assistance from Oldham, Shelby, and Trimble Counties' Ag agents and University of Kentucky Equine Specialist, a Horseman Short Course was offered in March 2016. This course addressed pasture management,

hay and feed selections, hoof care, and digestive disorders. Thirty-eight total participants attended the day long course. We received positive feedback about the information presented in the program. Below are a few comments made by attendees.



*Specialist speaking about lameness during the Short Course*

- “This was one of the best seminars I have attended regarding overall health and feed management. It also helped my kids understand why quality and quantity of food is important. Not only have I changed a few habits, my kids have also.”
- “We have implemented pasture rotation and have already seen a difference in our fields.”
- “My horses lost weight during the winter and were looking a little thin. I now realize the hay I fed last winter was not good quality. I am now feeding better hay and feed to get horses back in the best body condition.”



*Extension Agent, Levi Berg addressing the class about selecting hay*

## Watch Them Grow

The Henry County Livestock Club has only been up and running for one year and already they are making a difference in the community and surrounding counties. The group consists of 12 members, a very dedicated young leader, and a great group of supportive parents. At the very first club meeting each member wrote down their personal goals as well as goals for the club. They met several times throughout the winter in preparation for the show season. They attended the North American International Livestock Expo to learn more about breed characteristics. They spent a lot of time learning what they should look for in a show animal before they were purchased. They hosted a grooming clinic and each child was able to clip and groom an animal. They have raised over \$4,000 to purchase a club grooming chute, clippers, and additional supplies that can be used by all members.

Their hard work and dedication are already paying off. The Henry County Fair had a resurgence of animal entries that it has not seen for over 20 years. The growth of the Henry County Fair animal shows has been due to the efforts of the youth in the livestock club recruiting other 4-H'ers to attend. They have been a great marketing tool as well as wonderful representatives of 4-H. They are excited to say that they have met many of the goals that they set in October of last year and all 12 members entered to show at the Kentucky State Fair.

They are ready to start on a new list of goals for the upcoming year. Forming livestock judging teams seems to be the next challenge this young club is ready to tackle.



One of our young livestock members showing at the county fair

## Rockets Away!

Three, two, one, blast off! Rockets away! The 15 participants at the Henry County 4-H Rocket Day Camp all became aeronautic engineers for a day. They created four different types of rockets and used different forms of fuel to launch them. The first rocket was made with two straws, stock card, and mailing labels. Engineers were challenged to design fins to assemble on the rocket that would go the longest distance. They used their own oxygen as fuel. The second rocket was larger and was made out of card stock and tape. The fuel used for this rocket was pressurized air. These rockets were a huge success going distances of over 400 hundred feet. For the



third rocket challenge the engineers put together Estes rockets from a kit complete with parachutes. These rockets had small charges of gunpowder for fuel (lit by the adults) causing them to launch into the sky. The parachutes allowed them to see the wind pattern and how it shifted the direction of the rockets as they fell to the ground. The last rocket of the day was assembled by an adult leader and had enough gunpowder in the blasting cap that it went thousands of feet into the air. It became a game of hide and seek to find the rocket as it descended back to the ground.

This day camp was designed to ignite the imagination of youth on the adventure of aeronautics engineering, careers in the STEM field, and the possibility of traveling into space. The hands-on learning experience offered young minds the challenge to design, try, and redesign for the optimum distance in rocketry.

Engineers getting ready to launch rocket #2



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*Cooperative Extension Service*

HENRY County

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