



Extension

University of Missouri



Dade County

2019 ANNUAL REPORT

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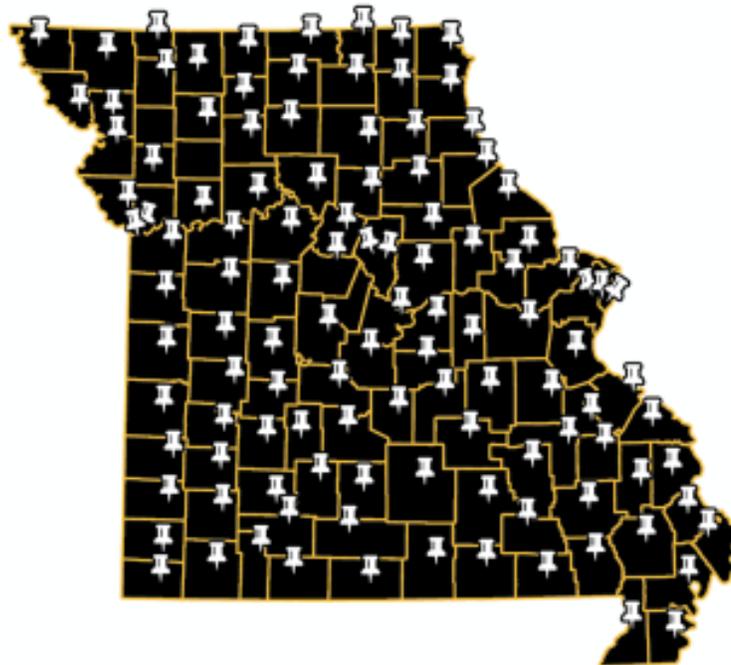
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Monday—Thursday, 8:00 am—4:00 pm



We are in your community.



January 2020

The University of Missouri Extension Dade County Council and staff would like to thank the Dade County Commissioners for their continuous support and funding for programs. The council and staff remain committed to improving people's lives by focusing on three grand challenges presented by Missourians: Economic Opportunity, Educational Excellence, and Healthy Futures.

While working with-in the new strategic realignment of MU Extension in 2019, we were able to focus our talents at a more local level, meaning the county's residents determine the direction of extension's educational and outreach programming. Part of this realignment grouped counties together in order to better share faculty and staff. This reduced the number of counties our specialists cover and allowed them to focus more intensely on local needs.

In 2019 the University of Missouri Extension set forth on a path of change; however, the mission has never wavered. We are focused on "improving the lives, communities, and economies of Missourians by producing relevant, reliable, and responsive educational strategies that enhance access to the resources and research of the University of Missouri". With the help of Lincoln University, the only other land-grant university in Missouri, and our focus on local needs, we hope to continue to learn what is most important to Missourians and deliver research-based information from the campuses.

The major areas of focus for programing, education, and information: Agriculture and Environment, Business and Communities, Health and Safety, Youth and Family.

The contents of this report are a summary of the highlights of our educational efforts during the past year. We hope this report provides a greater understanding about University of Missouri Extension programming efforts in Dade County.

Submitted by,

Wayne Bruffey
County Council Chair

Sarah Abbott
Extension Council Secretary

Robert L. McNary
Engagement Specialist

Wayne Bruffey

Sarah Abbott

Robert L. McNary



Office of Extension
and Engagement
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT**

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December 5, 2019

Dear county commissioners and friends of MU Extension,

I had the good fortune to catch up with some of you this past fall as I traveled the state to share the University of Missouri's Extension and Engagement vision and plan for the coming years. What a pleasure it is to serve this state we call home.

As you know, we've listened closely to Missourians' needs, restructuring our faculty and program delivery to better serve people and communities. With this reset nearly complete, we're better positioned to work together to strengthen our state's economy, increase Missourians' access to meaningful education and workforce development options, and improve our citizens' health and well-being.

MU Chancellor Alex Cartwright often calls us the University *for* Missouri. In very real terms this means that MU Extension is leading efforts to connect the university's powerful research, knowledge and science-based information with our state's diverse needs and local efforts to address them.

Whether you're a farmer researching the latest profitable grazing practices, a 4-H leader developing after-school robotics programs with local schools, or a community leader helping people formerly addicted to opioids return to productive work, you deserve the very best MU Extension and university engagement efforts have to give. As a comprehensive university, we can be uniquely responsive. We have schools of medicine, nursing and health professions, for instance, to support health care in rural communities, a law school clinic that helps veterans qualify for the benefits they deserve. MU education students become the teachers who enrich children's lives in nearly every school district in the state. We are here for you and with you.

Together, we can make lasting impacts. That's why in this new year we are focused on growing and leveraging local partnerships, expertise and resources. With 110 of 115 county engagement specialist positions filled — and renewed focus on responsive program development — we are ready to go.

As the first public university west of the Mississippi River, our land-grant roots run deep through Missouri's heritage and history. They help chart our future, too: What can we do to make our state better? How can we think and do different?

I know you will be proud to see your own communities' successes in the pages of this year's county annual report. On behalf of all of us at MU Extension, I look forward to your thoughts on how we can best lead, serve and grow through the year ahead.

Sincerely,

Marshall Stewart

Dade County Staff



**Bob McNary - County Engagement Specialist
in 4-H Youth Development**



**Tina Brownsberger
County Support Staff**

Other Staff Serving Dade

Jay Chism—SW Regional Director	Sarah Havens-Natural Resources
Robert Balek—Horticulture	Michelle Kleeman—State Council
Jeff Barber—Housing Education	Jennifer Lutes—Agriculture and Environment
Reagan Bluel—Dairy	Amy Patillo-Labor and Development
Melissa Briggs—Nutrition Program Assistant	Maria Rodriguez-Alcala—Community Economic Development
David Burton—Community Economic Development	Jill Scheidt—Agronomy
Patrick Davis—Livestock	Lindsey Stevenson—Nutrition and Health
Theresa Fossett—Family Nutrition Education	Allen Waldo-Business Development

Dade County Extension Council

Chairman– Wayne Bruffey, appointed, Farm Bureau	Deann Miller, elected, term ends 2020
Vice Chairman– Linda Eggerman, City of Lockwood	Debbie Oeltjen, elected, term ends 2021
Secretary– Sarah Abbott, elected, term ends 2020	Kim Rhodes, elected, term ends 2021
Treasurer– Mike McCorkill, elected, term ends 2020	John Roller, City of Dadeville
Linda Crane, elected, term ends 2021	Tammy Wilson, elected, term ends 2021
Randy Daniel, appointed, Dade County Commission	Mike Woolley, City of Everton
Joseph Eggerman, elected, term ends 2021	Matthew Huchteman, Youth Representative
Jan Grippio, elected, term ends 2021 (resigned)	Keaton Jones, Youth Representative
Michelle Kleeman, elected, term ends 2020	Angelica Kostik, Youth Representative
Sandee Lyle, City of Greenfield	Wil Toler, Youth Representative

Unique Partnership

Dade County’s MU Extension Council is a full partner with Missouri’s land-grant universities to deliver high-quality education and research-based information. This helps people solve real-world problems and take advantage of opportunities. Council Members: Work with extension specialists to provide the county with quality educational programs; manage finances of local extension operations; provide personnel to carry out extension activities; and elect and organize the local extension council.

Dade County Commissioners

Randy Daniel- Presiding Commissioner	
Dallas Maxwell- Eastern Commissioner	David Rusch– Western Commissioner

Recognizing Community



Leaders Honor Roll
Kim Morrison and Karen Roby (not pictured).



State Fair Farm Family
Lee, Kara, Lucas, Addison, Gage & Gavin Eggerman.



Dade County Extension Council Members attend the
MU and You Workshop, in Columbia.



Dadeville 4-H getting ready for the 4th of July Parade.



Greenfield City Garden.



Dade County Century Farm
Beaver Ryan Farm and Schilling Family Farm.

Continuing Education



Fire and Rescue Training Institute (MU FRTI)

MU Extension's Fire and Rescue Training Institute (MU FRTI) provides comprehensive continuing professional education and training to Missouri's fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of Missouri's 29,000 firefighters and the 6 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation, as well as fires. <https://www.mufrti.org>

Veterinary Medical Extension and Continuing Education (VMECE)

Veterinary Medical Extension and Continuing Education (VMECE) focuses on issues that impact Missouri veterinarians and livestock owners, such as disease risks, rising input costs and increasing regulations. VMECE provides up-to-date information and consultation to better prepare them to address these challenges. VMECE also provides continuing education for veterinarians renewing their veterinary licenses. Team members also present information about production-related topics and animal disease at meetings across the state. <https://extension2.missouri.edu/programs/continuing-veterinary-education>

Law Enforcement Training Institute (LETI)

LETI brings certified, professional training to law enforcement officers and continuing professional education to other criminal justice and public safety professionals. For more than 60 years, the institute has been the state's leader in providing vital training and education services to Missouri's 17,000 in-service personnel and police recruits annually. Working with national, state and local agencies from 31 states, LETI also provides basic and advanced animal cruelty investigations training. LETI presents to civic organizations, churches and businesses throughout the state on a variety of topics, including personal safety and armed intruder response. <http://leti.missouri.edu>

Missouri Training Institute

The Missouri Training Institute provides continuing education, custom-designed training programs and consulting services for business and industry, public and nonprofit organizations and educational institutions. Training programs include subjects such as human resource management, supervision, management, leadership, team building and other business-related topics. The institute's consulting services include curriculum design, human resources, strategic planning, board development and facilitating meetings and retreats. <http://mti.missouri.edu>

MU Nursing Outreach

Keeping Missouri nurses up to date with the knowledge and skills they need to provide effective care and fully participate in the state's health care efforts is a primary goal for Nursing Outreach. A full 92 percent of Nursing Outreach's Missouri participants reside outside the metropolitan St. Louis and Kansas City areas. Nursing Outreach brings high-quality, affordable continuing education programs to this audience using face-to-face, web-based and online delivery methods. <http://nursingoutreach.missouri.edu/>

Continuing Medical Education and Physician Lifelong Learning (CMD/PLL)

CME/PLL serves MU Extension and the MU School of Medicine by educating physicians and other health care professionals and enhancing the standard of health care delivery statewide. Through health education, wellness promotion and health care quality performance initiatives, the program improves the health of Missourians. CME/PLL also facilitates and manages health care quality improvement projects for the University of Missouri Health Care system and the MU School of Medicine Springfield clinical campus. <https://extension2.missouri.edu/programs/continuing-medical-education>

Labor Education



The MU Extension Labor Education Program works with members and leaders of workplace-based organizations representing the economic interests of more than 20,000 working people in Missouri and surrounding states. Programs help them develop skills to contribute to their organizations, act effectively in the workplace, and be informed and active participants in their communities. <https://extension2.missouri.edu/programs/labor-education-program>

Agriculture and Environment



94th Forage and Crop Conference

53 participants

The Dade County Forage and Crops Conference provides relevant information to farm producers of upcoming concerns in pasture and row crops grown in Dade County. Extension specialists deliver the latest research based information related to the current environment surrounding their operation. Topics: Grazing During Drought, Calculating Cost of Production, What's New in Pasture Weed Control, SW Research Center Update.

Private Pesticide Applicator Training

16 renewals; 15 new licenses

The Private Pesticide Applicator Training involves the initial training and recertification of Missouri's private pesticide applicators (ag producers). The need for training in the application of pesticides is of high importance due to both the legal requirements and a real need for technical knowledge. The University of Missouri private pesticide applicator program reaches into essentially each of Missouri's one hundred fourteen counties to train farmers on the safe and proper use of agricultural pesticides on their farmlands, including restricted-use pesticides.



Warm Season Grass Cattle Grazing Workshop

26 participants

MU Extension provided a Warm Season Grass Cattle Grazing Workshop discussing Warm Season Grass Development and Management, Cattle Nutrition and Grazing Management on Warm Season Grasses. This workshop is part of the NRCS + MU Grasslands Project.

Pollinator Habitat Workshop

9 participants

Participants toured the Cathy Backs and Linda and Leland Eggerman farms to see how they designed a pollinator habitat on their operation. Participants learned why pollinators are important; pollinator plant identification and establishment; wildlife benefits.



Soil Testing

100 pasture tests; 10 garden tests

University of Missouri offers soil tests to be sent through the county offices to the soil testing lab in Columbia. These soil tests allow producers to make appropriate additions to the soil in order to obtain a desired yield. With each test, producers get a detailed report on pH levels, available phosphorus, potassium, calcium and magnesium; organic matter; acidity and cation exchange. These basic tests provide the necessary data to develop nitrogen, phosphorus and potash and ag lime recommendations for intended crops and intended yields.

Agriculture and Environment



Alfalfa 101: Establishing a Stand, Starting Production, Harvesting, Feeding and Economics

9 participants

Alfalfa 101 Workshop focused on Alfalfa Stand Establishment, Starting Production, Harvesting, Feeding Alfalfa to Cattle and the Economics of Growing Alfalfa.

Pearls of Production

28 adults; 7 youth

Pearls of Production focuses on bringing women involved in agriculture together for hands-on learning to bring back to their farming operation. Pearls of Production is held in three different counties every year, women are encouraged to attend all three meetings. Dade County topics: Family and Farm Communications, Nutritious Meals on the Go.



Women In Dairy



The establishment of the “Women in Dairy” program in 2016, targets women as primary operators and/or active women participants on the farm to address this educational gap. The objectives of the program were to provide a non-confrontational learning environment for women operators to obtain best management practices (BMP). Topic offerings were developed to engage all females with an active role within the dairy farm, regardless of age. Unlike typical PowerPoint presentations, rooms are deliberately arranged to facilitate discussion. Often, discussion winder within topic to discuss individual circumstances and on farm solutions.

Regional Grazing School

37 participants

Regional Grazing Schools are organized around Missouri to teach producers the basics on plant and economic benefits of rotational grazing. Local operations that utilize rotational grazing are toured and hands on allocation exercises are practiced.



Farm, Family & ME! *Summit for Women*

This two-day summit included sessions on Most Common Estate Planning Mistakes, Managing Our Finances-Home vs Farm, Electric Fencing Tips, Grain Marketing Strategies, How to Get a Better Price for my Cattle, Crop Insurance 101, Planning a Flexible Grazing System, Is PRF or LRP Insurance for Me?, Live Life in Full Bloom, Farm Gill-Decisions for Your Farm, Agritourism-Ideas and Options, Utilizing Cover Crops, Easy Meals for Your Family, Retirement Errors, Communication with Family-Out Laws and In Laws, Managing Stress and Let’s Talk Panel. Guest Speakers were Marji Guyler-Alaniz on “FarmHer”, Robert Bertsch on “Building Resilience Together” and Kalena Bruce on “Agriculture Works Together!”

SW Research Center Field Day

There were more than 30 presentations on a variety of topics, including dairy, horticulture, soil and beef cattle. Topics included Ice cream making and engineering; technology on the farm; AgrAbility; dairy cattle nutrition; high tunnel productivity; field crop scouting; agronomy; soil health; beef cattle reproduction; electrical safety; veterinary medicine; the origins of breakfast; meat cuts of a cow; food label marketing; plus much more.

Business and Community

Business and Communities Extension serves the needs of Missouri through educational programs, technical assistance and engagement in business and agribusiness development, community engagement and evaluation, regional economic analysis, and workforce development. Extension's state specialists, field specialists, and county engagement specialists bring cutting-edge information and strategies to all parts of the state to improve the socioeconomic standing of our communities.

Community Economic Development (CED)

2 participants

According to Steve Deller, a pioneer in community economic development (CED), “CED is the process of identifying and analyzing economic issues and the creation and implementation of a set of specific policies aimed at enhancing the economic opportunities of community residents.” CED actively seeks community involvement by working in partnership with government, non-government agencies and the private sector to build strong communities. CED encourages using local resources in a way that enhances economic opportunities while improving social conditions in a sustainable way. CED is not just for communities facing crisis, all communities are constantly changing and evolving and as a result needing adjustments, which in turn require educated decisions for proper planning as well as continuous growth and improvements.

The Connect Strategy

The Connect Strategy in Extension began in January 2019 and is a community engagement process designed to help Business & Communities Extension learn about a region, identify opportunities, and develop the critical relationships needed to improve Missouri's economy. As part of this process, CES conduct a thorough reading of county data related to its demographics, economics, health, and education in order to obtain a general picture of the county. Local quantitative data is then matched to qualitative data obtained through personal interviews and focus groups conducted by the CES among individuals from diverse backgrounds and interests in the county. The matching of the quantitative and qualitative data is finally used to better understand the needs of the community and be better prepared to make strategic decisions that can help advance the overall socioeconomic status of the community.

As part of the Connect Strategy, Maria E. Rodriguez-Alcala conducted 10 individual interviews in 2019 from Dade County residents. In addition, a focus group was conducted in Springfield that included representatives from several counties southwest Missouri.

Tigers for Troops

Tigers for Troops operates under the umbrella of the Veterans Clinic available through the MU School of Law. Through this program, a legal team travels to different counties in partnership with MU Extension to help veterans struggling with access to healthcare and disabilities benefits. We drew from the telehealth format and piloted a teleconference version of *Tigers for Troops* to expand legal services to veterans in our area in a more efficient manner. Veterans from the southwest corner of Missouri were scheduled at our Carthage office individually with the legal team in Columbia through Zoom teleconference. As a result of the one day heavily promoted program offered in July 2019, we are now an official location for *Tigers for Troops* in our region serving veterans throughout the year.



Community Garden

10 participants

Bob McNary (County Engagement Specialist in Dade County), Robert Balek (horticulture specialist), and Maria Rodriguez-Alcala (community economic development specialist), assisted the Greenfield City Garden in getting established in 2019. Bob McNary coordinated in getting the founders together and inviting the other specialists to the table. Robert Balek visited the site and gave the group soil preparation, as well as planting and harvesting, recommendations. Maria Rodriguez-Alcala gave recommendations regarding the steps to form a non-profit organization at the state level, as well as advantages and disadvantages of incorporating the non-profit at the federal level. The specialists also shared materials that can be used as guiding handbooks with steps on how to form a community garden and a non-profit organization put together by University of Missouri Extension.

Business and Community

The Noble Hill Regional Ag-Accelerator

The Noble Hill project is a first of its kind public/private partnership, combining the most comprehensive set of business and farming practices to create an agricultural accelerator to impact economic development in southwest Missouri.

The Noble Hill site covers over 60 acres of city owned rural property, and will include irrigated produce and agroforestry farms with season extenders, a food hub, classroom, maintenance facilities, and state of the art hydroponic greenhouses powered by existing on site waste heat and very low cost municipal renewable power. It will house high-tech greenhouses and open field specialty crops combining educational programs (K-12 and colleges). Training for farmers will combine hands-on production experience with best business practices. Partners include Missouri State University to offer an agricultural certificate program, University of Missouri Extension to offer technical expertise, and other higher-ed institutions in the region to offer paid internships and other learning opportunities. The city of Springfield, Springfield City Utilities, Springfield R-12 district, Farmers Market of the Ozarks, local hospitals and Ozark Food Harvest are among the key supporters of the food hub, a component that will offer value-added and market access for farmers in the region. The aim is to foster the growing, processing and distribution of local foods in the Ozarks so that jobs, businesses and income are created, and remain in the Ozarks. This aim envisions taking the local foods movement to another level.

Throughout 2019, Pam Duitsman, CES-CED in Christian County, and Maria Rodriguez-Alcala, CES-CED in Jasper County, worked hard on strengthening the partnership between Extension and the Noble Hill. We introduced the project to other southwest MU Extension specialists, MU faculty and administrators at the state level involved in ag-entrepreneurship, value-added agriculture, as well as the governor's *Show-Me State Food, Beverage and Forest Products Manufacturing Initiative*. This introduction and our participation in the Taskforce Subcommittee for the governor's initiative (focusing on Regional Food Systems convened at the Missouri Farm Bureau Headquarters in Jefferson City on September 13) helped position the Noble Hill under the umbrella of this statewide effort. From these meetings we were able to, in turn connect the Noble Hill to the Missouri Department of Agriculture and the State of Missouri Department of Economic Development. Among the various MU Extension specialists now collaborating in this project is Robert Balek, horticultural specialist housed in Carthage.

We included other higher-ed institutions - Missouri State University (MSU) and Lincoln University - already involved with the Noble Hill in several discussions we organized. In addition, we presented the project to other higher-ed institutions that were not yet involved - Missouri Southern State University (MSSU) and Crowder College. All these institutions have agreed to partner with the Noble Hill to help train students that could become future farmers, engineers, business managers and other professions that will be linked to a sophisticated regional food system.

We worked with MU Extension state specialists in Agricultural Business and Policy to help calculate some economic impact figures, such as multiplier effects, for our region. The economic impact summaries we helped generate for southwest Missouri is now being used by the Noble Hill in their fundraising campaign with local donors, foundations, and possible grants being considered for the future.

We began discussions with the Small Business and Development Center (SBDC) at MSU and MSSU to partner with other specialists in MU Extension in order to expand our capacity to better serve new and existing farmers who want to either start a farm business or expand/diversify their current farm business. In addition, Maria Rodriguez-Alcala has been in conversations with the Graduate Institute for Cooperative Leadership (GICL) at MU's main campus to guide us. The idea with GICL is to help us develop the capacity to also train farmers to form LLCs and cooperatives that can aid farmers be better vertically integrated in value-added businesses linked to their production, which in turn could help with farm profitability and improve chances of farm survival/success in the long-term. As part of this, we began conversations with the Springfield Community Gardens to start a pilot program with a couple of their farmers that are already interested in forming a cooperative.

Other connections we facilitated included: (1) other government representatives, including the Agriculture Director for Senator Ron Blunt; (2) The Farm Credit Services (FCS) who is now seeking to expand credit lines in specialty crops and their involvement in ag-education; (3) other local food systems such as Cultivate KC in the Kansas City area; (4) other chambers of commerce outside Springfield, such as the Joplin Chamber of Commerce that is initiating a new program in entrepreneurship in 2020 and would possibly partner with MU Extension on this; (5) Campus Quest, a veterans advocacy group in Joplin, another potential partner that could help us connect to veterans in the area who are farming or want to start farming.

NOBLE HILL

NOBLE HILL

Growing Farmers. Growing Food.



Business and Community

Agroforestry

The MU Center for Agroforestry has been expanding its Silvopasture program across Missouri, which has proven to be successful for livestock producers in two ways: (1) it can reduce risk related to weather volatility (which has increased in recent years) because animals can graze during extreme weather conditions in the forested area; (2) it can increase profitability and add farm diversification through wood, fruits and/or nuts production.

In November the center organized site visits in which Maria Rodriguez-Alcala participated: The site visits included local companies in black walnuts and native pecans as well as a workshop at a beef cattle ranch that is implementing silvopasture in Subia, NW Arkansas. The team is putting together some general guidelines for SW Missouri and NW Arkansas producers who want to implement silvopasture (there is no one-size-fits-all in this). Improving profitability for livestock producers in the future through silvopasture can in turn impact the economic development of our area.

Missouri Procurement Technical Assistance Centers (MO PTAC)

The Missouri Procurement Technical Assistance Centers (MO PTAC) assists businesses including small, disadvantaged, veteran and women owned firms — obtain federal, state and local government contracts. Our procurement specialists have years of experience. They will help you identify opportunities and understand the contracting process so you can take advantage of government sales dollars. PTAC counselors will assist with System of Award Management (SAM), which is free.



This procurement technical assistance center is funded in part through a PTAP cooperative agreement with the Defense Logistics Agency.

The Missouri Small Business Development Centers (SBDC)

The Missouri Small Business Development Centers (SBDC) is a unique collaboration of SBA federal funds, state and local governments, and private sector resources. SBDCs provide a vast array of technical help to small businesses and aspiring entrepreneurs. By supporting business growth, sustainability and enhancing the creation of new businesses entities, SBDCs foster local and regional economic development through job creation and retention. As a result of the extensive, one-to-one, long-term professional business advising, low-cost training and other specialized services SBDC clients receive, the program remains one of the nation's largest small business assistance programs in the federal government.

The Missouri SBDC is a program of the University of Missouri Extension along with the Missouri Procurement Technical Assistance Centers and the Mid-America Trade Adjustment Assistance Center.



County: Dade	
Data Elements	Value
Sales Increase	\$358,135.00
PTAC Awards	\$0.00
Number of Awards	0
New Businesses Starts	0
Jobs Created	1
Jobs Retained	11
Total Capitalization	\$350,000.00
Businesses turned around or failures prevented	0
Acquired Assets	\$0.00
Clients/Companies Receiving Business Counseling	5
Training Event Attendees	29

Health and Safety

Family Nutrition Program (FNP)

The Family Nutrition Program (FNP) brought \$9,595,006.00 federal funds to the state of Missouri. These funds were used to provide nutrition education to 897,375 Supplemental Nutrition Assistance Program recipients and eligible citizens of Missouri. There were 3,283,220 educational contacts. This year we had 2,578,418 indirect educational contacts. Indirect contacts are reached through newsletters, health fairs, food pantries and the Show Me Nutrition help line. 6,144 of these participants reside in Dade County.

Participants in FNP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant's lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.

During 2019, 803 youth and 5,341 adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served in Dade County:

Schools	Agencies
Lockwood Elementary	Dade County (OACAC)
Greenfield Elementary	Dade Co. Health Dept.
Dadeville Elementary	Greenfield Senior Center
Greenfield Head Start (OACAC)	

In addition to the numbers, Nutrition Program Associate, Melissa Briggs, shared this success story demonstrating local impact: It was my last visit at Greenfield Elementary (protein lesson). After finishing up with the lesson a 1st grader came up to me and said "Guess what I have in my lunch for a snack today?" When I asked her what it was she enthusiastically replied "Shredded Wheat". For the grain lesson we had sampled Shredded Wheat. I went on to ask her if she had ever tried it before I came to visit and she told me she had not. It's always fun to broaden the little kids' palates.

In summary, it has been a successful year in Dade County for FNP. We look forward in 2020 to more programming opportunities and continued progress in helping to improve the lives of Missouri families.

Diabetes Self-Management Program (DSMP)

As a part of a partnership with Missouri Arthritis and Osteoporosis Program (MAOP), the DSMP teaches participants how to manage their Type 2 Diabetes through increasing their confidence in using skills learned in the educational programming. Individuals and families affected by diabetes regularly struggle with physical and psychological effects. Topics covered in the six sessions of the DSMP include exercise; symptom management; nutrition; getting proper rest; community resources; using medications appropriately; dealing with fear, anger, and depression; communicating with family, friends, and health professionals; problem-solving; decision-making; and delaying complications.

Cooking Matters for Adults

Eating healthy doesn't have to break the bank. Our Cooking Matters programs teach smart shopping strategies and healthy cooking skills that can help you prepare nutritious, low-cost meals and snacks at home. Though all of our hands-on Cooking Matters programs offer nutrition information, handouts and recipes you can cook on a modest budget, we tailor our six-week courses to different ages and groups.

Stay Strong Stay Healthy

Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program that incorporates the latest research to help you develop the fitness, flexibility and balance that will enable you to live independently longer. An hour-long courses held twice a week, trained instructors will lead you through a warmup, easy-to-learn strength exercises and a cool-down. SSSH exercises are safe and effective, and we'll provide weights for your use on-site. No need to wear special clothes — just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

Youth and Families

Cooking Matters for KIDS

Program Mission

As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals.

Description of Program Offerings

Cooking Matters for Kids introduces third- through fifth-graders to the basic principles of healthy eating and safe cooking. Participating children prepare nutritious recipes in the course while learning smart food choices they can make at home or out to eat.

Program Impact

During program year 2019, there were 54 direct contacts in the Cooking Matters for Kida program in Dade County.

4-H Youth Development

Your Invitation To Join

The Dade County 4-H Club Program!



What is 4-H?

4-H is one of the largest youth organizations in the world today. Dade County has an active 4-H program that includes youth and volunteers. 4-H is a family-oriented and parents are invited to become actively involved.

How old do I have to be to join 4-H?

4-H welcomes all young people ages 8 through 18, as of January 1. For youth ages 5 to 7, there is a special 4-H program called Clover Kids.

What does 4-H Cost?

4-H is a relatively low cost youth organization. Annual enrollment dues. There is no enrollment fee for adult volunteers. 4-H makes an effort to keep costs low to provide opportunities for all youth.

What will I do in 4-H?

4-H members learn new skills, perform community service projects, go to 4-H camps and contests, meet new friends who share their interests. Best of all, 4-H members work together on projects of their own choosing.

4-H Projects can include:

Horses
Cooking & Foods
Woodworking
Archery

Cake Decorating
Sewing & Clothing
Beef
Shooting Sports

Dogs & Cats
Gardening Computers
Sheep
Conservation

Rabbits
Photography
Swine
and many more...

Arts & Crafts
Small Engines
Goats

4-H is for Families.

4-H encourages and rewards participation by the entire family. Youths enroll as 4-H members. Other family members help out as group leaders, project leaders, meeting helpers, transportation aids, you name it! 4-H is definitely a family affair.

Youth and Families

4-H Youth Development

Findings from a 2019 evaluation study reveals that Missouri 4-H:

Develops Leadership

70% of the Missouri 4-H'ers surveyed said they are comfortable speaking up in a group.

79% reported feeling comfortable being a leader.

90% said they look for ways to involve all members of a group.

83% said they stop to think about their choices when making a decision.

84% said they help others reach their goals.

Builds Initiative

89% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

90% said they keep trying until they reach their goals.

93% said they try to learn from their mistakes.

95% said they are willing to work hard on something difficult.

96% reported that they like to learn new things.

Builds Connections for a Bright Future

91% said they like to learn about people who are different from them, and get along.

90% said they think about others feelings before they say something.

96% said they treat others the way they want to be treated.

98% said they show respect for others ideas.

4-H'ers are twice as likely to go to college compared to their non 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011). In 2019 Missouri 4-H connected more than 4,628 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton & St. John, 2016).

Youth who earn a bachelor's degree increase annual earnings by \$2 million over their lifetime (U.S. News and World Report, 2011). If 50% of the Dade youth participating in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$56 million more in lifetime earnings. *An example - 25 youth X 0.50 X @\$2,000,000 = \$25 million) more of lifetime earnings.*



Senator Bill White helps handout Awards at the County 4-H Achievement Day.



Representative Ann Kelley helps handout Awards at the County 4-H Achievement.

Youth and Families

4-H Youth Development

4-H Clubs

4-H Participants = 56 Youth

Dade County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.



Dade County 4-H Awards Banquet.

Filmmaking project tour of “Art on the Move”.



4-Her’s “Adopted-a-Highway” trash pick-up.



4-H Volunteers

23 Youth and Adult Volunteers support 4-H members

Volunteers are the core of the 4-H Program. They help to create, support and deliver educational programs and experiences. Missouri 4-H volunteers report contributing on average 100 hours per year to the program. Valuing their time at \$25.43 per hour (Independent Sector, 2019), the contribution of Dade 4-H volunteers was worth more than \$58,489, in 2019. More importantly, these individuals serve as role models and mentors for youth.



4-H Camp Smokey Staff and Councilors.



4-H Achievement Day Judges Orientation.

Youth and Families

4-H Youth Development

4-H also prepares youth for the work place. Youth must be prepared to live and work in a world we cannot completely envision – competing for jobs that do not yet exist, using technologies that have not yet been invented to solve problems that have yet to be identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).

4-H Pledge

I pledge:

My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living
for my club, my community, my country
and my world.



The 4-H Awards Banquet recognizes the progress and achievement each member has made.



The 4-H Awards Banquet is a time for youths and parents to network with those from other 4-H Clubs.



Dade County is growing future scientists. 4-Hers are more likely to pursue future courses or a career in science, engineering or computer technology. 56 of Dade County 4-H members were enrolled in science related projects this past year.



4-H Going Global 4-H Camp 2019

Camp Smokey, Roaring River State Park, Cassville



Bob McNary, 4-H Youth Specialist, is helping explain electric circuits to 4-H members at camp.



Members attending 4-H Camp.

Melissa Briggs, Nutrition Program Associate, is providing helpful hints to a Food Trivia game at 4-H camp.



Youth and Families

4-H Youth Development

Dade County 4-H Achievement Day 2019



“As a 4-H member, I pledge that I shall at all times conduct myself with honesty, integrity and good sportsmanship; reflecting the highest standards of behavior and dignity while as an exhibitor of the Fair. “

Dade County



UM System Footprint in the county in 2019



FY2019 county students

17 students

- 12 Undergraduates
- 5 Graduate and professional students
- 10 Full-time students
- 7 Part-time students



County employees and retirees

5 people employed by UM

- 5 Campuses



County alumni

Selected school alumni

- 4 Medicine
- 6 Nursing
- 3 Health Professions
- 2 Dentistry
- 1 Pharmacy
- 1 Optometry
- 7 Veterinary Medicine
- 19 Agriculture
- 15 Engineering
- 4 Law

Alumni teaching K-12

- 5 teachers
- 4.2% of all district teachers
- 1 principal or administrator
- 10.0% of all district principals and administrators



County breakdown

MU

- 11 students
- 72 alumni
- 4 employees

UMKC

- 2 students
- 12 alumni
- 0 employees

Missouri S&T

- 4 students
- 17 alumni
- 1 employee

UMSL

- 0 students
- 3 alumni
- 0 employees



County properties and offices

MU Extension in: Dade County



County population: 7,581



County services provided

Health care

- 26 in-state patients seen at UM Health Care, with \$2,215 of uncompensated care

Extension

- 8,542 Total educational contacts from MU Extension to residents of district counties, including:
- 115 contacts related to productive farming, better gardening, and managing natural resources
- 8,402 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 25 contacts related to starting businesses, developing community leaders, or renewing the local economy



UM System Statewide Footprint

Economic and Community Development Highlights

- Business development specialists worked with small businesses and entrepreneurs statewide to create or retain 20,283 jobs.



For every dollar invested in University of Missouri Extension \$11 of public value is returned; generating \$945 million in direct and economic benefit to Missouri in 2016.

- Between FY2013 and FY2018, UM System brought Missouri more than \$1.08 billion in federal and private research funds, funded primarily from outside the state but spent within the state.



In 2019, the university was issued 59 patents and filed 47 new U.S. patent applications.

- In 2019, the UM System construction projects resulted in a total investment in the state of \$144.9 million.



In FY 2019, Missouri Telehealth Network brought the expertise of University of Missouri Health Care physicians to underserved areas—1,304 patient consults in 103 counties.

Education and Training Provided



72,581 police, fire fighters, and medical professionals attending continuing education (2018)



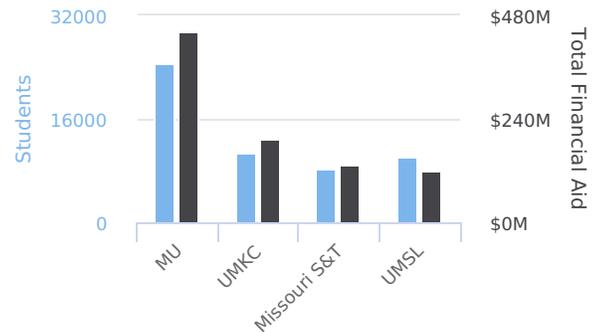
Agriculture and natural resource programs served 138,921 farmers and related businesses



300,807 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs

Education Highlights

Financial Aid Awards



- Students receiving financial aid
- Amount of financial aid awarded

In FY 2019, 65.7% of the UM System's 82,142 students received financial aid totaling \$889.5 million



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (263,000 students), 493 K-12 school districts (862,000 students) and 121 public libraries (serving nearly 3 million Missourians) in 2018

- UM System awarded 53.6% of Missouri's 32,200 bachelor's or higher degrees from four-year public institutions in Academic Year 2017-2018.
- In 2019, UM System's \$22.6 million in National Science Foundation (NSF) grants represented 85.6% of all NSF grants made to Missouri public colleges and universities.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2019, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • Office of Social and Economic Data Analysis (OSED) • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation



State, Federal and County Funding for Extension Councils

University of Missouri Extension Programs in Dade County are funded by Dade County, state and federal appropriations. Local funding for support of the Dade County Extension Center is provided by the Dade County Commission. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialist who conduct educational programs in Dade County. A special acknowledgement and appreciation is given to the Dade County Commission for financial assistance.

University of Missouri's Contribution to County Extension Program

University of Missouri provides salaries and benefits for one professional staff member headquartered in Dade County. The University provides in-service training expenses, including travel and lodging for staff, postage for staff communications and matching funds for computer equipment costs and maintenance.



Dade County Extension Council Annual Meeting.

Financial Statement

BEGINNING BALANCE	\$ 20,841
REVENUE	
County Appropriations	\$ 17,291.63
Gift/Grants/Donations	\$ 5,188.38
Refund/Rebates	\$ 5,053.62
Other Income	<u>\$ 3,461.06</u>
TOTAL REVENUE	\$ 30,994.64
EXPENSES	
Secretary Salary	\$ 12,294.51
Council Paid Benefits	\$ 927.92
Travel	\$ 2,354.22
Programs	\$ 1,273.66
Postage	\$ 970.90
Telephone	\$ 550.51
Supplies/Service	\$ 1,335.43
Surety Bond Insurance	\$ 211.00
Council Elections	\$ 133.13
Annual Meeting	\$ 153.86
Soil Test Expense	\$ 399.00
Publications	\$ 208.39
Repairs/Maintenance	\$ 510.11
Furniture/Equipment	\$ 578.60
Endowment	\$ 0.00
Fee Generation	\$ 800.00
4-H Expenses	<u>\$ 230.00</u>
TOTAL EXPENSES	\$ 22,941.24
CLOSING BALANCE	\$ 33,177.51
Designated Savings	\$ 6,917.71
Petty Cash	\$ 50.00
TOTAL ACCOUNT BALANCE	\$ 40,145.22



WE BRING *MIZZOU* TO YOU.

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