

Program Summaries, Impact & Public Value



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Program	Grand Challenge	Impact	Public Value
<p>Shawnee StartUps Leadership provided by Shawnee County Extension’s Community Development PDC in 2016 lead to a partnership with NetWork Kansas and the creation of <i>Shawnee StartUps</i>, an e-Community (entrepreneurial). A leadership team comprised of community partners guides the work of the e-Community, whose mission is to “<i>encourage and support entrepreneurs.</i>” Cindy Evans coordinates the Leadership Team.</p> <p>Tax credits are sold annually by NetWork Kansas to fund regional loan pools and to provide marketing funds for the leadership team to educate lenders, entrepreneurs and the community.</p>	<p>Community Vitality</p>	<p>Shawnee County e-Community Impact:</p> <p>In 2019:</p> <ul style="list-style-type: none"> *Shawnee StartUps continued as a Level 1 e-Community, with access to NetWork Kansas funds for small business gap funding loans or educational efforts of value to local entrepreneurs. *Two loans were approved in 2019. One business is located in downtown Topeka and the other in North Topeka. *Shawnee StartUps sponsored two businesses to participate in the Wheelhouse Incubator, a 12-week accelerator to assist businesses in a growth phase. Those businesses were Fire Me Up Ceramics (Monette Mark, Owner) and Reden Construction (Reden Jalosjos). *Six local businesses attended Destination Bootcamp, an intensive 2 ½ day marketing training, to learn best practices to increase sales through targeted marketing. Those businesses were Paradise Donuts, Midwest Float, Hidden Hill Farms, Leaping Llamas, Donaldson’s Jewelers 	<p>When we strengthen small business and the entrepreneurship spirit, local jobs are created. Employees work closer to home which supports other local business. When people shop in their local communities, their tax dollars stay within the local economy.</p>

Small Business Support Planned for 2020:

* Businesses with an ability to sell their products online are faring better during the COVID-19 pandemic In response, Shawnee StartUps has designed an opportunity for selected businesses to get personalized marketing assistance and training from Sprout Creative. Sprout will assess their online reputation and provide training and assistance to help the business build ecommerce.

*Businesses who already have loans with Shawnee StartUps have been offered "interest only" payments for four months to help them during the pandemic.

Youth Entrepreneurship

*Shawnee StartUps will host a regional qualifying Youth Entrepreneurship Challenge event in 2021.

*Promoted the Quarantine Youth Entrepreneurship Challenge in May 2020 in for youth in elementary through high school.

PRIDE

Two Shawnee County communities are registered with the PRIDE program. KSRE partners with the Kansas Department of Commerce, private sector companies and associations to assist with the community development planning process.

Community Vitality

and Graystone Painting. Business owners participated in four monthly webinars with a consultant and hosted him for an on-site visit to provide marketing advice specific to their business.

2019 Youth Entrepreneurship Challenge

Austin Stahl took the business concept he crafted during the 4-H Project to Profits project and submitted a competitive entry that qualified him for the 2019 state Youth Entrepreneurship Challenge on the Kansas State University campus.

Austin placed third in the technology category and took home \$1250 in cash prizes.



Volunteers for Dover and Rossville PRIDE donate hundreds of hours each year to beautify their communities and host events that build a sense of belonging in their community. Dover PRIDE received a grant in 2019 to create a flyer promoting their community center available for rent as an incubator kitchen.



Rossville PRIDE seasonally decorates the window in a large vacant building to bring beauty to their community.

Both communities have achieved Community of Excellence status.

Entrepreneurs are not born; they are cultivated.

Rural, suburban and urban communities throughout Kansas face many challenges. When citizens combine their experiences and skills, everyone in the community benefits. Extension programs such as PRIDE and Board Leadership strengthen the skills of volunteers to prepare them for leadership roles in their community.

<p>Community Board Leadership is a four-week program to prepare community members for participation on a governmental, community or non-profit board.</p>	<p>Community Vitality</p>	<p>33 people attended one or more of the Community Board Leadership sessions. Here are some impacts they reported:</p> <ul style="list-style-type: none"> * I feel prepared to serve as an effective board member increased from 38% before the workshop to 100% after the workshop; *31% of participants indicated they knew how to make a motion before the workshop; 93% indicated they could make a motion after the workshop; *The number of participants that understood legal and ethical issues affecting boards increased from 40% prior to training to 93% after training. *Prior to the workshop, 64% indicated they could effectively manage conflict in their board meeting. After the workshop, 100% agreed they could effectively manage conflict. 	<p>Informed and committed board members are the key to healthy, effective boards and committees in our Kansas communities.</p>
<p>Extramural Funding and Volunteer Service Many groups whether private, non-profit or governmental look for additional resources to carry out their mission. Some contributions are cash or grants, and others are in-kind donations and volunteer service.</p>	<p>Community Vitality</p>	<p>*73 people attended a Grant Writing workshop in Topeka taught by Nancy Daniels, a KSRE Community Vitality Specialist. Participants learned where to look for financial resources and how to tell their story with conviction, describing how their program meets the mission of the identified funder. Dorothy Bryan is a member of Auburn City Council. She said the workshop made her believe she could do it. She secured two grants totaling \$69,500 to build a playground in Auburn. Juliet Swedlund, Director of the Topeka Doula Project wrote four grants after attending the workshop and has received \$60,000. is used from sun up to sundown.</p> <p>*Agents for K-State Research & Extension – Shawnee County seek outside funding to support programs. This year 36 contributions were documented totaling \$102,892. In addition to the cash and in-kind resources donated to our programs, volunteers for PRIDE, 4-H, FCE, VITA and Master Gardeners totaled 25,407 hours valued at \$613,325.</p>	<p>Extramural funding helps local residents build the communities they dream of.</p>

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<p>Emergency Operations</p> <p>Program efforts for 2020:</p> <p>*Community Preparation for Disaster (Cindy Evans, Leroy Russell and Susan Fangman all served on Emergency Support Function #11 for Shawnee County.)</p> <p>*Shelter in Place (Cindy Evans)</p> <p>*Get Financially Prepared Ahead of Disaster (Susan Fangman)</p> <p>While 90% of homeowners are concerned with protecting their home, only 41% have documented their contents. Nearly 80% of insurance professionals believe claims are processed 50 – 100% faster when customers have completed a home inventory in advance. (Allstate Insurance Survey)</p>	<p>Emergency Preparedness is assigned to our office as a County Department. Three agents serve on Emergency Support Function #11.</p>	<p>Emergency Support Function #11: Leroy, Cindy and Susan participate in practice exercises and Emergency Support Function meetings in preparation of a local emergency.</p> <p>Continuity of Operations Plan: As a county department we are asked to create a Continuity of Operations Plan and update it annually. This ensures that if our workplace is affected by a disaster, we have a Memorandum of Understanding with another business (Shawnee County Farm Bureau) where we can work temporarily until our office is open or relocated. Many important documents related to our work and staff have been uploaded to a secure website where they can be accessed.</p> <p>Shelter in Place: This information is used to educate the public about preparing for weather emergencies and staying off the roads during bad weather, when traffic stuck in snow drifts can impede the clearing of streets and emergency routes.</p> <p>Prepare Kansas: September is National Emergency Preparedness Month. Messages are shared with the public to get financially prepared ahead of disaster by assembling important records in a grab and go kit and creating a home inventory to aid them if a loss occurs.</p>	<p>Education in traditional preparedness measures (<i>prepare a supply kit, food, water and medications on hand, flashlight, a change of clothes, etc.</i>) is important to new audiences who may not be familiar with the disasters that frequent Kansas.</p> <p>Imagine a community hit by disaster that isn't insured, compared to a community that is. Education motivates residents to financially prepare for disaster by reviewing insurance coverage, creating a home inventory and assembling a financial grab and go kit. Financial preparedness is an indicator in the likelihood of a community to recover.</p>

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<p>Indoor Air Quality Mold, Carbon Monoxide, Radon (<i>Radon awareness helps homeowners test their homes for this cancer-causing gas and learn how to make repairs.</i>)</p> <p>Related Services *Radon test kits can be purchased in the office for \$7.00.</p>	<p>Health</p>	<p>From October 2018 – September 2019, 166 radon test kits were sold to residents conducting a first test. 15 kits were provided free to follow up on an initial high result or after a radon mitigation. Referrals are provided to local contractors who have been certified in radon measurement and mitigation. Homeowners wishing to mitigate radon within the home themselves are provided check-out materials.</p>	<p>Radon is the second leading cause of lung cancer after tobacco smoke. When Shawnee County residents test for radon, they can identify a health hazard in their home or workplace and make repairs to lower the risk for developing lung cancer.</p>



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<p>NUTRITION, HEALTH & WELLNESS</p> <p><i>Walk Kansas</i>- an 8-week walking program designed to develop the habits of exercising at least 150 minutes a week and to increase fruit and vegetable intake</p> <p>2020 Public program topics:</p> <ul style="list-style-type: none"> • Food Preservation • Move More • Story Walks® 	<p>Health</p>	<p>Walk Kansas 2019</p> <p>62 teams registered with 351 team members. Of those reporting the following success were noted at the end of the program:</p> <p>Of the 90 post-program surveys returned-</p> <p>*45 increased energy * 32 decreased weight *37 increased endurance *34 improved mood *36 more restful sleep</p>	<p><i>Walk Kansas</i></p> <p>Persons who adopt healthy lifestyle habits reduce the risk of developing chronic diseases, which can affect the individual’s quality of life and financial well-being. These issues often affect the resources of extended family and the greater community.</p>



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<p>FINANCIAL SECURITY</p> <p>Programs:</p> <ul style="list-style-type: none"> • Senior Health Insurance Counseling • VITA – Free Tax Assistance for low to moderate income residents <p>This effort helps stimulate the local economy, through the return of federal and state tax refund dollars and tax credits. It helps to reduce the demand for public assistance by assisting taxpayers to first access the money they are legally entitled to through tax refunds; and stabilizes the county tax base.</p> <p>2020 Public program topics:</p> <ul style="list-style-type: none"> • Medicare Basics/New to Medicare • Check Your Credit • Financial Emergency Preparedness 	<p>Community Vitality</p> <p>Health</p>	<p>Comparing Prescription Drug Plans: 206 individuals were counseled during the 2019 Medicare Part D open enrollment period effective January 2020</p> <p>112 beneficiaries changed plans saving \$70,386.</p> <p>Provided New-to-Medicare counseling to 34 individuals</p> <p>Gave 3 presentations to a total of 120 people educating them on the importance of shopping their Medicare Part D plan each year</p> <p>Coordinate 10 free public tax assistance sites in Shawnee County. The Asset Building Coalition which Susan leads represents VITA and AARP tax volunteers, as well as educational, government and social service agencies.</p> <p>Volunteers filed 6,156 federal tax returns for Tax Year 2018; this includes 8 paper returns, 81 prior year, and 396 completed with facilitated self-assistance. A similar number of state returns were filed as well.</p> <p>*Free tax sites helped taxpayers receive \$6,354,901 in federal refunds and place on record close to 1 million in tax liabilities. *The free tax assistance saved taxpayers approximately 1,385,100 in tax preparation fees. This is figured at an average of \$225 per return, the amount the IRS uses to estimate the value. *United Way of Greater Topeka donated \$5,000 towards VITA efforts. Many sites provide in-kind donations of space and supplies.</p>	<p>Senior Health Insurance Education</p> <p>When seniors make informed decisions about health care, they are more likely to get adequate and affordable care, reducing the likelihood they will need to rely on public resources, such as Medicaid, for assistance.</p> <p>Free Tax Assistance helps citizens access the money that they are entitled to. This puts more money in to the local economy. Volunteers contributed 7,000 hours in the free tax assistance effort this season for a value to the community of \$178,010. (Point of Light Foundation figure of \$25.43 per hour)</p>



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<p>COVID-19 Response</p>	<p>Health</p> <p>Community Vitality</p>	<p>*Continue to provide New-to-Medicare counseling using new methods to meet the public in a way they are most comfortable without being face-to-face: phone consultations, on-line conferences, and communication through email and the USPS.</p> <p>*Provide education through social media posts in the area of finances</p> <p>*Answer call-in and email questions regarding stimulus checks- who is entitled to receive one, how to make sure you receive it, and how does a spouse that owes back child-support impact the other spouse's check?</p>	<p>*Deadlines for many things have changed with the threat of COVID-19, but not for Medicare applications. Missing application deadlines can have lasting financial consequences including monthly penalties, and gaps in insurance that can be financially devastating.</p> <p>*Helping citizens access stimulus checks puts more money in the local economy.</p>

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<p>Shawnee County FCE The Mission of FCE is strengthening individuals, families and communities through continuing education, developing leadership and community action</p>	<p>Health</p> <p>Community Vitality</p>	<p>FCE members volunteered 4013 hours in teaching educational lessons and volunteering in our community. Many members volunteer weekly at a local food pantry. Shawnee County FCE also donated \$2,880 in cash and goods to various local charitable organizations</p>	<p>Volunteers develop skills of management and leadership as they work. These skills are transferrable to other organizations and can benefit the community as they gain confidence to take on new challenges.</p>

Program Summaries, Impact & Public Value



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Program	Grand Challenge	Impact	Public Value
<p>EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM</p> <p>Poor diets and limited physical activity are major health concerns especially for Kansans with limited resources. EFNEP improves the health and well-being of limited resource families and youth.</p> <p>EFNEP offers practical lessons in basic nutrition, food preparation, food budgeting, food safety and physical activity in settings convenient for the participants.</p> <p>Adult EFNEP:</p> <ul style="list-style-type: none"> • Healthy You & Baby Too (prenatal education) • Eating Smart Moving More Classes • Work for Success (Nutrition education class for people who are in arrears in their child support) • Mirror, Inc. (Groups for persons re-entering the workforce after prison) 	<p>Health</p>	<p>EFNEP Adult Program served 235 households, reaching 899 family members:</p> <ul style="list-style-type: none"> • 169 women, 66 men • 160 women were pregnant • 118 households graduated <p>Race--72 percent White, 18 percent Black, 10 percent other; Ethnicity-Hispanic 44 percent</p> <p>EFNEP Graduates Improvement on Behavior:</p> <p>Diet Quality--</p> <ul style="list-style-type: none"> • Fruits and vegetables intake increased by 0.7 cups • 51% Eat fruit more often each day. • 47% Eat vegetables more often each day. • 40% Eat red and orange vegetables more often each week. • 52% Eat dark green vegetables more often each week. • 48% Drink regular soda less often. • 33% Drink fruit punch, fruit drinks, sweet tea, or sports drinks less often. • 39% Cook dinner at home more times a week 	<p>EFNEP participants learn healthy eating and physical activity habits so they can make healthier lifestyle choices. This leads to fewer weight-related chronic and acute diseases and improved quality of life, benefiting other community members by lowering the public cost of health care and health insurance.</p>

<p>Policy, Systems and Environmental Change</p> <p>Heartland Healthy Neighborhoods Coalition Mission: We will mobilize the community to take action on health priorities so that policy, environment, and practice influences a culture shift toward health and wellness for everyone in Shawnee County.</p> <p>EFNEP belongs to Healthy Babies work group to reduce low birth weight infants and infant mortality by advocating for increased access to adequate prenatal care, breastfeeding, safe sleep practices, increased use of car seats, and decreased substance abuse. EFNEP partners with GraceMed to offer Healthy You and Baby Too to pregnant women and will partner with Shawnee County Health Department to provide the Becoming a Mom classes.</p> <p>KAW Area Breastfeeding Coalition EFNEP also participates in the KAW Area Breastfeeding Coalition whose mission is to provide education and advocacy on the importance of breastfeeding. Current county data is not available but the state of Kansas has improved according to the CDC's 2018 Breastfeeding Report Card. Kansas is one of only 4 states to exceed national averages and Healthy People 2020 goals in 4 core measures – any breastfeeding, exclusive breastfeeding at 3 & 6 months and any breastfeeding at 12 months. Kansas formula supplementation rates in the first 2 days of life also continue to decline and are well below the national average of (13.5% Kansas v. 17.2% U.S., and 41.1% of babies in Kansas are born in Baby-Friendly facilities, far exceeding the national average of 27.6%.</p>		<p>Physical Activity--</p> <ul style="list-style-type: none"> • 52% Improved on exercising for at least 30 minutes more days a week. • 47% Improved on Strengthening muscles more days a week. • 45% Improved on Making small changes to be active more often. <p>Food Safety--</p> <ul style="list-style-type: none"> • 34% Wash their hands more often before preparing food. • 25% Clean items/surfaces more often after contact with raw meat or seafood. • 47% Thaw frozen food at room temperature less often. • 58% Use a meat thermometer more often. <p>Food Security/Food Budgeting--</p> <ul style="list-style-type: none"> • 22% Improved on having enough to eat. • 28% Improved on having enough money for food. • 39% Cook dinner at home more times a week. • 42% Compare food prices more often. (66 of 145) • 46% Plan meals before shopping more often. • 42% Check cupboard before shopping more often. • 43% Make a list before shopping more often. 	
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<p>EFNEP Nutrition Education for Youth:</p> <p>Programs: Healthy Kids: School Enrichment and Out-of-School programs for 3rd grade and above.</p> <p>Eligible schools and organizations: 50 percent of higher students/youth receiving free or reduced school lunch.</p>	<p>Health</p>	<p>EFNEP youth in 2018-2019</p> <ul style="list-style-type: none"> • 459 youth—3rd to 5th grade • 24 programs • 49 percent males • 51 percent females • 2286 contacts • Race/Ethnicity--75 percent White, 15 percent Black, 7 percent mixed. 3 percent others, Ethnicity--20 percent Hispanic <p>Improvement by Cluster of Behavior - 3rd - 5th Grade</p> <p>Diet Quality practices of program participants improved as indicated by the following: 31% (119 of 380) improved in their responses to: Fruit flavored and sports drinks 34% (131 of 380) improved in their responses to: Soda or pop 27% (103 of 381) improved in their responses to: Eat vegetables 25% (97 of 381) improved in their responses to: Eat vegetables as a snack 32% (120 of 379) improved in their responses to: Eat fruit as a snack 22% (83 of 379) improved in their responses to: Eat vegetables at lunch 24% (89 of 378) improved in their responses to: Tasting new foods 22% (83 of 378) improved in their responses to: Reading Nutrition Facts labels</p> <p>Food Safety practices of program participants improved as indicated by the following: 24% (54 of 226) improved in their responses to: Washing fruits and vegetables 22% (70 of 315) improved in their responses to: Cold foods back in refrigerator 31% (117 of 378) improved in their responses to: Washing hands</p>	<p>EFNEP youth learn healthy eating and physical activity habits so they can make healthier lifestyle choices. This leads to fewer weight-related chronic and acute diseases and improved quality of life, benefiting other community members by lowering the public cost of health care and health insurance.</p>

Physical Activity practices of program participants improved as indicated by the following:

25% (96 of 379) improved in their responses to: Physical activities frequency

30% (113 of 378) improved in their responses to: Physical activities duration

30% (113 of 377) improved in their responses to: Non-homework screen time use

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<p>SHAWNEE COUNTY SNAP-ED GARDEN TO PLATE PROGRAM</p> <p>Community gardens offer a variety of social, economic and health benefits to neighborhoods and communities, especially in areas where residents don't have access to affordable, healthful foods.</p> <p>The Snap-Ed Garden to Plate program provides nutrition education to SNAP-eligible clients, especially targeting organizations who implement community gardens for their clients.</p> <p>In addition, garden leadership training is provided as well as the coordination of community garden resources.</p>	<p>Health</p>	<p>Outreach, Teaching and Training:</p> <p>SNAP-Ed Nutrition Education</p> <p>SNAP-Ed Garden to Plate Nutrition education programs were provided at Topeka Rescue Mission, LULAC Senior Center, and Capper's:</p> <ul style="list-style-type: none"> • 50 participants • Two programs were for special needs clients • Race: 71.4 percent White, 9.5 percent Black, 15.9 percent Native American, Hispanic: 27.8 percent <p>SNAP-Ed Improvement:</p> <ul style="list-style-type: none"> • Clients reported improving on eating fruits from 2.7 times per day to 3.5 times per day. • Clients reported improving on eating vegetables from 3.3 times per day to 3.5 times per day. • Clients report improving on physical activity from 2.3 times per week to 3.3 times per week. <p>Success Stories:</p> <p>A participant in the Capper's nutrition class did not like spinach until he tried the spinach, apple, raisin salad and now he likes to have some about every day.</p> <p>Scott, an adult with intellectual disabilities, and his caregiver, Mary, both participated in the six-week SNAP-Ed, Eating Smart, Moving More course. While Scott struggled with some of the concepts, he did comprehend the importance of eating healthy meals including more fruits and vegetables. After completing the class, staff reported that his grocery receipts showed significant change and improvement by including more fruits and vegetables and less soft drinks and junk food.</p>	<p>Community Gardens improve quality of life by</p> <ol style="list-style-type: none"> 1. providing opportunities for neighborhood and community development 2. encouraging social interaction 3. promoting skill building and self-reliance 4. beautifying neighborhoods 5. producing nutritious food 6. reducing family food budgets 7. conserving resources 8. creating opportunities for recreation, exercise, therapy and education 9. reducing crime

Community Garden Leadership Training:

We provided Community Garden Leadership Training at the Topeka Shawnee County Library, to the Vegetable Certificate Class, and to the Sunrise Optimist group.

The Garden to Plate Program provided a community garden tour for Topeka Common Ground and Master Gardeners in the Community Garden Subcommittee.

Social Media and Marketing: Nutrition messages, marketing of events and resources, and how-to information on fruit and vegetable gardening is disseminated throughout the year through the Shawnee County Extension Website and Facebook page and the Topeka Common Ground Facebook page.

Garden Signage: SNAP-Ed developed a variety of nutrition education signs for community gardens which were distributed to nine gardens. See attached.

Connecting Resources:

Seed and Seedling Give Away:

Lowe's Home Improvement Store donated approximately \$5000 of seeds that were given out to the community at the Topeka Common Ground Seed Fair. Nearly 400 people picked up seeds and educational materials, including information on SNAP-Ed. In addition, Shawnee County Extension Master Gardeners provided four gardening workshops with attendance of approximately 50 people in each workshop.

Topeka Common Ground partnered with Master Gardeners and Shawnee County Parks and Rec to grow seedlings that were given to community gardens for their spring planting.

Coalitions:

SNAP-Ed AND EFNEP participates in the Healthy Eating Workgroup. After completing the Shawnee

County Food Assessment, the Shawnee County Food and Farm Task Force was formed to develop components of a successful, cross-sector Farm and Food Council which will positively impact food system changes in Shawnee County. Orientation meetings for the food council have been held and applications were screened in August. Appointed members will be announced in the next month.

Shawnee County Teaching Community Garden:

The garden expanded this year with some raised beds and straw bale gardening. Extra produce of approximately 400 pounds was donated to food pantries. This garden was handed off to the Extension Master Gardeners.



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<p>Growing and Strengthening 4-H Families with youth ages 5 – 18 are encouraged to join a 4-H Community Club where youth can practice leadership, citizenship, and service through club meetings, projects and activities at the local, county, state and national level. Shawnee County has 12 community clubs led by volunteers.</p> <p><u>Programs</u> available to 4-H members include Club Days, judging contests, Leadership Lock-In, Discovery Days, Youth Leadership Forum, Citizenship in Action, 4-H camps, Shawnee County Fair, Kansas State Fair and project meetings.</p> <p><u>4-H Camp</u> is a way for all youth to have a summer camp experience to develop leadership (for counselors) and social skills and independent living (for campers.)</p> <p><u>Short term 4-H experiences</u> include School Enrichment programs that allow students to experience wheat science, chick embryology and butterfly life cycles. Special Interest clubs offer a six-week project study and are conducted in after school programs and summer programs.</p>	<p>Developing Tomorrow's Leaders</p>	<p>In 2019 Shawnee County 4-H Enrollment had 495 members in Community Clubs and Short term project clubs.</p> <p><i>“As a result of my experience in 4-H...”:</i></p> <p>70% of Shawnee County 4-H'ers said they Always or Usually set goals for themselves.</p> <p>85% of Shawnee County 4-H'ers said they Strongly Agree or Agree that they don't let friends talk them into things that they don't want to do.</p> <p>67% of Shawnee County 4-H'ers said they are Always or Usually confident to speak in front of a group.</p> <p>92% of Shawnee County 4-H'ers said they Strongly Agree or Agree that they have learned things that help them make a difference in their community.</p> <p>92% of Shawnee County 4-H'ers said they Strongly Agree or Agree that they have a plan for reaching their goals.</p>	<p>4-H helps the entire community by instilling the qualities of leadership, citizenship, service and caring in each of our members. Research has shown the youth who participate in 4-H are four times more likely to give back to their communities than their non 4-H peers. Shawnee County 4-H is developing tomorrow's Shawnee County leaders and the neighbors you want to live by.</p>

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<p>Volunteer Development Volunteers are recruited from the community to assist with program delivery and increase the number of programs available. The volunteers include community club leaders, project leaders, Special Interest (SPIN) Club leaders and unique areas that enrich the 4-H experience.</p> <p>Relationships with caring adults are essential for youth to achieve their potential because of the guidance, respect, skills, knowledge and wisdom adults can share.</p> <p>COVID-19 Response The Stay at Home order for the state of Kansas and Shawnee County has posed challenges for our 4-H program. Our program is based on hands-on learning and we traditionally do that through club and project face-to-face meetings. With that option no longer safe for our volunteers and youth we had to innovate on how we deliver Shawnee County 4-H.</p>	<p>Developing Tomorrow's Leaders</p>	<ul style="list-style-type: none"> ◆ 4-H volunteers contributed over 3,600 hours of service in 2019 serving as club leaders, project leaders, planning and conducting workshops and more. ◆ According to Shawnee County Volunteer surveys 78% of registered volunteers said the work they do for 4-H was very meaningful to them. 69% of surveyed volunteers said getting information from the office was very easy and 31% said it was moderately easy. 89% of surveyed volunteers said they are very likely to continue volunteering with Shawnee County 4-H. <p>COVID-19 Response Since late March 2020 we have had several of our community clubs and project clubs conduct virtual meetings via zoom.</p> <p>We have had multiple ways for youth to engage with the program using the Shawnee county 4-H Facebook page.</p> <p>4-H has offered virtual leadership and citizenship opportunities for youth who are missing out on opportunities that they will need to complete achievement pin applications.</p> <p>4-H is planning and offering a virtual camp connection for our members in lieu of traditional 4-H camp at Rock Springs 4-H Center.</p>	<p>Volunteers who have ownership with the program they volunteer for leads to a more self-sustaining organization benefiting the community by the organization's ability to reach more individuals.</p> <p>According to the Independent Sector a volunteer hour is worth \$25.40 to an organization, placing the value of our 4-H volunteers' work at \$91,440.</p> <p>Part of the 4-H program is about teaching resilience. Extension professionals and volunteers have had to model resilience. We have told our youth that 4-H is not stopping because of COVID-19, and it has not.</p>



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<p>Horticulture</p> <p>Through educational programs, volunteer efforts, answering lawn, garden and tree questions and through soil testing, horticulture programming is critical to the health, happiness and vitality of our community.</p>	<p>Global Food Systems</p> <p>Water</p> <p>Health</p> <p>Community Vitality</p> <p>Developing Tomorrow's Leaders</p>	<p>Horticulture is one program area capable of working towards all 5 of K-State Research and Extension's Grand Challenges. Horticulture teaches community members to grow food for themselves and those around them, impacting our global food system. We tackle water every day by teaching proper landscaping techniques, best horticultural practices for watering and choosing plants suitable for our climate. Health plays a vital role in horticulture through the physical act of gardening, the benefits of eating fresh produce and the significant, positive, emotional impact that plants have on people. Communities are vitalized through vibrant gardens, beautiful landscapes, community gardens that bring people together with a common goal and by creating a plant-rich community that we all want to live in. Horticulture develops tomorrow's leaders by realizing that the goals we strive for; every home with a garden that is beautiful and full of food, strong communities bonded by pride in their surroundings and with streets and businesses that welcome people with beautiful flowers and mature, healthy trees, is only achievable if our youngest residents care enough to carry on the mission.</p> <p>In each of these examples, horticulture programming strives to meet each of K-State Research and Extension's 5 Grand Challenges. Horticulture programming is improving lives and improving the quality of life for Shawnee County Residents every day.</p>	<p>Horticulture has an immeasurable impact on communities. Homes with well-landscaped yards have increased value. Those same homes often have trees that reduce heating and cooling bills throughout the year. Trees near roadways reduce paving costs. Plants in our home and workplace reduce allergens, mold, dust and illnesses. Workplaces with plants have decreased absences, increased productivity and creativity from their workers. Plants are also shown to speed up recovery times in hospitals, create feelings of happiness and they can create a stronger sense of community.</p>

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Program	Grand Challenge	Impact	Public Value
<p>Extension Master Gardeners</p> <p>Shawnee County Extension Master Gardeners are leaders in their community. Teaching classes, giving educational programs in schools and at community fairs as well as utilizing our eight demonstration gardens as living laboratories are just a few ways in which our volunteers serve their community.</p> <p>Planting Wild Free Webinars:</p> <p>Garden Design for Wildlife (June 2nd)</p> <p>This Garden is For the Birds: Creating a Bird-Friendly Landscape (June 9th)</p> <p>Managing Urban Wildlife (June 16th)</p> <p>Native Bees (June 23rd)</p> <p>Virtual Response Line:</p> <p>Monday-Friday, 8 am – 5 pm</p> <p>Clients may submit their gardening questions on Facebook, our website through e-mail or by calling our office and our trained Extension Master Gardeners will research their question and respond with effective solutions.</p>	<p>Global Food Systems</p> <p>Water</p> <p>Health</p> <p>Community Vitality</p> <p>Developing Tomorrow's Leaders</p>	<ul style="list-style-type: none"> Shawnee County Extension Master Gardeners contributed 8,826 volunteer hours in 2019. Volunteers put on classes, hosted booths and utilized demonstration, private and public gardens as teaching laboratories. In 2019, Shawnee County, along with Douglas County Extension hosted a statewide training for Kansas Extension Master Gardeners in Topeka. The training included classes for the volunteers and tours of Ward Meade, Ted Ensley Gardens and our two demonstration gardens at the Governor's Residence. In March of 2020, our Horticulture Agent took a Facebook group that was linked to our office page and grew it from 26 members to 420 members by the end of April. This group, Friends of the Shawnee County Extension Master Gardeners, has had high engagement on horticulture related posts and members are regularly asking questions. The Horticulture Agent, Master Gardener Coordinator and Extension Master Gardeners are highly responsive to these questions. Extension Master Gardeners have moved their annual Response Line online for the beginning of the 2020 gardening season. Clients may call, e-mail, submit questions online or through our Facebook page or group and receive the same quality information as our in-person Response Line efforts. 	<p>Extension Master Gardeners are considered experts in the field of horticulture by their community members. Our members undergo thousands of hours of training each year and are taught that what you don't know—you find out. This focus on providing research based, un-biased information to the public is what makes our programming stand out above the rest.</p> <p>In 2019, 782 questions were answered from April-September on the Response Line. That is a 5.8 % increase over questions from 2018.</p>

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<p>Increasing Local Access to Fruits and Vegetables Vegetable Certificate Course certifies 8 new gardeners. This course was co-taught by Ariel Whitely-Noll, Horticulture Agent and Lisa Martin, EFNEP Agent on March 7th, 2020. Ariel covered the basics of growing food and Lisa covered food safety and nutrition.</p> <p>Growing Fruits, Vegetables and Herbs Free Webinars: Vegetable Gardening in Small Spaces (April 6th) Growing and Using Edible Herbs (April 15th) Unusual Fruits (April 21st) Vegetable Pest and Disease Management (April 27th) Turning Vegetable Scraps into Food—For Kids (May 12th)</p>	<p>Health</p> <p>Global Food Systems</p>	<ul style="list-style-type: none"> • As part of a Culture of Health grant awarded by K-State, 8 beginning gardeners completed an 8-hour course on vegetable gardening with an emphasis on growing their own food. • Participants received a course booklet, Kansas Garden Guide and guidance on online resources to help them as they each learn to grow new vegetables. • Horticulture curriculum covered included: planning a garden, weeding, watering, harvest, insect management, container gardening and herbs. • The fruits, vegetables and herbs webinars taught by Shawnee County Extension Master Gardeners and Extension Staff engaged 120 learners. 	<p>Having the knowledge to grow your own food has become especially important in the 2020 Covid pandemic. We hope that the graduates of our class not only are able to grow more of their own food after graduating from our course, but are also able to donate the excess to friends, neighbors and local food pantries</p>
<p>Kansas Healthy Yards and Communities Encourages residents to use best horticultural practices. Topics include soil fertility, proper water use, appropriate plant selection, integrated pest management and pollinator friendly gardens.</p> <p>Related Services:</p> <ul style="list-style-type: none"> • Soil testing for lawns and gardens • Extension Master Gardener Response Line for horticulture questions • Compost bin vouchers 	<p>Water</p> <p>Community Vitality</p>	<ul style="list-style-type: none"> • In 2019, 531 routine soil tests were run on lawns, flower gardens and vegetable gardens. These soil tests are the most accurate assessment of fertilizer needs. 48 vouchers were given for free compost bins as part of our partnership with the Shawnee County Solid Waste Department. 	<p>These efforts reduce homeowner costs for unneeded lawn care and maintenance as well as reductions in incorrect pesticide and herbicide applications to gardens.</p>

Below: The Shawnee County 4-H Horticulture Judging Team placed 2nd at their national competition. Below team members Claire Coultis (placed 8th), Braedan Miller (placed 15th), Calista Covel (placed 2nd) and Leah Hudson (placed 10th).



Below: Seniors from Cair Paravel learn about greenhouse production from Shawnee County Extension Master Gardener Lynn Weaver.



Left: Students in the March Vegetable Certificate Course use their Kansas Garden Guides to plan out their 2020 gardens!

Program Summaries, Impact & Public Value



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 Agriculture and Natural Resources Agent
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Program	Grand Challenge	Impact	Public Value
<p>Farm Management: Crop and Livestock Profitability Programs:</p> <p>Annual education series offered in 2020 topics include: 2020 Fall Field Day Crop Tour Kansas River Valley Experiment Field Crop Update Lease Law/Fencing Law Ponds Maintenance: Aquatic Problems-Fish and Plants, Forestry Weeds in Crops and Pastures Topeka Farm Show</p> <p>Topics for individual guidance: Farm Succession Farm Evaluation</p> <p>Related Services:</p> <p>*Soil testing for crop and hay land *Identification of Kansas insects, plants & weeds</p>	<p>Global Food Systems</p> <p>Water</p> <p>Community Vitality</p> <p>Health</p> <p>Developing Tomorrow's Leaders</p>	<p>*In 2019, routine soil tests were run on 347 fields of crops or brome grass helping farmers determine how much fertilizer to apply. Appropriate fertilizer choices reduce the farmer's expenses and controls run off, keeping our water supply clean.</p> <p>*Approximately 115 farmers and ranchers attended the spring <i>Coffee, Cookies, and Conversation</i> series meetings. 100% of the applicants gained knowledge, with 98% ranking the programs as excellent or very good. All participants reported learning recommendations that will be reflected in changes to their operations.</p> <p>*Approximately 625 local Farmers and Ranchers attended one of the workshops and educational meetings sponsored by Shawnee County Extension during 2019. Over 92% of all attending rated the day as excellent or very good. Many plan to make changes in their operations from the information they received.</p>	<p>Extension Programs help farmers and ranchers be more profitable and to be good stewards of the natural resources. When farmers are profitable, they spend money on their equipment, expanding their operation, and bringing more employees into their operation. Profitability affects the property tax on land (averaged over 8 years), so higher profits yield more tax dollars to the county. Educational programs help to keep farmers from losing their top soil, keep chemicals out of the atmosphere, and to help keep a safe food and water supply.</p>

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<p>Youth Programing in Agriculture</p> <p>Tractor Safety Training</p> <p>Tractor Safety Certification,</p> <p>Youth for the Quality Care of Animals,</p> <p>4-H Youth Support in Agriculture</p>	<p>Global Food Systems</p> <p>Water</p> <p>Community Vitality</p> <p>Health</p> <p>Developing Tomorrow's Leaders</p>	<p>*Over 3,400 local youth had the opportunity to learn about agriculture in 2019 by attending the "From Farm to You", "Water Festival" and the History and Environmental Fair ("Little Acre") events. The 7-11 year old youth all learned about local agriculture, how animals and crops are raised and cared for and the healthy products that are produced by local farmers and ranchers.</p> <p>*20 youth completed a two-day tractor and farm safety course in 2019 and passed a competency test on working with farm equipment and farm animal safety.</p> <p>*58 youth and parents participated in Youth for the Quality Care of Animals training in 2019. This is a program offered for the second year to produce a safe food product for the public and is required for all youth selling livestock at the Shawnee County Fair.</p>	<p>*Today's youth are tomorrow's decision makers on these critical issues which affect food safety and an affordable food supply.</p> <p>*Agriculture is ranked as one of the three most hazardous occupations in the U.S. Education is key to keeping farmers and ranchers safe.</p>
<p>Kansas Emergency Preparedness and Disaster Recovery</p>	<p>Community Vitality</p> <p>Health</p>	<p>*Shawnee County had no Agriculture Emergencies recorded for 2019. 100 % of the small issues have been handled without any major problem. We have experience floods, hail storms, out of control fires, animals out of their pastures, and some small out breaks of crop and livestock diseases. All of these issues have been handled without major issues and no human casualties.</p>	<p>*Every year, some part of Kansas has disasters...drought, floods, tornadoes, hail, blizzards and more. There is also the potential for accidental or intentional man-made disasters, such as chemical spills or the introduction of disease in humans, livestock or crops. We saw this major problem this year with COVID-19 in humans.</p>
<p>Farm Transition</p>	<p>Global Food Systems</p> <p>Community Vitality</p> <p>Health</p> <p>Developing Tomorrow's Leaders</p>	<p>*Classes helped get farmers and ranchers started on setting up wills and making transition decisions. 100% of the participants gained knowledge on LLC's, Estates, and Succession Planning and ranked the programs as very good and excellent.</p>	<p>*Many farms fail in the transition between generations and need help and guidance.</p>