



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Estill County Report to the People

Website:

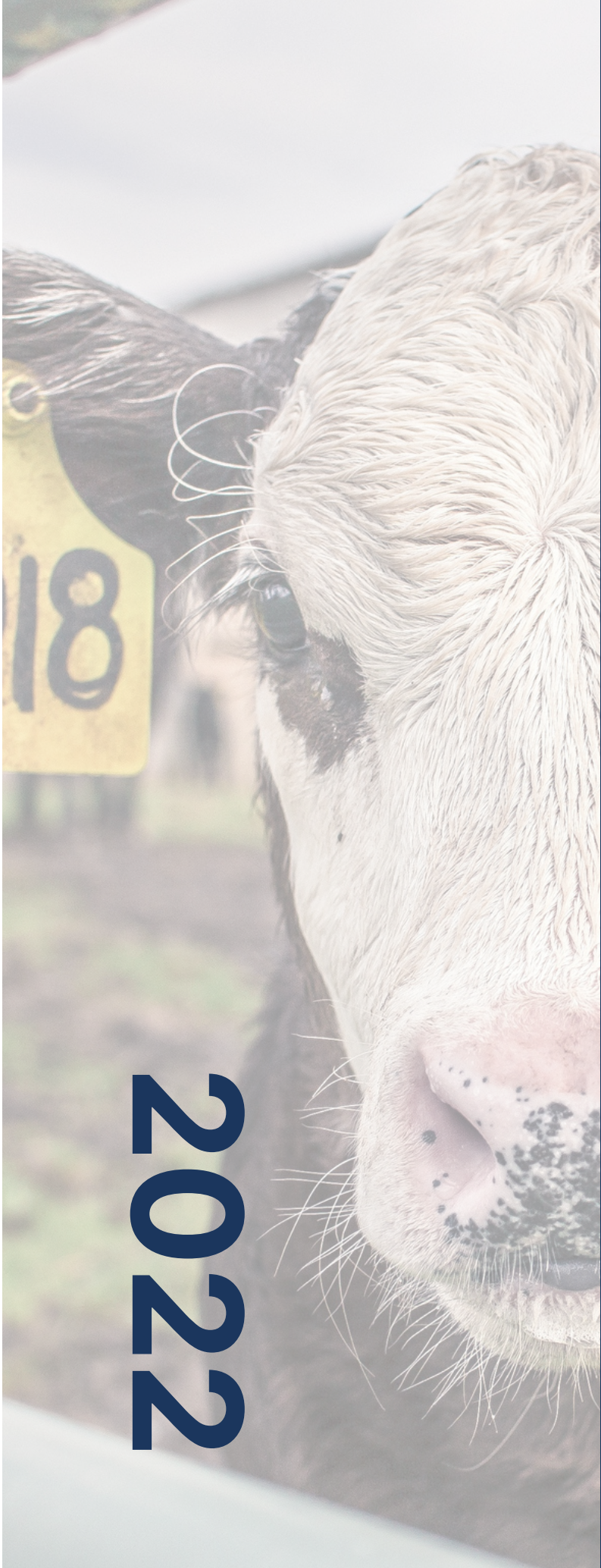
<http://estill.ca.uky.edu>

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**Estill County Cooperative
Extension**

For More Information, Please Contact us at:
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76 Golden Ct, Irvine, KY 40419

2022



About Us



The Estill County Cooperative Extension Office provides educational outreach to the community. Our three program areas – 4-H Youth Development, Agriculture and Natural Resources, and Family and Consumer Sciences – provide valuable information and services that are designed to strengthen families and improve communities.

Our Vision

2022 ESTILL COUNTY REPORT TO THE PEOPLE

Kentucky Cooperative Extension is the educational resource for all Kentuckians that serves as a catalyst to build better communities and improve quality of life.



Our Mission

Kentucky Cooperative Extension serves as a link between the counties of the Commonwealth and the state's land grant universities to help people improve their lives through an educational process focusing on their issues and needs. We emphasize:

- Valuing diversity and capitalizing on its potential to strengthen programs;
- Being locally-driven, flexible, and responsive;
- Identifying and supporting high priority statewide programming thrusts;
- Educating people to solve problems, make decisions, and embrace change;
- Applying knowledge and research-based information;
- Accomplishing work through collaboration, volunteerism, and leadership development;
- Fostering an empowered and contributing people;
- Developing youth, adults, families, and communities;
- Fostering effective lifelong use of personal and natural resources.

Our Team

The University of Kentucky Cooperative Extension Service provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future.



Tim Barnhart

Extension
Custodian



Tracy Blevins

Extension Staff
Assistant



LaDonna Dawes

Extension Assistant,
4-H Youth Development



Emma Lee

Extension Agent,
Agriculture
and Natural Resources



Taylor Miles

Extension Agent,
4-H Youth Development



Megan Parker

Extension Staff
Assistant



Judy Vaughn

Extension Agent,
Family and Consumer
Science



Jessica Webb

FCS Program Assistant,
Supplemental Nutrition
Assistance Program
Education

Digging into Geology: 4-H Teens Teach Cloverbuds All About Rocks and Minerals

For the 2021-2022 program year, the Estill County 4-H Teen Club had between seven to nine youth who routinely come to every meeting. This club has primarily focused on leadership and community service activities. This was voted on in the beginning of our program year by the members of teen club. Youth who participate in leadership development opportunities are exposed to a variety of opportunities for personal development.

Leadership activities help youth: Develop confidence in their leadership potential and their own sense of identity, improve their self-esteem, enhance their communication skill is sharing, reflecting and discussion, understand the importance of diversity and improves their ability to relate to others, learn effective decision making methods and experience problem-solving situations and learn group social skills (Unlock Your Leadership Potential: A Leadership Project Guide, University of Florida, IFAS Extension, October 2009).

One of the main programs the Estill County Teen Club created and prepared was a lesson in Geology to teach to our Cloverbud Club. The teens met several times as a group to plan different activities, create an agenda, make supply lists, and assign roles and responsibilities to the other members. Each teen led their own lesson and activity related to Geology. This included educational activities about fossils, minerals, the earth's layers, and the rock cycle. One teen brought in their Kentucky State Fair project and showed youth how they could make their own rock collections when they become 4-H Age to enter into the state fair. We had fifteen youth ages five to eight attend the meeting that day along with their parents.

Photo: Cloverbud Josiah Conrad works on molding his clay to create his own fossil.



Holiday Centerpiece Workshop

2022 ESTILL COUNTY REPORT TO THE PEOPLE:
AGRICULTURE & NATURAL RESOURCES

As a new Agriculture and Natural Resources agent in Estill County, I have made it my goal to reach as many audiences as possible to let them know I am here to help. When considering different program options, I wanted to choose something that anyone, even people with no agricultural background, might be interested in. I finally decided on a Holiday Centerpiece Workshop on December 29th, 2022 at 6 p.m. There were 18 individuals who signed up and attended.

This class was a partnership with former Powell County agent Mike Reed, who was willing to use his floral design skills to teach the class. He provided greenery, floral foam, and ribbon to make the centerpieces. First, he demonstrated step-by-step how to make a centerpiece, then participants were allowed to choose what they would like to use to create their own.

Everyone made their own centerpieces and were very excited about the new skill they had successfully mastered. Not only was I able to reach new audiences that I had not had a chance to meet before, but I also had requests to hold the same program in years to come!



Photos: Participants choose their greenery to use in their centerpiece



Living with Arthritis

Arthritis is the leading cause of working disability among adults according to the CDC. There are over one hundred different variations of arthritis and is often accompanied by other chronic conditions. Arthritis affects all ages and genders but is most common in women. According to America's Health Rankings Annual Report for 2021, 32.2% of Kentucky residents report a diagnosis of Arthritis.

A cure for arthritis has not been found but it can be managed with treatment and lifestyle changes. A request was made to the Family and Consumer agent in Estill County for a class on managing arthritis. The Family and Consumer agent presented a Lunch and Learn Living with Arthritis to fill this request. The Lunch and Learn included a meal of slow-roasted salmon, black bean and quinoa salad, roasted vegetables, and a fruit salad with honey and mint. The food was an example of arthritis friendly meal, which was also easy to prepare for someone suffering from arthritis. My Plate was also included in the presentation as an example of healthy eating. The lesson included information on the most common types of arthritis and other chronic conditions that may accompany arthritis. Available treatment plans were also discussed. The lesson also had exercise suggestions, lifestyle changes, and additional scientific resources for participants information.

Seven participants attended the Lunch and Learn, and one person was presented the meals and lesson as a pick-up due to illness. One person later received the packet of information on the lesson because they were unable to attend. One hundred percent of the participants surveyed stated that they improved knowledge regarding life span behavior and decisions that affect health and well-being (such as enhanced knowledge of: positive attitude, smart and healthy eating, physical activity, mental activity, meaningful social connections, tuning-in to the times, safety, health numbers, stress management, sleep, and taking personal time). Six of the participants poled reported intentions to improve healthy lifestyles and behaviors (including enhanced positive attitude, smart and healthy eating, physical activity, mental activity, meaningful social connections, tuning-in to the times, safety, health numbers, stress management, sleep, and taking personal time). One participant stated, "I really enjoyed the program and learned a lot about arthritis, and I really enjoyed the meal."



By the numbers....

There were 4,571 hours contributed to creating and implementing programs in Estill County.

Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land-grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance of all Kentuckians.



157

The number of youth who participated in day or overnight, 4-H non-environmental camps at your office, 4-H camp facility, or other location (i.e. project day camps, etc)



124

Number of people who applied Extension recommendations for soil fertility.



135

Number of individuals who reported they utilized delivery systems/access points (e.g. farmers markets, CSAs, WIC, food pantries) that offer healthy foods

Work with Us

Throughout 2022, we've seen incredible achievements in our programming through Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development due to our dedication to providing quality education.

By providing these programs to our communities we are making meaningful impacts on the lives of individuals and families throughout the Commonwealth of Kentucky.

We invite you to explore our website for more information about our programs and how we can help improve your life! We are here to serve you, so please do not hesitate to contact us with any questions or concerns. Thank you for your support, and we look forward to working with you!

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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