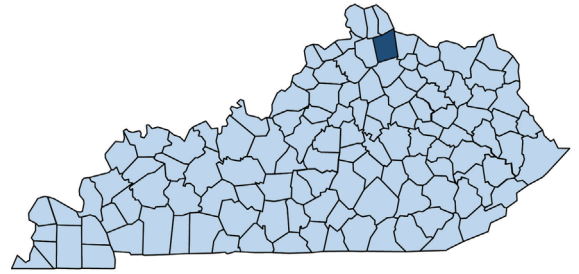


REPORT TO THE PEOPLE



Pendleton County 2021



DID YOU KNOW... In the midst of the pandemic staff quickly shifted to virtual formats to keep communications flowing.



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Nutrition Education

Extension Partners with Hunters for the Hungry.



Family and Consumer Sciences

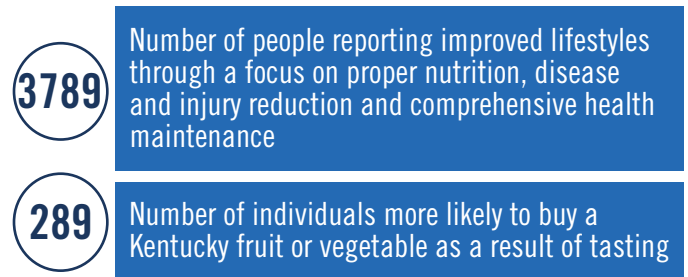
In looking for ways to offer beneficial programs during the challenges of 2020, the PC FCS Agent offered virtual cooking classes. The benefits from home cooked meals include, eating less calories, being more aware of what you're eating, socializing more as a family, and stimulating your brain. Eleven of these classes were held to date, more are scheduled. Classes offered included Knife Safety, Soups, Pie Making, and more. A variety of skills were taught in each session. One individual shared: "The knife skills class was beneficial. I learned to properly use my knives AND that was the first time I cut up a whole chicken. I also enjoyed making a homemade pie crust!" Another shared, "I learned something new in each class. The saying you're never too old to learn is correct. Specifics that I learned are how to peel garlic, peel and dice mangoes, and uses of different flours."

The Pendleton County Cooperative Extension Office in cooperation with our local game warden offered the Kentucky Hunters for the Hungry opportunity in our county, during the 2020 hunting season. The Pendleton County Extension Office and game warden reached out to hunters in our community and accepted deer throughout the season. During that time, local hunters harvested deer and took them to one of two local processing facilities.

Beyond the impact of providing an additional source of protein for over 350 families, the program also brought awareness to the number of families living in poverty in our county. A total of 1,450 pounds of ground venison was distributed to those families. A spokesperson for Neighbor Reaching Neighbor shared, "We have given out over 500 pounds. Everyone has been very thankful. We distribute monthly to those in need in our community and have been able to share with over 300 families."



Jessa and Moriah Conrad participating in virtual cooking.



4-H Youth Development



4-H Teen Clun Adopts a Family for Christmas.

176

Number of youth that report feeling good about themselves

324

Number of youth that report making healthy lifestyle choices

Community Economic Development

During the pandemic, 4 in 10 adults in the US reported symptoms of anxiety/depressive disorder. Extension recognized the potential to support residents through educational programs at the Farmers' Market. Market provides a social event filled with excitement and connection on a personal level. Multiple Customers stated they are so thankful for the Farmers' Market. It provided a given me a face to face connection. Social connection can lower anxiety/depression.

Recognizing the impact that market has on clients/vendors, the PCFM planned a Community Health & Emergency Services Day. The day featured partnerships with local EMS, Fire, Police, Health departments, and more. The day featured family-friendly activities and Covid vaccines. On typical market days, PCFM averages 150 customers, for the Community Health Event there were more than 500! A highlight of the event: 78 people received their Covid vaccination. The PCFM is so much more than Corn and Tomatoes.

The 4-H youth organization strives to help youth grow into successful, caring members of society. Four concepts of youth development essential elements identified by researchers include mastery, independence, belonging, and generosity. PC 4-H has practiced the generosity element more than once. The 4-H motto is to learn by doing and is what happens to young people when they engage in citizenship. Generosity encourages the development of life skills such as confidence, teamwork, reliability, problem-solving skills, and effective communication.

A recent service project that Pendleton County 4-H teens completed was delivering Valentines to local nursing homes. Another recent activity completed by 4-H teens was providing Christmas gifts for a local family (4 children) in need. Pendleton County 4-H adopted a family of 4 kids for the holiday season. The 4-H Council donated \$400 that was used to purchase for gifts on the family's wish list.



Farmers' Market clients lined up to tour Air Med Helicopter at Community Health Day.

365

Number of participants gaining access to Extension programming at local farmers' markets

421

Number of individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)

Agriculture and Natural Resources

Over 300 livestock were lost the winter of 2019 in the NKY area. The winter wasn't harsh, but mildly cold weather and excess wetness put livestock in stress. PCEO Extension Ag Agent, Lindie Huffman, refocused programs to delve into the issue of losses. After three programs on essential principles of livestock feeding, facility design, and increasing forage quality Pendleton County producers are using ways to ease the challenges that winters bring to beef operations.

Grazing systems are built to be unique and operate uniquely, by understanding the situations, we can create a holistic approach to ensure that goals of producing high-quality beef cattle, minimizing loss, and maximizing resources are met. 35 Producers attended 3 Livestock Feeding Programs, and 90% of those are now forage testing. It's estimated that if producers engage in BMP's outlined in the program, they will decrease their risk of loss by 75%.



Extension Participants Examine Hay Samples.

32

Number of producers reporting changed or improved pasture management practices

125

Number of producers who incorporated best practices recommended by Extension

... just a few ways Extension supports Kentucky

- **23,971** Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- **4,890** Kentucky producers adopting new technologies in agriculture production.
- **3,898** Kentucky families who supplemented their diets with foods they grew or preserved.
- **4,161** Kentuckians participating in community trail projects.

COOPERATIVE EXTENSION



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