



K-STATE

Research and Extension
Southwind District



Making a **DIFFERENCE**



**WINTER
2024**

EXTENSION APPRECIATION AWARD

The Extension Appreciation Award was presented to PrairieLand Partners. PrairieLand Partners has been a large supporter of the 4-H program for many years. Most recently, they graciously sponsored a multi-specie 4-H livestock “Barn to Ring” series that provided the opportunity for participants to learn livestock management and showmanship tips from some of the top industrie leaders. PrairieLand Partners has also made purchases at the Allen, Bourbon, Neosho, and Woodson county 4-H Livestock Premium Auctions.

Thank you, PrairieLand Partners, for all you do!



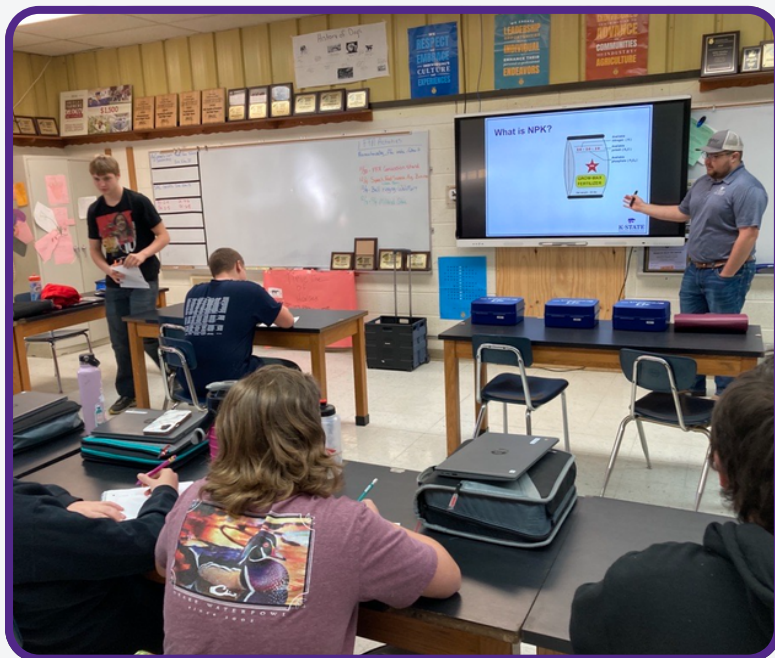
Agriculture and Natural Resources

Kansas Corn Breakout Box

Agent Chad Guthrie and Program Assistant Hollie Yoho introduced a new program to area high school classes that was developed by Kansas Corn. The program encourages active listening and learning from a presentation given. Following the presentation, teams are given breakout boxes, which are essentially escape rooms in a box. The kids are given clues that lead to a lock combination that leads to another clue, and so on. The end result is a prize for whichever team is able to complete the tasks the fastest.

This new program reached a different demographic than we have been able to in the past.

Kansas Corn has different curriculums and breakout box ideas to use with youth from kindergarten to high school that will allow us to use the boxes for a variety of programs in the future.



Livestock Production Workshop

Agents Hunter Nickell and Chad Guthrie, along with Greenwood County agent Ben Sims, hosted a livestock production workshop. Speakers included Dr. A.J. Tarpoff and Dr. Jason Warner, both from K-State, Roger McEowen from Washburn University, and Dr. Barry Whitworth from Oklahoma State University. The program was well received and attended by producers from Woodson, Greenwood, Elk, Neosho, and Montgomery counties, as well as Miami, Oklahoma.

4-H and Youth Enrichment

4-H Activities There was a number of events that kept 4-H youth and volunteers busy. The events included Record Book judging, Officer Training, 4-H Achievement Banquets in all four counties, 4-H Council meetings across the district, project meetings, promotion for National 4-H Week, and more!

Area “Trunk or Treat” events resulted in over 2000 4-H promotional cards being distributed to ghosts and goblins in several communities. Casey Diver worked in Chanute, Clara Wicoff worked in Iola, Jennifer worked in Fort Scott, and Casey and Jennifer worked at the event in Yates Center.



Gray for a Day



“Gray for a Day” was presented to classes at Erie and Iola High Schools and Yates Center Elementary. This program promotes empathy towards the aging population as younger individuals experience first-hand the struggles they may face with age. Agent Cassidy Lutz did the presentations right before the holidays

which was a perfect time as a couple of the classes made Christmas cards to take to their local nursing home for the residents. As a result of the program, both teachers and students said that they have a better understanding of aging and will be more patient and kind to the elders in their lives.



Youth Enrichment

Handwashing School Enrichment



Agent Clara Misenhelter visited eight schools in Fort Scott, Uniontown, Yates Center, St. Paul, Chanute (including both the public schools and St. Patrick's), Moran, and Humboldt to educate 321 students about the importance of washing their hands. Students put lotion on their hands

and looked at them under a blacklight. They then washed their hands and looked at them again underneath the blacklight to reveal the spots they missed. Not one student got their hands completely clean the first time! The hands-on activity was an excellent reminder for youth about the importance of proper handwashing. Two teachers reported back to Clara in days following that their students were utilizing the handwashing technique that she had taught them.

Other Youth Enrichment Programs

- *Choosing Health: Food, Fun and Fitness* - Hollie Yoho presented a program to 2nd grade students in Yates Center about using sugar in moderation
- *Earthworms and Soils / Earthworms and Flower Parts* - Agent Krista Harding presented programs to 4th grade students in Yates Center, and at St. Patrick's school in Chanute.
- *Neosho County Youth Entrepreneurship Challenge* - Amanda Clasen helped with 25 students as they presented their executive summary, sales pitch, and marketing boards for their businesses. K-State is a partner with Network Kansas to provide this event across the state.
- *Reality U at Erie High School* - Amanda Clasen assisted with this program that teaches personal finance in a fun and engaging way.
- *Student Future Orientation Conversation* - THRIVE Allen County invited Southwind to participate and listen to a conversation that their Youth Communication Interns hosted with their peers at Lola High School. Amanda Clasen was the Southwind representative that participated in the program.

Community Vitality



Woodson County Chamber Member's Presentation

The Woodson County Chamber of Commerce asked agents Amanda Clasen and Cassidy Lutz to present at their annual dinner to talk about programs and services that we provide to the community. 57 Chamber members, some of whom had not heard of Extension before, provided the history of Extension, as well as services and programs that Southwind

District offers. Agents Hunter Nickell and Jennifer Terrell were also in attendance to help with questions and program promotions.

Kansas Community Empowerment (Formally PRIDE)

The KCE program strives to assist community volunteer organizations in their local vitality efforts through education, leadership development and recognition. Through the program, local communities identify what they would like to preserve, create, or improve for their future. Then working with the resources of K-State Research Extension, Community Vitality Agents such as Amanda Clasen and the Kansas Department of Commerce, community volunteers pull together to create their ideal community future. Amanda has been working with several local empowerment groups to help address needs and program directions.



- *Energize Erie* - will be purchasing directional signs for the Neosho Valley Event Center using remaining funds from a Signage grant. They are looking into ways on how to help assist Community Christmas Baskets and working with Erie High School to implement a new program in the Spring
- *Iola CITF/PRIDE* - is participating in Farm City Days to promote and raise money towards a splash pad, grant opportunities, as well as Giving Day held through Your Community Foundation.
- *LaHarpe PRIDE* - requested assistance in putting together a Community Senior Citizen Health Fair. The event is scheduled for Jan. 20th.
- *Galesburg* - Jamie Menon and Amanda presented the benefits of becoming an empowerment community to the Galesburg City Council in hopes they will apply to be our next Community!

Healthy Living

MEDICARE PART D IMPACT ALLOWING HEALTH TO BE A PRIORITY

MEDICARE PART D
COUNSELING CONTACTS

133

AVERAGE SAVINGS
PER PERSON
CHANGING PLANS

\$1,074.75

TOTAL SAVINGS

\$58,036.00

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Medicare Annual Election Period

Every year, agent Tara Solomon-Smith assists Medicare beneficiaries with their insurance needs, and last year was no exception. 133 people requested her help, resulting in an average savings of over one thousand dollars per person.

Tara also partnered with Area Agency on Aging to host enrollment events where several SHICK counselors were available to meet with clients.

Stay Strong, Stay Healthy

Program Assistants Casey and Hollie both presented Stay Strong, Stay Healthy in Thayer and Uniontown, respectively. SSSH is an 8-week strength training program for older adults who want to improve their quality of life and stay active. Strength training keeps the body and mind functioning at it's best! Developed by the University of Missouri, the program has become very popular throughout Extension. The classes incorporate warm-up exercises, strengthening exercises with and without weights, and cool-down stretches. The classes are held twice each week. Classes are scheduled again this quarter in Iola, Fort Scott, and Toronto.



Stay Strong,
Stay Healthy



Other Events

K-State Regional Community Visit

K-State visited our area in October to engage with, listen to, and learn from Kansans in the communities surrounding Humboldt and Iola. More than 210 community members engaged in conversation regarding economic development, housing, and student applied learning experiences.



Youth Holiday Workshops

Agent Jennifer Terrell and Program Assistants Casey Diver and Hollie Yoho developed a holiday workshop that was delivered to all four Southwind counties. The workshops were open to all youth, not just 4-H'ers, and there was good attendance at each location. Along with crafts and snacks to take home, a huge handprint Christmas tree card was made and delivered to a nursing home in each area to put on display. This was easily most of the kids' favorite parts and the cards were well received by the nursing homes.



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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