



EXTENDING KNOWLEDGE

Changing Lives

IN HENRY COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



Henry County Extension Office

In Henry County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Henry County Cooperative Extension Office is your connection to the University of Kentucky and the world.

"There are two spiritual dangers in not owning a farm. One is the danger of supposing that breakfast comes from the grocery, and the other that heat comes from the furnace." -Aldo Leopold on the importance of Agriculture.-

Program Efforts

- 3300** Number of hours KEHA members volunteered in community service (non-Extension) activities/events
- 100** Number of producers who plan to complete the Kentucky Pesticide Applicator Training
- 11** Number of economic development-related projects/plans created with Extension's assistance
- 600** Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 900** Number of youth who indicated they know how to use information they are given to make decisions
- 400** Number of youth who use their skills to conserve natural resources
- 200** Number of residents indicating a willingness to support local food markets as a result of awareness raised through Extension programming
- 450** Number of youth who use knowledge and skills developed from 4-H science, engineering and technology programs in daily life

Henry County FCS: Quality Aging

Based on demographic trends, Kentucky needs to plan for an increase in Aging programs because by 2030 19.8% of our population will be over 65. For these reasons the Henry County Family and Consumer Sciences program has offered a variety of Quality Aging programs.

Be A Santa to a Senior: Imagine yourself living in a nursing home, relying on 24 hour care, and owning nothing more than the clothes on your back. Picture a life with no family and an



overwhelming feeling that you have lost your control, freedom, and rights. Although this scenario may seem unimaginable, unfortunately it's a sad reality for many elders. Holiday times that were once filled with joy, compassion and family, may be filled with feelings of isolation, loneliness and depression.

The "Be a Santa to a Senior" program served 125 elders and brought them holiday joy. Henry County Homemaker Club members gathered items to provide gifts for 118 seniors including 60 at the local nursing home, 25 at the local assisted living, 25 shut in seniors who receive Meals on Wheels from the Senior Center and 8 needy independent living seniors.

Tea Fit for a Queen: One of the homemaker clubs has been visiting the Assisted Living for 3 years as part of their community outreach, doing various craft projects with the residents. This year they decided to provide a "Tea Party" for the residents using china tea services, antique tea sets, special refreshments and flowers to



make it truly special. They had 20 club members and 19 residents to attend. The food table was overflowing with cookies, fruit, tea sandwiches, brownies, cupcakes and many varieties of tea, punch and water. The residents also received treat and gift bags. The event was described by the residents as "fit for a queen" and they are hoping to make it an annual event.

Second Wind Dreams: Anxiety and depression are major problems in nursing homes. The mission of Second Wind Dreams ® is enhanced quality of life for nursing home residents through the fulfillment of dreams. The Henry County Extension Council sponsors our local program and has granted over 450 dreams since 2007.



Performance by Elvis

Second Wind Dreams is not just a "nice" program. It is a program that puts the residents first, honors and improves the quality of their lives. Dreams have ranged from providing residents with an Elvis concert, a visiting therapy pony, an airplane ride to some new DVD's of the old Bonanza series!

Living Well: During a five year period in Henry County there were 104 seniors over the age of 65 who were injured in a fall; five of those died and 61 were admitted to skilled nursing for restorative care. The associated cost of falls is predicted to be about \$54 billion by 2020, so if we could prevent a fraction of these it would be a very large dollar amount. The Living Well Homemaker Club is designed to reduce these statistics by providing a program that improves balance, coordination, circulation and range of motion. The club has 30 members who meet about 50 times over the year. Living Well gives our students a leg up on fall prevention and fall recovery regardless of age, ability, or condition.

Outstanding Volunteers Recognized

At the Kentucky Volunteer Forum there were five leaders from Henry County that received state recognition for their service to the 4-H Program. Henry County was proud to have more leaders recognized than any other county at the event. Barbara Gregory received the Outstanding Camp Leader Award for her 25 plus years of service. Dennis Campbell received the Outstanding Leadership Award for developing leaders within the Henry County Sharpshooters Club. John David Yount received the Outstanding Shooting Sports Leader Award for his time spent mentoring youth as an archery coach in the Sharpshooters Club. Suzanne Nelson and Abbie Garrett received the Outstanding Creative Arts Award for the weeklong Drama Day Camp that they developed and led. Henry County was also recognized for having 14 adults that registered for the event. The volunteers are the heart of the 4-H program and Henry County is proud to have so many willing adults to help make a difference in the lives of our youth.



Pictured from left to right: Barbara Gregory, John David Yount, Abbi Nelson, Suzanne Nelson, Dennis Campbell and Cathy Toole

Super Star Chef

A three day camp was held in July in which 18 participants learned how to prepare healthy

meals for themselves and their families. UK Summer Interns led the group in reading recipes, proper handling of knives, cooking terms, and food safety.



Super Star Chef student instructors giving out awards to participants

Participants found the program delicious, while parents were amazed to see their children trying new foods.

Highest Honors Awarded

Camryn McManis received top honors this past year for her dedication and hard work throughout her distinguished 4-H career. At the Kentucky Volunteer Forum she received the Conrad Feltner Award which was the top teen award offered at the event.; she also received the Community Service Award. The Conrad Feltner Award came with the opportunity to attend a paid trip to 4-H National Congress.

While attending the Kentucky State Teen Conference, Camryn received the highest award offered in the Kentucky Honors Achievement Program. She was first recognized for receiving her Gold Level Award for the year and then was chosen for the coveted Emerald Award. This award is reserved for the four most outstanding teens in the state. As a recipient of this award Camryn will travel to the 4-H National Conference as a representative of the state of Kentucky. She will also receive a \$1,000 scholarship to a college of her choice. Camryn is the first Henry County teen to receive the Gold Level in the honors program and the Emerald Award.



Camryn McManis holding two of her awards

Agriculture Shaping Henry County

Henry County is not a large county, but Henry County is a heavily-based agriculture community with more cattle than people according to the National Agricultural Statistics Service as of January 1st, 2018. With this information, the Henry County Extension Office does focus heavily on beef produce and forage production. Classes such as Master Haymaker (42 Participants) and Master Cattlemen (38 participants) are used to increase the knowledge of our producers. These programs have been affective because 80 participants reported improved record keeping, 30 producers reported improved pasture management, 90 producers reported saving money, and 90 producers reported increased success in breeding



Master Haymaker Class

programs. Along with forage production, 114 producers reported adopting improved grazing system practices because of the numerous forage

classes offered. To increase exposer with beef producers, the Henry County Extension Service is extremely active with the Henry County Cattlemen's Association which has over 125 producers.

Even though beef is the primary agricultural crop, other areas of agriculture such as gardening, crop production, and agritourism also need attention. The Henry County Extension Service has partnered with the Henry County Library to offer gardening classes. A total of 11 different individuals, from mid-20's to late-60's, learned about planting, harvesting, and storing their vegetables. Alternative growing systems were also taught so those with physical challenges could learn alternative ways for

growing their favorite vegetables. Other crop production significance included a Row Crop Update (24 participants), Tobacco Gap (76 certifications obtained), and over 200 free soil tests provided to residents.

As for agritourism, the Henry County Extension Service has worked closely with the New Castle Lion's club with hosting the Henry County Fair. Assistance during the fair has been crucial because all animal entries have increased by over 22% from three years ago. The Henry County Extension Service has offered additional support for advertising, record keeping, and physical assistance throughout the fair. The Henry County Extension Service also provides support in the planning and running the Harvest Showcase. In 2017, there was an estimated number of over 2,800 individuals whom attended the Harvest Showcase. Participants were able to enjoy live music, purchase local, fresh produce, eat locally grown food, and learn about Henry County Agriculture.

Henry County is a special agricultural county, and the Henry County Extension Service will always be a strong advocate for Henry County agriculture. Whether beef production or gardening, you can always find the newest research-based information at the Henry County Extension Office.



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

Henry County

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