

# Report to the People

## Lee County . 2023



## 100% of Participants Tried All Carrot Recipes.



*With a partnership with the Lee County Extension Agents, 13 varieties of carrots were grown in the office raised bed gardens. These varieties were offered for a taste testing at the office's monthly Diabetes Support Group. The participants tried all 13 carrots as well as Carrot Whoopie Pies, Morning Carrot Muffins, and two smoothies featuring different carrot varieties. This collaborative effort by the office not only showcased the innovative thinking of the staff but, also, demonstrated the versatility of this root vegetable in different creations.*

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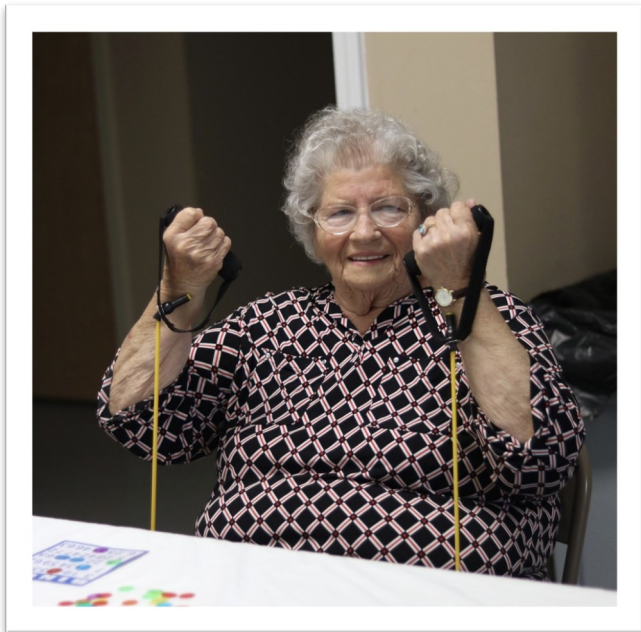
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**Bingocize® was created by Dr. Jason Crandall, Co-Director / Co-Founder at the WKU Center for Applied Science in Health and Aging. He created the socially engaging group-based game that combines health education and exercise in the format of BINGO.**

**Dr. Crandall and his research team have tested the program and demonstrated that—**

- ◇ **Over 90% of older adults who played two times a week for 10 weeks significantly improved physical, social and mental health.**
- ◇ **Dr. Crandall trained 60 UK FCS Extension Agents in February 2021 to teach Bingocize® to a minimum of 20 participants between June 1, 2021—May 31, 2023.**



*To help participants learn and use health information focused on behavior related to exercise, the FCS Agent in Lee County taught Bingocize® to an average of 8 participants twice a week for 10 weeks and a total of 20 participants who attended at least one of the sessions. The majority of females attended, however, we had 1 male to attend regularly. Our eldest participant was 93 years old. Of these participants, 12 completed a pre-unit and post-unit evaluation.*

*Prior to the program, 6 of the 12 participants reported that their health was either good or fair. After the program, none of the participants reported their health being “fair” and many moved to the “very good” category.*

*Prior to the program, 1 participant reported an 8, that they had “a little sad, down or uninterested in life.” After the program, that participant reported having no feelings towards either question.*

◇ **6 participants graduated from the program by attending 16 or more sessions.**

### **Participants comments —**

- ◇ **“I liked that I had a schedule to come and exercise. Plus it was fun!”**
- ◇ **“This was a fun way to exercise”**
- ◇ **“I have gotten to lower one of my medications from attending these work out programs. I’m hoping that I can keep it up!”**



## Classroom for Life Skills at 4-H Camp...



However, the camp was not merely a playground for adventure—it became a classroom for life skills. Away from the comforts of home, campers learned to navigate the challenges of independence—doing things on their own, shouldering responsibilities, and cultivating a sense of accountability. The importance of cleanliness and organization became second nature as they tidied up after themselves, instilling a sense of pride and responsibility.

Beyond the campfire stories, a unique aspect of this experience unfolded: the opportunity to connect with peers from five different counties. These inter-county friendships not only enriched the campers' social circles but, also, broadened their perspectives, fostering a sense of unity among youth from diverse backgrounds.

As 4-H Camp came to a close, the campers departed not only with newfound skills and memories, but, also with a profound sense of personal growth and community. The echoes of laughter, the bonds forged over shared adventures, and the lessons learned under the open sky marked this 4-H Camp as a pivotal chapter in the lives of these young participants, leaving them well-equipped for the adventures that lie ahead.

**“It’s just goodnight and not goodbye”!!**

### **J.M. Feltner 4-H Camp...**

In the summer of 2023, the Lee County Extension Service had 38 campers, teens and volunteers embark on an unforgettable journey at J.M. Feltner 4-H Camp, where excitement and personal development seamlessly intertwined. Over the course of four days, these enthusiastic participants were immersed in a diverse spectrum of activities designed to foster both camaraderie and individual growth. From the tranquility of canoeing to mastering the art of rifles and archery, the campers explored a thrilling array of experiences, including high ropes, low ropes, fishing, ga-ga ball, swimming, crafting, recreation, and nature exploration.

**Camper remarks following their experience at J.M. Feltner 4-H Camp in London, KY —**

- **“Can I please come back next week?”**
- **“I don’t want to go home. I am having fun” and “I am coming next year”.**



# Cow-Calf Vaccination Workshop — . . .

## “Empowering Producers for Optimal Herd Health” —

The Lee County Extension Service, in collaboration with University of Kentucky Extension Veterinarian, Dr. Mabelle Arnold, recently organized a comprehensive cow-calf vaccination workshop. Aimed at enhancing the knowledge and skills of local producers, the workshop drew the participation of 24 dedicated individuals eager to dive into the fundamentals and vaccination protocols crucial for successful cow-calf operations.

### Workshop Highlights With Expert Guidance -

**Dr. Mabelle Arnold, renowned Extension Veterinarian from the University of Kentucky, provided invaluable expertise and guidance throughout the workshop.**

#### \_\_ Fundamentals of Vaccination Protocols:

Producers were immersed in the fundamental principles of vaccination protocols tailored specifically for cow-calf operations.

#### \_\_ Medication Management:

Participants gained insights into the effective management and utilization of medications, ensuring optimal health outcomes for their herds.

**\_\_ Timing and Low-Stress Environments:** Emphasis was placed on the importance of timing in administering vaccinations and creating low-stress environments to minimize any adverse impact on the animals.

#### \_\_ Trace Minerals:

The workshop explored the significance of trace minerals in maintaining the health and productivity of the herd, providing producers with practical knowledge on supplementation.



#### \_\_ Parasite Control Strategies

Producers were equipped with strategies for efficient parasite control, addressing a critical aspect of overall herd health and performance.

#### \_\_ Optimal Vaccine Selection

Participants learned about the best vaccines available in the market, considering factors such as; herd demographics and regional conditions for maximum effectiveness.

#### \_\_ Empowering Producers

The workshop aimed not only to impact theoretical knowledge but, also, to empower producers with practical skills essential for the day-to-day management of their cow-calf operations. The collaborative effort between the Lee County Extension Service and Dr. Mabelle Arnold underscored the commitment to the agricultural community's prosperity.

As 24 producers left the workshop armed with newfound insights and skills, it marked a significant step toward ensuring the well-being and productivity of their cow-calf operations. The success of this educational initiative reflects the dedication of the Lee County Extension Service and the expertise brought forth by Dr. Mabelle Arnold, collectively contributing to the resilience and prosperity of local agriculture.

