

REPORT TO THE PEOPLE

Oldham County 2023

KENTUCKY  **COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

DID YOU KNOW... Oldham County Extension volunteers provided 18,000 service hours in 2023.



CONGRATULATIONS to our 2023 Oldham County Extension Leaders of the Year! Kelly Woods, 4-H Youth Development agent and Heather Toombs, Family & Consumer Science agent, presented awards to Debbie Kraus and Emily Johnson at our end-of-the year awards banquet. (Pictured L-R: Kelly, Emily, Debbie, & Heather)

Debbie and Emily contribute to Extension by serving on the Homemakers' Board and Council as officers. They are also Master Clothing Volunteers - teaching sewing classes to youth and adults at the Extension office along with other educational classes.

For More Information, Please Contact us at:

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Introduction to Our Programs

Since 1914, Oldham County Extension has provided research-backed programs, information, and services. We offer a variety of programs spanning many special interests, but our foundation is in life skills, leadership skills, gardening, and farming. Following is a snapshot of our most impactful programs in 2023.



703

Number of youth and adults participating in Cooking programs

260

Number of people of who demonstrated cooking skills as a result of participation in Extension programs

Teaching Sewing and Needlework Skills

When we offered a youth sewing program, the response was overwhelming. Teaching others to sew requires many resources, including Master Clothing instructors, and other volunteers, Extension staff, sewing machines, and hours of prep work to deliver these programs. 32 youth participated in 4-H sewing classes.

Family & Consumer Sciences offered classes on sewing and needlework to also help meet demand. These included sessions for both adults and youth. Fifty-seven people learned new skills that will help them make and/or repair clothing and other fabric & fiber objects. Additionally, there are two Homemakers clubs focused on needlework that provide learning opportunities.

Cooking and Eating Healthy

The demand has risen dramatically for cooking and food preservation skills. In response to this, Extension provides healthy eating programs for Oldham County Drug Court and local food banks. Programs offered over the past year included Healthy Eating, Healthy Substance Abuse Recovery, Bread Making, Canning, Charcuterie, Growing Vegetables for Healthy Recipes, Passport Kitchen, 4-H Baking, Tailgate Cooking, and Chicken BBQ camps.

Through these programs, participants expanded their cooking skills, including food safety, reading nutrition labels, healthier eating tips, measuring ingredients, and substitution tips. Programs were offered at the Extension office, High Point Charitable Services, Crossroads Pregnancy Resource Center. Additional youth programs: Laugh & Learn, Storywalk, and L.E.A.P were offered at La Grange, Crestwood, and Centerfield elementary schools.

All agents and the Expanded Foods and Nutrition Education Program Assistant offered healthy eating programs in 2023.



96

Number of participants who demonstrated new sewing skills

4

Number of volunteers involved in teaching sewing and needlework



- 449
Number of 4-Hers participating in Communications & Expressive Arts
- 570
Number of people learning leadership skills through Extension participation
- 734
Number of participants taking on leadership roles as a result of Extension participation

Developing Leadership Skills

For over 100 years, Extension has offered programs to increase leadership skills. From classes like True Colors and Parliamentary Procedures to specific skills training, Extension has taught skills that serve people for a lifetime. 4-H'ers in Oldham County have gone on to become business and community leaders. Many credit 4-H as a contributing impact to their success.

4-H Communications and Expressive Arts are two long-running programs in Oldham County. Our public speaking program in Oldham County schools teaches students to research and provide facts, organize thoughts, and be comfortable speaking in public settings.

Homemakers attend Leader Lesson trainings and learn about various topics such as: Cooking with Oils & Vinegars; Living with Loss, Self-care & Managing Grief; Elements & Principles of Art; Art of Eating Mindfully; Move Your Way: Exercise for Everyone. The Homemakers then take the information they learn and teach it to their club members.

Additionally, Extension offers hands-on leadership development through volunteers serving in program, club, and council leader roles. Many volunteers who help with activities spread their wings and seek club officer and other community roles. They are asked to become officer candidates because of the leadership skills they learn and demonstrate.

Strengthening Ag Production Skills

Farmers across Kentucky are required to earn certifications for certain production practices and marketing programs. Trainings for certifications included Private Pesticide Applicator, Beef Quality & Care Assurance, and Produce Best Practices.

We also offer commodity-specific production programs with many focused on beginning farmer resources, horses, beef cattle, forages, home horticulture, and commercial horticulture. During a past Master Horseman program, participants said they needed more information on tractors and equipment. To meet that need, we offered a field day and a separate workshop covering tractor and equipment selection, safety, recommended equipment for specific operations, and tractor maintenance.

- 472
Number of people who changed or improved agriculture production practices



- 384
Number of people participating in Horticulture programs
- 610
Number of youth demonstrating improved agriculture practices

Protecting Our Natural Resources

The ability to properly protect natural resources starts with learning. Extension offers many programs targeted to youth and adults, plus services that provide best management options like soil testing and pest identification. Some of our natural resources programs include STEM, Entomology and soil & water projects for youth. Programs for adults focused on soil nutrients and fertilizers, pond management, and preventing streambank erosion.



1,038

Number of people participating in Natural Resources programming

1,087

Number of youth who participated in a STEM project, activity or event

1,387

Number of people who implemented practices to protect soil & water

4-H—In Their Words



“4-H has had a tremendous influence on my life. 4-H has taught me to be responsible, it has taught me to think more of other people’s feelings than of my own and it has taught me that the more effort I put into something the more I will get

out of it. 4-H has taught me that I can make a difference in my community by putting forth the effort to help others any way that I can, that even the smallest thing can make a difference in someone’s life. 4-H has shown me that what I do affects everyone around me not just myself. 4-H has shown me the impact that I can have on my community, as well as, on my future.” — **Kendall Kennedy**

“4-H has significantly impacted and changed my life for the better. 4-H has enabled me to find my place in the world, build valuable relationships and connections, shaped my plans for the future and further developed my passions. Through 4-H, I’ve learned the importance of hard work and obtained strong values, morals, and essential life skills such as leadership, public speaking and communication skills. Furthermore, 4-H has opened doors to unique opportunities and experiences that that I wouldn’t have had if I were not a 4-H member. Ultimately, 4-H has set me up for success by giving me the knowledge and skills I need for a successful career.” — **Savanna Claggett**



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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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