

2014 County Highlights

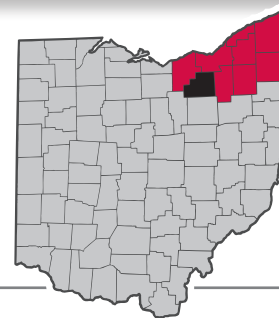


MEDINA County

WESTERN RESERVE EXTENSION EDUCATION AND RESEARCH AREA

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PREPARING YOUTH FOR SUCCESS

- Young people need to be prepared to handle finances as adults, and the OSU Extension signature program **Real Money, Real World** is a practical and eye-opening experience. In Medina County, 1,700 eighth-grade youth experienced the financial fair in 2014 with the help of adult volunteers, giving the youth a better idea of what is involved in earning, spending and managing money. Comments on student evaluations help explain the impact of the program: "I'm going to continue to save money and do well in school;" "I'm going to open a savings account and get more education after high school;" and "[This program] helped me realize how important staying in school is."
- More than 300 **adult volunteers** donated time and talents to help 4-H members ages 5 to 18 develop lifelong skills. Each adult gives about 250 hours, for a total of more than 80,000 hours, valued at \$1.4 million. Research shows that youths belonging to clubs and having a relationship with a significant adult are more likely to develop a positive self-image and lead productive lives.
- Fifty-three community- and activity-based **4-H Clubs** welcomed 238 new members in 2014.
- Over 900 Medina County youth participated in **Quality Assurance Training**. This educational program teaches young people best management practices when raising livestock that enters the food supply.
- Eighty-two children ages 5 to 8 participated in group learning activities for three days at the **4-H Cloverbud Day Camp**, "Dinosaurs and More." Led by 40 4-H teen

counselors, children gained awareness of the importance of cooperative learning.

- **4-H CARTEENS** (Cautious And Responsible TEENS) members teach traffic safety to their peers and work to reduce the number of repeat offenses by young drivers. CARTEENS members gained leadership while moderating discussions and organizing activities. CARTEENS attendees learned about driving safely and making wise decisions.
- OSU Extension **Master Gardener Volunteers** taught three monthly "Preschoolers in the Garden" programs, teaching 45 children and their parents about soil, seeds and plants.

STRENGTHENING FAMILIES AND COMMUNITIES

- An **email wellness challenge** has reached 120 community members, encouraging healthy habits amid their busy lifestyles. Those taking part in the challenge logged their fruit and vegetable intake every day, with a goal of getting five servings per day. They also logged their daily physical activity, aiming for a goal of 30 minutes, five days a week. Participants have shared healthy choices they are making such as opting to walk to a nearby party instead of driving, adding fruit to cereal every single morning, and making grapes and pineapple easily accessible and visible in the front of the refrigerator to encourage healthy snacking.
- Three **canning and freezing workshops** were held during the year. Participants learned safe food preservation methods. Nineteen canner gauges were tested for safety, and information was shared with approximately 50 consumers regarding safekeeping of food in the home.



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Multiple consumers indicated that they did not know that they needed to add acid to safely preserve tomatoes, or that low-acid foods could only safely be canned in pressure canners to prevent the growth of botulism. Participants stated that they will begin safer home food preservation practices after being informed of the latest research on home food preservation.

- Targeting SNAP-eligible and SNAP-receiving clientele, **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** classes reached both adults and youth through collaboration with numerous community agencies. Nutrition programs held at the Lodi Family Center's Summer Food Service Program reached youth daily during its session.
- **Adult monthly series programming** was held at Wadsworth and Medina Salvation Army locations. Agencies provided slow cookers, gift cards and food bags for attendees who completed the series. The Medina Salvation Army became a new Summer Food Service Program site, where SNAP-Ed programming served youth daily for several weeks. Several Medina Salvation Army attendees earned slow cookers (donated from local agencies) at the spring series of classes.
- Coordination between **Job and Family Services (JFS)** and the **Community Services Center (CSC)** allowed JFS staff to bring four Job Club members to a SNAP-Ed series of classes to complete their work requirement. CSC provided incentives for JFS attendees.

- The Master Gardener Volunteer seminar, "**Harvest in a Jar**" taught 42 attendees about canning, seed-saving and plant-drying.
- The **Medina County Agriculture and Natural Resources educator** fielded over 400 phone calls on topics related to ponds, insects, gardening, agriculture and wildlife since January.
- The Medina County Agriculture and Natural Resources educator assisted **Feeding Medina County** in the improvement of new community gardens and an orchard to provide fresh produce to low-income families including children and the elderly.
- **Displays, demos and fact sheets** were distributed at the Medina County Fair, Brunswick Farmer's Market and Earth Day to hundreds of attendees, visitors and shoppers.

Medina County receives \$52,680 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Medina County Extension hosted **Pesticide Applicator Training** and **Pesticide Applicator Recertification** for Ohio privately licensed applicators. Seventy-three participants learned ways to control pests, with a focus on responsible product use to ensure the health of people and the environment.
- **Solar Power Workshop** taught 105 attendees about alternative energy options for farms and businesses.
- A 12-week **New Master Gardener Volunteer Class** trained 11 new Medina Master Gardener Volunteer interns in areas of consumer horticulture. New volunteers will begin volunteering in November.
- Twenty-five **Master Gardener Volunteers** have volunteered over 950 hours in 2014, contacting over 1,000 adults and youth during programs and volunteer opportunities. Our Master Gardeners staffed a weekly Horticulture Hotline in the office from April through October, helping more than 90 callers, walk-ins and e-mails with home, yard and garden questions.