



CHANGE IS
HARD AT FIRST,
MESSY IN THE
MIDDLE AND
GORGEOUS AT
THE END

ROBIN SHARMA

A CULTURE OF HEALTH

K-State Research and Extension is focused on meeting the health needs of our society. These health needs are broad based, meaning not only physical health but financial, mental and emotional health.

KSRE provided a Community Health grant opportunity for county extension units. With the help of committee members (Margaret, Sheryl & Kay from the Health Dept. And Leah from Ec. Dev.) we wrote and were award \$3000 grant funds.

We are putting those dollars to Mental Health First Aid classes. The first class was successfully held in October. Our next class will be in February.

This is free and valuable education for our community members. We hope to make a difference with education on Mental Health that can be used to increase awareness and supply hands-on actions to improve our mental health attitudes and behaviors.

12 THINGS TO ALWAYS REMEMBER

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

VEK KING | BONWITASTYLE.COM



STAY STRONG STAY HEALTHY

- This is a exercise program for older adults that targets: strength, balance and

flexibility. The SSSH program focuses on improving the health and well-being of older adults. The goal of the program is to provide safe, structured and effective strength training for older adults.

I taught this 8 week (17 sessions) program in 2019. Our class was held at the Troy Community Building with 8 participants. This was not a big class, but a class with significant physical needs.

Impact: Everyone improved in post assessments in one way or another! The targets of increasing strength, balance and flexibility were accomplished!

EHU LESSONS

The basic role as a FCS Agent is that of a educator to the public. I have the joy of teaching a variety of topics and lessons to many different audiences.

This year I had a variety of prepared lessons to give to public groups, school children and extension homemakers units.

Some of the this years lessons included:

- *Ready for Retirement
- *Juul Addiction
- *Squash It - Winter/Summer Squash
- *Social Media for Seniors
- *Table Settings
- *Making Money Outside the Work Place
- *Honey, The Natural Sweetener
- *Walk Kansas

Impact: Education is always an ongoing and exciting tool to have. When and where we will use that knowledge is uncertain at times, but it will be stored in your mind for later use. Knowledge is power!

OTHER WORK THROUGH OUT 2019 FAMILY & CONSUMER SCIENCES

- *DCHC Day trip to Topeka that included a tour of the Kansas State Capital.
- *Lessons at Senior Citizens Sites
- *Block lessons in AT, DP, JA, JF counties - "Ready for Retirement"
- *Doniphan County FCE President and myself attended the State Conference in Fort Scott KS. I currently am a board member for KEAFCS AND KAFCE.
- *Women in Ag (WIA) organizer and breakout speaker.
- *EHU Fall Event

I pledge...

my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service, and
my **health** to better living for
my **club**, my **community**,
my **country**, and my **world**.

4-H YOUTH DEVELOPMENT

This report cannot do justice to all the positive strides we

have made in our 4-H Youth program! It has been a busy year of camps, events, fund-raising and community service.

I cannot stress how much pride I feel towards our 4-H youth and their accomplishments both big and small!

***I wish to say a Big Thank You to all of the Volunteers that made this year a Success!!**

Impact:

Here are just a few of this years memorable moments!

*We were the recipient of a \$2500 Monsanto Community gift, from Peggy Nelson.

*Ten Doniphan County 4-H and 3 adults traveled to Indiana. We spent 5 days in Pipestone County, Indiana meeting with other 4-H members and leaders. We worked on leadership skills and also visited the local attractions.

***County Fair** - Project work that was amazing! Livestock numbers that exceeded our fair barns capabilities! Fair Awards night - my favorite part - recognizing graduating high school seniors and having

them tell us their future plans But also the recognition of Cloverbud 4H children - they swarmed out of the bleachers like butterflies to tell the crowd the best part of their fair week!

***Community Service** - fund raising is a big part of our 4-H community service work. It funds our event scholarships/awards and 4H improvements. The Tractor Pull and Rodeo concession are full of fun and learning.

***CIA/KYLF/DD/KSF** - These state events open are 4-H youth eyes to a bigger horizon of 4-H possibilities. The Excitement of Leadership runs rapid at these events and our 4-H youth are amazing to watch as they take it all in. We are extremely proud of one young man reaching his goal of becoming a 4-H State Council member.

4-H and YOUTH DEVELOPMENT

Activities that youth and adults participated in that help arrive at the 5 Life Skills include:

Eight Doniphan Co. Rodeo - Council concessions fundraiser

Sixth Annual Tractor Pull concession stand 4th of July Breakfast fundraiser

Sparks Flea Market Fundraiser

Rambling Travelers Fundraiser's (multiple money-makers)

Monthly Club Meetings

Club Project Meetings

County Club Days

Regional Club Days

County Fair

Community Service Projects- Our Police and Sheriff deputies eat for free at our events.

National 4-H Week - 4H Fall Invitational

Doniphan County Fair Board

Kansas State Fair

Achievement Night

Cloverbud Day Camp

County 4-H Council

Youth Leadership Camp-KYLF

Discovery Days

County Ice Skating Party - nearly 100 participants!

Fair Clean-up and Work Days

For every dollar invested in K-State research, Kansas citizens get, on average, a \$12 return on that investment.

www.communications.ksu.edu/marketing.

COMMUNICATIONS

- *Bi-monthly newsletters**
- *Info to leaders**
- *Text and Facebook messages**

PROFESSIONAL DEVELOPMENT IN 2019

- *FCS Winter Update**
- *NE Area KEAFCS liaison to KAFCE**
 - *KAFCE Advisor**
- *FCS Program Enhancements**
 - *FCS Summer Update**
 - *Annual Conference**
 - *FCE State Conference**
- *PFT Retreat, Aging and Development**

COMMUNITY VITALITY 2019

***We have formed strong
Collaborations with other Doniphan
County organizations. These
collaborations allow us to work more
effectively , strengthening our
program work.***

In 2019 I worked with:

- *DCARE***
- *Farm Service agencies***
- *Fairboard***
- *Health Dept.***
- *KSRE PFT Aging and Development***

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2019 ANNUAL REPORT DONIPHAN COUNTY EXTENSION

**KATHY THARMAN
COUNTY EXTENSION DIRECTOR**

