

REPORT TO THE PEOPLE

Oldham County 2022

COOPERATIVE EXTENSION



DID YOU KNOW... Oldham County Extension volunteers provided 18,000 service hours in 2022.



Nancy Dahlgren is our Extension Leader of the Year! Extension relies in great part on the people who volunteer their time to help deliver programs and assist in administrative duties. Nancy has been involved in Extension leadership roles for over 20 years, leading Yarnovers Homemaker club as well as co-leading a 4-H Woodworking club with her husband Ken. Nancy has been active since 2010 in different roles for Oldham County Extension Council and Extension District Board. Most recently, she serves as the County Homemakers Treasurer and the Extension District Board Treasurer.

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 2022.



Cooking and Eating Healthy

Perhaps prompted by the pandemic, the demand has risen dramatically for cooking and food preservation skills. Along with this demand, Extension provides healthy eating programs for Oldham County Drug Court and local food banks. Programs offered over the past year included 4-H Chef School, Healthy Eating, Healthy Substance Abuse Recovery, Bread Making, Canning, International Foods, Charcuterie, Growing Vegetables for Healthy Recipes, and more.

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, and Bread of Life Food Pantry.

All agents and the Expanded Foods and Nutrition Education Program Assistant offered healthy eating programs in 2022.

590

Number of youth and adults participating in Cooking programs

231

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 and other volunteers, Extension staff, sewing machines, and hours of prep work to deliver these programs. 39 youth participated in 4-H sewing classes.

Family & Consumer Sciences offered classes on sewing and needlework to meet demand. These included sessions for both adults and youth offered by Extension staff and Homemaker volunteers. 57 people learned new skills that will help them make and repair needed clothing and other fabric & fiber objects. Additionally, there are two Homemaker clubs focused on needlework that provide learning opportunities.



96

Number of participants who demonstrated new sewing skills

4

Number of volunteers involved in teaching sewing and needlework



414

Number of 4-Hers participating in Communications & Expressive Arts

1,014

Number of people learning leadership skills through Extension participation

339

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 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 program 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.

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 officer and other community roles. And many 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.

250

Number of people who changed or improved agriculture production practices



701

Number of people participating in agriculture programs

36

Number of people earning agriculture production & marketing certifications

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 and soil & water projects for youth. Programs for adults focused on soil nutrients and fertilizers, pond management, and preventing streambank erosion.

701

Number of people participating in Natural Resources programming

742

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



909

Number of people who implemented practices to protect soil & water

Our Volunteers—In Their Words

"I volunteer for several reasons. It allows me to be involved in programs that teach youth and adults a craft I love and want to share. It also allows me the opportunity to be a part of programs that strengthen family life and our community. It also gives me great pleasure to meet and work with others who share my passion. I often feel as if I receive more than I give!" — **Emily Johnson, Master Clothing Volunteer & Extension Council Member**



"I volunteer because without extension children would not be given the opportunity to explore, create, and build meaningful connections." — **Karen Horton, 4-H Camp Leader & 4-H Council Member**



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