

Report to the People

Carroll County 2024

KENTUCKY  
COOPERATIVE EXTENSION

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



The **Carroll County Cooperative Extension Service** is the local branch of Kentucky Cooperative Extension. Through the University of Kentucky's College of Agriculture, Food and Environment, the Cooperative Extension Service is a comprehensive educational outreach and engagement program.

Our mission is to serve as a link between Carroll County and the Commonwealth's two land grant universities, the University of Kentucky and Kentucky State University, to help people improve their lives through education focusing on their issues and needs.

This grass-roots organization offers educational opportunities in the following program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development. As we reflect on the past year, it has been our goal to introduce new, interesting, and lifestyle-changing programs that will benefit our community for years to come.

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Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
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Family and Consumer Sciences

Brain Health

Aging is a natural part of life; however, it can be difficult for older adults to cope with the changes happening in their body, both physically and mentally. Research shows that many activities can help improve brain health in seniors. A study published in the New England Journal of Medicine found that seniors who regularly participated in mentally stimulating activities had a lower risk of Alzheimer's Disease.

The Carroll County Extension Service offered a five-week session of WITS Workout, an engaging, interactive, and educational brain health program, to the Extension Homemakers.

Twelve people participated in the program. Participants were able to stimulate brain function and improve memory by requiring attention to detail and pattern recognition, improve cognitive skills and mental health, and improve memory, reduce stress, and delay cognitive decline.

Of the number of participants who completed a 6-week follow-up survey 100% stated they engage in activities like the ones completed during the WITS program to challenge themselves. 100% stated they have used strategies discussed during the class to help remember things in their daily life. Participants stated they shared information from the classes with at least two to five others. 75% stated they have implemented healthy ways to manage stress. Participants also stated they would like to see more of these classes offered in the future.

Exercising, eating a balanced diet, getting adequate sleep, and engaging in mentally stimulating activities can help reduce the risk of cognitive decline. Although the brain gets plenty of exercise every day, certain activities may help boost brain function and connectivity. This in turn may help protect the brain from age-related degeneration.

Cooking Through the Calendar

According to the latest "State of Senior Hunger" data from Feeding America, Kentucky has one of the highest rates of food insecurity among older adults in the United States. 6.9% of Kentucky seniors lack regular access to enough food or have to trade off food for other basic needs. Carroll County has a rate of 14.3% of food insecurity according to Kentucky by the Numbers. Food insecurity can have negative health consequences for older adults, including lower diet quality, consuming fewer calories and nutrients, and being at nutritional risk. Seniors often have limited income, which can make it difficult to afford food and other expenses.

Carroll County residents who took the Cooperative Extension Statewide Community Needs Assessment ranked 5th Ensuring individuals and families have access to affordable nutritious food and ranked 9th Food as health: addressing food insecurity and diet related chronic disease. To meet these needs the Carroll County Extension Service Family and Consumer Sciences Agent demonstrated a recipe each month from the 2024 Food and Nutrition Recipe Calendar. The recipes target limited resource families. Ingredients are very accessible, contain the nutritional facts per serving, and give tips to make the recipe into a low-cost meal.



An evaluation was conducted at the end of the year to participants who attended the monthly recipe demonstrations. One hundred percent of participants stated they shared the recipes with at least one person. One participant stated what they liked most about the recipes where everything was available locally. Another participant stated they liked trying new recipes.

Having programs like this hopefully will give participants easy, quick recipe options they can afford and like.

4-H Youth Development

Growing a Garden

When the 4-H agent entered the classroom and asked the students where their food comes from, 90% of the students answered Kroger or Walmart. As the primary instructor of many agricultural lessons in school clubs, the 4-H agent seized the opportunity presented by the District Board's purchase of land. They requested to start a garden club and prepared a 100 ft. by 150 ft plot for a 4-H vegetable and flower garden.



The Carroll County Cattlemen graciously volunteered their time and resources to fence the 4-H vegetable garden, ensuring a secure and thriving environment for young horticulturists to grow and learn. The first meeting was held with 12 students and their parents attending.

Growing a Garden to teach the following:

1. Importance of growing our own food
2. Prepare a budget
3. Seek grant funding
4. Preparing the garden for planting
5. Deciding what vegetables & flowers to plant
6. Planting vegetables and flowers
7. Teach Flower Arranging
8. Preservation of food
9. Join the Farmer's Market
10. Sell cut flowers and vegetables at the Farmer's Market
11. Keep financial records to determine profit/loss of our summer project
12. Goals and objectives were set for next year

The garden project taught the students how to grow their own food, can vegetables, arrange flowers, sell at the Farmer's Market, and develop better communication skills. The experience was a valuable marketing tool, reaching many community members through the farmer's market. Impressively, 100% of the garden club members are returning next year.

Where Would the 4-H Program Be Without Volunteers?

The success of the 4-H program heavily relies on volunteers. Without them, it wouldn't achieve the same level of success. Upon examining the 4-H program and discussing it with the Review and Release Committee, the importance of volunteers becomes evident. For example, 4-H agents cannot be experts in all seven areas of the program, highlighting the need for professionals such as seamstresses, electricians, photographers, artists, shooting sports instructors, fishermen, cooks, quilters, horticulturists, and camp counselors. The 2024 Kentucky Volunteer Forum saw the attendance of 110 volunteers who brought back ideas to enrich the program. Carroll County citizens generously dedicate their time to the youth of Carroll County and are always willing to share their knowledge at events like the Kentucky Volunteer Forum. The significance of volunteers is particularly evident in two key programs: Truth and Consequences and It's Reality.



In the Truth and Consequences program, professionals volunteer their time to role-play scenarios, illustrating the consequences of mistakes made by students. This program had a profound impact on 150 seventh grade students. After participating, the students reflected on how they would inform their parents and how

their mistakes might influence their futures. Some students expressed feelings of embarrassment, such as being picked up from jail by their parents, and learned that one mistake could have a lasting impact. According to a survey, 95% of the students took the program seriously and learned valuable lessons, all thanks to the dedication of volunteers.

The It's Reality program, involving 154 eighth grade students, featured 22 stations manned by volunteers. Students received a job based on their GPA and had to manage a monthly budget after taxes. They learned to allocate funds for housing, transportation, child-care (if applicable), insurance (health, house, transportation), groceries, and other basic needs as well as their wants, such as a cell phone and entertainment. This program quickly taught students that money doesn't grow on trees, resulting in numerous insightful comments. Many students gained a newfound appreciation for their parents' financial responsibilities and realized the high costs of childcare and the necessity of car insurance. Only one student did not take the program seriously, making it 99.9% successful.

Agriculture and Natural Resources

Since COVID, beef producers have been searching for an outlet to diversify their programs. Through conversations, it was realized that there was a large interest in Carroll County for beef production. There was one producer in particular who was very interested in opportunities to really get his program growing.

From the traditional education side, a field-to-freezer program was created. Prior to this series, this particular producer had reached out asking questions about quality mineral, options on feeding distillers, and creating efficient ways of feeding his herd. This producer had also begun feeding out steers, attended the series, and feed samples were sent to a specialist. In the beginning, he got the opportunity to provide ground beef to the Carroll County School system based on the school's grant money from the state that helps the schools be able to pur-

Extension At a Glance

- 110 volunteers attended the Kentucky Volunteer Forum.
- 228 attended Lunch & Learn cooking demonstration series
- 58 youth participated in 4-H summer residential camp program
- 84 people joined the Carroll County Extension Homemakers
- 1461 youth participated in the 4-H program
- 93 attended programs at the Carroll County Senior Center
- 21 attended Bingocize Fall Prevention Series
- 907 youth participated in school 4-H enrichment programs
- 9 youth participated in 4-H individual study programs
- 12 participated in Cooking with a Purpose series
- 265 youth had 4-H Club Membership

chase produce and meat locally. Research and many conversations on logistics and balancing the processing schedule were conducted. Overall, he had a very successful experience and had the opportunity to provide to 4 other schools in Northern Kentucky!

After hearing this news from him, Faye Kuosman with the food connection was immediately contacted to help him increase his and better his communications with the school systems' food coordinators. This producer recently informed that this year he still maintains all of his contracts with the schools he secured last year and is very hopeful that he will be adding a few more as well. He is planning on applying for the KSU small farms grant to help him convert a trailer into a cooler trailer! This has not only given him a second source of income for his beef operation, but it has also given him an outlet to go with cattle that he would normally take to the stockyards to sell.