



# OKLAHOMA COUNTY EXTENSION

## 2020 Outreach

**Attendance at Educational Programs:**  
**13,459**

**Individual Consultations:**  
**20,356**

**Media Reached:**  
**9,536,372**

**Volunteers Involved:**  
**494**

**Volunteer Hours:**  
**15,550**

**Volunteers Valued At:**  
**\$422,960.00**



**Aidan Spencer**  
STEM Pillar Winner



# OSU EXTENSION IMPACT 2020



**For us, it's personal.** Oklahoma County OSU Extension provides research-based educational programs to help residents solve local issues and concerns, promote leadership, and manage resources wisely. Programs in 2020 focused on:

- \*Youth, family, and community development"
- \*Food, nutrition, health and wellness education"
- \*Gardening, insect and pest management"
- \*Natural resources and environmental impact"



## Developing Youth: 4-H In Action



Oklahoma County 4-H helps youth learn the life skills they need to be the leaders of tomorrow, teaching members so they can make tangible, significant changes within their clubs, their communities, their country, and their world.

Mindy McNeil and Cody Yount, 4-H Youth Development Educators, provided programs for 4-H members and other youth, such as Mindfulness, Record Book preparation, Water Education, and S.T.E.M. They also organized the largest 4-H service project in the county, HUGS. HUGS provided hats, underwear, gloves, and socks to many homeless citizens and foster families across the Oklahoma City Metro. Over 1,000 items were collected and distributed by The Homeless Alliance and Citizens Caring for Children.



Technology played a big part of Oklahoma County 4-H in 2020. Oklahoma County 4-H coordinated a youth leadership training, which was the first of many virtual programs conducted with youth. The older 4-H members learned teaching techniques and engagement skills which were implemented at the 4-H Virtual Camp. Oklahoma County 4-H'er, Aidan Spencer, received the 2020 4-H and HughesNet Youth in Action Pillar Award for STEM. This national award is used to recognize youth members who have used the knowledge they gained in 4-H to create a lasting impact in their communities.

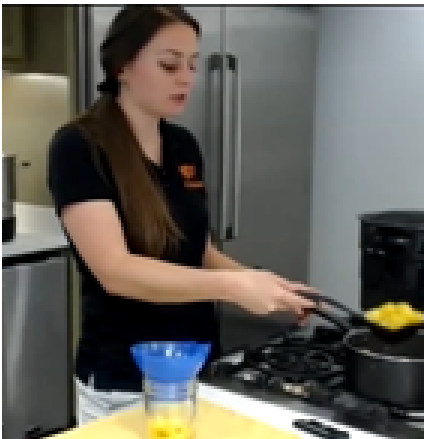


## **FCS Continues To Strengthen & Educate Families**



FCS Educator and Registered Dietitian, Taylor Conner, spent the last year building partnerships with outside organizations and adjusting to blended teaching methods. Taylor started 2020 with a new, collaborative, 4 session nutrition program, called "Healthy for Life," which was funded by the American Heart Association, Aramark, and American Association of Family & Consumer Sciences. This program was taught in conjunction with multiple educators, including some from the Oklahoma City-County Health Department, and targeted individuals living in the Northeast area of Oklahoma City.

### **Virtual Programs**



Taylor taught another series of workshops called "Get Cooking". This program was offered virtually and hosted by the Metropolitan Library System. Topics included Freezer Meals, Water Bath Canning, and Healthy Holiday Sides. Other groups Taylor collaborated with for programming include: Wellness Now, the Bethel Foundation's Kids Rock Camp, and the Community Literacy Center's Basic Literacy and English as a Second Language.



Parenting education was more important than ever during 2020. FCS Educator, Lisa Hamblin, continued teaching the court-ordered Co-Parenting for Resilience workshops which were offered in person and online, reaching 642 parents. Other seminars were offered virtually through a partnership with Kiamichi Technology Center, and OSU-OKC hosted "Babysitting 101" workshop for teens.

During the pandemic the Oklahoma Home & Community Education (OHCE) members made and donated 1776 masks to police departments, schools, hospitals, a doctor's office and childcare center. They also hosted monthly hybrid educational workshops via Zoom and in person for the public. Mobile meals were delivered, and financial help was given to local agencies, such as Literacy Link and Mid-Del Food Pantry.





# Community Nutrition Education Programs

The Community Nutrition Education Program (CNEP) provides nutrition education lessons designed to improve nutrition practices, promote physical activity, increase safe food handling practices, and increase food resource management skills of low-income, limited-resource families.



CNEP also uses multiple curricula to teach K-12th graders the importance of nutrition, food safety, physical activity, and body image. CNEP in Oklahoma County reached 387 adults, 969 youth directly and 1200 family members indirectly. Data showed 97% of adults selected healthier options when consuming fruits and vegetables, drank less sugary beverages, and cooked dinner at home. Adults increased their food safety practices by 78% and youth increased their knowledge by 36%.

## ENHANCING HORTICULTURE

Despite the pandemic, horticulture education programming continued through social distancing and virtual delivery. The annual three weekend "Home Gardening 101," and three of the four seasonal "Four Seasons Living" workshops were held last year along with other general horticulture programs in gardening, lawn care, landscaping and general horticulture topics. In collaboration with the Master Gardeners, a hybrid, day-long workshop titled "Grow Your Own," showed gardeners how to plant and grow their own vegetables - from preparing the soil to harvesting their crops.



Master Gardeners are trained yearly. They assist the OSU Extension Office with Call Center phone duties, along with providing community service in area community gardens. In 2020, 27 people joined the Master Gardener class despite the pandemic.

Not only does OSU Extension provide education, but we also offer soil, forage, and water testing. Getting soil tested is a must before starting any gardening project. We tested 1,635 samples in 2020.

# STAFF

## **Extension Director:**

LaDonna Hines

## **Extension Educators:**

Joshua Campbell

Taylor Conner

Christi Evans

Lisa Hamblin

Julia Laughlin

Fabiana Males

Mindy McNeil

Cody Yount

## **Support Staff:**

Janet Birchall

Caitlyn Knudsen

Diana Sansing

Julie Soulsby

## **Nutritional Assistants:**

Donna Albright

Kelly Horst

Lou McCullough

Della Pickens

Cassandra Saldivar

## **Program Areas:**

4-H Youth Development

Horticulture

Master Gardeners

Junior Master Gardeners

Urban Agriculture & Natural  
Resources

Master Composters

Family & Consumer Sciences

Master Wellness

Oklahoma Home & Community  
Education

Community Nutrition Education  
Program



In October 2020, through multiple donations and a grant from the Oklahoma City Community Foundation, the new Oklahoma County Teaching Gardens and Greenhouse were dedicated. These facilities provide demonstration gardens and interactive teaching opportunities, and are already being used in educational programming and events for our community.



## **Urban Agriculture & Natural Resources**



Installing a Smart Irrigation  
Controller



Joshua Campbell, Urban Agriculture and Natural Resources Educator, developed the Oklahoma County OSU Extension YouTube channel, which hosted educational videos that reach thousands of Oklahoma County residents. Joshua also further developed hybrid program options, allowing him to reach even larger audiences than prior to the pandemic. As their advisor, Joshua taught the 6 week Master Composter Volunteer Program and worked closely with them in their volunteer efforts.

In April of 2020, Joshua was awarded funding through the USDA Southern Region Extension Risk Management Education Center to conduct trainings in livestock and horticulture production for Oklahoma veterans, minority, and historically underserved beginning farmers. The program started in October of 2020, with sessions that included both classroom style and on-site training that focused on basic production, marketing, and financial concepts related to new livestock operations. The program was a success and more sessions are planned for 2021.