

PERDUE HOME COMMUNITY BEAUTIFICATION PROJECT

That Master Gardener Program is growing in the Post Rock District! Over the last two years we have had five new students graduate from the program. Once the gardeners have completed their training through K-State, they come home to their local community and volunteer.



During the spring of 2018 the master gardeners partnered with the Mitchell County Regional Medical Foundation to enhance the landscaping at the Perdue Hospitality Home. The Perdue Hospitality Home opened in December, 2014, to provide affordable lodging to family members of patients receiving treatment at Mitchell County Hospital Health Systems. With the help of the Post Rock Master Gardeners the guests of the home are able take a walk around the home and enjoy the beautiful landscape.

The gardeners were able to use their newly learned skills by picking plants best suited for our environment, taking a soil test, and installing the design. The gardeners have future plans to add plant identification labels to the landscape for a more educational experience.

BETTER BRAINS FOR BABIES INITIATIVE SUPPORTS LOCAL EARLY CHILDHOOD PROFESSIONALS

Throughout the past eighteen months, the Post Rock District has provided over thirty early childhood professionals with comprehensive training focused on brain development, adult-child interactions, toxic stress, and other elements of young child development. Professionals serving each of our District’s five counties are better equipped to serve their local communities and families during everyday life



experiences by promoting a clear and consistent science-based message about the impact of early brain development on children's overall growth and development.



INAUGURAL FIELD DAY REACHES LIVESTOCK PRODUCERS OF VARYING BACKGROUNDS

After what proved to be a long, tough winter full of frigid temperatures and excessive moisture, livestock producers struggled to create a competitive edge and take part in educational opportunities away from their operation. In an effort to bring impactful and useful information to producers in North Central Kansas, the Stock Growers Field Day was formed with plans to grow into a regional event. Well renowned speakers

such as CattleFax’s Patrick Linnell and the University of Nebraska’s Dr. Rick Funston highlighted the field day with market outlooks and considerations to improve efficiency. Field day attendees also had the opportunity to take part in breakout sessions which included producer panels, demonstrations from K-State Specialists, and presentations from allied industry professionals. More than thirty ag based businesses were in attendance to support and visit with local producers about what services they can offer to help 2019 become a more efficient production year.

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DINING WITH DIABETES PROGRAM AIMS TO HELP CUT DIABETES RISK

About one in 10 Kansans has been diagnosed with diabetes, a chronic disease characterized by elevated blood sugar (blood glucose). Diabetes increases the risk of stroke, heart disease, and kidney disease, but those outcomes do not have to happen. Post Rock Extension District has offered Dining with Diabetes, a national extension program designed to boost the health and wellness of Kansans with Type 2 diabetes. Ashley Svaty, Nutrition, Food Safety, and Health Agent facilitates the 4-week program which helps educate individuals with diabetes, their family members, and caregivers free of charge thanks to generous community foundation grants.



Each weekly lesson focuses on the best ways to take care of yourself if you have the disease; healthful food choices including familiar foods; low-impact physical activity; food sampling; cooking techniques using herbs, spices, reduced-fat foods and artificial sweeteners. One participant stated *“I learned that eating healthy can be delicious! I recommend this program to anyone-diabetic or not!”*

JOURNEY OF THE WHEAT PLOT VIDEO SERIES



Wheat production in North Central Kansas is a strong component of cropping enterprises and producers look for research-based information to help with their management decisions. The Post Rock Extension District developed a 6-part wheat video series highlighting the growth stages of a wheat plant from drilling to harvest along with the condition of the wheat during the growing season. The video series included detailed footage, directly from the field, illustrating the different growth stages of the wheat as well as discussing any insect or diseases that had affected the wheat. The last session included a “ride in the combine” harvesting one of the Post

Rock Extension District Wheat Demonstration Test Plots. The video series was posted and archived on our district webpage, on the “Crops” page (<https://bit.ly/2VCL8Jr>) along with our You Tube Channel. (<https://bit.ly/2UsVZt7>)

SCHOOL ENRICHMENT

The Post Rock Extension District offers supplemental youth activities for educators and community leaders. These programs in addition to 4-H clubs, events, and camps serve as delivery modes that are all part of the 4-H Youth Development program. This past year Post Rock District Agents reached 1092 youth through School Enrichment programs.

Post Rock District Agent, Aliesa Woods believes there is great value in her Power of Teamwork initiative. When teaching this class she creates a positive learning environment by using hands on activities. These tasks provide youth with skills such as decision making, critical thinking, and leadership. Youth gain a better understanding of themselves and how to properly function as a team member.

Kansas 4-H programs help kids grow into confident, capable and caring adults. For more information on these programs visit www.postrock.ksu.edu



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