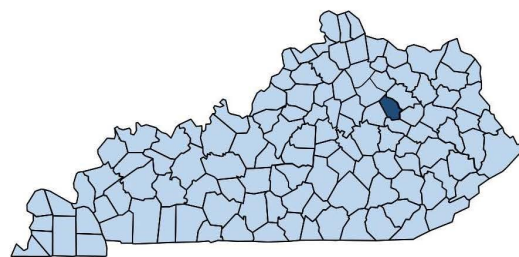


REPORT TO THE PEOPLE

Montgomery County 2022



DID YOU KNOW... Montgomery County is home to Mount Sterling Court Days, Kentucky's oldest running festival.



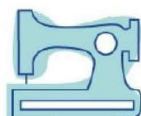
JUST A FEW OF OUR PROGRAMS



Summer
Camps



Leadership



Master
Clothing



Cattlemen's
Association



Website: montgomery.ca.uky.edu



Facebook: @MontgomeryCES

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Laugh and Learn Playdate Program

Montgomery County kindergarten readiness rates are below the state average. In 2020, the kindergarten readiness rate was 34.6% compared to the Kentucky rate



Playdate Participants

at 51%. This poses a program for parents, school systems, and students. Kentucky defines readiness in five domains: physical and motor development; social and emotional development; approaches to learning; language development; and cognitive development. A child's readiness score is determined by measuring a student's cognitive, physical and language development.

The beginning stages in a child's life is crucial in the first 5 years. To address this problem, the Montgomery County Family and Consumer Sciences Agent offered a 12-series Laugh and Learn Playdate Program for preschool aged students 0-5 years old accompanied by their parent/caregiver. The program offers learning activities that are relevant to children's development and coincide to help celebrate holidays or seasonal activities. The program includes a healthy snack, story, craft, music activity, fine motor and large motor activity, and free play.

The intent of Laugh and Learn Playdates are to see children and families doing more meaningful playing together to encourage more readiness.

More than 25 children consistently attend Laugh and Learn each month. We continually have interest in growth in the ongoing program. We have had up to 48 children attend.

More than 75% of the parents or caregivers have reported seeing an increase in dramatic play from their child when at home, often related to the Laugh and Learn topic from that month.

More than 70% reported an increase in speech and language skills since attending Laugh and Learn.

More than 90% reported an increase in social skills since attending Laugh and Learn.

Our participants are often children and mother who stay at home, who are not enrolled in any type of childcare, school setting, etc. Or a grandmother/grandfather guardian who babysit or have guardianship. These children are typically unsocialized as much compared to those children who attend some type of learning setting outside of the home. We have noticed a great progression of socialization in participants who have consistency attended Laugh and Learn Playdate.



*"Thank A Service Worker"
Playdate*

For example, we had 1 child who did not want to share. She would select a toy and hang on to it the entire program so other children could not have it. Now, two years into the program, she shares and plays well with others.

Addressing the Needs of Others Suffering Loss

4-H has a rich history of completing service projects to benefit the community. The 4-H pledge includes the words, "I pledge my hands to larger service for my club, my community, my country and my world." Through 4-H, young people have opportunities to design their own service learning based upon what they see is a need in their community. Once the need is identified, 4-H members decide how to address the need, whether it is conducting a food drive for the local food bank or picking up litter along a state highway or providing hot meals for families in need, 4-H members learn valuable skills from addressing the needs of the community.

Fresh off a Thanksgiving community service project that addressed a need of the homeless in downtown Lexington in which the club provided blankets and pre-packaged cups



This Land is Our Land 4-H Leadership Club

of hot chili to the homeless, Montgomery County's This Land is Our Land 4-H Leadership Club was ready for another service project. The devastating tornadic storms of December 10, 2021 that hit communities in western,

south central and central Kentucky provided an opportunity for the members to plan their service work.

Club members decided to take a part of their holiday break to travel to Bowling Green to do their good works. Making contact with a local church for lodging accommodations, they worked with the church's youth group leader to link up with the community disaster relief coordinator to offer their help.

Over a four-day period, the club members worked with the FEMA Disbursement Center to help organize incoming donations and distribute necessities to benefit tornado victims; distributed clothing to families in need; assisted with storm cleanup by picking up debris on damaged properties of elderly victims; and handed out gift cards donated by a Mount Sterling church for families who suffered losses from the violent tornado.

How did the club members benefit from witnessing the tragedy and devastation, as one member stated, "Some of us couldn't fathom what it meant to lose so much." But the members saw families who lost everything, homes destroyed, devastation so great it was difficult to know where to begin picking up the pieces... and the club members were inspired to do as

much as they could in their time that they were there to serve.

The club leader, Carmela Fletcher Green, stated that she was pleased the students took the opportunity to go and learn a valuable lesson in the need to serve others. As one member stated, it is important to be kind and make connections, because it gives one a strong support system. That strong support system is key to helping a community cope...and weather any storm."



2021 Tornado Relief

Smoothie Bike Program

According to the 2021 Annual Supplemental Nutrition Education Program Report for Kentucky, today, 60% of all Americans live with at least one chronic disease. These include heart



Smoothie Bike

disease and stroke, cancer, and diabetes. These diseases are all associated with obesity and physical inactivity. In 2020, Kentucky ranked in the top five states in the country for obesity with

a rate of 36.6% for adults. The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation. A large amount of data show that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life. The County Health Rankings and Roadmaps Kentucky report shows that 34% of Montgomery County's adult population have obesity and 35% were physically inactive.

Three hundred and eighty-one (381) students were able to make a super food smoothie (apples, pineapples, spinach, and bananas) by burning energy pedaling the bicycle. The students learned about natural sugars vs. artificial or added sugars, benefits and nutritional information on ingredients used, importance of physical activity, and food measurements.

Overall, 76% of students who sampled the super food smoothie said they liked it based on a Likert-scale rating survey. Additionally, students were eager to take the recipe home to be able to make it again. Others offered suggestions on what they would add or substitute in the smoothie.

This collaboration allowed exposure of a fun way to learn about physical activity and nutritional snacks. Teachers and students loved the fender blender and welcomed Extension back for more educational opportunities. need, whether it is conducting a food drive for the local food bank or picking up litter along a state highway or providing hot meals for families in need, 4-H members learn valuable skills from addressing the needs of the community.

Cattlemen's Association Hard at Work and Staying Busy

The Montgomery County Cattlemen's Association is a very active community group that is supported by the Extension Service. The Associations major beef promotional activities have included the 3 Mt. Sterling First Friday Cooking Events, The 3 Day Mt. Sterling Court Days Cooking Event and 3 Drive Thru events throughout the year.

They support and donate to events like the 4-H/FFA Show and Sale and the FFA Banquet. Many donations are made by the Association

throughout the year to various community organizations, as well as providing 2 Scholarships for graduating High School Seniors attending college.

It takes a lot of volunteerism from the Association members to support these events. This past



Cattlemen's Association Volunteers

year over 75 members have volunteered their time at these events. 18 of its 193 mem-

bers took part in a very enjoyable and educational tour entitled "Gateway to the West and More. On this tour they visited the 3D Valley Farm in Depauw, Indiana ; The Budweiser Brewery; Gateway Arch National Park; Laura Ingalls Wilder Historic Home and Museum, The College of the Ozarks; Branson Auto and Farm Museum, a Branson Show; Graceland Tour; Beale Street; Loretta Lynn Ranch and Home; The Hermitage and the Bryant Brothers Family Farm in Springfield, TN. Along with many other sites. 100% of the group thoroughly enjoyed the tour, seeing and learning many things.

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