

University of Missouri Extension

RETURN ON INVESTMENT

EXCELLENCE

DISCOVERY

RESPONSIBILITY

RESPECT

Camden County

2016 Annual Report





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RELEVANT, RELIABLE AND RESPONSIVE TO CAMDEN COUNTY

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January 18, 2017

CAMDEN COUNTY EXTENSION CENTER 34 ROOFENER ST CAMDENTON, MO 65020 PHONE: 573-346-2644

Dear County Commissioners and Friends of University of Missouri Extension,

Thank you for your continuous support and acknowledgement of the relevant, reliable and research-based programs University of Missouri Extension provides the citizens of Camden County. This annual report outlines the highlights and successful program outcomes MU Extension has provided to Camden County citizens of all ages.

The dedication and support of the elected body of University of Missouri Camden County Extension Council members speaks volumes to the successes we have had this past year. The council assists staff with planning and implementing programs by representing citizen's needs from their districts. Council members continue to raise funds to support the local office operations and to provide 4-H youth scholarships to support local youth to attend camps and other educational events.

We want to extend a special thank you to the Camden County Commission for their continued support of the Camden County Extension Center.

We would like to thank all our Extension council members, volunteers, partners and friends of extension who continue to support our programming efforts.

Research indicates thriving communities and counties have evidence of pride, a cooperative spirit, knowledge of the physical environment and multi-generational family orientations. Camden County Extension strives to provide programs that benefit all of its citizens. When you support University of Missouri Extension, Camden County benefits!

Sincerely,

Cindy Leigh Council Secretary Eric Petska Council President

Jackie Rasmussen
nt County Program Director

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local University Extension Councils Cooperating

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a protected veteran.

VICE CHANCELLOR'S OFFICE



108 Whitten Hall Columbia, MO 65211

PHONE: (573) 882-7477 FAX: (573) 882-1955

January 5, 2017

Dear County Commissioners and Friends of MU Extension:

The past year was a busy one for University of Missouri Extension. As a long-time extension professional and newcomer to Missouri, I have found the support from people like you to be remarkable. Missouri is a special place with a promising future.

Through the efforts of faculty, staff and amazing volunteers, MU Extension connects millions of Missourians with knowledge they put into action in their daily lives. Using a range of learning experiences, we reach people of all ages and backgrounds, in every corner of the state.

In response to direct input received from local councils and the unique nature of each county, extension programs vary slightly across the state. This strength of local flexibility and public engagement enables county-based Mizzou faculty to provide local learning experiences that improve lives and community vitality. For example:

- MU Extension business specialists helped local Missouri businesses achieve sales increases of \$186 million while creating or retaining 7,766 jobs.
- Helping assure access to health care in local communities, MU Nursing Outreach made it
 possible for 2,094 nurses keep their skills up to date.
- Our 4-H youth development specialists and other extension team members worked with volunteers and community leaders to reach 269,000 youths ages 5 to 18 across the state.
- Anticipating the needs of Missouri's aging farm population, extension faculty developed workshops that target estate planning, succession and retirement planning specific to farmers.

These are just a few examples of how Mizzou's commitment to extension and engagement benefitted Missourians this past year.

In the interest of better serving Missourians, we are conducting a statewide needs assessment. It will include extensive input from local communities and stakeholders. It will result in stronger alignment between extension programs and local needs.

I encourage you to read the attached annual report from your county office to gain an understanding of how MU Extension has worked this past year to serve your community.

Your support of MU Extension and our efforts in your community is greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve the people.

Sincerely,

Marshall Stewart, Ed.D.

Warshalf Devast

Vice Chancellor for Extension

Camden County Faculty Camden County Extension Staff Serving Camden Camden County and Staff Council Commissioners County, based in other counties **Amy Bartels** Chair- Eric Petska **Presiding Commissioner** NUTRITION AND HEALTH Mr. Greg Hasty Vice Chair-Sandy Nelson **EDUCATION SPECIALIST** Secretary- Cindy Leigh LACLEDE COUNTY 1st District Commissioner Jackie Rasmussen Email: bartelsa@missouri.edu Treasurer-Paul DiBello Mrs. Beverly Thomas **BUSINESS DEVELOPMENT** Kwabena Asante **SPECIALIST** Patricia Barrett County Program Director Larry Bennett AG BUSINESS SPECIALIST 2nd District Commissioner Email: rasmussenj@missouri.edu MILLER COUNTY Tandy Crabtree Mr. Cliff Luber Phone: 573-369-2394 Shawn Dandov Email: barrettpr@missouri.edu Darrell Dixon Bill Girard Joni Ross Harper **State Legislators** AGRONOMY SPECIALIST Courtney Lent Michele Kroll MORGAN COUNTY Cliff Luber COMMUNITY DEVELOPMENT Phone: 573-378-5358 State Senator **SPECIALIST** Craig Smith Email: rossjo@missouri.edu Dan Brown EdS Education Technology John Suellentrop Email:krollm@missouri.edu District 16 Andrew McCorkill Terri Sullivan LIVESTOCK SPECIALIST Guy Winters **State Representative** DALLAS COUNTY Diane Franklin Phone: 417-345-7551 District 123 Email: mccorkilla@missouri.edu Rebecca (Becky) J. **State Representative Larry Roberts** Travnichek, PhD, AFCP EATING FROM THE GARDEN FAMILY FINANCIAL SPECIALIST 2016 Camden County Rocky Miller COORDINATOR Email: travnichekr@missouri.edu District 124 **University of Missouri** Phone: 660-383-1633 **Extension Council Operating** Email: robertslar@missouri.edu Budget Sarah M. Traub **HUMAN DEVELOPMENT** 41,000 Revenues **SPECIALIST Ashley Goring** COOPER COUNTY County **FNEP ASSOCIATE** Phone: 660-882-5661 **Appropriations** Email: goringa@missouri.edu Email: traubs@missouri.edu **Extension Council** 2,537.85 Total Income 43.537.85 26,703.93 Wayne Prewitt Payroll Expenses WC REGIONAL DIRECTOR Travel 6.800.00

Telephone

Trash

Electric

Sewer/Water

Subscriptions

Repairs/Maintenance

Total Expenses

Insurance

Supplies/Services

2,245.90

2,315.75

2.268.00

153.27

166.86

771.00

2,031.55

43,537.85

81.59



Kavla Wells

Cheryl Baremore ADMINISTRATIVE ASSISTANT Email: baremorec@missouri.edu

4-H YOUTH DEVELOPMENT PROGRAM ASSOCIATE



Email: prewittw@missouri.edu







For over 100 years, MU Extension has engaged Missourians in relevant programs based on University of Missouri research. The year 2014 marked the centennial of the Smith-Lever Act, which formalized the Cooperative Agricultural Extension Service, a national network whose purpose is to extend university-based knowledge.

Program	# of Participants
News Articles to Local Papers	461
Soil Testing/Consulting	107
Private Pesticide Applicator Training	5
Walk-In Questions	118
Telephone Inquiries	446
MU Guide Sheets	419
Test Proctoring	19



Pictured: 2016 State Fair Farm Family Camden County Larry and Brooklyn White



Active Shooter Training

First Annual 4-H Equine
Jonna Witherow
Scholarship
Winner: Jayden Stewart





2016 Camden County University of Missouri Extension Council A



Master Naturalist Program

Jackie Rasmussen, Business Development Specialist

Program,	What Did They Learn?	What Action Did They Take?	How Does This Work to Make
Workshop, Number of	Ledili?	Take?	Camden County and Missouri Better
Learners			
Master Naturalist Core Training March 2-May 25, 2016 15 participants This program is cosponsored by MU Extension and the Missouri Department of Conservation	Participants received natural resource-based training from natural resource experts on the following topics:	Participants reported that the knowledge gained through class and field trips was invaluable. Many reported that they now observe nature differently as they travel down the road or are out walking or hiking. 100% of participants indicated that they would recommend the program to others. Other participant's noted – "The program exceeded my expectations and opened new doors to me to learn more about how I can play a role to improve or maintain the environment." "I was thrilled with the quality of the speakers and the breadth of knowledge they had for the topics they covered." "I had no idea the Master Naturalist Chapter here at the Lake was behind some many projects."	Formed in 2009 following the first Master Naturalist Core Training class, The Lake of the Ozarks Chapter of the Master Naturalist program provides an on-going mechanism for class graduates to continue to enhance their knowledge/education and to give back to the community through service learning projects. Master Naturalist graduates are required to complete 30 hours of community service/outreach & 10 hours of advanced training on an annual basis to maintain their Master Naturalist status. In 2016 the Lake of the Ozarks Chapter completed over 4,000 hours of volunteer service by assisting with projects such as: Laurie Ball Park Nature Trail Osage Beach City Park Garden Laurie City Park Monarch Waystation Conservation Kids Club Kids Fishing Derby Eagle Days Camdenton Farmers Market Information Booth Big Niangua River Trail



Master Naturalist - Class 7 - 2016







Volunteers in Action......



Agribusiness Program Tricia Barrett, Ag Business Specialist

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Program, Workshop, or Number of Learners	What Did They Learn?	What Action Did They Take?	How Does This Work to Make Camden County and Missouri Better
Master Gardeners 11 participants	Lake Area Master Gardeners and Miller County Extension taught an intensive 12-week class and graduated another group of volunteers. Participants enhanced their knowledge of soils, composting, insects, disease prevention, flower, vegetables and fruits, native plants, herbs and landscaping techniques.	The Lake Area Master Gardeners provided over 1800 volunteer hours to local organizations and community groups. Graduates must give a minimum of 30 hours of volunteer time back to the community in the form of gardening education.	Lake Area Master Gardeners provide a wide variety of community activities such as hosting quarterly gardening seminars, teaching gardening classes for kids, and volunteer work in community food and flower gardens.
Grazing 101 32 participants	Grazing 101, the economics of grazing was presented at the Camden County SWCD grazing school.	Attendees learned the financial value of intensive grazing techniques.	Attendees will apply the principles of intensive grazing to make livestock production more profitable and sustainable.
Farmers' Market Workshop 23 participants	MU Extension presented the rules and tax requirements for vendors. Marketing, food safety and legal requirements were presented.	Potential vendors learned about legal and business requirements for vendors at Farmers markets.	Residents of the county will benefit from a wide variety of local foods. Potential vendors and sellers will benefit from better marketing methods and improved knowledge of the requirements for selling. Farmers Market managers will have more potential sellers for their markets.
Missouri's Complex Fence Law	Missouri has two fence laws that participants need to understand.	Participants learn their rights and responsibilities regarding fence laws and where to find more information for understanding complex laws.	Benefit from improved understanding and application of Fence Laws as they apply to livestock producers



Agriculture Program Joni Ross Harper, Agronomy Specialist

Program, Workshop, or Number of Learners	What Did They	What Action Did They	How Does This Work to Make
	Learn?	Take?	Camden County and Missouri Better
Forage Production and Management 25 participants	Weed control and management for forage land is an important issue for producers. Many are faced with a weed pressure problem and re-establishment choices.	This workshop allowed participants to better identify weed pests in pastures and hayfields. Live examples of weeds were collected and shared for participants to understand the biology and invasiveness of weeds. Most of the program was dedicated to an understanding of how to control weeds including forage management tactics and herbicide options.	Miss-identifying weeds leads to not applying the correct herbicide and/or not applying the herbicide at the correct time. Thus, wasting money on an ineffective herbicide application. Pictured: Todd Lorenz is talking to the participants about sprayer calibration and showing a sprayer that landowners can use on smaller and hard to access pasture land.



2016 Century Farm Family

2016 Annual Council Picnic Fun



International Trade Center

A University of Missouri Extension Partner

Business Development Program (BDP)

Jackie Rasmussen, Business Development & International Trade Specialist

Program, Workshop, Number of Learners

For the 17 counties that comprise the West Central Region, MU Extension Business Development Program counselors provided start-up and management counseling, training and other assistance to 2,347 individuals and companies.

Individuals received assistance in topics ranging from:

- Starting A Business
- Business & Strategic Planning
- Marketing
- Management
- Doing Business with the Government
- Understanding Financial Statements, and
- International Trade

Several businesses also worked with the International Trade Center to complete customized global market research projects that provided them with assistance to identify new international markets with potential for their businesses.

What Did They Learn?

Businesses participating in counseling or training sessions learned:

- Effective tips and techniques to successfully start, manage or grow their businesses
- Additional resources and business assistance services that exist that can be accessed to support business development & growth - such as the Missouri Small Business & Technology Development Centers, Missouri Procurement Technical Assistance Centers, the Mid-America Trade Adjustment Center and Workforce Programs.

What Action Did They Take?

As a result of assistance provided by the MU Extension Business Development program businesses in the WC Region in FY2016 generated the following economic impact:

- Started 16 new businesses
- Created 110 new jobs
- Generated sales increases of \$13,222,114
- Received government contract awards of \$18,556,219
- Secured new investment (loans or owner equity) of \$4,808,256
- Acquired Assets worth \$1,187,009





Pictured: In 2016 MU College of Business Student Interns worked with MU Extension & the MO SBTDC to complete global market research for 20 Missouri business located across the state.

How Does This Work to Make Camden County and Missouri Better

As entrepreneurs and innovators, Missouri's small businesses are becoming a more diverse group that continues to make the state's economy productive. There are approximately 500,000 small businesses in Missouri. Nearly 98 percent of all businesses with employees are categorized as small businesses. In assisting the owners and managers of those businesses, MU Extension contributes to the county's economic development through growth in jobs, sales, innovation, technology development and commercialization.

Across the state of Missouri, the total impact for all businesses assisted by the MO Business Development Program was:

- 279 new businesses
- 1,751 new jobs
- 1,811 jobs retained
- \$157,306,766 in increased sales
- \$944,855 in government contracts
- \$110,460,065 in loans and investments in business
- \$205,000 in Research Grant proposals
- 2,723 clients/companies receiving at total of 22,453 hours of business counseling
- 7,617 business training/conference attendees



Leadership Development

Jackie Rasmussen, Business Development Specialist

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Program, Workshop, Number of Learners	What Did They Learn?	What Action Did They Take?	How Does This Work to Make Camden County and Missouri Better
Leadership Camden County- Class 21, September 2015- May 2016 33 participants This program is co-sponsored by MU Extension and the Camdenton Area Chamber of Commerce Leadership Camden County- Class 22, September 2016- May 2017 30 participants	Class members attended 10 sessions over the 9-month span of this program. Sessions provided opportunities for participants to: Improve their knowledge about Camden County's history, infrastructure, economy & workforce, education & healthcare, legal system & law enforcement Observe state government in action Enhance their leadership and team building skills Familiarize themselves with community organizations & social service resources	 100% of class participants indicated that: This class will influence the future activities they engage in. Class members noted they plan to try new things and volunteer at community events. This experience motivated them to become more involved in the community. "Seeing all that is going on in the community has opened my eyes to possible ways to volunteer." This program increased their capacity to play a leadership role in the community. "This class was an absolutely unique program – a wonderful experience!" They will recommend the program to others. "I most definitely would recommend this class – I've already talked to 6-8 people." 	A total of 523 individuals have graduated from the Leadership Camden County Class over the past 21 years. These individuals are active throughout the community providing leadership to businesses, clubs, organizations, and local initiatives. Several graduates now hold elected positions in local, county or state government. Class members are more informed about the community in which they live. They have an understanding of how past actions influence the present and they are committed to doing their part to shape a vision for the future that supports community growth and prosperity. Class members have knowledge of the community resources that exist and individuals that they can contact to secure additional information or expertise.





Community DevelopmentMichele Kroll, Community Development Specialist

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Program, Workshop,	What Did They Learn?	What Action Did They	How Does This Work to
Number of Learners		Take?	Make Camden County and
			Missouri Better
Build Your Board Statewide 37 participants	This online course was designed by local Community Development Specialists in order for board members to understand their legal responsibilities and become more effective while serving on their local boards. The Build Your Board course is comprised of sixteen lessons, organized into five learning modules.	Nearly every non-profit organization operates under a board of directors. With the bulk of the organization's resources going to meet the needs of clients, it can be difficult for organizations to provide the necessary training to board members and yet the effectiveness of their board can make or break the organization.	According to the TaxExempt.com web-site, Missouri has 55,739 nonprofit organizations to date with a combined total income of over \$72 billion dollars. The majority are small volunteer-lead organizations that have limited access to quality board training and development. Access to this training will enhance the abilities of all non-profit organizations.
SET- (Stronger Economies Together) Bates Benton Cedar Henry Hickory St. Clair Vernon 75 participants	Stronger Economies Together (SET VI) is an economic strategic planning process to assist regions with ways to create, attract and retain jobs in rural counties. In depth data tailored to the region describing its current and emerging clusters, comparative economic advantages, and detailed demographic and socioeconomic information is given to community members to write a regional rural economic development strategic plan.	The Kaysinger Basin Regional Planning Commission was established in 1968. In Nov. 2016, the region received a SET (round VI) grant through USDA Rural Development and University of Missouri Extension to receive step-by-step coaching to guide the design and implementation of a practical and viable regional economic development plan.	Since many rural businesses must now contend with enterprises located across the globe, survival is difficult without linking resources into a more comprehensive economic development plan that builds on the region's unique economic strengths and opportunities. The SET program is intended to help strengthen the capacity of communities/counties in rural America to work together in developing and implementing an economic development blueprint for their multi-county region, one that strategically builds on the current and/or emerging comparative economic advantages of the region.
Poll Worker Training Laclede County 60 participants	Poll worker training is offered to counties for election judges training about voter customer service. The course includes: • Voting Rights Act of 1965 • Civil Rights Law and diverse needs of voters • Assisting persons with disabilities	Election judges participating in this training are better able to: • Understand the diverse needs of all voters. • Treat all voters with respectful service. • Assist voters with special needs and disabilities	Election judges play a critical role in maintaining order and ensuring legal protocol is followed at each voting site. Technical knowledge combined with delivery of good quality customer service ensures order and enhanced voting experiences.

Program, Workshop, Number of Learners	What Did They Learn?	What Action Did They Take?	How Does This Work to Make Camden County and Missouri Better
Farmers Market Tour Phone App Camden Dallas Hickory Greene Laclede Miller Polk	A new tour featuring local farmer's markets is available on any smartphone or tablet including Google Glass. To access the tour, download the free Guidigo app and search for the "Farm Fresh in the Ozarks Tour The tour includes 8 stops starting in Lake Ozark and ending in Lebanon.	Farmer's Markets were given business cards with the app information to give to customers to pass out to their friends and relatives. This is a pilot project so access to evaluation data is still being collected. Kroll said, "I developed the tour so that more local residents and tourists could take advantage of buying locally grown produce to promote a healthier lifestyle and local markets."	Farmers markets provide an opportunity for growers to sell locally and for consumers and communities to access social, economic and health benefits. According to Bill McKelvey, MU Rural Sociology Program Coordinator, "Farmers markets are gaining popularity in Missouri and across the nation. In Missouri, 245 farmer's markets were in operation in 2014, compared to 131 in 2007. In the United States, the total number of farmers markets increased by 76 percent between 2008 and 2014, with 8,268 being in operation in 2014."
Data for Decision Makers 17 Counties 65 participants	County profile data and sales tax, revenue and receipt data was provided for 17 county commissioners in the WC Extension region along with a packet of resources. A program was given to explain where data can be found and how it can be interpreted at the commissioner's showcase held in December. In addition, personal visits to Camden and Benton counties have been made discussing additional data on sales tax analysis, transfer funds and county comparisons.	Commissioners have been given additional information in comparing Branson and Camden County economic data as well as road and bridge trends.	Helping local officials and economic development boards connect to data and its meaning can help tell a story or trend overtime. It gives factual, non-biased information to help officials make hard decisions for their communities when budgets are tight and needs are great.
Meet the Candidates Camden County 800 participants	In conjunction with the Lake Area Chambers of Commerce University of Missouri Extension Council members helped host two "Meet the Candidate" forums to provide local residents, with a chance to learn more about each candidate running for office and their political platform.		



Family Financial Education

Dr. Rebecca Travnichek, Family Financial Specialist

Program, Workshop, Number of Learners	What Did They Learn?	What Action Did They Take?	How Does This Work to Make Camden County and Missouri Better
Taking Control of Your Finances 23 participants	Participants learned how to file for unemployment benefits, talk to family about finances, review available personal resources, develop a budget, set priorities for debts, contact creditors, stop credit purchases and consider available community resources.	Workshop participants report greater ability and confidence to: Track monthly spending, purchase renter's insurance, set short and long-term goals, cut spending, develop a spending plan and make smarter spending decisions.	Learners participating in Taking Control of Your Finances workshops write goals and increase their control over their spending, which leads to increased success in reaching financial goals, which benefits other community members by lowering costs of public assistance.
Basic Estate Planning 24 participants	The Basic Estate Planning curriculum helps Missourians understand the need for an estate plan and presents the fundamentals of creating one. Topics covered include wills, trusts, gifting, power of attorney, non-titled property, non-probate transfer tools and health care directives. The curriculum also stresses the importance of starting the process of estate planning and offers strategies for reducing family conflict.	Responding to the survey question of – "As a result of what you learned in this program, what actions do you plan to take?", all participants were going to share information with family members and others; 1 participant felt better able to manage their personal finances; 1 participant intended to set dates for financial/estate planning tasks; 1 participant intended to pursue planning, trusts, and check PODs & TODs.	Basic Estate Planning workshops provide individuals an opportunity to reduce or avoid conflict within families over distribution of non-titled estate property, which leads to prevention of families being fractured for generations and reduces family stress, which eases stress on overburdened probate courts.
Financial Counseling 5 participants	Clients learn how to complete a financial assessment of income, expenses and debt. They are keeping track of spending down to the penny between their required counseling sessions.	Individuals identify financial goals, track household spending so that they can improve their current financial position.	Individuals participating in financial counseling communicate more effectively with family and professionals about finances, which leads to reduced family conflict and better success reaching financial goals, which benefits our community by well-informed consumer spending, which makes economic activity more sustainable.

Program, Workshop, Number of Learners Missouri Taxpayer Education	What Did They Learn? MoTax offers preparation of federal	What Action Did They Take? MoTax offers a gateway to	How Does This Work to Make Camden County and Missouri Better When you support MoTax,
Initiative (MoTax)	and state tax returns to low-income	financial education through	participants save an
55 Tax Returns	families and uses this opportunity to emphasize the importance of financial planning management. Fifty-five (55) tax returns were completed in Camden County between February and April 2016. Total refunds for the tax returns prepared in Camden County were: • \$83,618 in federal refunds • \$30,665 in Missouri refunds • \$28,088 in Earned Income Credit • \$18,378 in Child Tax Credit • and \$1,614 in Property Tax Credits	taxpayer assistance. The Volunteer Income Tax Assistance (VITA) program provides free tax assistance (preparation of federal and state tax returns) to low income, disabled, homebound and English as a second language taxpayers. MoTax is supported by University of Missouri Extension along with federal and local partners.	average of \$200 in tax preparation fees per year, which leads to families being able to purchase necessities and potentially reduce family debt, which benefits other community members by reducing demand for public assistance.



MTI Supervisor Training



Health and Wellness Program

Amy Bartels, Nutrition and Health Specialist

Program, Workshop, or Number of Learners

What Did They Learn?

What Action Did They Take?

How Does This Work Make Camden County and Missouri Better?

Stay Strong, Stay Healthy 12 participants



Participants learned the proper technique for strength training. flexibility, and balance exercises. At each session a prescribed set of 8 to 12 upper and lower-body strengthening exercises were completed. Participants were made to feel comfortable regardless of their current fitness level so they could safely participate and gradually built the strength beneficial to health.

Evaluations revealed that participants felt physically stronger, felt more flexible and experienced better health as a result of this program. Participants felt confident in their ability to do the exercises on their own outside of class, as well as after the conclusion of the program.

Customer quotes: "/ can climb stairs without taking a break and I can carry my groceries in from the car." "I sleep more soundly now."

When you support MU Extension's Stay Strong, Stay Healthy program, participants increase their physical activity. This behavior change leads to reduced risk of falls, heart disease and osteoporosis; decreased stress; and improved weight control and overall quality of life. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average \$24,455 per year in Missouri. The money saved benefits others by providing more discretionary income to keep in circulation within the community

Cooking Matters for Adults

9 participants



Participants learned to budget for healthy, affordable and delicious meals for their families. They also learned basic cooking techniques, kitchen food safety, reading food labels, saving money at the grocery store, and how to choose a variety of healthy foods from all 5 food groups.



Evaluations revealed that participants are buying healthy foods for their family on a budget, they are choosing the bestpriced form of fruits and vegetables (fresh, frozen, canned) and are using basic cooking skills, like cutting fruits and vegetables, measuring out ingredients, or following a recipe. **Customer quotes:**

" I am more aware of calories and sodium in my food." "I want to get an electric skillet to try making some things since I only cook for

one."

Participants in Cooking Matters for Adults have increased confidence and skills in their ability to purchase healthier food on a budget and prepare healthy meals for their families. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into older age. In addition, this important programming effort serves to reduce healthcare costs over the participant's lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.



Chronic Disease Self-Management

5 participants

Co-taught with Sarah Traub, Human Development Specialist Participants learned to create action plans, practice stress reduction using behavior techniques, increase effective communication with health care persons/facilities, and increase independence in dealing with day to day problems associated with their chronic condition.

The topics covered in the six sessions of the CDSMP include exercise; use of cognitive symptom management techniques; nutrition; fatigue and sleep management; use of community resources; use of medications; dealing with the emotions of fear, anger, and depression; communication with others including health professionals; problem-solving; and decision-making.

Evaluations revealed that individuals and families affected by chronic disease were able to improve quality of life with regards to the physical and emotional aspect of self-managing their chronic disease as well as dealing with the other life changes brought on by chronic diseases.

Customer quotes: "I have COPD. I learned that I need to slow down and take time to rest." "I enjoyed meeting

time to rest."
"I enjoyed meeting others that also deal with chronic medical problems."

Chronic Disease Self-Management program has a beneficial effect on physical & emotional outcomes, and healthrelated quality of life. Across various chronic diseases. socioeconomic status and education levels, the program consistently results in greater energy/reduced fatigue, more exercise, fewer social role limitations, better psychological well-being, enhanced partnerships with physicians, improved health status and greater self-efficacy. There is also evidence that the program results in reduced healthcare costs; CDSMP saves enough through reductions in healthcare expenditures to pay for itself within the first year.





Family Nutrition Program

Ashley Goring, FNP Associate

Program, Workshop, or Number of Learners University of Missouri Extension's Family Nutrition Program (FNP) provided SNAP-Ed nutrition education. Assistance was provided in conjunction with-**Participating Schools:** Camdenton Head Start MOCA (Missouri Ozarks Community Action) Camdenton High School Camdenton Middle School Camdenton Hawthorn Elementary Camdenton Dogwood Elementary Camdenton Hurricane Deck Elementary Camdenton Osage Beach

Stoutland Elementary **Participating Agencies:** Camden County Food Stamp Office Camdenton Senior Center Save-A-Lot 23178 Share the Harvest Food Pantry Wee Care First Baptist Church Cedar Ridge Treatment Center Lighthouse Mission

Elementary

Intermediate

Camdenton Oak Ridge

Macks Creek High School

Macks Creek Elementary Climax Springs Elementary What Did They Learn?

5.451 low-income participants participated in FNP programs in Camden County during 2016.

Nutrition education for youth provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for tastetesting healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity and food resource management.

What Action Did They Take?

I did my first lesson with the 3rd grade at Climax Springs Elementary. We discussed the food groups and then the first lesson went into detail about the six nutrients that were in food. Of course we did all the movements as we talked the nutrients: example: carbohydrates give you energy so jog in place, what food groups can you find carbohydrates in, what are vitamins good for, why is water so important, etc. At lunch, which is shortly after my class. I heard the 3rd graders talking about the food poster hanging in the lunch room! They were discussing what food group the foods belong to and whether they make you have better eye sight, give you energy, make your bones strong! It was good to hear that they took what I gave them and were using it in their own discussions with each other!

> Ashley Goring Success Story

How Does This Work to Make Camden County and Missouri Better



Winterizing the Climax **Springs Gardens**





4-H Community ClubsKayla Wells, 4-H Youth Development Associate

3		Kayla Wells, 4-H Youth Developmer
Program, Workshop, or Number of Learners	What Did They Learn?	What Action Did They Take?
Camden County had a community of 371 4-H members in 2016. Those members learned life skills, connected with their community and engaged in science and agriculture programs. 4-H members were supported by 43 adult and youth volunteers. Those volunteers provided insight, guidance and served as mentors. 27 youth were enrolled in community clubs during 2016. • Easy Riders' (Decaturville) • Camden County Clover Kids (Camdenton)	County 4-H clubs provide educational experiences for youth. Members can learn how to confidently make decisions, how to comfortably speak in public settings and learn how to effectively work with their peers. Members are overseen by adult volunteers. Volunteers teach projects that range from equine and livestock to cake decorating. Additionally, volunteers provide opportunities to learn in hands-on scenarios through clinics, project meetings and field trips. Clubs involve youth ranging from ages 6 to teens. 4-H youth in Camden participated in the following events: • WC Regional Energizer • Mid-MO Clover horse show circuit • State 4-H Horse Show • 4-H Projects	4-H members are given the opportunity to participate in a variety of programs. They also are given the chance to spend time on University of Missouri's (MU) campus. Campus opportunities provide 4-Hers with insight to higher education. MU Extension 4-H connects members with faculty and campus events. County 4-H clubs also offer long term educational experiences. Those experiences help members learn effectively under the guidance of volunteers. Involvement in 4-H also provides members with the chance to grow in their leadership and life skills. Youth that participate in 4-H are more likely to go to college and more likely to have: Increased financial success Improved quality of life Improved health for themselves and their children (Porter, 2003) Contribute to their community (Lerner, 2009; Zaff et al, 2003)

How Does This Work to Make Camden County and Missouri Better

Youth involved in 4-H are engaged in twice as many leadership roles compared to non 4-H youth. Those leadership roles provide 4-H members with opportunities and experience in critical thinking to step up and lead in a complex world.

Additionally, Missouri 4-H members are more connected to college campuses and faculty. MU Extension 4-H connects 8,500 youth to University of Missouri campuses. The fact that youth are actively visiting those campuses is an indicator that they will go on to pursue higher education (Hoover, 2006).

Finally, 4-H youth are also better equipped with knowledge, skills, attitudes and health for the workforce. Missouri 4-H members spend more of their leisure time than their peers engaged in projects of interest anchored in science (Khan, 1989).

Overall, 4-H aids in developing a wellrounded individual.



4-H Afterschool Clubs

Kayla Wells, 4-H Youth Development Associate

Program, Workshop, What Did They Learn? What Action Did They How Does This Work to Number of Learners Take? Make Camden County and Missouri Better The after-school programs **274 members** participated A few years ago, 4-H came Recently, the US Government has in 4-H after-school STEM implemented during the 2016 up with a huge goal: To concluded that there is a critical 4-H year focused mainly on and robotics programs at: engage 1 million new young shortage of undergraduates 4-H STEM (Science, people in science by the receiving degrees in science. In Technology, Engineering and Camdenton High School year 2013. the US, only 5% of science Camdenton Middle School Math). degrees are awarded in Dogwood Elementary This was partially inspired by Engineering. Hawthorn 4th grade Those programs aided in the declining trend in our equipping youth with critical Hurricane Deck 3rd grade nation's science, engineering 4-H addresses that low number thinking skills, problem Hurricane Deck 4th grade and technology workforce. through their Science, Technology, solving and increased Oakridge Intermediate The goal has not only been Engineering and Math (STEM), knowledge of STEM Osage Beach Elementary attained but has also aided and robotic programs. It begins activities. with local communities engaging in developing an extensive 4-H robotics program. youth in STEM related programs. 24 participants in special Students that participated in Developing that interest early helps the after-school benefited in interest library STEM The goal of the robotics to foster them into science careers. the following ways: program at: program is to encourage Climax Springs youth to develop an interest 4-H teaches life skills for youth to Increase in confidence in robotics, engineering and help them be successful. Skills in Design & build new technology. science can set youth up to become engineers or things 4-H robotics is available to programmers. Those skills can Problem solve to design interested youth through 4-H also teach them how to problem something that worked clubs, camps, school solve and critically think in careers effectively outside of science as well. enrichment and after-school Explain engineering programs. concepts to parents & Hands-on instruction in STEM peers programs or any type of 4-H program, is an effective way to Helped improve their grades grow our county's youth and in science related school provide them with the life skills to classes be well-rounded, successful and confident individuals.



4-H Residential Camps

Kayla Wells, 4-H Youth Development Associate

What Did They What Action Did They How Does This Work to Make Program, Workshop, Number of Learners Learn? Take? Camden County and Missouri Better 29 youth participated in 4-H 4-H camp is a great Youth camps have a rich history and when opportunity for youth it is affiliated with Extension/4-H it is camp. recognized as an important tool for youth to increase their knowledge in various development. 14 participated in subject areas such counselor's camp. as: canoeing, fishing, Camps serve as a type of non-formal archery and natural education that is experience-based. Youth resources. 4-H camp are provided with hands-on learning Last year, University of is also a time opportunities in a setting that is casual and Missouri Camden County members learn how more relaxed. Topics that youth can gain **Extension Council gave** hands-on experience in range from fishing to effectively work Youth local to Camden \$2,000 in scholarships to and canoeing to leadership and public with their peers while County attended: support 4-H members planning for the speaking. The ability to explore those attending camp and other future, healthy topics in a manner that follows David 4-H Residential educational events. The lifestyles and safety Kolb's experiential learning model helps Camp (8 counties) youth to gain more confidence in their support is immensely practices. They are hosted by appreciated!! That support given those skills (Kolb, 1984). Camden County helped youth attend camp opportunities while and grow and learn! under the As a result of attending 4-H camps, 4-H camp is a wonderful supervision of adult students gain: opportunity for youth to volunteers and learn from counselors and counselors. Engagement in healthy their peers. Youth can also relationships spend time focusing on an Campers have Decision making skills that area of interest they want to indicated that they display tolerance when acting learn more about! feel emotionally and with others physically safe The desire to share/teach others during camp. They what they've learned also feel that camp Desire to engage in relationships gives them more with positive adults in their motivation to try new communities things, learn how to Youth also want to:



take care of their

more service for

environment and do

Return to camp as staff members

Practice community service

Continuing Education: A Glimpse of a few premiere programs



MU Extension's Fire and Rescue Training Institute (MU FRTI) provides comprehensive continuing professional education and training to Missouri's fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of Missouri's 29,000 firefighters and the 6 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation, as well as fires. In FY2016, MU FRTI trained firefighters representing all 114 Missouri counties for a total enrollment of 13,828 fire and emergency responders. Student enrollment numbers rose by 6 percent in FY 2016 as compared to the previous fiscal year. MU FRTI served 1,360 fire departments, organizations or agencies in FY 2016. http://www.mufrti.org



mu extension > nursing outreach

Keeping Missouri nurses up to date with the knowledge and skills they need to effectively provide care and fully participate in the state's health care efforts is a primary goal for Nursing Outreach. In FY 2016, Nursing Outreach helped 2,094 health care professionals participate in its programs and reached another 881 nurses through co-sponsored multidisciplinary programs. Nursing Outreach serves a predominantly rural health care audience with high-quality, affordable continuing education programs using face-to-face, web-based and online delivery methods. A full 92 percent of Nursing Outreach's Missouri participants reside outside the metropolitan St. Louis and Kansas City areas. http://nursingoutreach.missouri.edu

Office of Continuing Medical Education and Physician Lifelong Learning (CME/PLL)

CME/PLL serves both MU Extension and the MU School of Medicine by educating physicians and other health care professionals and enhancing the standard of health care to improve the health of the people of Missouri and beyond through health education, wellness promotion and health care quality improvement/performance improvement initiatives. Additionally, CME/PLL facilitates and manages health care quality improvement projects for the University of Missouri Health Care system and the MU School of Medicine Springfield clinical campus. In FY 2016, CME/PLL offered 1,879 noncredit programs, courses and educational activities with 31,779 participants. http://medicine.missouri.edu/cme/about



The Osher Lifelong Learning Institute (Osher@Mizzou) appeals to the curious and intellectual world of adults 50 and better. Classes are taught by retired faculty, authors, artists and world travelers. Courses cover subjects such as religion and politics, poetry and folklore, arguments before the Supreme Court, writing your memoirs, and the 2017 solar eclipse. In addition to the broad array of classes, Osher hosts social activities and provides service opportunities for members. As the retiree population is projected to double in the next 15 years, Osher is poised to stimulate and engage the minds of seniors. http://osher.missouri.edu

Law Enforcement Training Institute (LETI)

LETI brings state-of-the-art, certified, professional training to law enforcement officers and continuing professional education to a wide spectrum of other criminal justice and public safety professionals. For more than 60 years, the institute has been the state's leader in providing vital training and education services to Missouri's 17,000 in-service personnel and police recruits annually. Working with national, state and local agencies from 31 states, LETI provided basic and advanced animal cruelty investigations training. LETI also conducted 17 armed intruder/personal safety presentations to extension personnel and council members. LETI led several presentations to civic organizations, churches and businesses throughout the state on a variety of topics, including personal safety and armed intruder response. http://leti.missouri.edu

MU Conference Office

The MU Conference Office provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on campus, in out-state Missouri or anywhere in the world, the office's professional staff provides assistance to create the best learning environment for participants. In FY 2016, 12,215 Missourians registered to attend MU Extension conferences for teacher education in math, science and writing; crop management, and agricultural lending, as well as statewide youth leadership programs. — FCCLA and 4-H. http://muconf.missouri.edu

Veterinary Medical Extension and Continuing Education (VMECE)

Veterinary Medical Extension and Continuing Education (VMECE) focuses on issues that have widespread impact on Missouri veterinarians and livestock owners. Factors such as disease risks, rising input costs and increasing regulations all impact the livelihood of farming operations. The primary goal of VMECE is to provide up-to-date information and consultation to veterinarians and livestock owners so they are better prepared to address these challenges. For FY2016, VMECE provided continuing education for veterinarians seeking continuing education credit to renew their veterinary licenses. Team members also presented information about production-related topics or animal disease at more than 70 meetings across the state. http://cvm.missouri.edu/cont-education.htm

MTI

The Missouri Training Institute provides continuing education, custom-designed training programs and consulting services for business and industry, public and nonprofit organizations and educational institutions. Training programs include subjects such as human resource management, supervision, management, leadership, team building and other business-related topics. The institute's consulting services include curriculum design, human resources, strategic planning, board development and facilitating meetings and retreats. In FY 2016, 11,997 people enrolled in the institute's 421 programs. https://mti.missouri.edu

Labor Education

The MU Extension Labor Education Program works with members and leaders of a variety of workplace-based organizations across Missouri to help them develop skills to contribute to their organizations, act effectively in the workplace, and be informed and active participants in their communities. In FY 2016, the Labor Education Program offered 38 courses and conferences to meet the needs of 1,007 participants. The majority of these participants are elected and appointed leaders of organizations representing the economic interests of more than 20,000 working people in Missouri and surrounding states. http://labored/missouri.edu

CAMDEN COUNTY REACHES 321 PARTICIPANTS (55% increase from 2015)

Continuing Medical Education	33
Missouri Training Institute	9
Nursing Outreach	4
MU Conference Office	85
Fire and Rescue Training	181
Law Enforcement Training	9



CAMDEN COUNTY

Economic Contributions of Agriculture, Forestry & Related Industries:

Sales: \$112.8 million

Jobs: 1,666

Value-Added: \$53.0 million

Labor Income: \$31.8 million

Inputs: \$59.8 million

Taxes: \$10.3 million

Sales: The broadest measure of economic activity - often referred to as "output"; Employment (Jobs): A measure of Job positions without regard to whether they are full-time equivalents; Value-Added: Sales (output) minus the cost of inputs; Taxes: includes taxes paid at the federal, state and local levels.

Economic Contributions						
HELDER PROPERTY.	Inputs (SM)		Value-Added (SM)	-	Sales (\$M)	Employment
Ag Inputs & Services	\$10.6		\$10.2		\$20.8	411
Crops, Livestock, Forestry, & Fisheries Production	\$26.6		\$31.5		\$58.1	1,055
Food & Kindred Products Manufacturing	\$19.9		\$10.0		\$29.9	169
Forestry Products Manufacturing	\$2.7		\$1.3		\$4.0	31
Total	\$59.8		\$53.0		\$112.8	1,666

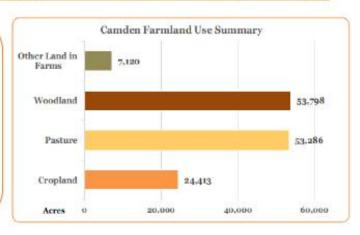
Number of Farms: 533 farms

Average Size of Farm: 260 acres

Total Land Area: 419,841 acres

Total Land in Farms: 138,617 acres

Population (2015): 44,237



Brought to you by:

Missouri Department of Agriculture | Missouri Farm Bureau | Missouri Agricultural & Small Business Development Authority









MO Dept of Ag

MO Farm Bureau

Camden County, Missouri

The County at a Glance



■ Population: 43,873

- □ UM Students: 183
- □ UM Alumni: 1,115
- □ UM Employees: 43
- □ UM Salary & Retirement Income: \$2,662,539
- □ UM State Tax Revenue: \$99.312
- □ UM Federal Tax Revenue: \$432,480

UM Students from the County in 2016

- 183 students
 - > 128 MU
 - ➤ 14 UMKC
 - 36 Missouri S&T
 - > 5 UMSL
 - 156 Undergraduates
 - 27 Graduates
 - ▶ 162 -Full-time students
 - 21 Part-time students

UM Employees and Retirees Residing in the County in 2016

- 43 people employed by UM
 - ≥ 26 MU
 - ▶ 1 UMKC
 - 2 Missouri S&T
 - 14 UM Health Care
- 45 UM Retirees and Beneficiaries

UM Alumni Residing in the County in 2016

- 1,115 alumni
 - > 756 MU
 - 147 UMKC
 - 103 Missouri S&T
 - 109 UMSL
- 403 Selected School Alumni
 - 22 Medicine
 - 42 Nursing
 - 35 Health Professions
 - 22 Dentistry
 - 15 Pharmacy
 - 4 Optometry
 - 10 Veterinary Medicine
 - 66 Agriculture
 - 143 Engineering
 - 44 Law

UM Services Received in the County in 2016

- 3,376 patients seen at UM Health Care, with \$1,287,148 of uncompensated care.
- I patient seen at the UMSL Center for Eye Care with an average of \$52 per patient in uncompensated care
- 28 patients seen at the UMKC School of Dentistry with an average of \$54 per patient in uncompensated care.
- 22,549 contacts with MU Extension through MU Extension events held in district counties.

UM Alumni Teaching K-12 in the County in 2016

- 50 teachers
- 11% of all county teachers
- 7 principals and administrators
- 30% of all county principals and administrators

UM Footprint in the County

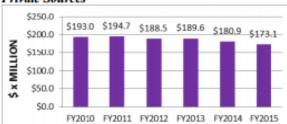
Camden County MU Extension Center

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Camden County, Missouri

UM Research Expenditures Funded by Federal and Private Sources



Between FY2010 and FY2015, UM brought in more than \$1.1 billion in federal and private research funds.

Economic Development Highlights

- With \$3.2 billion in total revenue, UM would have been the 14th largest publicly held Missouri-headquartered company in the state in 2016.
- With approximately 32,000 employees in the state, UM was Missouri's 2nd largest employer in 2016.
- In 2014, UM's \$147.7 million in federal research expenditures represented 94.5% of these expenditures at Missouri public universities.
- In 2015, UM's \$34.9 million in National Science Foundation (NSF) awards represented 84% of all NSF awards made to Missouri public universities.
- UM earned \$16.4 million in licensing income in 2016.
- UM received 184 new invention disclosures in 2016.
- 3 startups were created around UM technologies in 2016.
- UM was issued 39 U.S. patents and filed 63 new U.S. patent applications in 2016.

Electronic Services to the State in 2016

- The Missouri Research & Education Network (MOREnet) provided internet connectivity and technical services to members that include:
 - 59 higher education institutions with more than 238,000 students.
 - 521 K-12 schools serving more than 838,000 students and 75,000 faculty.
 - 121 public libraries connecting 322 library buildings that serve 5.32 million Missourians.
 - Serving the State Office of Administration, several municipalities and various other eligible organizations.
- MOREnet procured over \$20 million worth of telecommunications services from companies doing business in Missouri.

Financial Aid Provided to UM Students in 2016

- \$916.7 million provided to 58,251 total students
 - \$476.3 million (28,288 students) MU
 - > \$193.7 million (11,144 students) UMKC
 - \$114.1 million (7,722 students) Missouri S&T
 - \$132.6 million (11,097 students) UMSL

Education Highlights

- UM enrolled 44.8% of first-time undergraduates attending four-year public institutions in Fall 2014.
- UM awarded 43.2% of the 1,480 Research/Scholarship Doctor's degrees earned in Missouri in 2013-2014.
- UM awarded 25.7% of the 3,252 Professional Practice Doctor's degrees earned in Missouri in 2013-2014.
- UM awarded 55.1% of the 31,016 bachelor's or higher degrees awarded by Missouri's four-year public institutions in Academic Year 2013-2014.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2016, based on the best available data.

Data Sources include: Missouri Office of Administration • UM IR • Office of Social and Economic Data Analysis (OSEDA) • Center for Applied Research and Environmental Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept of Health and Human Services • National Science Foundation

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