

Cornell Cooperative Extension Sullivan County

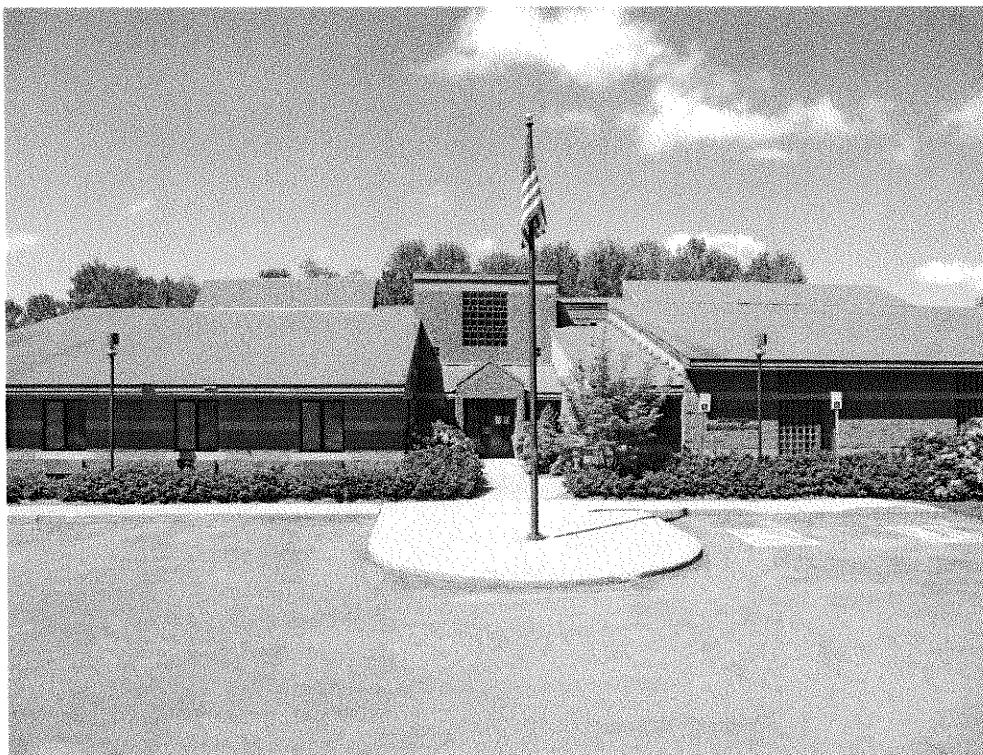
AGRICULTURE & NATURAL RESOURCES

FAMILY & CONSUMER SCIENCE

4-H YOUTH DEVELOPMENT

Cornell Cooperative Extension's

Annual Report 2011



Open: Monday- Friday 8:30 am - 4:30 pm

845-292-6180

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Dear Friends,

After continuing our search for a new Executive Director we were unsuccessful in finding the right candidate for the position. We were however, fortunate enough to bring in the Executive Leadership Team from Ulster County Cooperative Extension on a part-time basis. This not only brought some stability and continuity to the office, it also brought in a team of professional leaders that are familiar with the Cornell system, budgeting, grant writing, fundraising and programming.

Two of our the highlights for the year were community summits. First we spearheaded a Not-for-Profit Leadership Summit which was attend by over 140 participants representing over 70 regional non-profit agencies. In November, along with the County and some local donors, we held an Agricultural Summit to identify key agricultural initiatives, assess the strengths, challenges and opportunities facing the farms in Sullivan County and develop a plan and timeline for action. This event was a huge success attended by representatives from all facets of farming throughout the County.

Programming and outreach activities have continued to be well received by our cliental. Some of our plans for 2012 include re-viving the Master Gardener program, continuing the Not-for-Profit Leadership Summit, hiring an Agricultural Program Leader, and hiring an full time Executive Director.

We continue to touch the lives of thousands of Sullivan County residents with a wide range of programs and outreaches throughout the County.

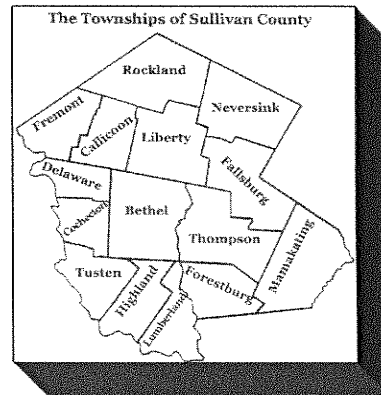
Sincerely,

A handwritten signature in cursive script, appearing to read 'Marc Jaffe', written in dark ink.

Marc Jaffe
2011 President, Board of Directors

News Articles Outreach

Cornell Cooperative Extension of Sullivan County provides educational programs to the farm businesses and families enrolled in our programs plus others through meetings, workshops, consultations, site visits, displays, events, newsletters and newspaper articles.



Some newsletter articles included:

The Consumer Corner—Up to date information for todays consumer. Examples: Car Repair Tips, How to Repair your Credit Score, and Rising Food Costs.

Financial Fitness—Tips and articles to help you manage your finances, ways to get out of debt, retirement, scams and fraud alerts.

Nutrition & the Dietitian—information on the newest food trends, seasonal fruit & vegetable information and updates from the National Dietetic Association

The Caregiver Resource Center— articles included information on travel, disaster preparedness, exercise & mobility, preventing falls, Medicare, resources for Veterans and sending care packages.

Notes from Trish— Includes information on fertilizers, planting & seed verities, tractor & machinery safety, insect & disease updates, weed control and USDA Updates.

Horticultural Hints—monthly listing of what needs to be done in garden and to prepare for the next season.

Cornell Cooperative Extension Staff

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Will Hughson
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Earl Myers

**Family &
Consumer Science
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Bill Cutler
April Kackos
J P Lang
Susan Peters
Jean Smith

Teen Members
Elizabeth Bracken

Cornell Cooperative Extension Staff

Agricultural Program Educators

Susan Dollard smd243@cornell.edu	Master Gardener Coordinator
Trish Westenbroek paw34@cornell.edu	Resource Educator, Dairy, Livestock and Agronomy

Family & Consumer Science Program Educators

Sean Welsh sw288@cornell.edu	Team Leader for FCS and 4-H Youth Development
Bonnie Lewis, RN bjl25@cornell.edu	Caregiver Resource Center Coordinator
Nicole Slevin nas96@cornell.edu	Program Educator, Family & Consumer Science
SueAnn Boyd srb46@cornell.edu	Nutrition Teaching Educator
Erica Ferber elf55@cornell.edu	Nutrition Teaching Educator

4-H Youth Program Educators

Marylin Jones mlr34@cornell.edu	Community Educator, 4-H Programs
Nicole Olsen nmb62@cornell.edu	Community Educator, 4-H Programs

Agriculture & Natural Resources

The primary objective of the Ag and Natural Resources Program is to provide strong technical programs dealing with the critical issues facing farmers, land owners and consumers. Major emphasis is placed on production management, farm profitability, environmental management and agricultural economic development as they pertain to the various sectors of agriculture. During the past year over 50,000 contacts were made by the professional and volunteer staff. Twenty five thousand individual pieces were sent out as circular letters, electronic responses, meeting notices, fact sheets and answers to problem situations. 3,500 consultations were held by telephone or site-visit. Over 1,000 technical bulletins were distributed. Twelve monthly issues of the Extension Connection were printed reaching over 900 families. Our services were contracted to Orange County for Dairy and Farm Business for the 2011 year.

A wide range of programs were offered this year to farmers, land-owners, consumers and gardeners along with our “traditional events” including:



“Ag Day” was held in Callicoon in conjunction with Penn State Cooperative Extension Wayne County. The success of combining events has proven well for both farmers and service providers with 125 producers and families attending the event.

“Corn Field Day” was held at Dave and Brandon Peters Farm in Hortonville. Over 30 producers and industry professionals attended the event. Information on corn varieties, corn management and pest control was presented. Pesticide credits were issued.

The Extension on Demand SARE grant offered online “Marketing Your Meat” series and a facilitated group discussion where 20 producer participated in the program with 17 producers reporting components of their marketing plan created and new marketing materials developed.

The Consumer and Commercial Horticultural Program offers a variety of services to the community. The gardening help-line received over 800 calls this year with questions on insects, disease and growing tips for fruit, vegetables, flowers, trees, shrubs and turf.

Over 200 diagnosis or insect identifications were made and 150 soil tests were performed. Over 30 site visits were performed this year to assist property owners with their landscape problems.

The Cornell Cooperative Extension Plant Sale was held this year with a wonderful response. Perennials, annuals, vegetables, fruit and herbs were all offered for sale. A ‘Members Only’ presale was held before opening to the general public.

Programs this year included:

"The Potager" - Two part workshop to assist residents' with starting a new vegetable garden and growing vegetables in the home garden.

"Beginner and Backyard Maple Production" - NYS Maple Specialist Steve Childs presented a program on starting a backyard maple business.

"Root Cellaring" - Program on building a root cellar and how to store your produce.

"Emerald Ash Borer" – this program was aimed at municipal officials, businesses and landowners that will be impacted by the recent discovery of EAB in our region.

As part of the Hudson Valley Horticultural Group programs for professional horticulturalists focusing on nursery and greenhouse management, perennial conference, Landscape and turf management were all held.

Some quotes from class participants:

"Thanks for your part in the *"Marketing Your Meat"* series. I found it useful for my own thinking and planning. The price and profit margin calculator was really useful. " - *Livestock Producer, Jeffersonville.*

"Meeting in small groups let us farmers talk with each other and get connections. We learn the hard stuff from you and get little things from all of our experiences. It's a melting pot to be better at business." –*Specialty Product Producer, Ellenville.*

"It's good for us to get together- see what we're doing, see what's new. You learn a lot about what you can do for next year's crop and what could affect it in the future." - *Dairy & Crop Producer, Callicoon, NY.*

“This is all so very helpful. I always wanted to start a garden, but didn’t know where to begin. The information given is practical and actually used by the speaker.”- *Participant in “The Potager” Workshop series.*

“I know if I call you folks, I’ll get the correct information to take care of my problem. What a valuable resource Extension is to the community” – *Call to the gardening helpline Neversink resident.*

“I really appreciate getting unbiased information. When I hire landscapers or tree care companies I never know if they are just trying to sell me something. The information I received on my landscape problems was invaluable and practical. I am becoming a member today!” - *Site visit with resident in Monticello.*



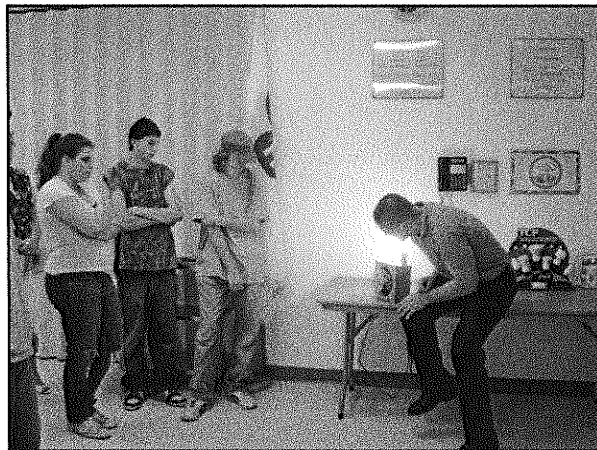
Plant Sale

Family & Consumer Science

Consumer/ Financial Education

Residential Energy

The main goal of the Consumer and Financial Education program is to assist with avoiding financial hardships through education and empowerment so consumers can navigate life with a better financial understanding.



Focus on Energy- Sean Welsh taught a "CEPREE Workshop for Youth" recently. Reaching out to youth about saving energy and how that affects their future was a message well received.

Over the past year more than 60,000 contacts were made by the program educators and volunteers involved in the program- This includes various radio interviews, articles written, presentations, events, displays and workshops held.

Tax Program

The AARP Volunteer Tax program assisted well over 300 individual senior and low income tax payers. This program is driven

by 7 key volunteers who are certified and trained by AARP and the IRS. The First Home Buyers Club had a group of 31 individuals who met over a 6 month period and are on their way to becoming homeowners locally. Over 500 contacts were made by educators over the phone with consumer specific problems and topics discussed. An additional 100 one on one financial education appointments were also conducted in FY 2011. Classes dealing with consumer and financial education were held throughout the year, and saw roughly 235 people attend. With an additional 118 contacts made through energy classes.

Displays and public events were another key area for the consumer and financial education areas with 2,385 people being reached through these events. Radio and article dissemination numbers are estimated to be around 54,000 indirect contacts.

Quotes-

“Read through the information and set myself a goal also, so I can see how much I can save. The calendar system is a great idea!” – *Consumer Smarts program attendee.*

“Testing for drafts myself, and sealing air leaks are something I have to start doing every year.” – *Save Energy, Save Dollars attendee.*

“I saved \$150 by getting my taxes done here with the volunteers.” – *AARP Tax program attendee.*

“Checking my credit report can give me information about scams that I may be in danger of being involved with.” - *Consumer presentation attendee.*

“Goals and personal budgets are closely related.” - *Making Ends Meet attendee.*

Caregiver Resource Center

CRC remains a co-partnered program between Cornell Cooperative Extension and Office for the Aging, providing information, referrals, facilitation of monthly support groups, educational programming, a lending resource library, and the *Caregiver Support Quarterly* newsletter. Free respite services to relieve caregiver burden, case management and senior support services continue to be provided via coordination with the Office for the Aging.

In the annual report to the NYS Office for the Aging, in review of April 2010 to March 2011 grant funding year, the CRC provided 57 group trainings or workshops, with 1,006 participants receiving training, of which 154 acknowledged they were active family caregivers (and completed the NYS OFA Caregiver Client Profile). There are three active support groups (Liberty, Hortonville and Grahamsville), with eighteen active & unduplicated caregivers. The CRC provided individual counseling to 53 caregivers and 50 telephone requests for information &/or referrals for caregiving issues. During this contract period, 155 caregiving households were in contact with Caregiver Resource Center for services.

A sampling of CRC events for 2011 include:

- **Elder Abuse Education:** Display, handouts & a lecture on the signs and symptoms of elder abuse & how to report to OFA or APS. Encouraged seniors to be the 'eyes & ears' for neighbors & friends. Provided to Roscoe, Neversink, Mamakating, Forestburgh, Monticello, Jeffersonville, & Liberty
 - Met with Art Mason from Lifespan of Rochester for information on results of new Elder Abuse Prevalence Study. Connected him with local media and Times Herald-Record; followed up with story relevant to Mid-Hudson, including Sullivan County. TRIAD & Caregiver Resource Center information provided as well as all collaborators pertinent to prevention of elder abuse.
- **TRIAD:** working to prevent elder abuse and violence, continues its collaboration. Efforts also include quality of life issues for seniors via the partnership between senior representatives, law enforcement

and all County/ Hudson Valley agencies that assists or serves senior citizens. The CRC remains lead facilitator for all meetings.



*Senior Safety Day "Older Driver Safety"
Sponsored by TRIAD/Facilitated by CRC
Eighty-three guests attended the program at the
Monticello Neighborhood Facility*

- Senior Safety Day
– TRIADs main yearly effort, was successful. Eighty-three residents participated; this year's focus was on older driver safety. Four presenters covered the topics of driving related to aging and health issues, DMV and licenses for older citizens, occupational therapy assistance via driving rehabilitation & modifications, and a future program called 'CarFit' for the spring of 2012.
- Long Distance Caregiving: Class presentation on how to identify the care-receivers needs and then arrange assistance while living at a distance from the care receiver. It incorporated assessment skills, coping with resistance from the senior, tapping into family & community services, early planning, communication skills (particularly with health professionals), state & national CG resources.
- Because We Care: On June 2 a dozen Sullivan County agencies provided insight into their services for area seniors and caregivers (when and how they can provide assistance) followed by a forum discussion of care coordination and how to navigate the maze of finding services.
- What Should We Do With Grandma's Treasures?: Two classes were offered (June 21 and September 20) Guest speakers (Carol Smythe, Town of Neversink Historian and Dot Muthig, Antique Collector) assisted the CRC in this estate planning related class. It

also encouraged caregivers to incorporate documents sharing their family history plus preservation of family artifacts. Education included possibilities of how to distribute treasured family possessions, navigating family dynamics (being sensitive and what is 'fair' in your family) and managing the conflicts if they arise.

*MOLST
Medical Orders
for Life-
Sustaining
Treatment*

*Guest Lecturer:
Christopher
Westbrook,
Esq., MBA,
SPHR*

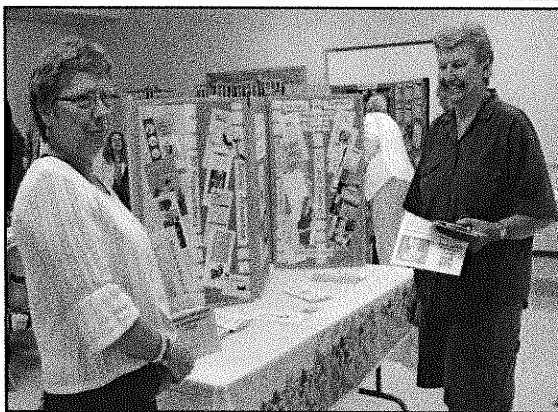


- MOLST ~ Enhancing Your Advanced Directives: Offered July 20, guest speaker Christopher Westbrook, Esq., MBA, SPHR lectured on advanced directives, MOLST forms and examples of life-sustaining medical treatments used when seriously ill. MOLST forms help individuals (with their caregivers and health professional's guidance) make decisions related to advanced medical treatments and it directly ties into living wills and health care proxies, with quality of life considerations.
- Touch, Caring and Cancer: A unique opportunity for a caregiver to learn hands-on methods to reduce pain and discomfort their care-receiver is experiencing. Although the title refers to cancer, the techniques (gentle massage and acupressure) are not exclusive to this disease and would apply to many. A licensed massage therapist led group utilizing complete program materials developed by National Cancer Institute that won two Telly Awards.

- Hospice Foundation of America Presentations: CRC participates in this nationally recognized distance learning program opportunity to help educate healthcare professionals and families on issues affecting end-of-life care.
 - o April 2011: Spirituality and End of Life Care. Focused on differentiating spirituality from religion, how spiritual issues and spiritual coping emerges throughout an illness, and how spirituality can complicate and/or facilitate end-of-life care and grief.
 - o November 2011: Beyond Kubler-Ross: New Perspectives on Death, Dying and Grief. Explored current theoretical perspectives on dying and death, with the emphasis on challenging Dr. Kübler-Ross's 1969 publication, *On Death and Dying*.

In 2011, the Caregiver Resource Center also collaborated with Catskill Regional Medical Center's Health Information Library, Literacy Volunteers of Sullivan County, RSVP in Sullivan County Office for the Aging and Community Services of Catskill Regional Medical Center to develop a program 'Communicating with your Health Care Provider.' Its focus: delivering health literacy classes in Sullivan County for various senior and community groups, as well as venues in the community that reaches underserved consumers in need of this education. To address low health literacy (particularly common among the elderly, individuals with a chronic illness or disability, those living in poverty or who do not speak English), April 2012 is the targeted kick-off month for classes to begin when the weather improves.

*Because We Care:
Long Term Care
Information
Fair & Forum
Sponsored by
Caregiver
Resource Center*

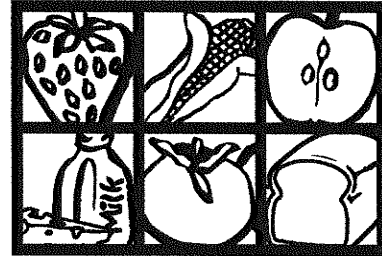


Eat Smart New York

Eat Smart New York provides a series of classes (6 classes minimum as required by Cornell University). The target audiences are: those that are eligible for or on food stamps, individuals receiving WIC and caregivers/parents with children in Head Start. The topics that are covered

are food safety, meal planning, food shopping and how to stretch your food dollar, how to decipher food labels, information on fats and sugars and fibers as well as other macro and micronutrients. Physical Activity is incorporated into each class.

Eat Smart New York!



ESNY

We had over 159 participants complete our program requirements with a 61% graduation rate. Our population is a very transient population, with 61 participants not being able to complete our classes due to 23 of these individuals moving and 12 either no longer contactable or losing interest among the most significant reasons. We were able to promote positive behaviors in the families in our community and were able to reach over 742 people through informal and formal encounters throughout the year. We reached over 1,600 community members on one time presentations, with. Presentations were provided at many different food pantries throughout the county, WIC clinics, school and community health fairs, just to name a few sites visited. ESNY class series were held at The Recovery Center, New Hope Manor, Head Start, Even Start, BOCES Monticello Family Welcome Center and Senior housing centers.

We had a display board and activities for the Grahamsville Fair, attended orientation for each of the Head Start locations, we attended multiple health fairs at county schools in White Sulphur Springs and the Monticello. There is a permanent display board in the Public Health Office lobby in Liberty.

Our educators attended a regional training involving the New Dietary Guidelines and the “Choose My Plate” information as well as the annual meeting in Albany.

Here are some quotes from some of our graduates:

“No matter how old you are, you are still able to learn something.”

“It was almost impossible, but I understand the concept of trying to plan out meals and not to purchase foods I already have in the pantry.”

“It’s funny how people will spend a lot of money on shoes, but think twice about spending a few dollars extra on a more nutritious food”.



One of the Eat Smart New York group graduations.

Not-for-Profit Summit

This year Cornell Cooperative Extension led the charge on the first ever Sullivan County Not-for-Profit Leadership Summit. The event took place in March at The Bethel Woods Center for the Arts with more than 140 participants representing over 70 not-for-profit agencies.



*Legislature Chairman
Jonathan Rouis welcomes
the participants*

“What a tremendous success for our first summit! The Committee and I were excited to see a sold-out event representing everything from youth, environmental initiatives, healthcare, the arts and many other not-for-profit services, ready to learn new ways to work together!” said Sullivan Legislature Chairman Jonathan F. Rouis.



The Summit Committee from left to right: Darlene Fedun, Whitney Schlott, Michelle Huck, Kristin Geeslin, Alexis Eggleton, Susan Diamond, Kathy Kreiter, Amanda Speer, Linda Hartley, and Karen Minogue.

4-H Youth Development

4-H Youth Development is Cornell Cooperative Extension's educational program for today's young people. 4-H is a positive youth development organization that empowers young people to reach their full potential, enabling America's youth through hands-on learning, research-based programs and adult mentorship to emerge as leaders and give back to their communities.

*It seems that the older I get, the more I enjoy myself in the 4-H Program. I broadened my horizons this year and stepped out of my comfort zone a lot and really experienced some incredible things. This year 4-H has brought a whole new meaning to helping people and our planet earth...how much my work is appreciated and how much even the littlest thing can make a difference. **Samantha Schips, Glen Spey Explorers***



4-H Spring Workshops celebrates Earth Day featuring horticulture projects for youth. Sullivan County Master Gardener Bruce Ackland demonstrates how to create a container garden.

Sullivan County, 4-H combines the resources and efforts of youth, volunteer leaders, local Extension Educators and Cornell University faculty and staff. 4-H Annual programming includes large events such as Public Presentations, International Night, Youth Fair and Achievement Day. Youth also participate in various workshops and clinics on topics as varied as wind turbine design, seed starting, container gardening, animal science, crafts, theater arts, public speaking and leadership development, textile arts, tractor safety, snowmobile safety, citizen science and much more.

Over 2415 Sullivan County youth participated in 96 various educational programs and offerings in 2011. There are twenty active 4-H clubs across the county and enrollment including "Independent Members," totals 515.

In some points of the 4-H year there are big challenges but somehow with the help of my 4-H group we accomplish those challenges together. I think of 4-H members as my family, we always start together and then finish together and we always teach new things to one another! - Paige Russell, 4-H Fetlocks

4-H connects kids to Cornell and local educational resources. 4-H'ers discuss wind turbine design with Sullivan Alliance for Sustainable Development's Luke Spencer.



4-H youth have strong inclinations toward healthy behaviors, academic excellence and civic achievement and the 4-H healthy living initiatives are proven to engage youth in positive healthy living behaviors.

With my whole family involved, 4-H is very rewarding to all of us. The whole family has learned a lot and has had fun with 4-H." - Danielle Sykes, 4-H Moo Juicers Club

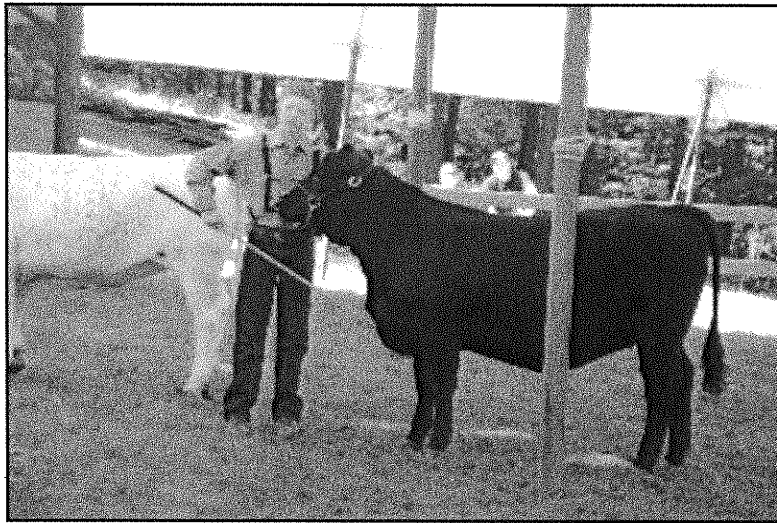
Recent findings from the **4-H Study of Positive Youth Development** indicate that young people in 4-H are three times more likely to contribute to their communities than non-4-H Youth.



4-H teaches youth entrepreneur skills through the 4-H Livestock Auction.

4-H'er Kaitlyn Smith sell her livestock auction animal project to the highest bidder at the 2011 Sullivan County Youth Fair.

This being my tenth year in 4-H, it means a lot to me to have been able to help my community as much as I did. Helping the community is a very important thing that not a lot of teenaged High School students get to participate in or experience. I feel that it is one of the most important skills that 4-H teaches people. - Rebecca Robinson, Chicka Chicka Chu's Club



My biggest accomplishment this year in 4-H was showing my two cows at the Fair. This was the first time any cows from our farm were shown since my Dad was in 4-H (a long time ago). I learned a lot from Michael Hahn—he showed me the ropes. When I am older I hope that I can help a younger member like he helped me! - Patrick Coombe, 4-H Puppy Pals

2011 ANNUAL REPORT

	11/10	11/11	ANNUAL
	Y.T.D. ACTUAL	Y.T.D. ACTUAL	BUDGET
FEDERAL	20,544.22	8,333.39	10,000.00
STATE	331,878.78	377,654.00	456,570.00
COUNTY APPROPRIATION	311,610.02	381,800.00	415,000.00
COUNTY AGREEMENTS/CONTRACTS	179,850.30	153,162.40	178,611.02
GRANTS/CONTRACTS	7,931.32	17,707.00	38,163.00
PROGRAM/OPERATING REVENUES	153,740.28	130,212.12	213,700.00
TOTAL REVENUES	\$1,005,554.92	\$1,068,868.91	\$1,312,044.02

Appropriation for 2011

