

## Family and Consumer Sciences

BingoCize® was created by Dr. Jason Crandall, Co-Director/Co-Founder at the WKU Center for Applied Science in Health & Aging. He created the socially engaging group-based game that combines health education and exercise in the format of BINGO.

To help participants learn and use health information focused on behavior related to exercise, the FCS Agent in Henderson County taught BingoCize® to twelve participants for 10 weeks.

Results of the program— zero participants reported having a fear of falling in the last 10 weeks after five participants reported prior to the program of having a fear of falling; three participants reported very good health, two fair health and one excellent health after ten participants reported very good health prior to the program; six participants feel more comfortable talking to health care providers about medications and other fall risk factors and all participants feel more comfortable talking to family and friends about falling and would recommend this program to a friend or relative.



12995

**Number of hours  
KEHA members  
volunteered  
in COMMUNITY  
activities and events**

## Henderson County Cooperative Extension Office Staff

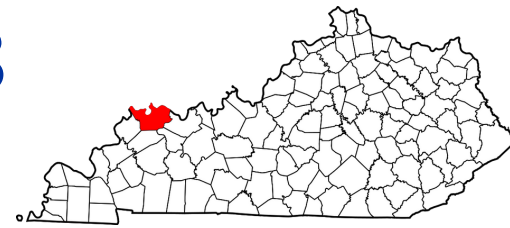


**Front Row from left to right-** Ann Gish, Staff Assistant, Amber Adair, Staff Assistant, Christi Johnson, 4-H Program Assistant, Jessica James, Ag Agent, Rohdene Rollins, FCS Program Assistant

**Back Row from left to right-** Angie Melton, Staff Assistant, Ella Fourqurean, 4-H Agent, Amanda Hardy, FCS Agent, Ron Melton, Facilities Coordinator, Allie Brasher, 4-H Agent, Andy Rideout, Horticulture Agent

# Henderson County 2023

## *Report to the People*



## Did You Know?

According to the latest USDA Census of Agriculture, Henderson County has 458 farms that cover 180,644 acres.



The 4-H four-leaf clover symbol was adopted for use across the country in 1911.



In 2020-2021 FCS extension made 1,607 direct and 1,768,048 indirect contacts with individuals and families in Henderson County.



[henderson.ca.uky.edu](http://henderson.ca.uky.edu)



@HendersonCountyKYExtension

## For More Information, Please Contact us at:

Henderson County Extension Office  
3341 Zion Road Henderson, KY 42420

(270) 826-8387

[henderson.EXT@uky.edu](mailto:henderson.EXT@uky.edu)



## Horticulture

Urban landscape can be a struggle to maintain and plan for long term beautification. Many municipality budgets don't allow for proper urban tree management.

Early in 2019, the Henderson Downtown Initiative contacted the Extension Office to help with identifying the need to better manage the health and replacement of the downtown treescape.

Working with University of Kentucky's Urban Tree Initiative, Henderson County Extension, and Henderson County master Gardeners, we were able to complete a comprehensive tree inventory in the downtown district. Data collected using ArcGis Tree Inventory software included: tree species, tree overall health, root or height problems, and tree trunk diameter. Over 160 trees were mapped with corresponding data in a 12-block area. Many of the trees that have been replaced recently needed some maintenance such as pruning or staking. Identifying these needs on an interactive map will help the Henderson County Parks department better address the maintenance needs.

In the fall of 2019, we presented our report to city commissioners including a currently tree maintenance plan and a replacement plan. Throughout 2020, the Henderson County Parks Department implemented the plan, replacing over 30 overgrown trees and adding 22 new plantings.

1120

**Number of Master Gardener hours completed in the county**



## Agriculture & Natural Resources



100

**Number of people who collected soil samples for testing**

Henderson and Union County Ag Agents partnered together to host the Grain Crop Short Course for four Tuesdays. Union County Extension hosted the first two Tuesdays and Henderson County Extension hosted the last two Tuesdays.

The first meeting was Jan. 10th, and the topics were Grain Drying and Storage and Grain Hauling and Mobile Apps. The second meeting was on Jan. 17th and the topics were Corn Diseases and Weed Control Lessons and Preparation for Next Crop Season. CEU's were offered this meeting. The third meeting was Jan. 24th and the topics covered were Soybean Diseases and any Currently Relevant Topics. The fourth meeting was on Jan. 31st and the topics covered were Soil Fertility and Dicamba Training. As an incentive, if producers attended at least 3 out of the 4 meetings, they received an updated private applicator card.

Surveys were given out at the last meeting for feedback. The responses were very good, and we had one comment saying we should make this program an annual event.

## 4-H Youth Development



68

**Number of youth who served as group leaders or officers**

Family Magazine reports that 76% of middle school age youth are babysitting either family members or other's children. According to a new American Red Cross poll, parents say that good babysitters are hard to find, and they want to entrust their children to babysitters trained in first aid, CPR, and childcare skills.

The Henderson County Cooperative Extension Service 4-H and FCS programs offered a two-day babysitting clinic during summer break for middle school and high school students.

Twenty-four female youth in grades 7th-11th learned about child development and milestones, toys and activities for children, basic care of infants, toddlers and children, and the business basics of being a self-employed babysitter. Youth were also Red Cross certified in first aid and CPR by hospital professionals. Since starting and completing the 4-H babysitting clinic, youth attending reported on their assessment that overall, 21 babysitting jobs had been secured by participants combined.

The goal with the "Challenge Me 4-H" program is animal-assisted intervention (AAI). AAI is used to assist individuals with autism spectrum disorder in their learning development bringing improvement in social interaction and affection to other people.

Henderson County High School Special Education students meet monthly with Henderson County 4-H agents and program assistant for educational activities covering 4-H core areas. The "Challenge Me 4-H" program came to mind and the Special Education teachers were on board. We borrowed 10 show Dairy Goats from 4-H volunteer and 4-Her, Heather and Montana Fehd. Our program was three Fridays and included 10 Agriculture Education students from Murray State University and their advisor and professor, Dr. Kimberly Bellah. During the program, 20 special education students met their Ag Ed friends and were introduced to the goats. They utilized "Toobeez" (a giant construction building system) and built goats, so they were able to get the feel of leading goats. With hands-on time with the goats, they were able to clean them and practice getting them "show ready". Their show took place on the third Friday at the local fairgrounds. They received trophies and a picture of them with their show goat at the end of the show.

This is a program that Henderson County 4-H is excited to continue and add more species to in the coming years.

**Number of youth who gained an understanding of the role of agriculture in the production of food, fibers, and wood products**

118

