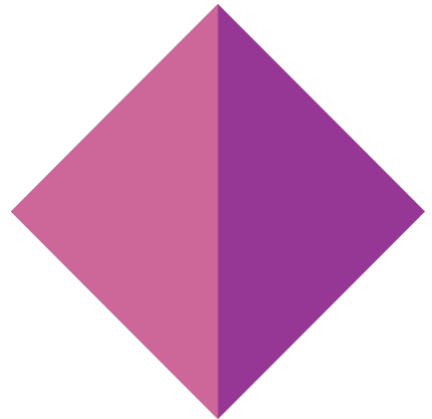


**Kentucky Extension**  
**2019**  
**Diversity Awards**

State Extension Council Advisory Meeting

February 25, 2020



**COOPERATIVE EXTENSION**



University of  
**Kentucky**<sup>®</sup>

*College of Agriculture,  
Food and Environment*



COLLEGE OF  
AGRICULTURE,  
COMMUNITIES AND  
THE ENVIRONMENT



(Left to right) **Jenie Carter**, Extension Program Assistant, worked with KiAndra Hilliard on some kitchen skills in the Youth Development Center at the YMCA in Louisville, KY.



# Kentucky Extension Diversity Awards



– *Dr. Mia Farrell*  
Assistant Dean for  
Diversity

The Cooperative Extension Administration from Kentucky State University and the University of Kentucky would like to recognize the outstanding achievements and commitment those have made to strengthening community diversity, recruiting and retaining diverse clientele while fostering cultural inclusive environments in an effort to continue to improve the lives of Kentucky citizens.

This year, the Kentucky Extension Diversity Award Committee was elated to receive 21 excellent nominations from across the entire Commonwealth.

The selection committee had a very difficult time in selecting a team and an individual winner, as each entry was groundbreaking, grass-root centered, and dynamic in its own right. Congratulations to the 2019 Individual and Team Diversity Award Recipients. Your hard work and dedication is appreciated.

# Individual Diversity Award



**Reda Fugate**  
**Perry County**  
**Nutrition Education Program Assistant**



## Nutrition Education Program Materials in Braille for Visually Impaired Clients

### **Reda Fugate**, Perry County University

**of Kentucky – Nutrition Education Program Assistant**

The Kentucky Nutrition Education Program (NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program (SNAP-Ed). The goals of both are to educate limited resource families with young children and SNAP eligible individuals to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. NEP assistants work in communities by building partnerships with all types of community organizations and education institutions. Participants receive hands – on education and learn basic skills necessary to raise healthy families on limited incomes in a struggling economy.

In a state where 34.3 % of Kentucky adults are obese and 17% are living below poverty, the goal of our program assistants is always to remove any additional barriers to nutrition education. Many of them go above and beyond their job responsibilities to ensure the individuals and families they serve receive nutrition education, supplemental reinforcements and resources and deliver their programming with respect for those they serve.

In Perry County, Reda Fugate, continues to shine in this area. Reda always goes above and beyond to help meet the needs of her clientele and in this instance worked with the state NEP office to secure our adult curriculum materials in Braille for her visually impaired clientele. Reda and the state NEP office worked with the American Printing House for the Blind in Louisville, KY to translate our adult curriculum, Healthy Choices for Every Body, in Braille. Reda has now provided opportunities for other program assistants across the state to reach a new audience because of her work in serving a previously unserved and underrepresented audience. In addition, the families of the individuals are now engaged in Cooperative Extension Programming and it has solidified the commitment of serving our communities across the Commonwealth.

This curriculum was recently accepted into the SNAP-Ed toolkit and is available to other SNAP-Ed implementing agencies. In addition to Braille, it is offered in Spanish, French, and Swahili





# **Team Diversity Award Winner**

## **Nutrition Education Program Creates Opportunities for Developmentally Challenged in Metcalfe County, Kentucky**

**Heather Shaw** – Metcalfe County University of Kentucky – Nutrition Education Program Assistant

**Lynn Blankenship** — Metcalfe County University of Kentucky - Family Consumer Sciences Agent

The Metcalfe County SNAP Education Assistant teaches Nutrition Education Program (NEP) classes monthly at the Metcalfe County Public Library, these classes are open to the public. A local woman approached the SNAP Assistant in one of the library programs, indicating that she had a group of up to 10 young adults with various developmental disabilities. She requested that her group be enrolled in the NEP program classes. She felt strongly that they would benefit from the education provided in the classes.

This group included members diagnosed with autism, Down's syndrome and other special needs. This community member wanted her group to participate in NEP classes, but wasn't sure the library setting was a good fit. The SNAP Assistant decided to start a monthly NEP class at the Extension office in Edmonton, in order to help this group learn about how to eat healthier, save money when grocery shopping and gain cooking skills, to become more independent and confident in the kitchen. The group attended monthly sessions from July 2018 through June 2019. When these participants completed the entire NEP curriculum and graduated the course, data showed a 75% increase in the quality of their diet and a 69% improvement in food resource management since beginning the classes.

Challenges that presented in working with this group included, that not all participants were comfortable speaking during class and some participants did not have writing skills. Some participants had short attention spans and/or had trouble focusing for the entire length of the lessons. To help ease these issues, the instructor kept a regular routine with the group's classes so that everyone knew what was going to happen in each session. No one was directly asked to answer questions. In an effort to break up the lecture to help participants struggling to sit or listen for long periods of time, the instructor modified these classes adding in hands on activities using the Eat Smart to Play Hard toolkit, from the state NEP office.

At the end of each class, all participants and the instructor went to the kitchen to prepare the recipe of the day. If a participant didn't feel comfortable helping prepare the food, they simply observed. After a few lessons, participants felt more comfortable taking part in the food preparation and most everyone enjoyed pitching in to help make the recipes. The group improved their kitchen skills including reading a recipe, following directions, measuring and knife skills. Most participants were surprised when they tried the healthy recipes and actually liked them, resulting in the 75% improvement in dietary quality, evidenced by the NEP graduation data.

During the course of this group's enrollment in the NEP program, the group leader also requested help with stress management and hands – on food preservation. The Extension Agent for Family and Consumer Sciences Education then provided programs on stress recognition and release, hands-on food preservation workshops and a hands – on electric pressure cooker cooking class, to meet their needs. The FCS Extension Agent has eight program sessions scheduled with this group for the 2020/21 program year, to facilitate this group's participant's further development of their daily living skills, within the Extension learning environment.

# Individual Diversity Award Nominees



**Livingston County** –  
**Dominique Wood** – 4-H Youth  
Development Extension Agent

Dominique Wood ensures that ALL youth receive the same opportunities to learn from UKY Cooperative Extension Programming. She dutifully addresses any accommodations needed to create the most impact in learning for each and every youth in the county.



**Jefferson County** –  
**Clarissa Cheatwood** –  
Nutrition Education  
Program Assistant

Clarissa has served as a nutrition education program assistant for 11 years and continuously reaches out to provide programming to underrepresented audiences throughout Louisville, including immigrants and individuals in substance use recovery.

**Meade County** –  
**Teresa Kling** –  
Nutrition Education  
Program Assistant

Special needs adults are often overlooked when planning programs. To better serve this audience the EFNEP assistant partnered with a local church to expand efforts and teach new experiences.



**Mercer County** – **Dana Anderson**  
– 4-H Youth Development Agent

Latino Outreach Day Camp was for youth to experience the opportunities available through 4-H. Youth participated in hands on activities and the opportunity to try new things.



**Madison County** – **Amanda  
Sears** – Horticulture Agent

The Madison County Horticulture Agent offers hands on gardening education to the residents of Liberty Place, women's drug rehabilitation center located in Richmond, Kentucky.



**Kentucky State  
University** – **Edwin  
Chavous** – Area Small Farm  
Agent

KSU's Cooperative Extension Program's Area Small Farm Agent is working with limited-resource present and future homeowners by providing technical assistance on credit-worthiness, loans, home repairs, and USDA Rural Development programs.



**Campbell County** –  
**Melissa Pilcher** –  
Nutrition Education  
Program Asst.

Nutrition Education program brought a diverse group of young people closer as a team through the power of food and cooking while learning the benefits of nutrition and healthy eating.



# Individual Award Nominees



**Mercer County – Lucil Hockersmith – 4-H Youth Development Agent**

Mercer County's MLK Day is an annual event dedicated to recognizing and empowering youth as well as community pluralism in the context of the National Martin Luther King, Jr. holiday.

**University of Kentucky – Ed Wilcox – Watershed Research & Extension Associate**

Ed Wilcox reached out to local organizations with under-represented youth to provide watershed education in Frankfort, Kentucky.



**Franklin County – Tamera Thomas – Family Consumer Sciences Agent**

Franklin County Cooperative Extension partnered with the Kings Center, a faith-based, non-profit community center to promote proper nutrition and teach cooking skills to limited resource youth from grades 1-12.

**Diversity is the one true thing we all have in common. Celebrate it every day!**

# Team Diversity Award Nominees

**Pike County – Novella Froman, Beatrice Akers, Sarah Musick, & Carol Thompson – University of Kentucky**

The Pike County 4-H Program is large with an average membership of 4,000 youth in the clubs. Programming is a challenge in this county as it can take up to an hour to reach some part of this county. Staff take the programming out in the communities to make it inclusive for such a large geographic county. Though the minority population is less than 1%, the program more than meets parity and exceeds the market share of youth at 58%.



**Rowan County – Pegg Jones & Bradley McKinney – University of Kentucky**

Students learn to give back to their community, reduce hunger, plant science, nutrition, being a team and identify a sweet potato.



**Pulaski County – TJ Adkins, Edith Lovett, Brenda Williams, & Bethany Wilson – University of Kentucky**

Sky Hope Recovery Center is a 100 bed rehabilitation center for women that is providing hope to homeless women suffering from alcoholism and drug addiction. The facility is located in Somerset, Kentucky.



**Fleming County – April Wilhoit, Staci Thrasher, Lindsay Hayns, & Samantha Woerner – University of Kentucky**

Through this cross-cultural “garden to table” experience, youth members had the opportunity to observe international gardening techniques, learn about fruits and vegetables from across the globe, and compare and contrast food preparation methods.



# Team Diversity Award Nominees



## **Bracken County** – David Appelman, Shannon Smith, & Molly Jordan - University of Kentucky

The Hunter's Harvest is a collaborative effort to responsibly manage the deer herd and provide healthy food for those less fortunate in our community.



## **Boyd County** – Lori Bowling & Susan Grimmert – University of Kentucky

Horticulture Agent and Nutrition Education Assistant teamed to offer Recovery Garden Therapy to Sanibel House, men's drug and alcohol addiction recovery center, gardening instruction and cooking/recipes for produce raised.



## **Taylor County** – Kara Back & Angie Freeman – University of Kentucky

Taylor County Cooperative Extension Service reaches out with programs on healthy living and gardening taught at The Healing Place of Campbellsville, a men's substance abuse recovery facility.



## **Fayette County** – Jacqui Denegri – University of Kentucky

Jacqui went above and beyond delivering the Teen Cuisine curriculum to teens within the Down Syndrome Association of Central Kentucky and is more than deserving of the 2019

**“When we listen and celebrate what is both common and different, we become wiser, more inclusive, and better as an organization.”**

**– Pat Wadors**

