

Note: These minutes are not official until approved by the Health and Human Services Committee at a subsequent meeting. Please refer to the meeting minutes when these minutes are approved to obtain any changes to these minutes.

DeKalb County Government
Sycamore, Illinois

**Health and Human Services Committee Minutes
December 2, 2013**

The Health and Human Services Committee of the DeKalb County Board met on Monday, December 2, 2013, at 6:30 p.m. in the Administration Building's Conference Room East. Chairman DeFauw called the meeting to order. Those Members present were Mr. Emerson, Mr. Johnson, Mr. Metzger, Mr. Tyson and Mr. Whelan; all the Committee Members were present. Others present were Donna Moulton and Vicky Broos.

APPROVAL OF THE MINUTES

It was moved by Mr. Johnson, seconded by Mr. Tyson, and it was carried unanimously to approve the minutes from November 4, 2013.

APPROVAL OF THE AGENDA

It was moved by Mr. Metzger, seconded by Mr. Emerson, and it was carried unanimously to approve the agenda.

COOPERATIVE EXTENSION UNIT – VICKY BROOS

Ms. Vicki Broos, County Director of the University of Illinois Cooperative Extension Unit gave an update on her agency to the committee. Ms. Broos shared that the agency is the midst of their 100 year anniversary which they celebrate for the year and hope to have a celebration next May during the culmination of the actual signing of the legislation adopting the Extension Unit.

Ms. Broos also shared a handout that highlighted ongoing programs through the DeKalb County Extension. The handout consisted of statistics regarding Energy & Environmental Stewardship, 4-H Youth Development, Home Horticulture and Nutrition Education Programs. She also shared information from the 2013 Educator Programs that DeKalb County Extension provides to the general public. Ms. Broos highlighted their Health Living Series program and also the Putting Small Acres to Work program and handed out fliers for both.

After Ms. Broos' update to the committee, there was more discussion on the On-Farm Composting and also the Meet the Buyer program which helps connect producers to local buyers such as markets and schools. She also indicated that a big goal in the future years is to be able to reach and collaborate with more youth through programs in addition to the 4-H clubs.

The committee thanked Ms. Broos for her update and looked forward to seeing her again in a few months for another update.

CHAIR'S REPORT – 2014 ANNUAL REPORTING LIST

Chairman DeFauw provided the committee with a tentative schedule of annual reports for 2014. The schedule showed what entities would report to the committee at what meetings and that the January 2014 meeting will be cancelled and possibly the July meeting as well. All of the committee members agreed with the Chair's reporting date schedule she presented.

They also briefly discussed the process in which they conduct the Senior Tax Levy meetings and Mr. Johnson and Donna Moulton spoke about helping organization collaborate with each other and in what ways the Health & Human Services Committee could help in that process.

ADJOURNMENT

It was moved by Mr. Metzger, seconded by Mr. Whelan, and it was carried unanimously to adjourn the meeting.

Respectfully submitted,

Sally DeFauw, Chairman

Tasha Stogsdill, Recording Secretary

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UNIVERSITY OF ILLINOIS EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Helping You Put Knowledge To Work

DeKalb County Extension Program Highlights for Ongoing Programs

Energy & Environmental Stewardship

- Programs presented out of Natural Resource Education Center at Russell Woods Forest Preserve in cooperation with the DeKalb County Forest Preserve and DeKalb County Health Department
- Staff remain at the Center for public access when not engaged in programming
- Outdoor education Field Studies Fall and Spring—teachers bring classes for full or half-day—During '12-13 school year, taught **1927** students
- November through March conduct DeKalb County School Recycling Program free to all elementary schools—for '12-13 school year reached **4179** students
- Summer day camps for 6 weeks reaching **118** kids in 2013

4-H Youth Development

- Currently **15** community based 4-H clubs with **307** members
- **2** SPIN (Special Interest) Clubs for Shooting Sports and Robotics with **60** members
- **114** adult volunteers assisting with 4-H club programs
- Visited 10 classrooms with National Youth Science Day Experiments utilizing older 4-H youth as “teen teachers”—10 classrooms with over **250** students reached
- 16 classrooms served with Chick Embryology project—an in-class long-term study of the developmental process from egg to chick. Reached over **400** students.
- The 4-H General Projects and Livestock shows offered **254** members exhibiting **1377** projects

Home Horticulture

- **50** Master Gardener Volunteers including 12 trained at DeKalb County training in 2013
- To date for 2013, Master Gardeners have exceeded **2700** volunteer hours on **24** service projects throughout the county
- Hort Help Desk serving throughout the growing season reached **240** clients

Illinois Nutrition Education Program

Audiences—Sites Served:

- Two Rivers Head Start and DeKalb School District Pre-K
- Mason Court Apartments Summer Feeding Site and After-School Program
- Spartan REACH Students at Sycamore Middle School
- Hope Haven, Safe Passage, Discovery House
- United Methodist Summer Feeding Program
- Golden Years Plaza
- WIC
- Barb Food Mart, DeKalb Area Food Pantry at Salvation Army, and Feed My Sheep Food Pantry

Selected Highlights 2013 Educator Programs

Energy & Environmental Stewardship

- Working with trained Master Naturalists—Planning for training in DeKalb County for 2015
- Winter Bird Feeding
- Soil & Water Management Workshop

4-H Youth Development

- Science Siesta and Advanced Science Siesta
- Live It Up!
- 4-H Officer & Leader Training
- Embryology Teacher Trainings

Horticulture

- Master Gardener Training (10 week training course)
- 4-Seasons Garden TeleNet Series
- Beginning Vegetable Gardening Series
- Landscape Series with Kishwaukee College
- Youth Programs at Sycamore History Museum

Nutrition

- Chase Away Winter Chills With Hearty Soup
- Growing & Cooking Culinary Herbs
- Programs for DeKalb County HEA
- Healthy Living Series
- Work with Live Healthy DeKalb Initiative

Local Foods & Small Farms

- Putting Small Acreage to Work
- Good Agricultural Practices (GAPS)
- Meet the Buyer (connecting producers to buyers)
- On-Farm Composting
- Small Farms-Local Foods Webinar Series

HEALTHY LIVING:

* Rethink Your Drink *

* Let's Live Long and Live Well *

* Healthy Snacking *



Healthy Living Series:

Rethink Your Drink

Tuesday, December 10
2:00 – 3:00 p.m.

Let's Live Long & Live Well

Tuesday, January 21
3:00 – 4:00 p.m.

Healthy Snacking

Thursday, February 27
1:30 – 2:30 p.m.

Location:

DeKalb County
Extension Office

Fee: \$5 per session or
\$12 for the series

Your food and lifestyle choices have a great effect on your health and aging. Now is the time to make good choices. Attend the Healthy Living series to learn about the health impacts your daily choices hold.

During this series:

- Understand the hidden impacts of your beverages
- Learn how our daily habits and the foods we choose affect important health indicators such as blood pressure, body weight, and glucose & cholesterol levels
- Watch a cooking demo highlighting healthy recipes
- Sample a healthy recipe
- Take home tips for eating healthy and recipes to try at home



UNIVERSITY OF ILLINOIS
EXTENSION

University of Illinois Extension -
DeKalb County

1350 W. Prairie Drive
Sycamore, IL 60178

Phone: 815-758-8194

Fax: 815-758-8199

Join University of Illinois nutrition and wellness Educator, Marilyn Cernus, registered dietitian and certified diabetes educator for this informative series

to learn how to make the best choices for aging well.

To register, call the DeKalb County Extension office at 815-758-8194 or visit us at web.extension.illinois.edu/bdo/.

If you need a reasonable accommodation to participate in this program, please contact the DeKalb County Extension office at 815.758-8194.

University of Illinois College of Agricultural, Consumer & Environmental Sciences
■ United States Department of Agriculture ■ Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

Master Gardener Training 2014



What is the Master Gardener Program?

The Master Gardener program, sponsored by University of Illinois Extension, provides training for adult volunteers who help disseminate up-to-date, research-based horticulture information to home gardeners.

Why become a Master Gardener?

As a Master Gardener, you'll learn about environmentally sound and practical gardening techniques specific to your growing area. You'll also play an important role in sharing that information with others in your community. Master Gardeners have a unique opportunity to share and learn from other Master Gardeners.

What Qualifications Do I Need?

Anyone can become a Master Gardener – it does not require a degree in horticulture! However you need to:

- Have a sincere desire to learn and share home horticulture information
- Have practical experience or knowledge of gardening
- Be willing to follow U of I pest control recommendations and home horticulture information
- Devote time to training sessions and volunteering.

What will I do as a Volunteer?

Master Gardeners are effective community volunteers. There are many ways you can fulfill your commitment of at least 60 volunteer hours to finish your internship. A few examples follow:

- Answer home gardener questions
- Create and maintain demonstration gardens
- Conduct gardening programs for children & seniors
- Give talks to groups interested in horticulture
- Assist in planning & teaching gardening workshops
- Assist in preparing and staffing exhibits and displays.

What does Master Gardener Training in 2014 Involve?

In-person training sessions are offered 9 a.m. – 3:30 p.m. Wednesdays, January 15 through April 2. Sessions are led by University of Illinois Extension Educators and other horticultural experts at the Boone County University of Illinois Extension office. An online option is also available for those unable to attend the in-person classroom training. 60 hours of instruction is required to complete training.

In-person training costs \$175, which includes the Master Gardener manual filled with helpful resources, and covers other materials. Online training costs \$250, and also includes the Master Gardener manual.

During the training you will learn many different facets of indoor and outdoor gardening. A combination of classroom instruction and demonstrations are used to present information about topics such as: botany, soil, fertilizers, houseplants, vegetables, fruit, landscaping, turf, and plant propagation.

To enroll in online training you will need to complete an application and interview by December 13, 2013. The deadline for in-person training is December 20, 2013. Please call Bethany Macarus to get started! 815-758-8194



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

JANUARY 18, 2014
8:00am – 12 noon

PUTTING SMALL ACRES TO WORK

Make money with your five to ten acres.

Learn some economically viable alternatives to make those acres productive at this workshop.

There are two general sessions:

- Extending the Growing Season Using High Tunnels
- Organic Vegetable Production

And you choose one breakout session:

- Soil Management
- Sheep and Goat Production

LOCATION:

**Kishwaukee College
Conference Center
21193 Malta Rd, Malta, IL**

Sponsored by:

**U of I Extension
Kishwaukee College
DeKalb Soil & Water Conservation District
DeKalb NRCS**



Call 815-758-8194 to register or register online at web.extension.illinois.edu/BDO

**Register by January 16, 2014: \$10 per person, \$5 each additional family member
Walk-in registration will be \$10 per person.**

Make checks payable to U of I Extension, or pay by credit card on-line.

If you need a reasonable accommodation to participate in this program, please contact the DeKalb County Extension office at 815-758-8194.

Possible 2014 Health & Human Services Committee annual reporting dates

Jan. 6	Cancelled
Feb. 3	Community Services Update; FEMA Bd. Meeting Update; Hope Haven; Heritage Woods
March 3	Nursing & Rehab; Safe Passage; Tax levy proposals distributed
April 7	Sr. tax levy 5:30pm-
April 14	Sr. tax levy 5:30pm-
May 5	Public Health
June 2	Veterans' Assistance; Cooperative Extension
July 7	Cancel?
August 4	Community Services update
September 8	Budget discussions, appeals; Exempt employee evaluations
October 6	Community Services update
November 3	Regional Supt. of Schools; consideration of budget appeals; review of Senior Services Tax Levy one-time allocations
December 1	Mental Health Board