



Extension Education in Lamb County
Making a Difference

2015

Making a Difference

2015 Lamb County Improving Health and Wellness Mandi Seaton, Lamb CEA-FCS

Relevance

Diabetes Education

According to the Center for Disease Control and Prevention, 2011, 945 people were diagnosed with diabetes, 9.9% in Lamb County. Diabetes education is not readily available in rural areas. The burden of diabetes mismanagement are disproportionately born by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

This program targets type 2 diabetics and their family members in Lamb County.

Mental Health First Aid

One in five Americans has a mental illness and many are reluctant to seek help or might not know where to turn for care. *Mental Health First Aid* allows for early detection and intervention, as well as, local mental health resources, support groups, and online tools. *Mental Health First Aid* is targeted to those who want to understand mental illnesses, support timely intervention, and save lives.

The Lamb County Leadership Advisory Board and FCS Advisory Council identified health and wellness issues as a top priority in Lamb County

Response

Diabetes Education

The Diabetes Support Group meets the second Tuesday of each month for up-to-date information related to type 2 diabetes. Support group meetings are marketed through the Lamb Leader News, KZZN Radio, and fliers and announcements. Educational deliveries and methods to address this disease include:

- News Releases, Lamb Leader News:
 - *Prevent Diabetes Problems: Keep Your Eyes Healthy*, Sept. 2015
 - *Eat, Drink, and Be Merry: Festive Foods can fit in Diabetic Menu Planning*, Dec. 2015
- Support Group Meetings:
 - *Diabetics from a Chiropractic View*, Dr. Jason Clemmons, D.C.; Jan. 2015
 - *Recent Updates in Treating Diabetes*, Jennifer Galey, F.N.P.; Feb. 2015
 - *How to Stay Young*, Dr. Kimberly Lorenz, D.C.; March 2015
 - *Heart Disease and Diabetes*, Jenifer Skero, P.A.; April 2015
 - *You Can be Healthier*, Dennis Fleenor, Lamb HealthCare Center, C.E.O.; May 2015
 - *Dental Health and Diabetes*, Dr. Roy Burk, D.D.S.; June 2015
 - *How Food Affects your Blood Glucose*, Mandi Seaton, Lamb CEA-FCS; July 2015
 - *Diabetes Self-Care*, Dr. Camille Robinson, M.D.; August 2015
 - *Diabetes and Eye Care*, Dr. Mathew Mahek, O.D.; Sept. 2015
 - *Diabetes: Myth vs. Fact*, Julie Crane, R.D., L.D., C.D.E.; Oct. 2015
 - *Diabetes Self-Care and Your Best Wellness*, Carolyn Dillard, R.N., M.S.N, C.D.E.; Nov. 2015
 - *Healthy Eating and Substitutions for the Holidays*, Mandi Seaton, Lamb CEA-FCS; Dec. 2015

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Mental Health First Aid

Mental Health First Aid Training, sponsored by Texas A&M AgriLife Extension Service, Lamb County, and the Lamb FCS Advisory Council, was designed to help participants better understand mental illness and respond to psychiatric emergencies. Participants learned that Mental Health First Aid is much like traditional physical First Aid in that those trained will have basic tools to render assistance until professional help is available. The Mental Health First Aid Training was marketed through the Lamb Leader News, fliers, and personal contacts. Training dates were:

- o August 3, 2015
- o August 4, 2015
- o August 25, 2015

Results

Mental Health First Aid

An end of course evaluation was distributed to the 20 participants in the Mental Health First Aid Training. Responses were scored on the following scale:

Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree
1	2	3	4	5

Practical Application results are as followed:

As a result of this training, I feel more confident that I can...	Average Score
Be aware of my own views and feelings about mental health problems and disorders.	4.5
Recognize the signs that someone may be dealing with a mental health problem or crisis.	4.45
Recognize and correct misconceptions about mental health and mental illness as I encounter them.	4.45
Actively and compassionately listen to someone in distress.	4.4
Assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports.	4.4
Assist a person who may be dealing with a mental health problem or crisis to seek professional help.	4.35
Reach out to someone who may be dealing with a mental health problem or crisis.	4.35
Offer a distressed person basic "first aid" level information and reassurance about mental health problems.	4.3
Ask a person whether she/he is considering killing her/himself.	4.2

Acknowledgements:

Appreciation is extended to the First Presbyterian Church for the use of their facilities for the Diabetes Support Group.

A special thanks to Kay Brotherton and Ron Trusler, Certified MHFA Instructors, Central Plains Center, for serving as the instructors for the Mental Health First Aid Training. Appreciation is also extended to the Board of Our Place Activity Center for the use of the facilities. Thank you to Lamb HealthCare Center and LHC Family Medicine employees, Littlefield EMS, Littlefield City employees, Lamb Co. Juvenile Probation, and interested citizens of Lamb County for participating in the Mental Health First Aid Training and to the Lamb Leader News for marketing the program.

Future Programming

Health and Wellness programming for 2016 will include Diabetes Education and a *Million Hearts*®. *Million Hearts* is a national initiative designed to prevent one million heart attacks and strokes by the year 2017.

Making a Difference

2014 - 2015 Lamb County Youth Leadership Mandi Seaton, Lamb CEA-FCS

Relevance

Youth leadership development can be implemented a multitude of ways. Through a variety of interactive activities, students will gain skills designed to improve self-esteem, enhance future college/career awareness, promote wellness, improve leadership and life skills, and participate in community service opportunities. In 2010, the Lamb FCS Advisory Council and Leadership Advisory Board identified leadership development and career awareness as a need for the youth in Lamb County.

Twenty-six 6th graders were selected to participate in the first class of *Leaders of Littlefield* (LOL). In each subsequent year, the students continue to participate in LOL and a new class of 6th grade students are selected. For 2014-2015, the first LOL members are sophomores and twenty-two 6th graders were selected to participate; making a total of eight-nine *Leaders of Littlefield*.

Response

In the fall of 2010, the Texas A&M AgriLife Extension Service, Lamb County and Littlefield ISD Communities in Schools collaborated to implement *Leaders of Littlefield* (LOL) in Littlefield Junior High. Students were selected through an application process designed by teachers and administrators of Littlefield Junior High.

2014-2015 funding for LOL was received from Littlefield Board of City Development, Littlefield Rotary, Lowe's Market Place, and United Supermarkets, totaling \$2,093.00

For the 2014-2015 *Leaders of Littlefield* programs provided were:

- What is LOL? Introduction; United Future Leaders *Group Norms and Expectations* and *Group Interview* activities: 6th, 7th, and 8th grade; . Facilitator: Mandi Seaton, Lamb CEA-FCS. Oct. 2014
- Career Planning: freshmen and sophomores; Facilitator: Mandi Seaton, Lamb CEA-FCS. Oct. 2014
- A – Z *Relay* team building activity: 6th, 7th, and 8th grade; Facilitator: Mandi Seaton, Lamb CEA-FCS. Nov. 2014
- Career Planning: freshmen and sophomores; Facilitator: Mandi Seaton, Lamb CEA-FCS. Nov. 2014
- College Awareness Texas Tech University Tour: 7th grade, Nov. 2014
- Leadership Presentation, Barrick Hodge; *Mill Around* team building activity: 6th, 7th, 8th grade; Dec. 2014
- Leadership Presentation, Mayor Danny Marquez: freshmen and sophomores, Dec. 2014
- College Awareness Wayland Baptist University Tour: freshmen, Dec. 2014
- *What's Your Style? And What's Your Car-sonality?* leadership style activities: 6th grade; Facilitator: Mandi Seaton, Lamb CEA-FCS. Jan. 2015
- Leadership Presentation, City Councilman Eric Turpen: 7th and 8th grade, freshmen and sophomores; Jan. 2015
- College Awareness Eastern New Mexico University Tour: freshmen and sophomores, Jan. 2015
- Leadership Presentation, Assistant District Attorney Rickie Redman: 6th grade, Feb. 2015
- Leadership Presentation, Littlefield Chamber of Commerce Dezi Vargas: 7th and 8th grade, Feb. 2015
- Leadership Presentation, City Councilman Eric Turpen: freshmen and sophomores; Feb. 2015
- Leadership qualities activities: 7th and 8th grade, Facilitator: Mandi Seaton, Lamb CEA-FCS. March 2015

- Visioning activities: freshmen and sophomores, Facilitator: Mandi Seaton, Lamb CEA-FCS. March 2015
- Leadership Presentation, Community Leader Adrienne Solis: 6th grade, April 2015
- *Leaders of Littlefield* Recognition Event hosted by Lamb FCS Advisory Council, for 6th, 7th, 8th, freshmen, sophomores, and their parents; community stakeholders, and school administration. Leadership Presentation by WTAMU students Bailee Wright and Whitley Gammill. April 2015
- Job Shadowing opportunities: freshmen and sophomores. Sites included: Lamb County Judge, Mike DeLoach; Onofre Physical Therapy Clinic; Lamb County EMS* ; Chuck Brown Aviation*; Littlefield ISD Primary; First Federal Bank; John Roley Auto Center; and Lamb Health Care Center* (*new sites for 2014-2015)
- Community Service opportunities for all LOL members included: Littlefield Rotary Chili Supper, Adopt-a-Highway; Sweats for Seniors

Results

Upon the completion of *Leaders of Littlefield* for 2014-2015, 6th, 7th, and 8th grade LOL students completed a post evaluation designed by Lamb County Extension and Dr. Jeff Ripley, Associate Director for County Operations, Texas A&M AgriLife Extension Service.

Responses because of the student's participation in *Leaders of Littlefield* were:

Behavior Change	6 th grade LOL students (20 students)	7 th & 8 th grade LOL students (35 students)
I know how to be an effective communicator and a good listener.	95% (19 students)	94% (33 students)
I have developed or improved my teamwork skills.	80% (16 students)	94% (33 students)
I am more confident in serving in a leadership role.	70% (14 students)	91% (32 students)
I can identify my own leadership styles.	55% (11 students)	86% (30 students)
I use creativity to brainstorm and come up with the best solution to a problem.	55% (11 students)	80% (28 students)
I can define leadership and leadership qualities.	50% (10 students)	89% (31 students)
I have set personal goals to help me fulfill my personal vision.	80% (16 students)	n/a
I plan to continue to research college opportunities available to me.	n/a	94% (33 students)

Upon completion of the freshman and sophomore job shadowing opportunity, 25 students completed a survey of their experience.

- When asked "What did you learn from this experience?" responses included:
 - "I learned to get a bachelor degree and it will open up many doors for you and be the best that you can be."
 - "Teachers require patience to reteach the same things for multiple classes."
 - "...how to navigate planes and parts, their functions."
 - "I learned that EMS goes all over Lamb County, not just Littlefield. It's also a lot of work."
- When asked "Where else would you like to job shadow or what other career would you like to learn more about?" the most reoccurring responses were:
 - EMS, Radiology, Physical Therapy
 - Vet
 - Teaching
 - Farming

Acknowledgements

Appreciation is extended to Littlefield ISD for their collaboration in LOL, including the bus driver and bus for the Career Awareness field trips. A thank you is also extended to the Board of Our Place Activity Center for the use of their facility; Lamb County Commissioner's Court for the use of the Lamb County Ag Center; parents of all of the LOL participants; the Lamb FCS Advisory Council, and to the Littlefield community.

Making a Difference

2015 Lamb County Sew Much Fun Mandi Seaton, Lamb CEA-FCs

Relevance

According to a clinical study by the Home Sewing Association (HAS), women who sew, both skilled and novice seamstresses, experienced a drop in heart rate, blood pressure, and perspiration rate when compared to women who participated in other leisure-time activities. Study results also indicated that sewing helps to relax while focusing on a creative activity. Texas A&M AgriLife Extension Service, Lamb County, made the decision to provide opportunities for adults to create/sew something, either wearable or non-wearable, that participants would be proud of and motivated to continue sewing.

Sew Much Fun targets adults, beginning, competent, or advanced seamstresses.

Response

Texas A&M AgriLife Extension Service, Lamb County conducted a planning meeting to assess the needs of those interested in the *Sew Much Fun* sewing program. The needs assessment identified level of competency, possible sewing projects, skills to be taught, and best time of day for program.

The following educational deliveries and methods were developed to address these needs:

- Newsletters
 - Feb. 2015: Sewing session dates and times, tips on inserting elastic, link to video on bias bindings
 - March 2015: Sewing session dates and times, tips on seam allowances
 - April 2015: Sewing session dates and times, tips on inserting a zipper, link to video on zippers, tips for professional results
 - May 2015: Sewing session dates and times, information on different types of interfacing
 - June 2015: Sewing session dates and times, tips on facings, link for additional information
 - July 2015: Sewing session dates and times, tips on cutting fabric for sewing, link for additional information
 - August 2015: Sewing session dates and times, tips on selecting quality fabric
 - Sept. 2015: Sewing session dates and times, announcement for November field trip to The Sewing Studio
 - Oct. 2015: Sewing session dates and times, announcement for November field trip to The Sewing Studio
 - Dec. 2015: Sewing session dates and times, list of materials needed to make holiday table runner
- Sewing Sessions: Feb., March, April, May, June, July, August, Sept, Oct. Nov., Dec.
Projects included: t-shirt quilt, Christmas stockings, bag, blouse, nail pouch, pillow case, table runner, table cloth, decorative pillows, decorative pumpkins, decorative Christmas trees, pants, headbands, doll accessories, and clothing alterations.
- News Releases, Lamb Leader News
 - June 2015: *Sew Much Fun* Benefits of sewing were highlighted. Sewing session dates were announced for June.

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- Sept.2015: *September is National Sewing Month* History behind this observance was shared. September sewing session dates were announced.
- Field Trip to The Sewing Studio in Lubbock. Sewing professionals taught participants how to construct a fall table runner. Opportunities to use different types of sewing accessories were available such as a piping foot and a prairie point template.
- Texas A&M AgriLife Extension Service, Lamb County, received a \$500 North Region Program Development grant for the *Sew Much Fun* program. Sewing supplies and accessories were purchased to enhance the program.

Results

Upon completion of *Sew Much Fun*, a post evaluation instrument was administered to participants. The results are below:

- When asked "Did your skill level improve after participating in *Sew Much Fun*?" 7 of 7 (100 %) responded "Yes".
 - Before *Sew Much Fun*:
 - 3 of 7 (42.8 %) ranked skill as beginner
 - 4 of 7 (57.1 %) ranked skill as competent
 - After participating in *Sew Much Fun*:
 - 1 of 7 (14.3%) ranked skill level as beginner +
 - 2 of 7 (28.6%) ranked skill level as competent
 - 4 of 7 (57.1%) ranked skill level as advanced
- New skills learned included:
 - Using a Cricut machine for applique
 - Making a lining
 - Piping construction
 - Measuring material
 - Pattern placement
 - Making bias trim
 - Making prairie points
 - Quilting skills
- When asked "Do you feel like you saved money by constructing your project over purchasing it ready-made?" 6 of 7 (85.7%) responded "Yes."
 - When asked, "If yes, how much?" responses included:
 - \$300
 - \$100 (2 responses)
 - \$60
 - \$15
- When asked "Did you feel like there were any health benefits to participate in the *Sew Much Fun* program?" 6 of 7 (85.7 %) responded "Yes".
 - "...helped me become more comfortable with trying new things. ...more confident in my sewing skills."
 - "I found the program to be mentally and physically stimulating. Being with people and continuing at home. Encourages less TV time and more critical thinking skills."
 - "Stress relief!!!"
 - "fellowship and laughter"
- 7 of 7 (100%) responded they would participate again in the program for 2016.

Future Programming Plans

Sew Much Fun monthly sewing sessions will continue in 2016. Changes to the program will include more organized group projects for those interested, two field trips, and videos highlighting sewing skills.

Making a Difference

2015 Lamb County Ag Awareness Day

Graham Henley, Lamb CEA-Ag/NR

Relevance

As younger generations grow more and more removed from agriculture they are losing sight of how important agriculture is and what a large impact it has on their daily lives. Most of our youth today did not grow up on a farm; and more than likely not do not have a single family member that grew up on one either. The only connection they may have to agriculture is what they see on TV or social media; neither of which paints a very pretty picture most of the time. In 2010 the Leadership Advisory Board identified the need to educate youth on the need for agriculture and how it affects them on a daily basis. The Ag day event is meant to give students a look into agriculture as it pertains to them. The Ag Day Event consists of various presentations given by industry professionals, producers, and volunteers from the agricultural community.

Response

In the Spring of 2010 the Lamb County Extension office, Lamb County Farm Bureau, and the Ag Day Planning group comprised of event speakers and volunteers held the First Lamb County Ag Day. Fourth Graders from all schools in the county are invited to attend. Donations for giveaway items were collected from Ag Companies and agencies all across the county and South Plains Region. 2015 Funding for Ag Day was donated by Farm Bureau and Xcel Energy. Combined value of monetary donations and donated giveaway items was approximately \$3,900.

For the 2015 Ag Day presenters and topics included:

- Natural Resource and Conservation Service (Terra Malloy & Kyla Tolbert)- Rainfall Simulator
- Buffalo Wildlife Refuge (Steven Rimer & Melanie Hartman)- Wildlife Education
- Golden Peanuts (Tyson Carr)- Peanut Production
- Texas AgriLife Extension Service CEA-IPM Kerry Siders- Cotton Production/Every day Uses
- Texas AgriLife Extension Service CEA-FCS Mandi Seaton- Hand Washing DEMO
- Lamb County Farm Bureau (4-H'er Kambri Hanlin/ Graham Henley)- Swine and Beef Production/ Every day uses
- Lamb County Farm Bureau (4-H'er Maleea Harper)- ATV Safety
- Lamb County Farm Bureau (Local Producers)- Corn, Wheat, and Sorghum Production/ Every day uses
- Christa Henley- Equine care and safety DEMO
- South West Dairy Farmers Mobile Dairy Classroom- Dairy Production/ Every day uses
- Xcel Energy (Jonathan Cantu and co-workers)- Safety and The Danger and Power of Electricity/ Arc Trailer DEMO

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Results

To assess knowledge gained at the Ag Day teachers were given a 15 question quiz to administer to their students the week following the Ag Day Event. It was a True or False test that covered every topic presented. A total of 187 students participated in the quiz.

The Results of the tests were as follows:

Questions Asked	Percent Answered Correct	Percent Answered Incorrect	Percent Not Answered
We dry peanuts after harvesting to get rid of moisture that may cause them to mold in the warehouse. (True)	88.2	11.2	.5
You should always approach a horse from directly behind them. (False)	95.7	4.3	
Horse' feet are called Hooves. (True)	98.9	.5	.5
Money is made from cotton fibers. (True)	90.9	9.1	
Cotton fiber is used to make clothes among other things and the cotton seed is just thrown away. (False)	84.5	15	.5
You do not need to wear safety equipment such as a helmet, gloves, and eye protection while riding an ATV. (False)	90.9	8.6	.5
Two common types of erosion are wind erosion and water erosion. (True)	84.5	13.9	1.6
Sand, Silt, and Clay are three types of soil. (True)	94.1	4.8	1.1
You can see, taste, and smell germs. (False)	94.1	5.9	
You should wash your hands for at least 20 seconds. (True)	94.7	5.3	
White-tailed deer and Mule deer are two species of deer commonly found in the Texas Panhandle. (True)	81.8	17.6	.5
Carnivores eat both plants and other animals. (False)	75.4	24.1	.5
There are more acres of wheat grown worldwide than any other crop. (True)	65.8	34.2	
Corn's main uses are livestock feed and Ethanol. (True)	72.7	26.2	1.1
Sorghum is the number one crop in number of acres grown in the USA. (False)	59.4	40.1	.5

Acknowledgements:

Special thanks to all of you awesome presenters listed above and to Farm Bureau and Xcel Energy for partnering with us and allowing us the use of their mobile classrooms. Also many thanks go out to all of our many Ag Agencies that donated items to give away to all out students that participated in the 2015 Ag Day.

Future Programing: The 2016 Ag Day will be held May 17th.

Texas A&M AgriLife Extension Service Lamb County

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