

2024
CLINTON COUNTY
EXTENSION

REPORT TO THE PEOPLE



Physical activity is one necessary component of positive health throughout the life cycle. Bingocize®, an evidence-based health promotion program that strategically combines the game of bingo, health education, and low-impact exercise, was offered during Spring 2024. An average of 15 adults met twice per week for ten weeks to complete the Bingocize® falls prevention unit. 100% of participants noted satisfaction with the quality of the program and indicated that they had made safety modifications in their homes such as installing grab bars or securing loose rugs to reduce falls risk.

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Exercises with Bingocize® are geared for any age or fitness level. You do as much as you can and at your own pace. Second, the engagement and encouragement from all the other participants and the instructor is awesome!!

Participant



FAST FACT

1,531 adult volunteers partnered in the delivery of educational programs & services on behalf of Clinton County Extension last year

4-H Partnership for a Healthier Lifestyle

Teen 4-H Adventure Club members have exemplified the power of community involvement and service by significantly enhancing Mountain View Park. Members created ten interactive physical activities designed for families to enjoy on the park's walking path. These activities not only encourage physical well-being but also promote family bonding and community engagement. 4-H members, showcased their eagerness and commitment, working diligently to ensure the project's success. Their teamwork and collaboration were pivotal, demonstrating the significance of collective effort in community service.



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Assisting Local Livestock Producers

January 2024 winter weather conditions resulted in numerous frozen and busted waterlines thus creating a multi-day water outage throughout the community. In response to local and state emergency services, Clinton County ANR Program ensured access to a 2,200-gallon water tank to provide water for livestock needs. The tank was placed at the Extension Office and kept filled with water until producers could adequately care for their livestock. Producers accessed 15,000-18,000 gallons of water as a result of this effort.



Our staff is always here to help!

Ashley Duvall, 4-H Youth Development Agent
Colby Guffey, Ag & Natural Resources Agent
Christy Stearns, Family & Consumer Sciences Agent
Melinda Cross, Staff Assistant
Stacy Smith, Nutrition Education Assistant



Growing Plants & Expanding Horizons

Gardening can improve spiritual, mental, and physical health. A community garden was placed at Community Based Interventions to teach both gardening skills and nutrition education. 17 recovery center clients participated in the garden and harvested over 40 pounds of produce which was used in nutrition classes and home meal preparation. Participants gained gardening, meal planning, and cooking skills that will contribute to healthier lifestyles.

**Clinton County
Cooperative Extension**

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Fast Fact

4,757 youth & adults
enhanced leadership skills
as a result of Clinton County
Extension programs.