



TIPS FOR

# WELLNESS WEDNESDAY

Created by: Georgeanne Cook, FACS Agent  
UGA Extension Washington County

**Find yourself some Hobbies. Having some kind of interest of your own not only improve your emotional state but also give your brain a break from all the work it does. Find something you can enjoy and work on your craft regularly. It is also a good way to find some like-minded people.**

You are viewing Happy Hayat's screen

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Creative Cou... Jolly JoAnne Happy Dani Rancher Rubiera

## Washington County, Georgia

**What excites you about your community?**

- While positive things are being done in the community, Washington County youth are still in need of more opportunities to help make them feel like they are a part of the community

**What are your health concerns affecting your peers and families?**

- Mental health well being including stress that youth face on a daily basis.
- Drug and alcohol use
- Financial strain on families especially now due to Covid-19

**What can youth do about those health issues?**

- Help provide educational materials to help with these issues
- Be a listening ear to peers going through stressful times
- Encourage peers to make good choices
- Have events that help address these health issues. For example hosting an animal petting zoo to help people alleviate stress

Participants 45 Chat Share Screen Record Reactions Leave

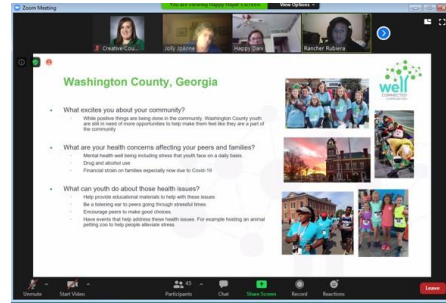
# Washington County Extension / 4-H 2020 Annual Report

- 4-H / AmeriCorps
- Family and Consumer Science
- Agricultural and Natural Resources

# Washington County 4-H



## National Well Connected Communities Zoom



## Junior/Senior Project Achievement

- 2020 Junior Senior District Project Achievement - 16 competed
  - Two 1st place, four 2nd place and one 3rd place Junior winners
  - One 1st place and two 2nd place Senior winners
  - Recognized 1st Place for Highest % of Junior Winners
  - One Advanced to State and finished in 3<sup>rd</sup> place
- One 4-H'er served on the Georgia 4-H State 4-H Board.
- Two 4-H'ers competed in Virtual Cotton Boll & Consumer Judging.
- Two 4-H'ers participated in Virtual Fall Forum.
- Two 4-H'ers participated/presented in the National Well Connected Communities Zoom.
- Two 4-H'ers and one adult volunteer participated in the District 4-H Town Hall Meeting.
- Cloverleaf District Project Achievement
  - Two 1st place, one 2nd place and four 3rd place winners
  - Recognized 2nd Place for the Highest Percentage of Winners
- Two 4-H'ers were selected as Camp Counselors. One was selected in a leadership role.
- One 4-H'er auditioned for and was selected as a Clover's & Company Member.



## Christmas Party



## State Board Member

- Agent was a National presenter for The Dibble Institute
- Dr. Kim Kitchens received the Southeast District 4-H Volunteer Award
- Agent Certified in Youth Mental Health First Aid
- Three 4-H'ers have recorded Well Connected Community PSA's. One was posted nationally.
- 10 zooms were offered to 4-H'ers over the summer reaching over 100 students.
- Agent is back in school reaching both virtual and in person students for 4<sup>th</sup> – 8<sup>th</sup> grades.
- Shotgun practice resumed in September averaging 10 participants per practice.
- Two Facebook live videos and Facebook posts were posted reaching over 2,500.
- 4-H'ers participated in a 4-H meeting/Christmas Party.
- 4-H'ers participated in a Virtual Awards Banquet.



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# Washington County Family and Consumer Sciences Education

**Diabetes Education.** Washington County FACS Agent markets diabetes education classes to local physicians, Community Health Centers, Washington County Senior Citizen Center, and Civic Organizations.

- **The Ins and Outs of Diabetes** is a 3 hour comprehensive program designed to inform clients to make better food choices.
- **One on One Consults** are given onsite at Extension office to those who cannot wait for a class to come up and need immediate information and help.
- **Diabetes Lifeline** is a UGA Newsletter distributed quarterly.
- **Life Coach for National Diabetes Prevention Program Prevent T2** a yearlong proven program to prevent or delay type 2 diabetes.



**Wellness and Nutrition Programs.** Agent promotes good health by providing educational materials, organizing events, securing funding for Wellness Programs, and promoting wellness on Boards.

- **Wellness Program & ACG Grant for \$3,500.** Agent coordinates Wellness Activities
- Program for Washington County BOC
- **Washington County Well Connected Community(WCC) Health Initiative**

Agent created a weekly WCC Wellness Wednesday Radio Pod Casts for 2 radio stations (Washington & Toombs County). A weekly Facebook Posts was created for Extension as well as for ACGG to be used for LinkedIn. A weekly WCC Health Tip was created for Thiele's Employee Health Program to be emailed out.

- **Archway Health Coalition Board**
- **Washington County Community in Schools Health Initiative Working Group**
- **Active Shooter Response Classes** in collaboration with Washington County Sherriff's Office

## Food Safety Education and Home

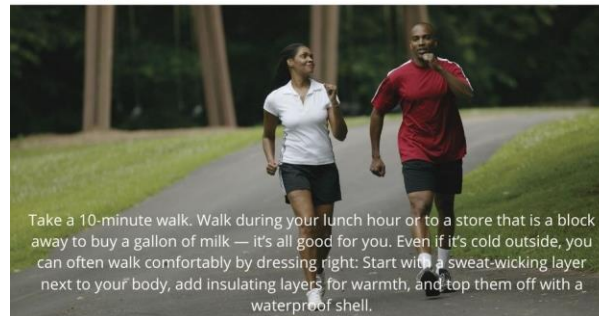
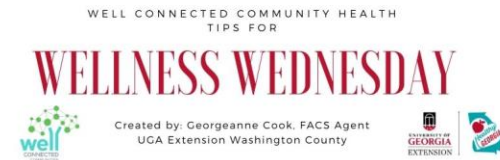
**Food Preservation.** The FACS Agent taught Food Safety programs for the Washington County School System and the online Community which turned International. The goal was to minimize the risk of foodborne illness. Due to Covid-19 many gardens were planted and an increase in food preservation

- **ServSafe** is a National Food Safety Program that is taught through Extension with collaborations with Jet, OFTC, BOE & Community Restaurants.
- **Summer and Fall Home Food Preservation Program** was taught in collaboration with Burke County Extension through Virtual Classes with International participants.



## Virtual Income Tax Assistance

**Program.** Agent provided Free Income Tax Assistance Preparations with the help of UGA students.



Take a 10-minute walk. Walk during your lunch hour or to a store that is a block away to buy a gallon of milk — it's all good for you. Even if it's cold outside, you can often walk comfortably by dressing right: Start with a sweat-wicking layer next to your body, add insulating layers for warmth, and top them off with a waterproof shell.

## Master FACS Volunteer Program & SEWING CLASSES!

Sewing Classes offered through Master FACS Volunteers to BOE students, Civic Organizations & Community.

- **Tote Bags**
- **Reversible Table Runners**
- **Activity Mats for Alzheimer's Patients and Special Needs Students/Collaborative work with Pilot Anchors**



## Child Development.

- Virtual Childcare Providers Training for Local Day Cares to get their needed credits and Washington County Headstart.



## Collaborative Work with Local Organizations, Businesses and Stakeholders

- Washington County Chamber of Commerce
- City of Sandersville
- Washington County Downtown Development Authority
- Washington County Board of Education
- Washington County Board of Commissioners
- NB&PW Club and Headstart School
- Thiele Kaolin Company
- Washington County Communities in Schools
- UGA Archway
- Washington County Regional Medical Center
- Washington County Sherriff's Department



**GACAA** – Rocky Tanner was named County Agent of the year at the 2019 GACAA meeting by GA Cattleman’s Association.

**Hosted area production meetings** for producers to provide updates for corn, cotton, soybeans, peanuts, insect, weed, pecan, and disease control. There were 5 meetings that had approximately 450 attendees. These meetings also allow producers to earn much needed pesticide credits for private and commercial pesticide license holders.

**Beef Programming** – I work closely with area cattlemen to assist with all areas of beef production. Soil, feed, and forage testing. Presented forage and hay information at local cattlemen’s meeting. The agent is also a member of the Georgia HERD team. This effort is a collaboration between UGA, Georgia Cattlemen’s Association and producers across the state. The program consigns, evaluates and develops beef heifers so they can go back to the herd. This is a demonstrated educational program that producers can use on their own farm.



**Peanut maturity checks**- I performed 45 peanut maturity checks at Producer’s Ag in Davisboro, GA. Peanut maturity checks help producers make timely harvest decisions. The timing on peanut harvest can optimally come down to a 2 to 3-day window.



James Rocky Tanner, Interim ANR Agent  
Washington County Extension



**Harvest Yield Contests** - Submitted corn yield contest entries for 2 growers in Washington County. Submitted Southeast Forage contest entries for a Washington producer. Hitchcock Farms received 2019 peanut achievement award for their specific farm size category.

**Specialists in the County**- I have coordinated multiple site visits in Washington County by Clint Waltz (turf grass specialist), Dr. Corey Bryant (grain specialist), Dr. Bob Kemerait (crop disease specialist), and Andrew Sawyer (area pecan specialist). I have also directly worked with Dr. Gary Burtle (pond specialist), Dr. Lisa Baxter (forage specialist), Dr. David Dickens (forestry specialist), and Dr. Elizabeth Little (forest entomologist) on several issues in Washington County. A strong relationship with specialists allows local agents to connect Washington County citizens with quality information

**Media Submissions** – The agent has written multiple articles for local newspapers.

**On Site Consultations/Farm visits/phone calls** – The agent has made site visits when necessary to address problems or issues with all agronomic crops, turf grasses, ornamental issues, water quality issues, pond weed management, hay field production decisions, disease issues in peanuts, corn, and soybeans. Approximately 60 site visits were done in Washington County with over 100 face to face contacts, approximately 400 phone calls, texts, and emails.

**Samples**- Washington County had 472 water, soil, feed, and tissue analysis submissions for 2020.



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### **Washington County Extension/ 4-H**

**would like to thank all our clients who worked with us thru the time of COVID.  
We are thankful to be able to provide you the services we always have, just in a different way. We are here to serve our community and our commitment to programming and information will also be held as first priority.**

*Lisa Jordan, CEC, FACS Program Development Coordinator S.E. District Extension*

*James Rocky Tanner, Agricultural and Natural Resources Agent*

*Georgeanne Cook, Family and Consumer Sciences Agent*

*Cindy Sheram, 4-H Agent*

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*Jennifer Farrin, County Administrative Assistant*



*Lisa Jordan, Washington County  
County Extension Coordinator*