

*Growing  
Learning  
Sharing  
Leading*

# Message from the Director

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## *Dear Durham County Friends and Neighbors,*

On behalf of the staff of Durham County Cooperative Extension, I am pleased to introduce our 2019 Report to the Community—Growing, Learning, Sharing, Leading. This report provides a view into the work of our talented staff and volunteers and illustrates the breadth and depth of our programs, resources, educational experiences, and partnerships in making a difference in the lives of Durham County residents.

As the new Director of Durham County Cooperative Extension, I value what Cooperative Extension does in our community, how Extension works with Durham residents to bring the research-based information of our land grant Universities, NC State and NC A&T Universities, in partnership with Durham County Government, to improve quality of life and solve everyday challenges—whether it is a gardener who has leaf spot on their tomatoes or a mom who wants to serve more nutritious food to her toddler.

What do you value about Cooperative Extension? What are the ways you have connected with us? Perhaps you will see that connection represented in this report. This talented staff made nearly 38,000 face-to-face contacts with Durham County residents last year, maybe you were one of them.

I was a client and a donor to Extension programs before I first joined this staff fourteen years ago. I visited the Master Gardener office for advice, I donated to Welcome Baby, and I was a community partner from another organization. And since I've been here, Extension staff have helped me rescue my garden, provided information on disciplining my then-young child, provided an opportunity for my son to vote with Kids Voting, and supported my family in hosting a 4-H exchange student from Japan. Cooperative Extension has changed my life and made it better, as a resident as well as a staff member, and I hope that's what it has done for you.

In 2019, we will be looking to you to share your ideas and tell us more about how you are Growing, Learning, Sharing, and Leading with us as we embark on a period of community needs assessment and strategic planning for our future together. Cooperative Extension works collaboratively to address the needs of our community, we invite you to join us in this work.

Best Regards,



**Donna L. Rewalt,**

County Extension Director  
Durham County Center  
NC Cooperative Extension



# About Us

Durham County Cooperative Extension creates opportunities for lifelong learning and connects residents with resources to improve quality of life. We are a part of NC Cooperative Extension, an educational partnership between counties and our land grant universities—NC State and NC A&T—and the United States Department of Agriculture (USDA). The mission of Cooperative Extension is to partner with communities to deliver education and technology that enrich the lives, land, and economy of North Carolinians.

Our staff provides research-based education and other services, through workshops and trainings as well as customized services based on community needs and interests. Our programs are free or low-cost. Cooperative Extension serves Durham County through several program areas:

- 4-H Youth Development
- Family and Consumer Sciences
- Agriculture/Consumer Horticulture
- Welcome Baby
- Community Transportation / Durham County ACCESS
- Community Outreach

Through these program areas, Cooperative Extension helps strengthen families and communities. We are dedicated to improving the quality of people's lives. Our state goals, from growing and eating healthy foods to youth development and strengthening families, complement local goals and priorities.

**In 2018 Extension program areas generated just over**  
***\$1.2 Million***  
**in grants and other fiscal resources.**

**Cooperative Extension staff made**  
***37,912 face-to-face contacts***  
**with Durham County residents.**

**Extension hosted**  
***1,703 community events and meetings***  
**in our offices during the day, evening, and weekend.**

In the pages that follow, you will learn how Extension programs have an impact in the Durham Community and meet state and local goals, such as our five

## DURHAM COUNTY STRATEGIC PLAN GOALS:



**GOAL 1:**  
Community  
Empowerment and  
Enrichment



**GOAL 2:**  
Health and  
Well-Being for All



**GOAL 3:**  
Safe Community



**GOAL 4:**  
Environmental  
Stewardship and  
Community Prosperity



**GOAL 5:**  
Accountable  
Efficient and Visionary  
Government

# 4-H Youth Development



The Durham County 4-H Youth Development Program offers youth clubs, summer camps, special interest programs and life skill activities for children and youth ages 5—19. Extension Educators and volunteers help youth gain knowledge, skills, and experience that help them become responsible citizens and leaders to reach their dreams.

4-H works with organizations that request services or educational workshops and fine-tune our approach to fit the needs of the group. In the community, 4-H screens and trains adult volunteers to lead youth clubs that instill respect, commitment, and communication in youth as they learn leadership and team work through service learning and hands-on projects.

4-H is often identified by its green four-leaf clover with an “H” on each leaf. The four H’s stand for Head, Heart, Hands, and Health. 4-H’ers get involved with a variety of topics from technology & engineering to entrepreneurship, food & nutrition, art, health, community services, environmental education, and much more.

## 2018 Results

- Reached **651 youth** with STEM (Science, Technology, Engineering, and Math) and gardening after-school programming.
- Trained **30+ public school teachers** in the use of STEM kits, 4-H curricula, and outdoor learning to improve educational outcomes for students.
- Utilized **614 youth and adult volunteers** for Durham County 4-H programs and outreach, providing training and oversight to volunteers to increase their skills and effectiveness.
- Offered more than **50 activities**, workshops, camps, and events for 4-H youth to learn and grow in 2018.



GOAL 1



GOAL 2



Family and Consumer Science (FCS) programs provide research-based programs in Food and Nutrition from teaching home cooking techniques with Cook Smart Eat Smart to NC Safe Plates food service industry training. From FCS's start with home demonstration canning clubs around 100 years ago, the Family and Consumer Sciences program of NC Cooperative Extension in Durham and across the state addresses the evolving needs of North Carolina families. Statewide, FCS Agents provide Food and Nutrition programming to help people of all ages make sensible choices for a lifetime of good health. Durham's FCS program incorporates a Farm-to-Table approach utilizing the food resources of our Briggs Avenue Community Garden paired with workshops in cooking healthy and delicious foods.

## 2018 Results

- Conducted **127 food and nutrition workshops** to educate families how to eat well and prevent diet-related diseases.
- Encouraged more adults to eat healthy after **6 classes** of Eat Smart Move More Take Control with 75% of adults eating more fruits and vegetables daily, and 60% choosing to be active 5 to 7 days a week.
- Educated **63 families** at Briggs Avenue Community Garden to grow their own food in a safe and enriching environment.
- Partnered with Durham Technical Community College Center for Student Involvement to grow **1,225 pounds** of produce for a food pantry serving resource limited students.
- Collaborated with Durham County Beekeeping Association to certify **40 new beekeepers** in Durham County to protect pollinator health and the human food supply.
- Provided research based technical support to start **3 new community gardens** in Durham County.
- Our Extension Community Association (ECA) sewed pillows and scarves for cancer patients at Duke Hospital, **collected infant supplies for donation** to the Boys and Girls Home of NC, and supported Durham's Animal Protection Society.



GOAL 1

GOAL 2



The Agriculture program provides comprehensive research-based training to both consumers and professionals. Plant and animal producers and green industry professionals receive ongoing support in the form of direct consultation, workshops and classes, and professional pesticide certification. Extension Master Gardener Volunteers (EMGV) educate consumers on plant care, landscaping, soil testing and management, and other concerns through the Extension Master Gardener Volunteer office, workshops, classes, and community events.

## 2018 Results

- **Expanded partnerships** with state and local agencies, including Durham County Soil and Water, NC Farm School, Durham County Farm Bureau, and others to offer plant and animal producer trainings.
- Piloted expanded pesticide certification and recertification opportunities by providing **recertification credits** to Durham City and County employees and pesticide ground applicators.
- Generated **99 direct opportunities** for support with small farmers to provide education and assistance for agricultural business operations.
- 128 Certified Extension Master Gardener Volunteers (EMGV) made **9,872 educational contacts** with residents through gardening presentations, providing advice at plant information booths at public events, and answering phone calls and emails through EMGV hotline.
- Harnessed **7,014 hours of volunteer time** to provide educational resources and opportunities to home and community gardeners.



GOAL 1



GOAL 2



GOAL 4



# Welcome Baby



The Welcome Baby Family Resource Center offers emotional and practical family support, child development education, and prevention services designed to strengthen families and caregivers with young children ages 0 to 5 years. All services and programs increase families' capacity to nurture and prepare their children for success in school and are offered in English and Spanish. Programming includes individual consultation, supportive classes and workshops such as Incredible Years, Motherread, Triple P Positive Parenting Program, Very Important Parents (VIP) Teen Parenting, and Positive Discipline along with services like the Giving Closet, Cribs for Kids, and the Car Seat Safety program. Welcome Baby has been part of the Durham community for over 30 years.

## 2018 Results

- **Expanded services for families with young children on the Autism spectrum** with Incredible Years Autism Spectrum and Language Delays for parents with children ages 3-8 years. Parent Educators received specialized training for this program in 2018, which includes a focus on developing positive relationships, language development, and school readiness.
- Welcome Baby's Giving Closet offers families baby clothing, maternity clothes, baby equipment (such as breast pumps, high chairs, changing table etc.) diapers and other donated items to **2,000 families per year** and functions as a program recruiting tool.
- Improved parenting skills through the Incredible Years (IY) BASIC series with **statistically significant increases in caregivers' Positive Parenting Skills** while decreasing harsh discipline practices.
- **129 children received a safe sleep environment** through Cribs for Kids, providing safe portable cribs to families in need to prevent Sudden Infant Death Syndrome (SIDS) and injury.
- Parent educators using the **Triple P Positive Parenting Program serves teen parents** in the following Durham high schools on a weekly basis—Hillside, Jordan, Riverside, Southern, and Lakeview Secondary School—providing research-based education, support, and problem solving.



GOAL 1



GOAL 2



# Community Outreach



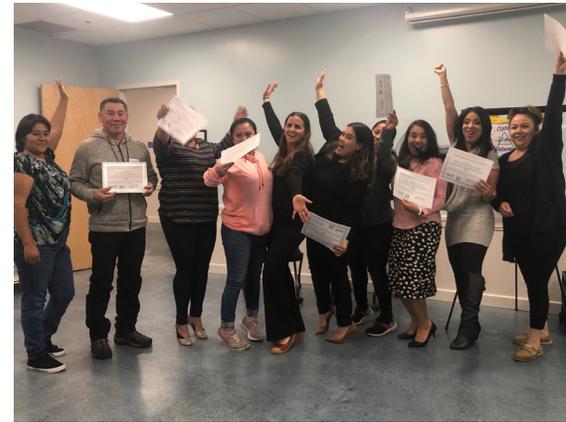
Community Outreach develops the ability of youth and adults, groups, and the community to build skills and to address and resolve issues. Outreach is a mechanism through which Extension builds community capacity that encompasses all program areas.

## KEY PROGRAMMING INCLUDES:

**Parent and Family Advocacy** through Parent & Family Advocacy and Support Training (PFAST), Latino PFAST (LPFAST) in Spanish and Parents As Leaders (PAL) are multi-week training series that support parents in better navigating their public schools to help their child succeed and advocate on behalf of their child and others.

**Kids Voting Durham** helps young people understand and believe in the power they have as active citizens and informed voters. Through a combination of classroom curriculum, hands-on experience and interaction with decision-makers, family education, and an authentic voting experience, Kids Voting ensures Durham's youth 18 and under experience effective civic engagement from a young age.

**Customized Training and Family Services** in Caregiving, Financial Resource Management, and Grandparent & Caregiver Support along with Team Building, Leadership Development, Facilitation, Strategic Planning, Decision Making, Board Development, and more to build skills and capacities of individuals and groups.



## 2018 Results

- **10,000 K-12 students took part in the Kids Voting Durham Elections**, Candidate Forums, & voter guides in their schools, precincts throughout Durham, online, and at community sites.
- **Lead impactful community facilitation efforts for hundreds of Durham County residents**, including the Durham County Substance Use Forum, Early Childhood Forum, and Confederate Monuments & Memorials community conversations, providing guidance for process design and training volunteer facilitators.
- Family and Consumer Science Specialist, **Peggy Kernodle, received a Making a Difference Award** from the Durham System of Care in Durham County for her nearly twenty years of work supporting Durham families.
- Evaluations demonstrated that 100% of participants in Parent Advocacy Training, L-PFAST, found it useful and gained new knowledge or skills. Staff also **trained 15 professionals (12 bilingual) as L-PFAST facilitators**.

GOAL 1



GOAL 5



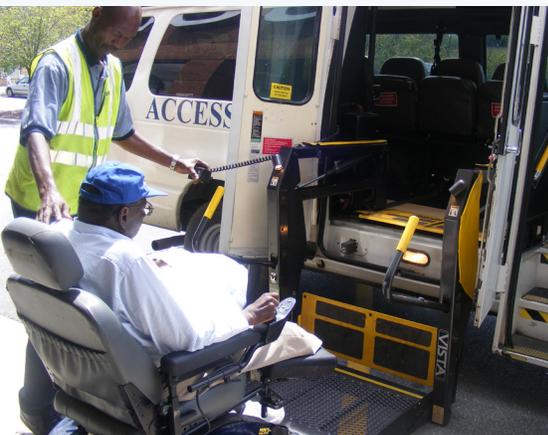
# Transportation

Transportation through Durham County ACCESS improves the quality of life of Durham County residents by providing safe and accessible transportation to seniors, individuals with disabilities, residents going to work, and the general public in rural Durham County. Durham County ACCESS is a proud partner in a coordinated network with the City of Durham's Go ACCESS transportation program.

Pending further discussion and final approval from Durham County Commissioners and the Durham City Council, Durham County ACCESS is expected to become part of an improved, merged system between the County and the City of Durham's transportation department in FY 19-20.

## 2018 Results

- Presented Durham County ACCESS (DCA) riders and partners with Champions in Transportation Awards for exemplary ridership, leadership, and commitment to Durham County ACCESS, including **the first Heart of a Champion Award to Randolph Lynch**, recognizing those who know and care for elderly or disabled residents beyond the call of duty.
- **90% of customers would recommend Durham County ACCESS to others.** Riders were polled through our annual on-the-bus customer satisfaction survey
- Managed **over \$900,000 in federal, state, local, and county funds** to provide timely and cost-effective service to Durham County residents.
- Durham County ACCESS provided **41,632 client trips--35,602 trips for Elderly & Disabled residents, 3,493 work-related trips, and 2,537 trips for rural Durham County residents.**
- In the fall of 2018, DCA **began formal discussions with the City of Durham** to merge the Durham County ACCESS system with the City of Durham's GoDurham ACCESS Paratransit Program.



GOAL 1



GOAL 5



# Partnership Highlights

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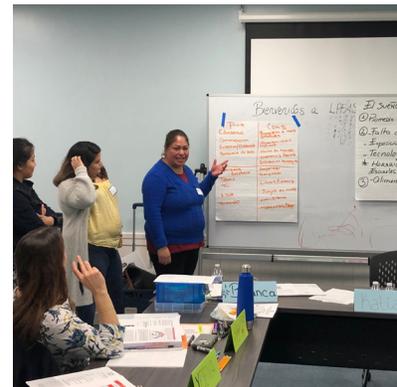


## ***Mindful Meals, Mindful Moms Workshops with Sodexo***

Mindful Meals, Mindful Moms is a family cooking and nutrition program conducted in collaboration with Sodexo Chefs from North Carolina Central University (NCCU) and our Family and Consumer Science (FCS) Food & Nutrition programming. Mindful is Sodexo's health and wellness approach to create a healthy food environment for students of NCCU. They brought their approach to Extension by providing a series of healthy cooking classes for resource limited families in Durham, including families participating in our Welcome Baby Program. Each family enjoys a cooking demonstration by a Sodexo chef, then are provided the ingredients and recipes to make the same healthy dinner with their family at home. Participating families reported that the meals were easy to make and delicious.

## ***Parent Advocacy Training with Book Harvest's Book Babies***

The partnership between our Parent Advocacy Program and Book Harvest's Book Babies program has been a mutually meaningful experience in which we have shared our knowledge about navigating the often-complex systems in public education with families and caregivers of Book Babies enrollees. Book Harvest provided childcare, space, and dinner for families to join Durham County Cooperative Extension's 6-week Parent and Family Advocacy and Support Training (PFAST) and Latino PFAST (LPFAST) in Spanish, so parents can learn very practical strategies as their young children enter Pre-K and/or Kindergarten. Extension staff delivered the training and worked in partnership to ensure that our programming best fit the needs of the families. The most remarkable reward from our partnership with Book Babies families has been witnessing their emerging leadership and confidence of the families.



## ***Measurement Inc. Ballots for Kids Voting Durham Elections***

Measurement, Inc. (MI) has served as a vital community business partner to Kids Voting Durham (KVD) since it came to Cooperative Extension in 2006. Each year, MI uses its nationally-acclaimed testing services to provide ballot design, printing, and tabulation for Kids Voting Durham. MI employees, like Bob Kenna, have worked with KVD staff and volunteers past midnight on Election Days to ensure that the youth and schools who participate will have the results of KVD elections by the next morning, alongside the adult results. In sixteen elections over the last 13 years, MI's vital contributions to Kids Voting Durham have exceeded \$200,000 in labor and materials. We appreciate Dr. Hank Scherich and Measurement Inc. for their commitment to Durham County Cooperative Extension and the Durham community.

# Program Support

For more than 100 years, an essential component of Cooperative Extension’s success across the United States, North Carolina, and in Durham is community support. Durham County Cooperative Extension works with the power of trained volunteers and community advisors—Advisory Board Members, Extension Master Gardener Volunteers, 4-H Club Leaders, interns, and many other volunteers work with staff to meet community needs.

## Our Volunteers

In 2018, hundreds of trained Extension volunteers contributed 46,214 hours of service valued at more than \$900,000, expanding our capacity and reach in the community. Many thanks to our volunteers!



## Our Advisory Leadership Board

Cooperative Extension’s Advisory Board is a volunteer-led, community-based board working year-round to advise, support, and continuously improve all Cooperative Extension programs to benefit Durham residents. Please reach out to our County Extension Director if you are interested in joining.

We want to thank the following individuals who have most recently served on our Advisory Board:

- |                        |                   |
|------------------------|-------------------|
| Theresa Clark          | Cheryl L. LeMay   |
| Mary Flounoy           | Cory Rawlinson    |
| Rosemarie Gulla, Chair | Evelyn Scott      |
| John Hefferman         | William A. Thomas |
| Carl Hodges, Jr.       | Sonya Tilley      |
| Denice Johnson         | Ana Velasquez     |
| Faye Lanier            | Nancy Wykle       |
| Nancy Love             |                   |

## Our Staff

More than 20 Extension staff members work across program areas to provide effective services to Durham residents. Our Educators are available to answer questions on a variety of topics.

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|-----------------------|--------------------|----------------------|
| Julian Ali            | Erin Matoko        | Donna Rewalt         |
| Cheralyn Berry        | Donna Rewalt       | Cindy Riley          |
| Yvonne Cozart         | Carlos Moses       | Karen Rodriguez      |
| Carnetta Green        | Patience Mukelabai | Linda Thomas Wallace |
| Pana Jones            | Darnell Parker     | Angelina Schiavone   |
| Pam Jordan-Carrington | Yesenia Ponce      | Brenda Taylor        |
| Peggy Kernodle        | Evelyn Ramirez     | Ashley Troth         |
| Carolyn Kreuger       | Carmen Reeves      |                      |

Cooperative Extension

