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EXTENSION

Teton County

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Montana State University Extension is an
ADA/EO/AA Veteran's Preference Employer
and provider of educational outreach.

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Return on Investment

Thank you for your part in making Montana State University Extension relevant and successful in providing educational programs for the citizens of Teton County. This annual report highlights a few of the success stories for MSU Extension in Teton County.

We want to extend a special thank you to the Teton County Commissioners and voters in Teton County for their continued support of MSU Extension. We also want to thank the many volunteers, participants, readers and listeners who help us deliver our important educational messages.

When you support MSU Extension, Teton County and the state of Montana benefit.



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Media Resources and Delivery

Program description	<p>During 2014, Jane Wolery, Extension agent in Teton County, delivered educational resources to clientele through a newspaper articles and press releases, radio spots and a Web blog. Additionally, educational resources were delivered through office visits, client requests and public work.</p> <p>In total, 32 newspapers articles were published, 40 radio broadcasts were given and 26 blog entries were posted. Numerous MontGuides and Extension educational resources were delivered to clients.</p>
Geographic reach	<p>During 2014 the Choteau Acantha and Fairfield Sun Times, weekly newspapers in Teton County, collaborated with MSU Teton County Extension to reach 3,000 households. KSEN radio station partnered with Extension to gain a potential 20,000 learner impressions. The blog, 31HomePlace, had 2,214 page views. Among all resources, the educational outreach included Teton County, the Golden Triangle area in Montana, several states, southern Alberta, Canada, and a few other countries.</p>
Economic value	<p>The two newspapers and KSEN radio station provided print and air time to further the educational reach of MSU Teton County Extension.</p> <p>Since beginning “Extension Minutes” in 2006, the radio station has contributed \$7,200 worth of time for Wolery’s 300 radio spots. The Extension spots are a regional effort running five days a week for a total value of \$49,920. In 2014, the newspapers contributed \$10,268 worth of print space for Extension informational pieces. Since beginning in 1998, the contributed publishing from the Choteau Acantha and the Fairfield Sun Times tops \$164,000 for more than 500 educational articles.</p>
What did they learn?	<p>Topics this year covered: home and office clutter management, financial management and savings tools, nutrition and health, care giving, healthy food preparation, financial frauds and scams, 4-H and youth development, and food preservation.</p> <p>One listener texted following a radio piece and wrote, “I like radio. I hear a lot of things I otherwise wouldn’t.”</p>
What action did they take?	<p>Not everyone can attend Extension educational classes, so the media and resource offerings provide access to learners. Those reached through media learn correct, research-based information that applies to daily life.</p> <p>Our media learners respond with requests for additional resources. One relayed that because of the clutter management series, he cleared five file cabinets at work and one entire bedroom in his home. This behavior increased his productivity and decreased storage costs. Another media learner reported that he uses Internet search tips shared in a newspaper article on a routine basis for his farm and ranch research.</p>
How does this work make Teton County and Montana better?	<p>Media work by MSU Teton County Extension serves to narrow the information gap. The radio spots and blog provide free resources to make information easily accessible to all people.</p> <p>Well-informed consumers make better decisions. The breadth of topics covered address real issues: reducing debt and increasing savings, lifestyle modifications to reduce health risks, and personal care to increase vitality of citizens.</p>

Extension publicity in the Choteau Acantha weekly newspapers helped 4-H’ers collect 2,000 pounds of food items in October.



Strong People

Program description	The Strong People class is based on research from Dr. Miriam Nelson of Tufts University. Through the program, participants learn proper techniques for weight-bearing exercise. Additionally, Wolery enriches the learning experience with daily-learning topics and Extension educational topics, such as estate planning and finance. Many of the additional topics taught during the weight-lifting program are at the request of the participants.
Number of Teton County learners	In 2014, 54 learners took part in Strong People. Since 2009, 179 people have participated.
Total hours of participation	In 2014, there were 70 hours of class instruction for Strong People.
What did they learn?	<p>Participants learned the benefits of strength training which improves/increases: Muscle mass; strength and balance; bone density; arthritis symptoms; metabolic rate and glucose control and lipid profile.</p> <p>Participants learned proper form through feedback during weight lifting. Participants reaped additional benefits through the sharing of Extension educational resources such as estate planning, debt management, food safety, nutrition, clutter management, and information on frauds and scams.</p>
What action did they take?	<p>Participants in the Strong People program increased the amount of weights used and the number of repetitions they were able to do, verifying that they were building strength.</p> <p>Participants report continuing to meet after the Extension program ended, thus building in a lifestyle change for increased activity and strength building.</p>
How does this work make Teton County and Montana better?	<p>Approximately 10 million Americans have osteoporosis of which 80 percent are women. One in two women will experience an osteoporosis-related fracture. Arthritis affects more than 20 million Americans. Strength training is known to increase bone density and to reduce pain related to the effects of arthritis. It improves mood and attitude, decreases depression and increases sleep quality.</p> <p>Through the MSU Extension Strong People program, residents in Teton County are increasing both their longevity and ability to live independently. Compared to those who do not exercise, they have fewer chronic diseases and related medical expenses, many of which are a burden on taxpayers. Falls are often the ticket to a long-term care facility and by increasing strength, balance and bone-density, we are reducing those costs. In rural Montana, increasing the health and independence of the senior population can translate into greater transfer of wealth and farm and ranch assets that would not be spent down on long-term care.</p> <p>The classes help individuals make improvements, but generally the reach is much farther than just the person in the class.</p> <p>For example, a woman in the Strong People class sent Wolery a note saying, “Thanks, you saved me!” The class helped her improve her stamina, strength and energy level — but it didn’t just change her life. She is parenting her grandchildren, caring for her own family, is fundamental to her family’s ag operation and is a crucial community volunteer. By improving her life, many more people benefitted. Extension’s work keeps people vibrant and healthy, and keeps our communities vibrant and healthy as well.</p>



Since 2009, Teton County Extension’s Strong People classes have reached 179 people.

Aging in Place/Assistive Devices and Stepping on Fall Prevention

Program description	<p>These programs are a collaborative effort between MSU Extension, MonTECH, the University of Montana Rural Institute, Teton Medical Center and the Montana Department of Public Health and Human Services. The goal is to share assistive devices and technology that can improve daily living and allow people to continue living independently despite a physical challenge. The goal of the Stepping on Fall Prevention program is to prevent debilitating falls in the senior population that lead to medical intervention and decline in health and independence.</p>
Number of Teton County learners	<p>Ninety-three people in Teton County and 48 people in Liberty County have attended a class with Jane Wolery, MSU Extension agent.</p>
Total hours of participation	<p>24 hours of classroom learning in seven locations.</p>
What did they learn?	<p>Participants learned about assistive devices available, where to borrow them for free and where to purchase them. They learned about assistive devices for low vision, low hearing and mobility.</p> <p>Through the fall prevention program, participants learned about proper footwear, balance and strength exercises, how to avoid unsafe situations and how to conduct a home assessment.</p> <p>One participant shared what she learned at class with a friend. The man didn't realize assistance was available for his low vision. As a result, he now has resources, such as a talking watch to tell time and a special reader to allow him to do his own shopping and function in a print-driven world. He is now able to fully participate in his community. He is a cherished lecturer and asset to the community who was going to quit his volunteer work because he could no longer see his notes. Even though he never attended this class, it opened a world of resources and support to him. Rather than allowing his low vision to isolate him, these resources have helped him reconnect with others. Because of this Extension program, his life is better, and so are the lives of those he touches.</p>
What action did they take?	<p>Several participants contacted Extension after classes to try devices and make adaptations. Several seniors revealed they would use the information and devices to assist elders in their care. Three participants consulted with a low-vision clinic after realizing aids might help them remain independent and enjoy their daily lives more fully.</p> <p>In relation to fall prevention, one participant reported "falling better" because of the program and thus avoiding injury. Several modified their homes and other behaviors to prevent falls.</p> <p>When asked, 98 percent of participants could list at least two things they planned to use immediately as a result of the class.</p>
How does this work make Teton County and Montana better?	<p>In Teton County, 22 percent of the population is 65 and older. With advancing age there is often a decline in function that is limiting. No matter the cause, a decline in the function of others affects all of us. When seniors can age in place, there is a decrease in employee absenteeism from working-age people using leave to care for an elderly family member. When seniors can adapt for declines in function, they remain contributing members of our communities. Our rural communities depend on the senior population as critical volunteers in a variety of civic functions.</p> <p>These programs are important not only to those who attend, but also to those who don't attend. Many participants have shared the information with others, increasing the educational reach of MSU Extension and improving the lives of fellow Montanans.</p> <div style="text-align: center; background-color: #fff9c4; padding: 10px; margin-top: 20px;"> <p><i>Aging in Place classes are particularly critical in a small, rural county like Teton County, where a little more than one-fifth of the population is 65 and older.</i></p> </div>

4-H and Youth Development

Program description	4-H in Teton County is a vibrant educational program with multiple opportunities. The program boasts: 128 youth members • 87 leaders • 211 additional youth contacts • 12 participants in interstate exchanges • 11 participants in Youth Leadership Retreat • 9 participants in Montana 4-H Congress • 61 participants in 4-H overnight camping • 3 participants in national shooting sports competitions • 11 participants in 4-H BioScience for 134 hours of activities in the first two months of an eight-month program • 12 participants in 4-H Council • 2,100 pounds of food collected for the Teton County Food Pantry • \$126,020.50 invested in youth agricultural pursuits • more than 1,100 hours of service to our communities • more than 3,700 hours of volunteer leadership in the 4-H program.
Number of Teton County learners	Between school enrichment and traditional 4-H members, MSU Teton County Extension reached 339 youth learners with science lessons.
Total hours of participation	Based on individual 4-H members' participation, we estimate more than 8,000 hours of youth participation.
What did they learn?	4-H youth learn a variety of skills through community club involvement, 4-H interstate exchange, overnight camping experiences, project activities and Clover Classes. Some of the life skills 4-H members learn are: record keeping • public speaking • financial planning • goal setting • communication • teamwork • planning and organizing • concern for others • leadership • responsibility • confidence • decision making • problem solving • serving communities.
What action did they take?	4-H members in Teton County organize food drives, gather clothing for the needy, raise livestock, give 4-H speeches and demonstrations, evaluate projects, interview with judges, keep records, connect with caring adults, communicate and develop teams, lead projects, and develop specific project skills.
How does this work make Teton County and Montana better?	<p>In Teton County, many important functions are organized by 4-H youth and adult volunteers, from the food drives to community fundraisers. The adult 4-H volunteers contribute about 15,645 hours in Teton County. If that were multiplied by the average wage in Montana of \$18, that would be \$281,610 worth of contribution to our county.</p> <p>Not only is 4-H contributing to Teton County in a variety of ways, but it is also grooming tomorrow's leaders. In a longitudinal study by the Institute of Positive Youth Development at Tufts University, it was determined that 4-H members were academically more successful and were more likely to see college in their future. Youth who earn a bachelor's degree earn \$2 million more over their lifetimes. (Porter, 2003)</p> <p>4-H youth are more likely to go to college, vote as adults, and contribute to their communities. (Lerner, 2009; Zaff et al, 2003). 4-H youth report three times more opportunities to engage in meaningful community leadership roles. By investing in youth, we are investing in a future that affects all of us.</p>

4-H Food Drive

Program description	The Teton County 4-H youth have organized a door-to-door food collection to support the local, volunteer-run food bank.
Number of Teton County Learners	Each year about 75 youth in Teton County and 30 adults help in gathering food for those in need.
Total hours of participation	Between planning and collecting, each year 4-H spends about 25 hours on food drive projects.
What did they learn?	4-H members organizing the event learn: charitable giving, service to communities, leadership, teamwork, planning, communication skills, promoting and organizational skills.
Economic impact	4-H youth have gathered between 900 and 2,000 pounds of food items each year. Estimating an average of 1,450 pounds a year since 1991, Teton County 4-H youth and volunteers have gathered 31,900 pounds of food to feed the hungry.
How does this work make Teton County and Montana better?	When youth are instilled with a sense of service to community and caring for others, we all benefit. Through the charitable contributions, 4-H members are feeding the hungry and reducing the tax burden on the public to provide food assistance. Because of 4-H's charitable efforts, state food bank resources can be stretched farther in other communities and counties.



4-H and Youth Science Programs

Program description	<p>4-H offers multiple learning opportunities. This year, MSU Teton County Extension offered Clover Classes in each of the top project areas. At each of these classes, there was a science lesson related to the project. For instance in a sewing class, students learned to do a burn test to make determinations about fiber content; in photography, students learned about the way a camera works to record light; and in a foods class, students learned how different measuring techniques affect the volume of flour in a recipe and therefore baking. As well, 4-H volunteers and camp counselors in the county were encouraged to incorporate science in their activities with youth.</p> <p>Through school enrichment programs, youth in several schools learned science through experiential learning. Extension Agent Jane Wolery presented a program that students refer to as “bubble science” or Y.E.S. (Youth Experiences in Science). Students learn observation and communication skills and set up several experiments to test theories.</p> <p>The MSU 4-H BioScience program enrolled teams of four students and one coach for a week-long science experience on the MSU Bozeman campus, followed by eight months of supported science activities for youth. Teton County was able to place two teams, for a total of eight students and two coaches supported by an Extension agent.</p>
Number of Teton County learners	<p>Between school enrichment and traditional 4-H members, MSU Teton County Extension reached 339 youth learners with science lessons.</p>
Total hours of participation	<p>In 2014, there were 94 hours of instruction in 4-H science activities.</p>
What did they learn?	<p>Students learned the relationship of science to our everyday lives. Students learned that both men and women can become scientists. Students learned to conduct experiments. Students learned observation, communication, cooperation, and evaluation and how to make predictions. Students also learned about different science careers.</p> <p>With the on-campus visit, students gained confidence about their educational future. Being on a campus is a predictor of youth going on to higher education. (Hoover, 2006) The students studied three different units: neuroscience, infectious disease and metabolomics.</p>
What action did they take?	<p>Many of our 4-H alumni are currently in careers directly related to their 4-H experiences. The science exposure provided this year may take some time to grow, but we anticipate an increased interest in science-based careers.</p> <p>The youth involved in the BioScience projects have met weekly, consulted with professors on campus through video chats to review experiments, have completed a neuroscience unit, and taken taste, hearing and tactile sensory measurements.</p>
How does this work make Teton County and Montana better?	<p>Our state and nation are in need of workers who are highly proficient in science, technology, engineering and math (STEM). Research has shown that 4-H members develop an increased interest in science three times higher than non-4-Hers. Lessons in science through 4-H projects — robotics, bioscience, livestock evaluation, foods and nutrition — are doorways to science-related careers. 4-H intends to bridge the gap and build the problem-solvers of the future.</p>



Photo courtesy MSU



Community Development

Program description	MSU Teton County Extension helps communities address needs. From the Horizons poverty reduction program to the Fairfield 2020 vision project, MSU Extension is assisting communities with their goals. For this report, we will be highlighting just one of those efforts — the renovation of the Choteau Pavilion, a community hall that is also used for the Teton County 4-H Fair.
Geographic reach	MSU Extension Agent Jane Wolery was a founding member of the group that has overseen the fundraising and remodeling of the Choteau Pavilion. When the pavilion is completely renovated, Choteau and the surrounding communities can be positioned as “conference-ready.” Teton County has ample hotels and bed and breakfast facilities, great restaurants and is well positioned recreationally.
Economic impact	To date, the Pals of the Pavilion group has secured more than \$230,000 in funding and is nearing the final stages of the renovation project. The entrances and rest rooms have been brought into Americans with Disabilities Act (ADA) compliance, the main assembly hall has been completely refinished, a storage area has been added to the facility and the kitchen is currently being remodeled. The City of Choteau is replacing the roof and siding and adding covered porches to the entrances.
How does this work make Teton County and Montana better?	The local economy benefits whenever events can be scheduled in Teton County and having a well-appointed meeting facility has already proven to draw statewide events. Whenever additional activities/conferences are held in a community, there is an increase of secondary services used, which positively impacts businesses in the area.



Small Steps to Health and Wealth

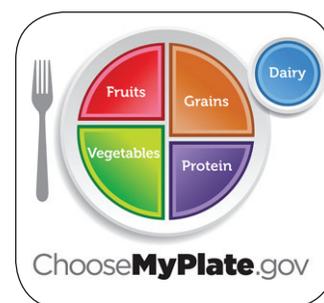
Program description	The Small Steps to Health and Wealth curriculum, developed by Rutgers University, details behavior change techniques. All the behavior change techniques can be used both on health goals and wealth goals.
Number of Teton County learners	Eight people took the five-week series of Small Steps to Health and Wealth.
Total hours of participation	The participants had the benefit of 25 hours of classroom time, plus out-of-class assignments.
What did they learn?	Participants learned 25 strategies to change behavior, such as: track your current behavior • commit to making a change • defy someone or defy the odds • think balance — not sacrifice • control your destiny • make progress every day • get help and be accountable • convert consumption into labor • compare yourself with recommended benchmarks • use easy frames of reference • automate good habits and create templates.
What action did they take?	Participants reported being able to pay off credit cards, adding in 30 minutes of exercise six days per week, and taking five years off their mortgage through techniques taught in class.
How does this work make Teton County and Montana better?	Each of the individuals in the class made changes in both health and wealth behaviors. Given the costs of preventable diseases, any time even one person makes a change that improves their health, it is beneficial to the rest of us. And most participants influenced behavior changes in family members who were not in the class. Though there were eight participants in class, 30 of the Small Steps to Health and Wealth workbooks were distributed to others by these participants. Several participants also changed money management behaviors. The changes were significant to their households, easing financial burdens and helping meet financial goals. The United States is experiencing a savings rate of just 4.9 percent (total personal saving as a percentage of disposable income). When the savings rate in the United States is low, individual households have a hard time weathering an economic storm. Furthermore, individual economics affect all of us collectively, as evidenced during the recession. It is critical that we have Extension education to help people learn techniques to meet their financial goals.

Operation Concession Intervention

Program description	MSU Teton County Extension Agent Jane Wolery worked with area concession stands to increase the nutritional offerings. Based on success in Teton County, Wolery partnered with colleagues and offered a webinar and a class for Montana Extension agents and a workshop at the 4-H Western Regional Leaders Forum. Portions of the class were highlighted at the Priester Health Conference in Oregon.
Geographic reach	This collaborative effort has reached multiple counties in Montana and multiple states.
Total hours of participation	In 2014, classroom instruction on this topic was 15 hours.
What action did they take?	When asked, 100 percent of participants had a plan for at least one way they could improve food offered at meetings and concessions. Colleagues have been referring people to the Munch Code book on the MSU Teton County Extension website for ways to make quick, positive changes to concessions menus. A school culinary arts class developed hummus recipes for potential concessions menus. The Choteau High School seniors taste-tested six items as part of market research on which new nutritious items would most likely be purchased at concessions.
How does this work make Teton County and Montana better?	<p>Poor food choices cost our state and country dearly. The costs of preventable diseases are staggering. Death rates alone cannot describe the burden. Cardiovascular disease costs more than \$444 billion. People who were obese have medical costs that are more than \$1,500 higher than the cost for people of normal weight. The economic cost of diabetes is estimated at more than \$175 billion. (CDC — Centers for Disease Control and Prevention)</p> <p>Clearly we have a health crisis in our nation and much of it relates to controllable behaviors. Part of the problem is what we eat. If we can get concession stands to offer more healthful choices, we can influence behaviors related to food choices and directly impact health. Studies have shown that the food environment plays an important role in food choices.</p>



MunchCODE
PICK THE RIGHT SNACKS & color YOURSELF HEALTHY



Digital Devices

Program description	The class covered use of any digital device that connected to the Internet. Participants brought smart phones, e-readers and tablets to the class. Topics covered: devices, operating systems, apps, browsers, storage, data plans, cloud computing, etiquette, Wi-Fi connections, common settings, GPS, MMS/SMS, texting for individuals and groups, voice commands, video chats, camera functions, accessories and peripherals. Six 4-H members and four Extension staff taught the class.
Number of Teton County Learners	Forty learners either took the class or came to the Extension office for individual assistance.
Total hours of participation	Between class and individual consultations, more than 40 hours was spent learning with Extension.
What action did they take?	On each of the six skill areas evaluated, learners made significant gains. They also reported that they are more confident using their device and will be more efficient and productive both at work and home.
How does this work make Teton County and Montana better?	The youngest participant in class was 45 years old. The digital world can be a challenge for older adults to navigate, but they are increasingly expected to do so. From medical to financial issues, managing our daily lives is affected by our ability to research, navigate and communicate in a digital world. Assisting adult learners in new technology improves their quality of life.