2017 ANNUAL REPORT

Building the Health & Wellness of our Community
Dear Cornell Cooperative Extension Orange County participants and supporters:

Welcome to a brief tour of our 2017 educational programs. This year’s Annual Report highlights health and wellness. While our educational programs are generally focused on the individual, fostering healthy individuals leads to healthy and vibrant communities where we work and play.

Whether it is encouraging people to drink more water and reduce their consumption of sugary beverages or helping them learn to safely preserve their garden’s bounty, educators provide the tools necessary for success. Learning how to manage one’s finances helps to provide a sense of wellbeing. Maintaining healthy relationships among and between youth and their caregivers is critical to maintaining a healthy family.

Agriculture and natural resource programs encourage land stewardship and financial sustainability. Helping farmers combat invasive species attacks on their crops or researching the best methods of growing industrial hemp lead to a healthy agricultural economy. Professionals who guide municipalities and developers in Stormwater management issues help prevent serious economic disasters during increasingly common flooding events.

Experiential learning for youth helps them to decide on careers, develop a positive work ethic, practice healthy behaviors and contribute back with many community service events.

The beautiful Education Center and 4-H Park provides a healthy and safe setting for which to hold events, trainings and shows.

Peruse these pages and enjoy our 2017 program highlights.

Best regards,

James Conklin, President
Lucy T. Joyce, Executive Director

CCEOC 2017 WELCOME LETTER

2016 Annual Meeting

At the 2016 Annual Meeting, awards and recognitions were presented to show a deep appreciation for Cornell Cooperative Extension’s Board of Directors, Supporters, and Volunteers.

Left to right: Pat Renke, Nominating Chair, welcomes Molly Crist and Kell O’Brien, assisted by Executive Director Lucy Joyce, as they are appointed to Program Advisory Committees for 2017.

Andrea Nilon, second from left, receives the Golden Gavel Award in honor of her service as Board President from 2014 – 2016. Jim Persiuti receives recognition for his service as a board member. Also pictured are Pat Renke, on left, and CCEOC Executive Director, Lucy Joyce, on right.

From left: Lucy Joyce, CCEOC Executive Director, and Pat Renke, Nominating Chair, welcome new Board Members; Jennifer Crist Kohn, Belinda Anthony Van Dunk, Michael R. Pillmeier, (Vice President), and Paul K. Johnson, DVM.

Photos included in the 2017 Annual Report by Ali Nasseri, Lynn Bartolotta, Paul Bookstaver, and Cornell Cooperative Extension staff.
Healthy Economies

Cornell Cooperative Extension’s agriculture programs work on helping farmers produce more, waste less, and grow their businesses to keep the $100+ million dollar farming industry thriving in Orange County. This is achieved through traditional programming that helps farmers learn the newest technologies and research information in a particular area. Introducing new crops and new processing opportunities helps farmers expand vertically or horizontally. Assisting producers in finding new markets that are suitable opportunities for them is another way we help them grow their bottom line. In 2017, a focus of our work was helping farmers research hemp as an alternative crop for seed or fiber production. Potential for this new crop in New York exists and ‘re-learning’ how to plant, grow, harvest and process a crop that the U.S. has not produced in some 70 years has been a challenge.

Clean Water, Healthy Soil, Open Spaces

Programs built around maintaining and improving the state of our natural resources are abundant at Cornell Cooperative Extension Orange County. Programs like the Stormwater series and the 4-Hour Contractor’s Training assist municipal and private professionals in meeting the requirements of the E.P.A. and D.E.C. to safeguard our surface and groundwater by focusing on soil stability during projects. Natural Resource programs also include working with agencies on wildlife habitats, reducing homeowner impacts on the environment, and helping agricultural lands stay open. Agricultural lands and the support lands around them provide homes for our diverse wildlife as well as preserving beautiful vistas. The Cornell Cooperative Extension staff works on helping farms stay profitable so the temptation to sell their land is reduced, and assists in helping farm families access resources for estate planning and farm transfer.

Food Safety

Through the Eastern New York Horticulture Program, staff work on a regional basis to help fruit and vegetable growers meet or exceed the requirements of the Food Safety Modernization Act or their private audits for Good Agricultural Practices. Whether legislated or self-administered, produce growers want to reduce the potential for human pathogen contamination on their crops. We focus on teaching about wildlife and pest management, irrigation and wash water standards, worker safety training and improved post-harvest handling.

Blooming Gardens & Kitchens

Our Master Gardener program boasts 107 volunteers who work diligently helping the people of Orange County be successful at the county’s most popular hobby – gardening. From those gardens come tons of fresh produce that families can enjoy; or they can come to Cornell Cooperative Extension and learn how to ‘put-up’ that bounty (or produce smartly purchased at a local farmer’s market). Enjoying the summer by learning new recipes for vegetables and herbs, or extending the season by learning the traditional art of preserving is only part of the education we provide, based on good food.

Thriving Communities & Declining Pests

All areas of agriculture, the home, and communities touch on pest management. Whether the Cornell Cooperative Extension staff is helping hotel staff learn about bed bugs, or mobilizing an army of Master Gardeners to monitor invasive pests, or helping a local farmer manage an old pest with a new technology, it all keeps the businesses and individuals of Orange County flourishing.

Agriculture

We help farmers produce more, waste less, and grow their businesses.
Family & Consumer Sciences

A 13-year old participant of Strengthening Families excitedly told us, “We talk more, everything is not so serious anymore, and we laugh a lot together.”

Programs focus on parenting, including kinship and non-traditional families, nutrition, wellness, healthy child development, senior well being and financial management.

Living Well
Healthy families and communities rely upon a variety of interrelated factors, from food and exercise, to shelter and relationships. The Family & Consumer Sciences Program offers educational opportunities and resources designed to help individuals, families and educators improve the quality of their lives, become competent consumers and build healthier communities. Our prevention-focused programs provide research-based non-biased information, practical skills building, and education to help the citizens of Orange County to succeed in Living Well while Raising Kids, Eating Right and Spending Smart. These programs are responsive to our community’s needs and assist at all stages of life whether it be parenting or with issues facing seniors.

Strengthening Families
In collaboration with the Alcohol and Drug Abuse Council (ADAC) and the Orange County Youth Bureau, CCEOC offers Strengthening Families, an evidence-based drug and alcohol abuse prevention program. Sessions are held two to three times per year throughout Orange County. What makes this program so unique is that it is designed for youth, (10 to 14 years old) to attend with their parent(s) or caregiver(s).

During the months of February through April, CCEOC held the seven-week Strengthening Families Program for 18 participants at the Highland Falls Intermediate School for the first time. The program was funded by the NYS Office of Children & Family Services. Strengthening Families teaches youth, as well as parents and caregivers about effective communication skills, how to set and pursue goals without getting distracted by risky behaviors or peers, and shares knowledge that keeps families strong and protected. The make-up of participants in the session at Highland Falls was diverse and dynamic! Participants included a group of relatives raising a child together, and a globe-trotting Army family, which offered parents, caregivers and youth a lot to learn not only from the program, but also from each other.

As one mother of a 14-year old shared, “I am more aware of her point of view now, and we actually have family meetings. She’s even willing to do her chores with less resistance!” Another mother said, “What I see with my kids now, and we actually have family meetings. She’s even willing to do her chores with less resistance!”

Supporting Healthy Relationships
“Starting the Conversation about Grief and Loss” is an intergenerational workshop using evidence-based creative activities to open family communication about loss. The program was held in April at our Middletown office, thanks to funding from the NYS Office of Children & Family Services. As a means to promote overall health and wellness, participants engaged in small group activities, which allowed them to explore their own emotions and develop improved communication skills in developmentally appropriate ways. To meet the needs of both youth and caregivers, families met together for two intergenerational workshop sessions as well as youth/caregiver breakout sessions. Eight families (13 participants) attended the workshop. Feedback was very positive, and has resulted in plans to develop a quarterly series titled “Continuing the Conversation about Grief and Loss” that will support families in maintaining effective communication around loss.

Promoting Wellness at Work & Home
Recognizing your place of work can have the greatest influence on your overall well-being, CCEOC supports workplace wellness in our own office and with our community partners. This year efforts have been made by implementing signage, social media, and friendly competitive challenges to promote physical activity, increased consumption of fruits and vegetables, and fun ways to support one another in the workplace and create long-term environmental changes.

Quarterly messages on the bulletin boards in the main lobby and the Association’s break room, as well as ‘Potty Talks’ posters in the restrooms encourage the staff to be more physically active and to eat healthier. There were three all building (18 Seward Avenue) Challenges: LOOING, the Fall and Spring-Lighten UP Challenge, and the Drink More Water Pledge. Participants in these challenges included staff from Youth Bureau, Community Development, Building Security, the District Attorney’s Office and CCEOC.

The Weekly Wellness Tips on CCE Orange County’s website and Facebook page to date has reached over 8,500 people.
4-H Youth Development

Health and wellness are included among the many goals concerning the positive development of youth. Through 4-H programs, youth are provided opportunities to gain self-awareness about personal health and well-being and the need to create and support healthy environments.

Healthy Relationships

The Teen Leadership & Career Development program provides opportunities for teens to explore college and careers, participate in career readiness activities, meet with various professionals from an assortment of fields, and be social. Periodically, we partner with other organizations to educate teens in other content areas focused on healthy relationships that support social skills. This year Planned Parenthood presented a two-part series on their curriculum 'Be Proud! Be Responsible!' which focuses on sexual health. Safe Homes of Orange County presented a workshop on teen dating violence. These workshops gave participants the knowledge and tools to approach relationships with peers in a positive, healthy way, having gained more self-awareness and confidence as a result.

Healthy Environments

Animal and Human Interaction – The 4-H Robotics program has three competitive teams, consisting of 15 youth participating in the First Lego League competitions in the Hudson Valley. This year Orange County 4-H members competed regionally at Red Hook and Warwick. Teams were required to present a research paper on the theme of the year. This year's theme was “Animal Allies.” In addition to doing research, teams had to present a unique solution to a problem. One team educated the public about bats, and how sonar and bat houses can help bats live among us, while contributing to our community. Another team developed a website using research to educate the public about the benefits of owning pets, which includes reducing stress. This research gave the 4-Hers new insights into the intricacies of the connections humans and species groups have to the environment. It also provides the public with useful information for interacting with animals and the environment.

Citizen Science – Once again our 4-H youth stepped up to the challenge and participated in The Cornell Lab’s Project FeederWatch citizen science count. Each year, youth observe and count the birds that they see at their feeders from January through March in their backyards, and then submit their findings to the lab’s database. The lab uses this data to look at trends and patterns within the bird population in the United States. This citizen science project has been noted as one of the largest and longest running research projects that ordinary people participate in. This partnership with the lab has continued to allow us to provide projects like this and others to our youth. The 4-Hers gain many investigative skills and learn about the environment.

Environmental Career Exploration – Each month during the winter, youth in the STEM (Science, Technology, Engineering, and Mathematics) Teen Leaders program have the opportunity to visit a business, organization, or company that is STEM based. These trips are set up throughout Orange County with the goal of exposing youth to different careers that they might not have thought about. To start off this series, the group visited with Techni-Growers in Warwick. On this trip, they learned about experiments the business is working on; IPM (integrated pest management), the use of various types of lighting associated with production, and saw different growing methods for plants. The tour guides also elaborated upon different careers that can be found in their business.
What can ESNY do for YOU?

ESNY Hudson Valley provides community-based nutrition education targeted to SNAP eligible populations. ESNY utilizes a variety of hands-on education strategies in an assortment of group settings in the community and partnering agencies. ESNY Hudson Valley collaborates with many agencies to create a systematic change through policy, practice and environmental approaches. The goal of these collaborative efforts is to facilitate and empower voluntary adoption of healthy nutrition and physical activity behaviors conducive to the positive health and well-being of low-income (or limited resource) individuals, families, youth, schools and communities. While Eat Smart New York provides overall nutrition and healthy lifestyle education, ESNY’s three main focus areas are:

- Increasing fruit and vegetable consumption
- Decreasing sugar sweetened beverage consumption
- Increasing physical activity

Why Just Feed a Community, When You Can Nourish Your Neighbor?

What is Nourish Your Neighbor (NYN)? Nourish Your Neighbor is an educational food drive initiative that aims to build a community where healthier options are available for all our neighbors. The program was created to raise awareness and supplement food pantries by providing our “neighbors” with healthier food options. NYN is implemented as a multifaceted approach to obesity prevention and is a staple for creating a system-wide change for food donations.

NYN comes as a complete toolkit tailored to a ‘food drives’ specific needs with support to guide the process. The toolkits come with some or all of the following materials: shopping lists, food bin posters, flyers, social media guide, NYN pledge cards and vibrant green donation bags imprinted with graphics depicting healthy food, organized in an easy to understand “MyPlate” format.

Schools: As we ended the 2016-2017 school year, our efforts focused on final wellness policy development, wellness committee commitment, Smarter Lunchroom Movement assessments and building connections with new districts for the 2017-2018 academic year.

Newburgh Enlarged City School District (NECSD):
- District Level School Wellness Committee: We co-facilitate this committee with the Food Service Director
- NECSD Wellness Policy: Updated and passed in July 2017
- Smarter Lunchroom Assessments: Completed in all 14 buildings
- Professional Development: Offered to all food services staff as well as teachers during “Coffee and Conversation” (done in partnership with Creating Healthy Schools and Communities)

Middletown City School District:
- District Level Wellness Committee
- Smarter Lunchroom Assessments
- Professional Development

Port Jervis City School District:
- District Level Wellness Committee

Community: We continue to connect schools, community partners and healthcare professionals as we have:

- Held a Weight of the Nation: Children in Crisis professional development opportunity in Middletown. We took this opportunity to educate, empower and enhance already existing efforts. We reached approximately 25 partners from a variety of arenas.
- Participated in 3 professional development opportunities with our partners including: Health Equity Conference, Health Follows Wealth conference, and the Placemaking Conference.

- Continued our partnership with Creating Healthy Schools and Communities (CHSC) Community Coordinator to improve the food provided to the nearly 250 youth and families that attend Newburgh Armory Unity Center programming. To date we have facilitated communication with the state to help them receive services from the Child and Adult Care Food Program, assisted with planning for cold storage as part of the Creating Healthy Schools & Communities partnership, and offered nutrition education opportunities in the fall as part of funding they received to “makeover” their facilities.

- Pop-up Food Market with Affinity Healthy Plan: ESNYHV played an important role providing data, connections and resources to aid in the creation of Newburgh’s “Pop-up” market.

Food Insecurity: Our Food Insecurity efforts continue to grow and flourish as we work on the following:

Summer Food Service Program Expansion and Education:
- We connected the Newburgh Enlarged City School District with HRHC’s Alamo (a Migrant Day Camp) and helped to coordinate logistics to supply over 80 breakfasts a day to their young participants. This was the first time they had ever heard of the Summer Food Service Program. They are looking to expand for the summer of 2018.

- Coordinated efforts with City of Newburgh, NECSD and community partners to hold the 3rd annual Summer Food Community Outreach Event.
Current Capitol Campaign
Cornell Cooperative Extension is conducting a capital campaign to raise funds for our organization’s much needed new state-of-the-art Education Center & 4-H Park. As construction moves forward, we are filled with optimism and a positive outlook because the dream has started to take shape in the form of a beautiful rural multipurpose facility.

In addition to accepting pledges and donations, there are events and activities to support this fundraising effort. Continued financial support is necessary as we put the finishing touches on what we have already built, and begin the highly anticipated expansion of the project site.

2017 Accomplishments
- Completion of the 150’ x 300’ Open Horse Arena
- Completed construction of restrooms, equipped with showers
- Hosted 10 events attracting over 3,000 participants
- Raised over $250,000 in donations and pledges

Current Goals of the Capital Campaign
- Raise $250,000 to support the equipment, infrastructure and landscaping needs of current buildings, show arena and grounds
- Raise $1,300,000 to support construction of the Big Red Barn

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Andrea Nilon

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Andrea Nilon

Capital Campaign Total Raised To Date
$3.3 Million

“This is a perfect fit for the guidelines set forth by Pauline and Vincent Kosuga. We are happy to help make the dream a reality.”
Michael Vernieri, Director, Vincent & Pauline Kosuga Foundation

“For years I’ve thought that we needed a ‘Home’ for much of what we do at Extension. We are now building a place that can pull together everything we do!”
Tom Davis

“It is a place to learn, have fun and build a lifetime of memories.”
Mitchell Demberg
2016 Fiscal Summary

Revenues 2016  2015
Total Unrestricted Revenue & Other Support $5,627,200.00 $4,332,203.00
Net Assets Release from Restrictions $0.00 $72,931.00
Unrestricted Revenue $5,627,200.00 $4,259,272.00
Non-Operating Income $4,760.00 $3,591.00
Other Program & Operating Revenues $1,456,765.00 $471,274.00
Grants and Contracts $1,141,322.00 $968,431.00
Orange County Legislature $1,523,000.00 $1,523,547.00
New York State $1,413,950.00 $1,232,594.00
Federal $87,403.00 $59,835.00
Net Assets Year-to-Date $2,135,660.00 $1,232,426.00
Adjustments $903,237.00 -$128,058.00
Net Assets Beginning of Year $1,232,423.00 $1,360,484.00
Increase (Decrease) in Total Net Assets $903,237.00 -$55,127.00
Permanently Restricted Contributions $0.00 $0.00
Increase (Decrease) in Temp Restricted Net Assets $0.00 -$72,931.00
Increase (Decrease) in Unrestricted Net Assets $903,237.00 -$55,127.00
Total Expenses $4,723,963.00 $4,387,330.00
Buildings & Ground Maintenance $129,120.00 $277,895.00
Program & Operating Expenses $884,943.00 $847,698.00
Fundraising Salaries & Benefits $175,278.00 $96,816.00
Program Salaries & Benefits $2,921,559.00 $2,682,495.00
Administrative Salaries & Benefits $613,063.00 $482,426.00
Expenses
Net Assets Released from Restrictions $0.00 -$72,931.00
Temporary Restricted Contributions $0.00 $0.00
Net Assets Released from Restrictions $0.00 -$72,931.00
Increase (Decrease) in Temp Restricted Net Assets $0.00 $0.00
Increase (Decrease) in Unrestricted Net Assets $903,237.00 -$55,127.00
Net Assets Beginning of Year $1,232,423.00 $1,360,484.00
Adjustments $903,237.00 -$128,058.00
Net Assets Year-to-Date $2,135,660.00 $1,232,426.00

2017 Grants and Contracts
Program Description 2017 Total Project Total Project Period Awarding Funding Source
Adopting Healthy Habits $20,702 $68,126 10/1/2015 – 6/30/2017 Cornell University USDA
Bacterial Onion Steven V Beer Project $4,000 $4,000 1/1/2017 – 6/30/2017 Cornell University Cornell University
Education for Parenthood/FAIP Program $50,751 $50,751 1/1/2017 – 12/31/2017 Orange County Youth Bureau Orange County Youth Bureau
Children of Immigrant Families $2,840 $2,840 2/1/2017 – 6/30/2017 Cornell University Cornell University
Eastern New York Commercial Horticulture Team $21,295 $21,295 1/1/2017 – 12/31/2017 Cornell University Cornell University
Financial Capability Project $10,000 $20,000 7/1/2017 – 6/30/2018 United Way United Way
GAPs Wholesale Producers Readiness Training $82,000 $82,000 4/1/2017 – 12/31/2017 New World Foundation New World Foundation
Gleaning Program $15,000 $15,000 1/1/2017 – 12/31/2017 Community Foundation Community Foundation
Gleaning Program $70,000 $70,000 1/1/2017 – 12/31/2017 Dynasty Foundation Dynasty Foundation
Healthy Schools, Healthy Communities $26,350 $35,000 10/1/2016 – 9/30/2017 Orange County Dept. of Health USDA
Hunger Prevention & Nutritional Assistance $29,167 $175,000 11/1/2017 – 7/15/2018 NYS Department of Health USDA
Hatch Project $581 $581 6/1/2017 – 7/30/2017 Cornell University Cornell University
Montanari Brook Watershed $1,000 $2,000 10/1/2017 – 9/30/2018 Orange County Water Authority Orange County Water Authority
Office of Children and Family Services $77,235 $102,980 1/1/2017 – 9/30/2018 Office of Children and Family Services Office of Children and Family Services
Relatives as Parents Program $8,333 $10,000 1/1/2017 – 12/31/2017 Brookdale Foundation Brookdale Foundation
TOTAL GRANT FUNDS $444,899 $762,553

REGIONAL 7-COUNTY INITIATIVE WITH ORANGE AS HOST/LEAD AGENCY
Eat Smart NY – Supplemental Nutrition Assistance Program $824,441 $1,099,255 10/1/2016 – 9/30/2017 NYS Office of Temporary Disability Nutrition Assistance USDA
Eat Smart NY – Supplemental Nutrition Assistance Program $274,814 $1,099,255 10/1/2017 – 9/30/2018 NYS Office of Temporary Disability Nutrition Assistance USDA
TOTAL $1,099,255 $2,198,510
Our Vision
Cornell Cooperative Extension Orange County creates measurable change in order to positively affect Agriculture, Families, Youth, Environment, and Economic Development within communities.

Our Board of Director’s Governing Policy
We will govern proactively with an emphasis on vision, encouragement of diversity, strategic leadership, clear distinction of Board and Executive Director roles, collective decision making with a future focus, and a strong linkage to the people of Orange County.

Our Strategic Initiatives
Agricultural Sustainability – To encourage farmers in Orange County to adopt proven production and/or business management practices that have been shown to improve profitability.

Enhancing the Environment – To improve the quality and sustainability of the environment and natural resources by promoting environmental stewardship, sound decision-making and best management practices.

Strengthening Youth and Families – To empower youth and families to reach their fullest potential through experiential learning opportunities that develop critical life skills, foster civic responsibility and strengthen the community.

Economic Development – To effectively utilize the research based resources and appropriate local partnerships to educationally program and to positively impact Orange County economic vitality.

Our Mission
Cornell Cooperative Extension Orange County enables people to improve their lives and communities by bringing local experience and research-based solutions together.

Our Values
Since 1915, Cornell Cooperative Extension Orange County has linked university research, knowledge, and experiential learning to the needs and issues facing Orange County residents.

We are committed to the following:

Excellence – We build on individual competence, credibility and integrity to deliver innovative programs of the highest quality.

Responsiveness – We respond in a timely, efficient and resourceful manner to issues that affect the county.

Collaboration – We optimize resources through partnerships with other Orange County agencies and organizations.

Results-oriented Programming – We deliver programs that are valued by people because they have gained knowledge they didn't previously have.

The Future – We anticipate future needs and develop appropriate programming to meet these needs.

Volunteerism – We respect and depend upon volunteers to multiply program efforts and to help provide organizational leadership.

Inclusiveness – We embrace diversity in faculty, staff and learners. We respect diversity of opinion and take pride in the variety of our programming.

Building Strong and Vibrant New York Communities
Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.