

Lincoln, Logan & McPherson Counties 2024 Impact At-A-Glance



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A significant, 80% of participants, report feeling stronger, more confident, fitter, and experiencing enhanced balance and flexibility since they began the SAIL program.



Senior Citizens are feeling more stable and refreshed after experiencing the new SAIL Program that educator Brenda Aufdenkamp offered in 2024. SAIL participants could attend in person or even via zoom for these classes. The SAIL Program is an evidence-based program developed for adults who are 65 and older. Stay Active & Independent for Life research has shown that you will be stronger, have better balance, feel better, and allow you to stay independent, active and even prevent future falls. All the exercises provided for the participants are done by standing with the support of a chair or sitting and based on individual comfort level. Nebraska Extension is planning to add more SAIL opportunities for the upcoming 2025 calendar year in Lincoln, Logan and McPherson (LLM) Counties.

Programs At-A-Glance

- Nebraska Extension distributed approximately 92 water testing kits in 2024 to address significant water supply challenges in the local communities.
- A new High Tunnel Greenhouse Drip Irrigation system was established and prepared this year in anticipation of upcoming projects and programs in 2025.
- Ben Dutton, a new educator, quickly made an impact upon joining LLM in 2024 by launching his business coaching program in collaboration with local economic development centers.

51

youth from LLM counties exhibited livestock and or dog and 48 exhibited static items at the Nebraska State Fair in 2024.

127

food managers, 416 food handlers, and 700 individuals involved in food preservation received explicit instruction on food safety metrics.

221

youth attended the 1st annual Ag on the Bricks event in June 2024.



**STRENGTHEN NEBRASKA
AGRICULTURE & FOOD
SYSTEMS**

**INSPIRE NEBRASKANS &
THEIR COMMUNITIES**

**ENHANCE THE HEALTH &
WELLBEING OF ALL
NEBRASKANS**

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