**Florida Recreation and Park Association Meeting**

**14 December, 2015**

**PBC Extension Department: Examples of Collaboration with Parks & Rec Department**

**Family & Consumer Sciences**

**Maisie Ross**

Provided ABCs of Anger Management training to county employees (through Organizational Development) has included a number of Parks and Rec employees.

**Ada Medina-Solorzano**

7 years, delivered different nutrition programs to Parks Rec, Parks and (Jacqueline Lambert, Recreation Programs Coordinator), delivering the following programs:

1. “Stop that Midday Slump: Tools to Boost Your Energy Levels”. This program has been requested by Human Resources for PBC employees for 7 years in a row, with a waiting list each year. It is a three hour program, I teach the reasons why we get sluggish and tired at work but do not know why. Participants are taught how food and exercise do play a role in how we feel and function. Jackie teaches an exercise routine to be used in the office and at home. I provide participants with bands.

2. Nutrition and Health for Seniors. Jackie presented appropriate exercise routine for seniors in two trainings this year, 2015.

3. “Taking Care of Your Diabetes” program to patients from FoundCare- PBC Medical Society Foundation. Designed by Linda Bobroff, PhD nutrition specialist. I have been teaching this series since August 2015 and will continue in 2016. Jackie was an invited guest for two sessions. She delivered exercise routine.

4. On Sept 11, 2015 Jackie sent me the following email:

Employees enjoyed the Eating Well for a Healthy Heart & Mind Lunch and Learn session led by Ada Medina-Solorzano on August 25th at John Prince Park. The presentation covered disease prevention, what to do to reduce your risk of heart disease, what foods to eat for a healthy heart and mind as well as the importance of exercise and sleep for overall health. Participants got to sample juice and heart healthy-recipes were distributed. Published in Parks newsletter “The Game Changer”

**4-H / Youth Development**

**Jon Mayer**

Provided professional development for PR staff in STEM including environmental sciences.

Provided curriculum and resources for PR day camp programs.

Conducted Financial Literacy programs at PR community’s centers.

We have also utilized PR facilities for 4-H programs such as interpretive hikes and family events.

**Master Gardeners ( Jan 1, 2015- Dec 8, 2015 )**

**Deborah Levulis**

Community Gardens: 500 hours

Public Gardens: over 900 hours

Mounts Botanical Garden: over 4700 hours

Many parks personnel have been trained as PBC MG’s over the years.

**Environmental Horticulture**

**Bill Schall**

Env Hort has trained Parks Rec personnel workers in pesticide application, GI BMP and plant maintenance.

**Agriculture**

**Frank Dowdle**

Restricted Use Pesticide trainings: Aquatic, Natural Areas, and Ornamental & Turf classes were modified to accommodate the needs and requests of Parks Rec personnel:

Label and math emphasis classes added so that the students would have a better chance of passing and as a way to offer more category CEUs.

These classes (Aquatic, Natural Areas, and Ornamental & Turf) and their respective label and math emphasis classes are held on the same day so that when someone with a category such as aquatic comes in they will have the ability to get at least 4 CEUs for just one trip to our office.

**Future Potential Collaboration Between Extension and Parks Rec**

**Environmental Horticulture**

**Bill Schall**

I could do Limited Government pesticide applicator training, fertilization, landscape and park pest and disease management and building pest management.

Laurie could coordinate park maintenance workshops or landscape BMP.

Presumably the parks people may also have something they feel they need.

**Laurie Albrecht**

No specific classes for county Parks Rec, but employees probably have come to GI-BMP & Professional Landscape Management (PLM) classes

On-site training (Pruning, Tree Issues, etc) at a Greenacres park two years ago, with Mark Torok from the Forest Service.

We can always do a separate or off-site GI-BMP training for Parks Rec (if enough people).

**Professional Landscape Management** class (starts mid-February …. **Is Parks Rec interested** ?)

8:00 am to 12:30 pm, over six consecutive Thursdays, CEUs available

Sample topics covered:

* Tree pruning - complete with outdoor training component (Mike Orfanedes)
* Turfgrass – fertilizer & fertilizer safety, diagnosing common insect and disease problems, SCMV panel
* Turfgrass – calibrating spreader, calibrating sprayer, doing the math
* Plant selection
* Palms (Monica Elliott & Tim Broschat)
* Landscape codes
* Weeds
* Invasive plant control

Other workshops that I am trying to schedule would be:

Two-day Palm School (Monica Elliott/Tim Broschat’s program) at WPB Extension

Turfgrass Symposium ,Irrigation Symposium

**Mounts Botanical Garden**

**Rochelle Wolberg**

Although I have not directly worked with anyone from Parks & Recs, I’d like to include some talking points for Wellness and Community Gardening/Tree Canopy for future partnerships:

1. Wellness:

a. We are considering facilitating more classes in Horticultural Therapy with a trained Master Gardener. It would be a wonderful opportunity to showcase Best Practices in maintaining long-term relationships with specific groups (e.g. Veterans) for an ongoing, evolving program.

b. We are working with the Children’s Home Society to promote Wellness through eating healthy, utilizing the Garden as a classroom, and also to promote a positive social experience over a period of 4 sessions during December and January

2. Community Gardening/Tree Canopy

a. We would LOVE to work with Parks & Recreation staff/Rangers to promote the Tree Canopy initiative for elementary school-aged students. We could certainly develop metrics to assess pre- and post- understanding and long-term gains as a result of these educational programs. Mounts’ Education staff can certainly help to develop age-appropriate materials for our youngest PBC residents/learners.

**4-H / Youth Development**

**Jon Mayer**

How could we expand…

Be more strategic in providing youth development and subject matter training for PR staff and volunteers that they can then replicate at their sites. Topics could include financial literacy, health and STEM for youth. Ideally, we would focus on enhancing both 4-H and PR capacity by training adults to deliver the programs. They would have access to 4-H curricula and related resources.