



NORTH CENTRAL REGIONAL CENTER
FOR RURAL DEVELOPMENT

NCRCRD 2023 Grants Awarded

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Leadership Chautauqua: Utilizing Peer Learning Networks to Revolutionize Extension's Approach to Community Leadership Development Systems

Principal Investigator: Lindsay Hastings, University of Nebraska-Lincoln Extension

Co-Principal Investigator: Mary Emery, University of Nebraska-Lincoln Extension

Proposal Abstract: Today's global challenges have complicated the world so much that community leaders can no longer rely on traditional leadership practices. Yet transformative change demands new ways of thinking about and practicing leadership development that considers both global realities and local norms.

Through this project, we will engage leadership scholars and practitioners with peer networks of community leaders in a Chautauqua to develop a new approach to leadership development that goes beyond individual leader training to engage communities in creating a leadership ecosystem that builds more robust leadership capacity and culture.

Enhancing Land Grant institutions' capacity for influencing the quality of life in rural areas lies in moving past the band aid approach of swooping in to do leader training at a single point in time. Rather, this approach will concentrate on creating community-based systems that support community members in developing their efficacy and capacity for leading community level change.

Awarded: \$37,855 / North Central Region Small Grant / March 10, 2023

Rural Family Caregiving: Building Selfcare and Resiliency of Rural Women Family Caregivers for Older Adults

Principal Investigator: Nasreen Lalani, Purdue University

Co-Principal Investigator: Bhagyashree Katare, Purdue University

Proposal Abstract: One in five older adults (65 years or older) live in rural America. This number is expected to double by 2030 (CDC, 2022). With a high proportion of older adults with chronic illnesses and disabilities in the rural areas, there is a greater need for caregiving among rural residents. Caregiving in rural areas is uniquely challenging due to several disparities, such as lack of access and resources, longer travel time to health care facilities, lack of transportation, discrepancies in rural service delivery systems, and the unique needs of the rural primary caregivers. Nearly 65% of unpaid family caregivers are women, 80% of these women care for someone aged 50 years or older (Gausman & Ana, 2020). According to National Alliance for Caregiving report (2021), most rural primary caregivers have no paid help, have lower education and household income, and therefore suffer from social and economic constraints. Often, caregiving roles are mandated on rural women without any options. They also tend to provide more hours of weekly care weekly (26.3 hours on average) as compared to their male counterparts. Their responsibilities include fulfilling medical/nursing needs and supporting daily activities of their care recipients. Formally and informally employed rural women are expected to do domestic and or care work after their working hours. This dual burden of care and employed work on women reduces their ability and time to of self-care and wellbeing. Research has shown that an estimated 36–43% of rural women caregivers prioritize needs of their care recipient over their own self-care needs while putting their own health at risk (Sarrasanti et al., 2020). Several studies also report higher levels of depression, anxiety, and other mental health challenges among women who care for an older adult relative or a friend (reference). Inability to recognize and address self-care needs of rural female caregivers can lead to poor health outcomes and wellbeing in rural women and may reduce their ability to continue functioning effectively in their caregiving and employed roles.

Most prior studies report caregiving as a burden whereas other studies describe caregiving as a rewarding and transcending experience among caregivers. However, there is a need to further unpack the underlying causes and correlates of these variations in caregiving experiences from a gender perspective particularly in a rural context. Our study aims to examine the lived experiences of women rural caregivers caring for their older adults, identify their self-care needs, and determine the ways to promote the resilience and subjective wellbeing of rural women caregivers. Having a deeper understanding of caregiving needs and behaviors would assist in establishing meaningful caregiver support programs as well as informing policy in the rural communities.

Awarded: \$40,000 / North Central Region Small Grant / March 10, 2023

Emergency Preparedness for Rural Families

Principal Investigator: Jenna Nees, Purdue University Extension

Co-Principal Investigator: Ann Kline, University of Nebraska

Proposal Abstract: It is estimated that approximately one out of every nine Indiana farms annually experience a farm work-related injury requiring medical attention. However, these nonfatal farm injuries may not be documented and easily tracked. According to The Mid-West Farm Report (Jahnke, 2019), the decentralized nature and diversity of work practices within the agricultural industry contributes to it being one of the most hazardous occupations. Additionally, it makes tracking the number of incidents difficult.

While not all emergencies result in bodily injury or death, they also may cost rural families in other ways. In order to help prepare for and reduce the effects of an emergency, the 'Emergency Preparedness for Rural Families' program will teach participants to evaluate how well their farm is prepared for unexpected situations.

The Emergency Preparedness for Rural Families proposal will fund a unique partnership between the Purdue University's and University of Nebraska's Women in Agriculture Programs to provide education to rural families to address the high rate of work-related injuries and deaths within the agriculture industry. In many farm families, farm safety is an important topic, but it sometimes gets overlooked because it does not directly impact the growing crops/livestock or the sale of goods. Farm wives often let their thoughts drift to the importance of emergency preparedness when they hear of farm safety issues other farm families have faced. This program will cater to women by encouraging them to ask questions, connect with participants and speakers, and share their experiences. This hands-on program will focus on increasing the knowledge, skills, and abilities of attendees. Attendees of all genders and demographics will be encouraged to participate in an effort to improve the safety preparedness of rural families.

Awarded: \$39,000 / North Central Region Small Grants / March 10, 2023

Growing the Capacity and Resources of Rural Communities

Principal Investigator: Eric Smith, Central State University

Co- Principal Investigator: Amber Twitty, Central State University

Project Abstract: As Central State University Extension, Community and Economic Development (CSUE CED) team seeks to establish a new “Resilient Communities” program area in accordance with their FY 2022-2023 Plan of Work. To accomplish this, the funding will be used to support the CSUE CED team as they seek to establish the support infrastructure for effective rural development. The team will be utilizing the funding in the following ways:

1. **Professional Development:** At minimum, 3-4 members of the CSUE CED team would like to participate in the Community Coaching Learning Circle. This experience will increase our knowledge of the principles and practices of community coaching, an essential component of building community capacity to achieve their preferred future. As funds allow, members of the team may also participate in the Facilitative Leadership certificate program as well.
2. **Curriculum Acquisition:** The curriculum that the CSUE CED team would like to coach communities on is the Hometown Collaborative Initiative, or HCI, developed by Purdue University Extension staff. The HCI program serves Indiana communities of 25,000 or less that are committed to building on their existing assets. We believe that our rural Ohio communities would benefit from the HCI curriculum.
3. **Field Trip:** It is the hope of the CSUE CED team to use the remaining funds to take a field trip to Indiana and tour some of the communities that have gone through the HCI program. In addition, stops will be added to visit with Purdue University Extension staff that developed, or have coached communities, through the HCI curriculum.

Awarded: \$5,000 / NCR Extension Collaboration and Implementation Grant / April 4, 2023

First Impressions Community Assessment Training for Iowa Pilot Program

Principal Investigator: Diane Van Wyngarden, PhD, Iowa State University

Project Abstract: Iowa State University Extension seeks NCRCRD funding for First Impressions staff training, to conduct this program in Iowa for the first time. First Impressions is in the Community Development Extension Library and has a successful track record with other state Extension programs.

This program has high potential for success and expansion in Iowa, bolstered by Iowa's state economic development and state tourism offices both pledging to support ISU Extension in a 2024 program pilot: followed by funding and support for statewide program expansion.

To create resilient rural Iowa communities and economies, and to align ISU Extension programming with our state economic and tourism offices, we wish to subcontract Michigan State University Extension's training of this program, and model Iowa's program after Michigan's customized First Impressions for Tourism (FIT) community assessment program. Michigan has very successfully conducted this modified program since 2015 and provides training to other Extension staff.

Awarded: \$5,000 / NCR Extension Collaboration and Implementation Grant / October 2023

Turtle Mountain Community College Leadership Internship Program

Principal Investigator: Anna Ross, Turtle Mountain Community College

Proposal Abstract: The Bachelor of Arts in Ogimaawiwon Leadership and Management program of study is designed to prepare leaders in the areas of businesses, organizations, and tribal governments. Once completed, students will have gained the necessary background to work successfully in various organizations. Students will also have an understanding of the principles of good and effective leadership practices and strategies. Holders of the degree are grounded in Ojibwe culture, history, values, and in leadership techniques and practices.

Ogimaawiwon Leadership & Management Program goals are to strengthen different areas of leadership whether that be economic, political, or educational. The initiative is centered around native nations to have the needed skills to strengthen and rebuild nations that will have the necessary leadership and management skills. Internships are very important to the program to provide hands-on experience not available in the classroom. It is also very important for the learner to take advantage of the experience. The students' knowledge and skills gained in the program will prepare them for their internship.

Leadership Internships consist of a minimum of 15 weeks (70 contact days) and a total of 405 hours for the student's final senior semester will be spent in an internship in their area of expressed interest. Though some of our internships are paid, many of the students work in unpaid positions, leaving a tremendous financial burden on our students who are often single-parents and need to pay for childcare while working the internship.

TMCC's proposal is to use the funding from the grant through the North Central Regional Center for Rural Development to pay for six internships for our students. Currently the program has a cohort of nine students, and TMCC anticipates we will be able to find paid positions for the remaining three students. Payments to the students will be made at four different intervals following successful completion of performance milestones developed between the student, the College Supervisor, and the Mentoring Supervisor, at the beginning of the internship program.

Awarded: \$40,000 / NCR 1994 Land Grant Innovation Grant / April 6, 2023