



Extension

UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

Programming Highlights

September - October 2020

*We teach, learn, lead and serve, connecting people with the University of Wisconsin,
and engaging with them in transforming lives and communities.*

Community Development (Diana Hammer & Patty Percy)

- **The Community Gardens** were very productive this season. High yields go along with well kept garden plots. Our final newsletter was mailed this month, with the help of Tina Engelhardt. Inside we posted the closing date for the gardens, plus some food canning and preservation information. Many gardeners have taken extra produce to the local food pantries in the past, but that was difficult to facilitate this summer.
- Hammer and Angie Allen (Extension Milwaukee County) continued training with the national nonprofit collaborator Extension, who they will work with to **teach entrepreneurship in prisons**. This will be an ongoing process over the next months as we coordinate program implementation with the Department of Corrections and community-based organizations serving incarcerated individuals, returning citizens, and their families.
- Hammer and state Extension Specialist Dave Marcouiller contributed to an **economic data analysis** for community leaders to provide data-driven answers and guidance related to a controversial pending public land use decision at Lakeside Park in Fond du Lac.
- Hammer and Victoria Solomon (Extension Green County) hosted a meeting for community members and Extension colleagues in which we demonstrated how interpretation works on Zoom while having a discussion about **family mental health**. Participants learned from therapist Susie Miller of Blue Stone Counseling in English and Spanish.
- Hammer facilitated conversation and decision-making with **Latinos Unidos en Fond du Lac** around an offer of funding from National Exchange Bank and organizing the necessary follow up to implement the grant.

Health & Well-Being (Amanda Miller, Pamela Nelson, & Melanie Phillips)

- Phillips and Nelson presented a one hour **virtual lesson** on MyPlate to 11 WINGS students. WINGS is a program for young adults with disabilities that have graduated from high school. The young adults can be in this program for three years or until they are 21. The lesson was adapted by Nelson to meet the needs of our partner/participants due to COVID 19. WINGS staff shared that at lunch that day, two of the students were talking about MyPlate! That led us all into a discussion about the food groups they were eating for lunch!
- The FoodWise **FY20 fiscal year ends** September 30. Miller is currently working on year-end reports, including teaching events/classes, indirect education (social media, newsletters, displays.), partnerships, and policy and systems environment/public health efforts (PSE).
- The **FY21 fiscal year begins** October 1. FoodWise brings in approximately \$215,000 in staffing, programming and supplies into Fond du Lac and Sheboygan Counties.
- Miller was selected to represent Wisconsin Extension and be a member of the **North Central Regional Food Safety Committee**. The NCR is a multi-state committee that addresses food safety and food preservation related topics from state Extension offices.
- To stay connected with senior populations, FoodWise created the “**Stay Home, Stay Healthy**” **newsletters series**. Each newsletter is bi-weekly and includes food safety, food budgeting, nutrition, and a recipe. Newsletters can be found here: <https://fonddulac.extension.wisc.edu/stay-home-stay-healthy/>
- FoodWise continues to provide the most **up-to-date information on food resources** at: <https://fonddulac.extension.wisc.edu/fond-du-lac-county-food-resources-during-covid-19/>
- The FoodWise team has been active in numerous state workgroups. For example, the curriculum workgroups are **adapting lessons to virtual classes**.
- Miller is a member of two state **workgroups addressing food security**. COVID has both increased the number of individuals that are food insecure, but also changed the food system in numerous and significant ways. One workgroup is developing resources to help support local Extension Educators. Another workgroup is developing a toolkit to help support local food pantries. Miller is currently surveying local food pantries on their needs, successes and challenges during COVID.
- Miller is a member of the **Fond du Lac Healthy 2020 Steering Committee**.
- **Living Well FDL**, the nutrition and physical activity subgroup of the Fond du Lac

Healthy 2020, is currently addressing food security by examining how to improve the delivery system of emergency food for those that cannot pick-up. Miller is an active member of this project.

- Miller wrote a **letter of support** for CSI (Comprehensive Service Integration) to submit a grant proposal to address chronic disease prevention and mental health among disabled individuals in Fond du Lac County.
- A team of staff are collaborating to **build capacity of Extension to support Hmong farmers**. Miller is a member of this project due to her relationship with the Downtown Fond du Lac Farmers Market and her work with the local farmers market to reach Hmong EBT/FoodShare users over the years.
- The local FoodWise team is currently meeting regularly to **plan programs and resources for this fall**, including which virtual classes to plan next. The team is reaching out to local partners to learn more about where they are at with COVID and what their needs are.
- The local **Population Health Group** continues to meet virtually to plan for community conversations around health topics with populations that are generally underserved and underrepresented in this work. Miller is completing “health equity modules” through UW-Population Health Institute that help support this local work.
- The FoodWise team continues to share weekly tips on cooking through the **Tasty Tuesday Facebook posts**. Topics have included: Excellent Eggs, Making Smoothies, Using Dried Beans, and One Pot Meals, to name a few. Visit here: <https://counties.extension.wisc.edu/fonddulac/tasty-tuesdays/>
- It is **canning season**, so there has been an increase in the number of phone calls and emails about canning from community members. Miller responds using the most up-to-date resources and information on food safety and food preservation.
- Head Start centers are currently not allowing classroom visitors. To reach parents and children with nutrition resources, the local FoodWise team is developing recorded **YouTube videos** of lessons that are usually taught in person. Teachers will play these videos during class. The local FoodWise team also developed a series of parent handouts for Head Start parents based on the Read for Health curriculum.
- Miller is connected to the most current **news and information related to food security efforts** across the country and state. She regularly shares updates on food assistance program changes, professional development opportunities, grant opportunities, etc. with local food pantries that are members of the Food Providers Group.
- Miller is participating in a **health and racial equity workgroup** led by the state

Health and Well-Being Institute and MATCH (UW-Population Health). Miller just completed a 3 part series on health inequities. She will also participate in trainings on the topic offered by the American Public Health Association (APHA) and Wisconsin Public Health Association (WPHA).

4-H & Youth Development (Tracy Keifenheim & Ron Jakubisin)

- Keifenheim, 4-H Program Educator, partnered with Washington and Ozaukee County 4-H Program Educators in providing Conversation Corners. The topic for September's conversation corner was **approval for in-person programming**. This reached 12 4-H volunteers.
- Keifenheim has worked with several club leaders and volunteers to **modify activities and meetings following the guidelines** of The University of Wisconsin-Madison, Division of Extension. The Brandon Tanagers meeting, Helping Hands meeting, Ledgers meeting, Campbellsport club meeting, and TLA meeting are just a few of the activities and meetings that have been modified.
- Keifenheim is working with Washington and Ozaukee County 4-H Program Educators and youth to **plan a Visual Arts Festival**. The tri-county festival has a committee made up of youth from each county and will be holding planning meetings up until the event in spring of 2021
- Keifenheim helped **facilitate Key Award and education experience funding interviews**. Youth will be selected for the Key award and to receive funding towards educational experiences in 2021.
- Keifenheim is working with a team of colleagues on **developing a virtual officer training** for area counties. The training will be offered in October and November.
- The **Teen Leaders Association group led its first hybrid meeting** September 28th. The group had 8 in person attendees and 5 who attended the meeting virtually. The group was able to elect officers, plan out the calendar, and create goals for the group!
- Keifenheim also attended **professional development workshops**: 'Youth Advocates for Community Health', 4-H Movement, Dealing with Dilemmas, and Expanding Access training.
- Positive Youth Educator Jakubisin developed a proposal for a **series of workshops for youth at the Boys/Girls Club**, proposal was accepted and workshops (virtual) are scheduled for October.
- Jakubisin met with FDL Library Teen Services Director to **share resources for their youth program planning**, including September Teen Voting Registration Day.

- Jakubisin met (virtually) with FDL Tobacco Control Coordinator (Sandy Bernier) discussing **collaboration with youth vaping education**; Jakubisin was invited to participate regularly in the FDL Drug-Free Coalition.
- Jakubisin collaborated with FDL 4-H Educator (and others in Area 15) to plan and participate in upcoming **4-H Youth Officer's Training**.
- Jakubisin attended **professional development workshops**: *'Youth Advocates for Community Health'* and the Search Institute's *'Developmental Relationships, Equitable Environments, and Social Emotional Learning are the Three Things Young People Need Right Now'*.

Agriculture/Agri-Business (Tina Kohlman)

- Collaborated with Extension Kewaunee County agriculture agent, and UW Center for Farm Safety & Health, in the design, development, and release of six **National Farm Safety & Health Week social media videos** focusing on farm safety for farmers, youth, and women audiences.
- Development, planning, and implementation of the **Ag Lenders' Update Webinar Series** for ag lenders, accountant, tax preparers, and financial consultants where they will learn about: (Part 1) Crop Marketing and Updates, and (Part 2) Dairy Marketing and Nutrition.
- Continued leadership of 20 extension colleagues and development/revisions of eight **bilingual Dairy Workers Training Skills modules** for dairy employees where they will learn principles of and how to do each task on the farm in order to do their daily tasks more confidently and efficiently. Current focus is on developing and revising 7 presentations for Reproduction (anatomy & physiology and heifer reproduction), Dairy Wellness (metabolic disorders, non-metabolic disorders, and fresh cow exams), and Calf Management (heat abatement and newborn processing) Modules.
- Development and dissemination of **weekly agriculture e-newsletter** for 350 plus farmers, agribusiness professionals, and agency personnel regarding current events related to dairy production, crop management, farm management, COVID-19, and events.
- Development of **Making the Connection: Supporting Farmers During Challenging Times** Resource Guides and Pocket Guides for four areas across Wisconsin to help agribusiness professionals and farmers identify signs of mental health distress.
- Participated in the **Fond du Lac County Ad-Hoc Farmland Preservation Plan Workgroup** to provide input on agriculture related business (revenue and employment) as part of the 2021 Farmland Preservation Plan revisions.

Office Updates

- Joe Zimbric resigned his position effective September 30, 2020.
- Nelson was nominated for and awarded the state **FoodWise Golden Apple Career Award** recognizing her 31 years of quality service with FoodWise and Extension.



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Diana Hammer, Community Development Educator

Ron Jakubisin, Positive Youth Development Educator (Fond du Lac/Washington Counties)

Tracy Keifenheim, 4-H Program Educator

Tina Kohlman, Dairy & Livestock Agriculture Agent

Amanda Miller, FoodWise Coordinator/Health & Well-Being Educator (Fond du Lac/Sheboygan Counties)

Pamela Nelson, FoodWise Educator

Patty Percy, Community Garden Coordinator

Melanie Phillips, FoodWise Educator

Cindy Sarkady, Area Extension Director