

# FOND DU LAC COUNTY 2021 JANUARY HIGHLIGHTS



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Youth Development



*Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and afterschool programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.*

- A meeting with 4-H Teen Leaders and Youth, where youth were able to connect and complete a service learning project. This effort was designed to improve life skills while writing messages and making cards to local nursing homes.
- A series of meetings with FDL HS student club members of STAAND (Students Taking Action Against Negative Decisions) where students learn leadership skills and effective AOD strategies. This effort is designed to prepare them for delivering 2nd semester prevention activities to their high school peers.
- A training for adults who are interested in becoming 4-H volunteers, where adults learn what Extension is, how volunteers contribute to Extension programs, volunteer roles and responsibilities, what makes a quality youth development program, and what resources are available to 4-H volunteers. This effort is intended to prepare all future 4-H volunteers.
- A virtual meeting for 4-H youth members and adult volunteers, where youth and adults began planning and making modifications for annual project day. This effort provides hands on learning opportunities for youth to explore new projects.
- A meeting for youth and adult board members, where officer elections were held, spring 4-H programming, budgets, and where 4-H promotion opportunities were discussed. This effort is designed to plan for modified programming needs due to the pandemic.
- An educational session for 4-H youth and adult leaders where participants experienced hands-on methods to make 4-H meetings interactive and appealing through technology and the Zoom platform. As a result of this training, 4-H leaders and youth will have more resources and eagerness to hold virtual meetings.
- A discussion session for 4-H adult volunteers, where participants asked questions and learned how to improve their club bylaws. The goal of this effort was to prepare 4-H volunteers for reviewing and editing bylaws with positive and inclusive language.

## SELECT UPCOMING EVENTS:

For more visit  
[fonddulac.extension.wisc.edu/events](https://fonddulac.extension.wisc.edu/events) and  
<https://extension.wisc.edu/events>

### Preventing Injuries When Working with Cattle (Feb 9, 1:00-2:30)

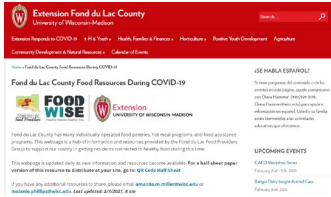
The cost of injuries from working with cattle can easily add up from injuries such as broken bones from a stepped-on foot; punctured lungs and broken ribs from the force of a head strike or health risk from a needle stick. This program focuses on worker safety with topics that include: OSHA employee rights and responsibilities, working safely in different environments; considerations to improve safety with chutes, gates, lighting; special considerations for handling down cows, administering vaccinations, and livestock transport.

Register for this session and other Farm Ready Research programs at  
<http://go.wisc.edu/FarmReadyResearch>.

# FOND DU LAC COUNTY JANUARY HIGHLIGHTS



## Supporting Food Security and Healthy Eating



- A social media campaign for residents in which cooking and food preparation information is shared. This effort is designed to support healthy eating habits during the pandemic.
- Development of a food resource hub for the Fond du Lac Food Providers Group that helps local agencies direct community members to local and state food resources. This effort is designed to support coordination between local agencies in service of those impacted by this emergency.
- A needs assessment for local health coalitions, where we collected information from local food pantries related to innovations, successes, and gaps of service. The goal of this effort is to support local health coalition's efforts in addressing food insecurity and hunger.
- Coordination support for a networking group of food pantries and hot meal programs ('Food Providers Group'), where we provide information on local poverty and food insecurity, updates regarding food assistance programs, nutrition and health related resources, and food safety related resources. This effort is designed to support the coordination between local agencies and organizations during the current food security emergency.
- Online toolkits for teachers that contain classroom activities and parent-take home resources related to healthy eating. This effort is designed to support teachers in providing crucial nutrition education to students.
- A series of newsletters for older adults to learn about health and nutrition during COVID. This effort is designed to provide immuno-compromised populations with information for a healthier lifestyle and to counter social isolation that they may be currently experiencing.

*FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. FoodWise reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. FoodWise is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.*

*FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).*

*Health & Well-Being works to catalyze positive change in Wisconsin families through evidence-based programs focused on nutrition, food security and safety, chronic disease prevention, mental health promotion, prevention of substance abuse and health insurance literacy. Local health coalitions efforts are supported by coalition capacity building tools and health equity frameworks. Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites live stronger, healthier lives.*

## Supporting Health and Mental Health



- A marketing campaign for community members in which influenza vaccination information is shared. This effort is designed to reduce the rates of influenza in Wisconsin.

## Community Development



- An organizational development effort for the Fond du Lac County Land and Water Conservation Department where we support them in crafting a strategic plan for the department to guide their decisions over the next few years.
- A community-engaged effort in which highly networked African American entrepreneurs, including two from NE WI, are being paid in a short-term consultancy to advise Extension on actions to make meaningful change for Black business owners. This is a statewide effort that will make Diana's educational efforts more effective locally.
- A kick-off event in which Milwaukee area entrepreneurs were invited to participate in an expansion of the research study done in NE WI. This will create enhanced networking opportunities and strengthen businesses in the two regions.
- Planning meetings for the FDL Drug-Free Coalition committee members which coordinates efforts in prevention, intervention, treatment and support. This effort is designed to reduce underage drinking & substance abuse in FDL County. These are monthly coalition meetings; the meeting has committee reports representing the 4 Pillars of focus: Prevention, Intervention Harm Reduction & Treatment...PYD Educator sits on Prevention Committee that addresses underage drinking, vaping and other AOD issues. The meeting serves as final planning for the most immediate activity coming up on the calendar.

*Community Development provides educational programming to assist leaders, communities, and organizations realize their fullest potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.*



**WHAT'S TO COME: Major planning efforts by  
Fond du Lac Extension Staff in January**

- Planning for virtual project lessons for youth and adults in collaboration with other county educators. The objective of this effort is to have youth learn a new skill and for adults will learn how to hold a virtual project meeting.
- Planning for an annual project discovery day for youth and adults, where they learn and practice new skills at home through "Take and Learn" kits. The goal of this effort is to provide hands-on learning opportunities to youth during the pandemic.
- Development of a virtual classroom for elementary school students to learn about healthy practices (e.g. handwashing, healthy foods, physical activity). This effort is designed to provide schools with important health-related information while in-school visits are not possible or highly restricted.
- Development of recorded video lessons for preschool children, where they learn about healthy eating. This effort is designed to help teachers promote healthier foods in the classroom and for students to try new fruits and vegetables.
- Development of a multi-lesson curriculum for youth, where they learn skills like business planning, budgeting, marketing, and running a business. The goal of this effort is to prepare youth for becoming entrepreneurs.
- Planning to support a Community HUB grant for CSI (Community Service Integration) to serve families in need throughout Fond du Lac County, in partnership with the school district, public health, hospital systems, the YMCA, and Extension. The goal of this effort is to connect at-risk individuals to health and social services and improve their health outcomes.

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

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