

EXTENSION FOND DU LAC COUNTY MAY 2024 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

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 after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.

4-H

Tracy Keifenheim, 4-H Program Educator

- Planning for Summer Day Camps in collaboration with adult volunteers and youth leaders. The goal of this effort is to provide a hands-on learning experience for youth from Kindergarten- 8th grade. Based on the 2023, 4-H Thrive data for Fond du Lac County Sparks is one of the lowest scores. To increase the Sparks score, summer day camp programming is focused on specialized interest areas to promote project learning. These different camps and programs provided additional project learning and support. Volunteers, youth leaders, the summer intern, and the 4-H program educator planned out summer day camps for youth to explore various project areas such as STEM, Foods and Nutrition, Art, LEGO, and more. Youth leaders helped plan activities and voiced what they would like to lead and teach other youth. Outcomes will be measured when programs are completed.
- An Afterschool Art Club for first and second-grade youth, where youth explored various art media through hands-on learning. Through this effort, youth learned something new and had an increased interest in Art. Tracy Keifenheim, 4-H Educator, partnered with the Fond du Lac Boys and Girls Club Roberts location to continue a 4-H afterschool club within the Boys and Girls Club. The need was to provide special interest programming to first and second-grade youth. Keifenheim worked with Anna Koepsell, Roberts Extension Director, to build out the 6-week Art Club for 1st and 2nd-grade members. The club had 11 youth members. Over 6 weeks, members of Roberts Boys and Girls Club 4-H Art Club explored a different art media/topic. These topics or media included painting, oil and chalk pastels, weaving, tie-dye, printmaking, and nature art. Skills progressed each week the club met. An art show was held after the 6 weeks where the youth each had their artwork displayed for other club members and parents to view. During the art show, 4-H Art Club members shared what they were proud of or their favorite art piece and highlighted the work of their peers by sharing compliments. Club members completed evaluations after the club concluded and shared the following results. Of the youth who completed the evaluation, 100% strongly agreed with the following statement: "This club was fun and engaging." The statement: "This club increased my interest in Art." had 86% of participants strongly agree. "I learned something new from 4-H Art Club." 75% strongly agreed and 88% of the youth strongly agreed with the statement: "The instructor was helpful." Many youth shared they learned something new when they did weaving and printmaking. Many of the youth also shared printmaking and weaving as something they enjoyed about the 4-H Art Club. Keifenheim will be working with the Boys and Girls Club at Roberts again in Fall with Art Club for 3-5 graders and other 4-H Club opportunities.

Community Youth Development

Kelly Dione, Community Youth Development Educator

Coordination and planning with schools and youth-serving agencies for the Fond du Lac County-wide 2024 Lemonade Day program that aims at empowering FDL's youth (4-6 grade) to become business-minded. The program/ curriculum focuses on youth becoming entrepreneurs and teaches business planning, budgeting, and marketing, which increases the capacity of local organizations by working with young people as future entrepreneurs and philanthropists. Youth will implement their business plan by opening their Lemonade Stand on May 4, 2024.

Lemonade Day is a National program that the Fond du Lac County community has participated in since 2015, led by Envision of Fond du Lac. It was a valued program that connected the youth with businesses, schools and non-profit organizations in a way that supported the youth in learning about starting and running a business and learning more about the community as a whole. In 2022, Envision needed to step down from taking the lead of Lemonade Day and asked UW-Extension if they would take the lead. The Community Youth Development Educator of Extension in Fond du Lac County took the lead for the 2021-2022 school year. During the year of 2022-2023, due to unforeseen circumstances, the Extension educator was unable to take the lead, and Lemonade Day was canceled. The community was eager to have Lemonade Day back and in the school year of 2023-2024, the new Community Youth Development Educator brought Lemonade Day back. Lemonade Day took place May 4th, 2024. In the fall of 2023, a lemonade day steering committee was formed to help guide the programming and events. Events that were planned included: CYD educator led Fun Financial Night, Lemon Loans with Horicon Bank and National Exchange Bank and Trust, Recognition Celebration, and Lemonade Day. On lemonade day the CYD educator organized interested community members and partners to serve as judges that visited the lemonade stands. Once the results were in, we had one last meeting to decide on award winners to present at the recognition celebration. Youth 4th-6th grade in Fond du Lac County participated in an entrepreneurial program which offers lessons, workbooks and Apps for youth to learn how to create and implement a business plan for their own business. A Lemonade Stand. On the first weekend in May, all 'teams' that have been formed in the community (schools, churches, youth-serving agencies) open their Lemonade Stand on May 4th, 2024, aka 'Lemonade Day'. This is a nationally branded program supported locally through a community planning committee, local banks, youth service agencies and schools. Youth teams utilize a workbook and Extension events such as Fun Financial Night, Lemon Loan Interviews (with local banks) to team-build, create a marketing plan, learn cost/profit margins, create a task list for their event and make a 'pitch' to a local bank for a startup loan of \$50 (which needs to be paid back). Youth also plan how to 'save some', 'spend some' and 'give some' of their profits to local nonprofits after May 4. Youth and their adults complete an evaluation at the end of their Lemonade Day which focuses on Entrepreneurial aspiration; Self-confidence; Reasoning and problem-solving skills; Commitment to starting and completing a project; Positive self-image; as well as financial literacy, knowledge of their local community (ie nonprofits to donate to, etc.); Youth also receive feedback from the community about their Lemonade business as customers on May 4th are asked by the youth to utilize a QR Code which judges their 'Customer Service'; Taste of their Lemonade Recipe; if the youth shared which Non-Profit they are committed to donate to.

FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



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.

Amanda Miller, FoodWise Coordinator, Health & Well-Being Educator

- Development of a new fruit and vegetable prescription program in collaboration with Network Health, Downtown Fond du Lac Partnership/farmers market, and the Fond du Lac Public Health. The goal is to increase access to local, healthy produce for community members experiencing food insecurity.

According to the 2021 Fond du Lac County health assessment, 52% of adults and 35% of students consume at least two servings of fruit on a day and 23% of adults and 17% of students consume at least three servings of vegetables in a day. The goal is to increase the fruit and vegetable intake of Fond du Lac County residents, which can contribute to prevention of overweight/obesity and chronic disease. For the past 7-8 years, Amanda Miller has collaborated with the Downtown Fond du Lac Farmers Market and Living Well FDL/Fond du Lac County Public Health to implement a fruit and vegetable prescription program. These are evidence-based strategies to increase access to fresh, local produce among those that may have food insecurity. The general idea is that fresh produce is a healthy way to address health concerns, particularly identified by medical providers. This summer, the team is working with Network Health to develop a brand new fruit and vegetable program. Network Health is committed to providing \$2,000 total in \$5 coupons that will be distributed at healthcare clinics and local Fond du Lac County organization sites, such as Boys and Girls, WIC, and the Senior Center (to name a few.) Recipients of the \$5 vouchers will be able to redeem the prescriptions at the local farmers market. Last year, a total of 55%, or \$1,095 dollars in 219 vouches was used to access fresh farmers market produce. The planning team hopes to increase that redemption rate even more this year with the new program by helping recipients better understand the vouchers they are receiving and to understand how to use them at the farmers market.

FoodWise continued

- Taught nutrition education classes for older adults at congregate senior meal sites in Ripon, North Fond du Lac, and Waupun. The goal of these classes is to help older adults make healthier food choices.

Although healthy eating is important at any age, older adults are often faced with unique needs and challenges related to nutrition and health. Dietary needs may change due to natural aging, medication use, or chronic health conditions. The Aging and Disability Resource Center (ADRC) offers a variety of services and programs for older adults, people with disabilities, and families/caregivers. This includes nutrition and healthy eating through senior dining sites. There are four senior dining sites in Fond du Lac County - North Fond du Lac, Ripon, Waupun, and Fond du Lac. The new staff at ADRC was interested in learning more about what the FoodWise program could offer to the senior meal sites. The FoodWise program offered a 3-part series at the Ripon, North Fond du Lac, and Waupun meal sites. Lessons were from a curriculum called 'Seniors Eating Well', which included topics on microwave cooking, cooking for one, and low sodium/using spices in meals. One of the biggest impacts of this work is the long-term partnership and trusting relationship established between FoodWise and the Fond du Lac County ADRC. In addition, participants of the classes were evaluated. On average, 50-73% of participants had learned some key takeaways that they were interested in using or doing following the classes. Participants indicated that they would be interested in more classes in the future, so planning between the partners is currently taking place.

- Taught nutrition education classes, including a cooking class, for adults with disabilities. The goal of these classes is to help adults in the program learn important life skills, like meal planning, food safety, and cooking skills.

The FoodWise program understands how important it is to make all of its resources and programs accessible for everyone. Individuals with disabilities have varying learning needs around important life skills topics, such as cooking and meal preparation, grocery shopping, and healthy eating. WINGS is a program within the Fond du Lac School District that is offered to graduating students that have disabilities. Students continue to participate in the program for a few years following graduation to learn important life skills that they will need in adulthood. The FoodWise program offered an 8-part series at WINGS with monthly classes throughout the school year. Topics included the 5 food groups and healthy eating. At the last class of the school year, a hands-on cooking class was offered in which participants made a healthy snack and a healthy main dish while learning skills like measuring and cutting. Despite having partnered for many years to offer nutrition education classes, this was the first time that a cooking class was taught. The class went over very well with partners and participants with the goal of offering a cooking class next year.

COMMUNITY DEVELOPMENT



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.

Noah Reif, Community Development Educator

Curriculum development for a five-session online course about Financial Development and Donor Relations for Nonprofit Leaders. The purpose of our upcoming course is to increase the financial capacity of nonprofits across the state to meet community needs and take action to create positive community change.

Nationally, nonprofits list “rising operations costs” and “inadequate finances” as the top two challenges. Through county-level need assessments, it is clear this national trend aligns with the challenges of local nonprofits. Knowing this need, Extension is reviewing our existing financial development materials and developing additional ones to deliver a fund development course that will address the top two concerns of nonprofits. A team of extension Organizational and Leadership Development educators is developing a curriculum to provide Wisconsin Nonprofits with the skills and tools to assess, refine, and create fund development strategies necessary to fulfill their organizational mission. This curriculum will be delivered virtually, in five 90-minute sessions during June and July. Once the curriculum has been developed, it can be delivered by Extension community development educators on a county level.

AGRICULTURE



If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.

Crops

Liz Gartman, Regional Crops Educator

- A presentation that introduced the concept of Dairy Heifer Grazing to agriculture professionals engaged in consulting with producers. Through this presentation, attendees learned about the cost savings using dairy heifer grazing versus conventional heifer grazing, the potential for less nutrient loss, water quality improvement and improved health and longevity that can benefit dairy producers profitability and environmental sustainability.

There were 51 attendees of the event, and via evaluation, 26 attendees shared (agree + strongly agree) that the information was applicable and relevant to their work, and 11 indicated they would frequently share the information in their work. 27 attendees agreed/strongly agreed they increased their knowledge related to this topic.

- A dairy production newsletter for farmers, managers, employees and agribusiness professionals that provides the reader an introduction to upcoming UW Madison Division of Extension Programming including the Pest Text Alerts, Wisconsin Ag Climate Outlook reports, opportunities to optimize forage testing and updates on Highly Pathogenic Avian Influenza in dairy cows. This newsletter provides timely updates on Extension recommendations, events and industry news.

A partnership between the Eastern Wisconsin Dairy Herd Improvement Cooperative and Extension results in a newsletter mailed to 300 current dairy producers in Eastern Wisconsin. The newsletter pairs results from the cooperative's milk testing and allows local Extension educators to share key activities, events and articles that focus on improving management related to crops and dairy cattle. The partnership allows Extension educators to determine what resources are most important to producers at the times the newsletter is published, which in turn provides research based solutions to growers and farmers when it makes sense for their farm. We collaborate with DHIC staff to ensure timely delivery of the content. The newsletter is direct mailed to approximately 300 dairy producers every two months, and the targeted information drives dairy producers to engage with Extension programs and educators.

HUMAN DEVELOPMENT AND RELATIONSHIPS



*The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.*

Carol Bralich, Human Development and Relationships Educator

A 2.5-hour staff development workshop (Real Colors) where Fond du Lac County Health Department employees increased their ability to recognize their strengths and the strengths of others, build rapport quickly with others, understand how others process information, and modify their communication to connect with others. The workshop is intended to help workplace teams work together more effectively.

Carol Bralich co-taught a 2.5-hour Real Colors workshop for 31 Fond du Lac County Health Department employees. Since 2014, Carol has co-facilitated Real Colors workshops in response to organizations and local governments expressing a need for staff development in effective communication and team building. These goals align with the outcomes for Real Colors, which is an interactive workshop that teaches skills to understand human behavior and improve communication with others. All participants completed end of session evaluation surveys. From attending the workshop, 100% increased their ability to recognize their strengths and the strengths of others. Additionally, 97% increased their ability to build rapport quickly with others, 100% increased their ability to understand how others process information, and 97% increased their ability to modify their communication to connect with others. Overall, participants evaluated Carol and Paul Roback’s facilitation of the workshop as a 4.8 on a 5-point Likert Scale (1=poor and 5=excellent). One participant commented they would use workshop information to “be more mindful of my approach to others.” Another participant commented that because of attending the workshop they “became aware of how others process my way of communicating.” Commenting on the workshop overall, one participant stated that they “appreciate you bringing this to our team and helping us work through and learn our colors together!”

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