

EXTENSION FOND DU LAC COUNTY NOVEMBER 2024 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

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

Planning AHEAD is a series of 7 sessions for adults of all ages. Participants learn about end-of-life decision making tasks. The program's goal is to reduce the stress experienced by survivors and to ensure that their wishes are honored. Each attendee received the step-by-step workbook with resources to reinforce the content. Starting in October 2024, Carol facilitated a Planning AHEAD series at the Fond du Lac Public Library with participants from Fond du Lac County. Nine adults participated in the series with 51 educational contacts. The post-course evaluations (n= 8) indicated:

- 100 percent of the participants stated they learned enough to move forward with planning.
- 100 percent agreed or strongly agreed that they have greater knowledge of estate planning, choices in end-of-life care and handling financial changes.
- 88 percent of respondents said that they felt more confident in having conversations with loved ones related to end-of-life wishes and knowing where to find reliable resources for more information on end-of-life planning.
- the majority of respondents, 88%, in the next three months, will make their end-of-life wishes known to family members
- 88% of participants will encourage someone else to do end-of-life planning.

One participant wrote in the evaluation survey: "This helped me to approach discussion with family on last wishes." And, another participant wrote: "The series was so informative! Carol made us feel comfortable with sharing our experiences as well as knowing she is knowledgeable on the things she shared."

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

Planning for a Dairy Forage Day program in collaboration with the Fond du Lac County Forage Council for dairy producers, forage growers, nutritionists and ag professionals. The goal is to provide guidance when feeding high oleic soybeans, better manage cropping practices to limit feed hygiene and mycotoxin challenges and understand the 2025 landscape regarding grain pricing and marketing to help producers make more informed decisions that improve the profitability of their farm.

A Soil Health Field Day for farmers and agronomists in and around the Fisher Creek Watershed to better understand the steps to take to improve soil health on land they own or manage.



Planning a session at the Wisconsin Water and Soil Health (WWASH) conference in collaboration with other Extension educators. The goal of the session is to provide insight into opportunities to include diverse cover crop species into dairy forage programs with the end result being additional cover crop acres incorporated into livestock production systems, resulting in improved soil health.

The WWASH Conference focuses on sharing on-farm research to support the use of diverse soil health practices on Wisconsin farms. A challenge in dairy systems is the need for high quality forages that support milk production, and the perception that common cover crops cannot provide that high quality forage. As a response to that need, conference organizers reach out to me to plan a session that can alleviate some of these producer concerns.

A series of in person and virtual meetings with UW Madison - Extension colleagues, producer led conservation groups, USDA and Farm Service Agency partners, agriculture industry contacts and crop producers where we discussed opportunities for partnerships, ag community needs and programming gaps. The goal of this activity is to generate an informal needs assessment of the regional dairy community in order to plan programming that will provide support to them.

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

A meeting for youth where they learned about LEGO building skills and participated in a LEGO Build Challenge. This effort is designed to encourage engineering, use of technology, and increase knowledge of LEGO building skills.

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. Volunteers, youth leaders, and the 4-H program educator facilitated the 4-H LEGO Club. Keifenheim and youth leaders are working to continue LEGO Club with a transition in the youth leadership of the club. The LEGO club meets monthly with members to build skills and develop relationships around their LEGO spark! Youth leaders teach brick-building skills to members of the club. September is the first meeting of the new 4-H year so data will be collected throughout the year.

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 2025 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 4th-6th grade in Fond du Lac County can participate in an entrepreneurial program which offers lessons, a workbook and App 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 3rd, 2025, 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 3rd.

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

Leading the School Meal Appeal project with Chartwells (food service) and Riverside Elementary. This project will help school meal service staff make positive changes to the cafeteria environment and to encourage healthier choices among students.

The state *FoodWise* program is partnering with the Wisconsin Department of Public Instruction (DPI) to improve the school cafeteria environment for elementary school students across the state. They reached out to local Nutrition Educators in Fond du Lac County to partner with specific schools within the Fond du Lac School District. Melanie Phillips built a team for this project which consists of *FoodWise*, Riverside Elementary School school food service, and Chartwells (district food service) to implement the "School Meal Appeal" program. Each participating school across the state, including Riverside Elementary, received \$1,000 to put towards the project. Melanie led team meetings to discuss the timeline for the project, the roles and responsibilities of each partner, and to determine overall project goals. As a result of this partnership, the team has completed the "Food Meal Appeal" assessment, which is a review of each individual school's unique cafeteria environment. This is a tool that is used to evaluate the Riverside cafeteria and help identify strategies for implementation to improve participation in the school nutrition program and healthy eating habits among students in the lunchroom. Following the assessment, the team identified multiple strategies to work on in the upcoming school year. Some strategies are relatively quick, easy, and free of cost, while others may require greater time or financial commitment.

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

Facilitation support for a community nonprofit needs assessment meeting convened by United for Diversity. With Extension’s support, community nonprofits collaboratively identified organizational areas of strength, areas of growth, and opportunities for collaboration with each other. (Noah Reif)

The meeting was attended by 6 nonprofit leaders from Fond du Lac County. The educator facilitated conversations that identified a purpose of increasing collaboration of local community non profits through action. Barriers that made collaboration difficult were identified, as well as potential strategies to overcome those barriers. Nonprofit leaders committed to meeting on a bi-monthly basis and United for Diversity has asked the educator to continue their facilitation. A detailed report of the event was prepared by the educator for the United for Diversity Board and attending nonprofit leadership. The educator’s facilitation was evaluated as a 4.8 on a scale of 1 being the lowest and 5 being the highest.

“This was an amazing conversation that created a lot of thought, thank you!” -Local Nonprofit Leader

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