

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.*

Jane Jensen, Human Development & Relationship Educator

Along with a team of other UW-Madison Extension Life Span educators Jane developed and facilitated a ten-part virtual series. The goal of the series was to connect participants while providing them with tools, resources and skills during social isolation. The sessions focused on building resiliency, self-care, compassion, developing connection, positive aging, organizing important documents and distributing non-titled property.

A total of 492 individuals registered for the series. Participants were able to register for one or more sessions. Live participation ranged from 55 to 98 learners per session. Sessions were post-recorded, captioned for accessibility and posted to the UW-Madison Division of Extension YouTube channel. Each session was viewed 30-80 times to date. One hundred percent of respondents attending four or more sessions agreed that they were connected to resources they were not aware of before attending the series while 85% said that attending the program made them feel more connected to others and 80% agreed that the series motivated them to reach out to more people and strengthen their connections. Ninety-six percent indicated that they will use at least one skill or tool they learned during the sessions. Over half of the respondents said that this was the first Life Span Extension program they participated in.

Quotes from participants: **"The facilitators are a great group of presenters. I am grateful they are willing to put these presentations together. This one hour "boosts" my day, and I share what I learn with others. Thank you so much!" "This helps so much to have these virtual classes. They are social as well as informative and I need that at this challenging time." "Connecting outside our bubble is beneficial."**

- A monthly education/support group for family caregivers where participants shared and learned about university resources, in order to lower stress levels and increase their ability to continue caring for their care recipient.
- A series of bi-monthly planning meetings for the Family Caregivers Coalition steering committee where we develop quarterly education, quarterly newsletters, support groups, retreats and caregiver cafes for family caregivers.
- A series of e-mail communications for community partners where we provide information related to parenting, relationships, family caregiving, finances and well-being so that they can share the latest resources with their clients. The purpose of this effort is to provide county residents with resources to improve parenting skills, support their family caregiving role and access tools to improve their financial skills and their personal well-being.



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UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

JULY 2021 REPORT

COMMUNITY DEVELOPMENT



Community Development provides educational programming to assist leaders, communities, and organizations realize their full 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.

Kevin Stuck, Community Development Educator

- Cyberattacks on infrastructure are becoming increasingly frequent, as almost daily national headlines confirm. To assess how prepared local water utilities are to protect their systems against such attacks, Kevin created and mailed a 12-question survey to all 11 water utilities in Sheboygan County. The questions arose out of his extensive research on cyberattacks, municipal water systems, and information technology (IT) best practices for safeguarding networks and computer systems. He then analyzed the results of the seven surveys that were returned and wrote a 1,300-word article that was published in four local newspapers (total circulation 38,000) to raise public awareness of this critical issue. Secondly, the water utilities were undoubtedly reminded that they need to remain vigilant.
- Local officials seldom have the time or expertise to write grant applications, even though there is often a need for supplementary funding in their communities. Consequently, the Town of Mosel asked Kevin to work with Town officials and staff from the Sheboygan County Transportation Department, County Sheriff's Department, Christopher Farm and Gardens, Sheboygan Rifle and Pistol Club, and Kohler Co. to prepare a grant application that was awarded \$15,232 in matching funds to provide enhancements such as signage, lighting, landscaping, a paved path, and a picnic area to the only public access to Lake Michigan in Mosel. Located at the end of Rowe Road, this underutilized amenity will provide town residents and visitors with a safer, more inviting means to enjoy the lake.
- From January 1, 2021 through July 15, Kevin received over 90 questions from local officials and landowners regarding planning, zoning, and land use issues. Although some of these questions could be answered in a few minutes, many took a couple of hours or more to research and prepare appropriate materials to answer the question accurately and in a way that was understandable. The ultimate objective is always to help with decision making, ensure compliance with regulations and best practices, and further the vision and goals of each community—while at the same time increasing the knowledge of the questioners, thereby helping them to avoid having to ask the same question again in the future.

**"THANK YOU FOR THIS
VERY INTERESTING AND
IMPORTANT ARTICLE.
WE LOOK FORWARD
TO PUBLISHING IT."
– EDITOR, LOCAL
NEWSPAPER**





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JULY 2021 REPORT

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).

Amanda Miller, FoodWise Coordinator

- A series of emails for the Food Providers Group to support local food pantries during COVID-19, designed to support coordination between local agencies and organizations in service of those impacted by this emergency situation.
- A series of fruit and vegetable publications for farmers market customers. These publications promote buying fresh produce and helps customers better understand how to select, prepare, and store specific produce items.
- A series of in-person classes for community members to learn about nutrition, food budgeting, and food safety. The goal is that participants have the skills to eat healthier and be more physically active.
- A series of virtual classes for community members where they learn about food safety, nutrition, and food budgeting.
- Distribution of e-newsletter for residents to learn about food preservation and food safety. The goal is to help home canners use current food safety practices and to decrease the incidence of foodborne illnesses.
- 18 Head Start and elementary school teachers provided their feedback on the teachers' toolkits developed and used to help them teach nutrition education during the pandemic last school year. 83% responded that their students were engaged in the Color Me Healthy videos created. "They were very helpful when students were learning at home using Google Classroom."
- 18 elementary school teachers provided feedback on the Bitmoji virtual classrooms created for students to learn about MyPlate last school year. 83% said the students were engaged in the Bitmoji Classrooms. They were very well received and loved by the teachers based on comments. "The students were able to identify all their food according to the food groups at lunch and snack. They talked about what was healthy and not healthy and reinforced the lessons during read alouds and throughout the day."



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SHEBOYGAN COUNTY

JULY 2021 REPORT

SHEBOYGAN COUNTY MASTER GARDENER VOLUNTEERS

Mike Ballweg, Agriculture Agent



Sheboygan MGVs staff fair booth

During 2019, 74 Master Gardener Volunteers (MGVs) reported 3,420 hours of volunteer service for an estimated value of \$82,074. They also reported 1,067 hours of continuing education and reached an estimated 6,213 individuals with various outreach projects.

Being a Master Gardener is about becoming a volunteer with the University of Wisconsin-Madison Division of Extension to help educate the public about horticulture, gardening and natural resources. Master Gardener Volunteers work in tandem with Extension staff to deliver meaningful community programs to improve the well-being of individuals and communities. There are currently 76 MGVs in the Sheboygan County Master Gardener Association.

Highlights

- Extension MGVs continue to care for and expand the landscape diversity at the UWGB-Sheboygan Campus. The wide selection of horticultural plants serves as a learning place for both MGVs and visitors to the campus. Many of the annual flowers planted on campus are started in the campus greenhouse by MGVs.
- Sheboygan County MGVs utilized their horticultural expertise to enrich the Kohler Andrea State Park experience for park visitors. MGVs engagements over the years have included: transforming a poorly drained wet area into an educational rain garden, rearing and releasing purple loosestrife eating beetles (*Galeruella* sp.) within the park reducing invasive purple loosestrife, helped control other invasive plant species within the park, and assisted with landscape maintenance at the park's visitor center.
- MGVs developed and maintain the Sensory Garden, designed to be enjoyed by people of all abilities is wheelchair accessible. The garden overlooks Rotary Riverview Park on Pennsylvania Avenue.
- Where else will you find MGVs in Sheboygan County - Old Plank Road Trailheads, Marsh Park Tower, Above and Beyond Children's Museum Garden, Bookworm Gardens, Generations - Plymouth, John Michael Kohler Arts Center, Camp Y-Koda, Meals on Wheels Vegetable Garden, October 11th Memorial and Dutch Settlement Historical Marker, Plymouth Arts Center, Senior Activity Center of Sheboygan, Sheboygan County Fair, Sheboygan South High School, Wade House and Yankee Garden-Sheboygan Falls.



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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.*

Sarah Tarjeson, 4-H Youth Development Educator

- A meeting of Mosel Farm and Home 4-H Club where members, volunteers, and parents learned about leadership opportunities and volunteer development. This effort is designed to transition club leadership and strengthen the volunteer capacity within this club.
- A training for Sheboygan Youth First Impressions Neighborhood Exchange where participants gained knowledge about the program, community capitals, critical thinking, and providing feedback. This effort is designed to engage youth and adults in community development planning.
- An outreach event at Plymouth Mill Street Festival for families and youth, where participants were engaged in hands-on learning to increase their awareness of the 4-H Youth Development Program. This effort is designed to promote the life skills taught through involvement in the 4-H program.

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Area Extension Director

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4-H Youth Development Educator

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Positive Youth Development Educator

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