



Extension

UNIVERSITY OF WISCONSIN-MADISON  
SHEBOYGAN COUNTY

## SEPTEMBER 2021 REPORT

### 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*

#### SPOTLIGHT

In response to COVID 19 and family caregivers in social isolation the Human Development & Relationships Educator collaborated with the ADRC and Sharon Richardson Community Hospice to co-facilitate the six-part evidence based Powerful Tools for Caregivers virtually in August and September. Evaluations found that all participants who had been in their caregiving roles from 6 months to 5 years increased skills from the series. They said they had more confidence in their caregiving ability and were more able to ask others for help. All would recommend the series to others.

They described increased abilities in self-care & stress reduction, locating resources, making difficult caregiving decisions, taking care of personal health and dealing with difficult emotions. All would use a minimum of 7 of the tools learned during the series.

This is the only Sheboygan County series that is offered in the evening in order to meet the needs of employed family caregivers. Two of the family caregivers indicated they would not have been able to attend a daytime program. They also agreed that unpaid family caregiving had made their employment more difficult and that they had to take time off without pay which could ultimately affect their retirement. One participant said, "Thanks for making this possible in the evening and virtually. It has made a big difference for me in order to continue in my family caregiving role." A long-distance family caregiver from New Mexico was able to join as well.

#### Other Program Highlights

- 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 seven part weekly curriculum where Wisconsin residents learn about making end-of-life financial, healthcare, and final wishes decisions and plans for themselves and for those they care for. This program is intended to give participants the tools and resources to plan ahead of a major health crisis to relieve stress on survivors and ensure that personal wishes are carried out.



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### SUPPORTING AGRICULTURE

Mike Ballweg, Agriculture Agent



Nick Kleiber shares no-till and cover crop practices during summer field day near Plymouth.

Educational programs and field days were held in partnership with the Sheboygan River Progressive Farmers where farmers and industry agronomists learned about using cover crops, planting green, and no-tilling to improve water quality and soil health.

### SPOTLIGHT

An established 51,000 lbs. of phosphors may have been prevented from leaving farm fields due to Sheboygan River Progressive Farmers planting 6,762 acres of cover crops, using strip-till or no-tilling on 10,746 acres and low disturbance manure applications on 7,040 acres.

These same acres of cover crops, reduced tillage and low distance manure application practices may have reduced an estimated 3,700 tons of soil erosion on SRPFs fields.

Reported conservation practices implemented by SRPFs more than quadrupled since the groups first met in 2018. 2018 - 20,427 ac, 2019 - 86,303 ac, 2020 - 89,080 ac

Source: DATCP, Dana Christel, Conservation Specialist

### Other Program Highlights

- A meeting with the Sheboygan County Master Gardener board, where board members learned about leadership opportunities, 501c3 and Non-Stock Corporation Status, new statewide project guidelines, and the new Master Gardener Volunteer (MGVs) training format offered by UW-Madison Division of Extension, and Covid-19 guidance for MGVs working the fair booth. The purpose of this effort is help educate the public about horticulture, gardening and nature resources.
- One on one consultations with farmers and homeowners, where clients learned about the importance of crop profitability, thoughtful pesticide usage, and environmental stewardship. Through the consultations, farmers and homeowners reduce the impact of pesticides on the environment and save money when managing their crops.



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### 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 meetings with local public health departments where they received feedback from Extension regarding the Community Health Improvement Plan. This effort was designed to improve community adoption of health and nutrition practices.
- Distribution of e-newsletter for Fond du Lac County 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.
- Miller is answering community member's questions about food preservation and food safety during the peak of canning season.
- Participating in a series of workshops called "racial equity community of practice." This series of workshops is designed to build skills and knowledge to be able to be more racially equitable in nutrition education work.
- Participating in a series of workshops called "HUE facilitation." This is an opportunity to be trained by professionals on facilitation skills that follow the natural ways the brain processes information and to apply that during meetings and classes.



## 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.*

### SPOTLIGHT

*Lisa Golda, Positive Youth Development Educator*

Extension's mission is to serve all WI residents by providing relevant, actionable, and culturally responsive educational programs and services. Centering stakeholders' voices at start of program development is key to fulfilling this mission. We are currently developing new youth programming / adapting existing programming to better serve all Sheboygan county youth. Since starting her position July 27 2021, Positive Youth Development Educator Lisa Sanderson has reached out to and/or met with 35 community leaders and organizations serving underrepresented youth and/or adults to inform future youth programming, and to rekindle former/ found new partnerships. Members of the Hmong community are highly receptive to partnership and ongoing communication after many years of declining connection with UW Extension. Based on this and other research, we have identified potential priorities that align with Extension's Positive Youth Development program missions. (1) Youth express a desire for inclusive high school curriculums (civic engagement). (2) There is a need for cultural competency content for White youth. (3) There are mental health and dual identity concerns in the Hmong community. (4) Homelessness, drug use, and sex trafficking are not adequately acknowledged and addressed, in part because - (5) There is a lack of a central referral source for all Sheboygan County service organizations, especially one designed for youth lacking parental / other adult support in locating the many orgs attempting to meet their needs.

Our next steps are to continue listening sessions and gathering information to confirm whether this feedback is echoed by other community members, and to proceed with relationship building and cross-referrals already in progress.

### Other Program Highlights

*Sarah Tarjeson, 4-H Youth Development Educator*

- Mentorship for adult volunteers where they navigated actual conflict situations gaining skills in active listening, prioritizing, using 'I messages' and taking appropriate and safe action. Through this mentorship, adults were able to provide a safe and respectful environment for Positive Youth Development.
- Mentorship for new leaders of the Mosel Farm and Home 4-H Club where they learned skills and resources to support their assumption of new leadership roles. Through these conversations, adults support Positive Youth Development in the Wisconsin 4-H Program.





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### 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 Struck, Community Development Educator*

- Wrote an objective, easy to understand two-page summary of the 42-page Waldo Mill Pond Management Plan to accompany an upcoming opinion survey mailing to 226 local households. This summary is intended to give survey recipients who otherwise would probably not read such an extensive and technical plan some basic background information regarding issues with the pond and dam.
- After the sudden appearances of portable storage units (e.g., shipping containers, semi-trailers, etc.) in some residential yards, local officials in two area towns asked the Community Development Educator to analyze their zoning ordinances to help them determine what currently exists to regulate such units. He then presented options for additional regulation, if the towns deem them necessary.
- Local officials in an area village and adjacent town who had several questions about how to review a proposed land division within the village's extraterritorial platting jurisdiction (ETP) asked the Community Development Educator for assistance. He provided a fact sheet on ETP he had previously written and answered follow-up questions to help ensure the review was done as the statutes require.



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