



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

SPOTLIGHT

“Stay Well, Age Well” Senior Newsletters

Each year, the local FoodWise program teaches nutrition education classes at senior meal sites and senior housing units throughout the county. However, during the height of the pandemic, visitor restrictions were in place that prevented in-person classes. The senior newsletters were created to continue to provide health and nutrition information during the pandemic. The pandemic was an important time to provide immuno-compromised populations with information on overall health and wellness.

Each monthly newsletter focuses on three topics: food budgeting, food safety, nutrition, and a healthy recipe. The topics are timely, including information based on the season or time of the year. The topics are also relevant, including information that may be important to older aged populations. This includes information on eating less sodium, cooking for one, or using the Senior Farmer’s Market Voucher Program (SFMVP) at the local farmers market. Newsletters are available to partners either hard copy or electronic. Past publications can be found at the website here: <https://fonddulac.extension.wisc.edu/stay-home-stay-healthy/>.

Although in-person classes have now resumed, the senior newsletters have remained a popular resource. The name has since been changed from “Stay Home, Stay Healthy” to “Stay Well, Age Well.” Local senior partners are thankful to have the newsletters continue beyond the pandemic.



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

APRIL 2022 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

- A monthly program for family caregivers where participants develop sustainable self-care behaviors in order to maintain their personal physical and emotional well-being through practicing self-care techniques and accessing local resources.
- A series of e-mail communications for community partners where they learn about 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 improve parenting skills, support their family caregiving role and improve their financial skills and their personal well-being.
- Virtual sessions for older adults, where participants learned about compassion, ageism, retirement, health, advance directives and gardening. The goal of the series was to build individual resiliency, spark joy, increase satisfaction in life and provide an opportunity for social connection.

“Good Morning Jane,

Just a quick note of thanks for the additional copies of the 'planning ahead' workbooks. I shared the copy that Cindy gave to me with my wife Kris, and she is actively using it as she strives to facilitate more discussion, planning and preparations with her parents.

The workbook is well done, and no doubt will help a lot of people! This may be a valuable topic and opportunity to work with our HR Department and present this learning opportunity for our employees?

My compliments -

Sheboygan County
Administrator”

Sheboygan County Administrator sends compliments for Development of Planning AHEAD (Advance directives, Handling financial changes, Estate Planning, and Arriving at Decisions for the end of this life) Workbook



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.

Positive Youth Development

Lisa Sanderson, Positive Youth Development Educator

SPOTLIGHT

Familias Unidas leadership team now includes Nenglee Vang, the Southeast Asian Program Manager for Safe Harbor. The group solidified logistics for the May 15 event and defined mission/vision/values and leadership structure. Engaging youth voice in that structure is a top priority. Positive Youth Development Educator Lisa Sanderson and Partners for Community Development Community Outreach Coordinator Karina Aguirre will meet with WE RISE, an equity-oriented student group at South High School, on May 4 to invite participation in Familias Unidas, soon-to-be renamed “Sheboygan United”. Cher Pao Vang will meet with members of the North High School Hmong Student Leadership Council. Additional visits to area schools throughout county will follow to gain youth insight and goals regarding barriers and solutions to community resource access. Communication with St Clement’s Father Sandoval is ongoing to facilitate deeper parish engagement in the May event.

4-H

Sarah Tarjeson, 4-H Youth Development Educator

- Development of a multi-project collaboration to host a statewide animal science education program in Sheboygan County in 2022. The work of this collaboration will increase youth skills and knowledge in a variety of animal science topics.
- Support and leadership for the statewide 4-H American Spirit committee, where Extension facilitated discussions and provided information on requesting and submitting contracts. The goal is to ensure sustained youth programming in accordance with university regulations.



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 and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A multi-regional educational program (Finalizing Your Agronomic Input Decisions for 2022) for farmers, industry agronomists and Land Conservation Department staff, where they learned about herbicide resistant weed management, minimizing phosphorus runoff from farms fields and spending fertilizer inputs wisely. The goal is to help farmers and industry agronomists learn about on-farm plant nutrient resources, how to reduce phosphorus runoff, and how to best manage herbicide resistant weeds.
- Conducted Pesticide Applicator Training for farmers interested in using Restricted Use Pesticides in their cropping systems. DATCP requires farmers to successfully pass a competency-based test in order to become certified. The training helps farmers prepare for the exam.

Dairy & Livestock

Tina Kohlman, Regional Dairy & Livestock Agent

- A factsheet for dairy owners/operators, agronomists, consultants, and agency personnel, where they learned about dairy cow feeding strategies to increase feed efficiency and reduce greenhouse gas emissions.
- A presentation for dairy owners/operators, managers, employees, custom heifer raisers, and service providers where they learned how to incorporate the use of scales and heifer weights to improve lactation performance and profitability through proper weights of heifers at breeding and pre- and post-calving.
- An on-farm consultation for a custom heifer raiser, where he learned about feed efficiency and rate of gain to improve heifer growth, productivity, and profitability.

Farm Management

Stephanie Plaster, Regional Farm Management Educator

- A series of consultations with farmers, where business planning was discussed. This effort was designed to help individuals determine whether a business opportunity is likely to succeed.
- A series of conference sessions for farmers where they learned about farm succession planning, how to navigate labor shortages, and how to use business development and analysis tools. The purpose of this program is to help farmers make informed decisions for their businesses and improve the success of farm businesses.

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

- The City of Sheboygan Falls asked Kevin for assistance in developing a community opinion survey. After several meetings and drafts, final questions were approved for both paper and online versions, and Kevin wrote a press release and compiled a mailing list using multiple databases to ensure that small business owners and residential renters, two overlooked groups in past surveys, received a survey invitation. The City intends to use the feedback from the survey to guide its planning and future decision making.
- Friends of Peace Park, a local nonprofit organization, asked for Kevin’s input as it seeks grant funding for “Phase 2” improvements to a City of Sheboygan park along Lake Michigan. (Kevin wrote the group’s “Phase 1” grant in 2016 that was awarded \$19,000 in County Stewardship funds.) This time the group is taking the lead in writing the grant, having learned from the first experience and now being able to use Kevin’s first application as a template. As the group prepares to submit the application, they sought input from Kevin on the content of the project narrative and ways to balance the budget with matching funds. He also used GIS to update the site plan. The improvements to the park will help to continue the progress that has already been made in beautifying what was once a nearly vacant lot.

Sarah Tarjeson
4-H Youth Development Educator

Mike Ballweg
Area Crops and Soils Agent

Cindy Sarkady
Area Extension Director

Lisa Sanderson
Positive Youth Development Educator

Stephanie Plaster
Area Farm Management Educator

Tammy Zorn
Support Staff

Kevin Struck
Community Development Educator

Tina Kohlman
Area Dairy & Livestock Agent

Emily Jensen
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