



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

MAY 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

- The Wise Wisconsin Virtual Learning Series offered six sessions in 2022. The series covered topics on advanced directives, retirement transitions, reframing aging, compassion resilience, strategies to re-energize for health and well-being and preparing for the growing season. The end of session evaluations show that 95% of respondents indicated they would use at least one skill they learned. In addition to that, 84% of respondents indicated that as a result of the program they felt more connected to others and 83% felt they now had the resources to be more connected to others. Evaluation results show that we are meeting the outcome of increasing social connection with the Wise Wisconsin program.
- A 7-session course that helps adults of all ages to make end-of-life financial, healthcare, and final wishes decisions in order to reduce the stress experienced by survivors and to ensure that their wishes are honored.
- 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 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 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.



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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.

Positive Youth Development

Lisa Sanderson, Positive Youth Development Educator

SPOTLIGHT

Sheboygan United continues to grow in community recognition and participation, with hosts for July and October events identified (Hmong Summer Festival, Partners for Community Development) and our May 15 event rapidly approaching. Lisa Sanderson and other Sheboygan United partners met with youth and their faculty moderators from WE RISE, Hmong Student Organization, and Hmong Student Leadership Council (North, South High School). We invited them to partner with us in identifying and resolving barriers to wellness and resource access. We hope to have youth recruited and active by the end of May. Lisa Sanderson and Rebecca Clarke, County Supervisor, will attend Extension training in youth-adult partnership facilitation. Special thanks to Community Health Worker Marisela Olivas for her work on marketing, branding, and a web page to be launched this month. The deep community connections, all spanning years if not decades of advocacy, health equity expertise, County involvement, mentoring, and perspectives to be provided by the Sheboygan United leadership team of Cher Pao Vang, Nenglee Vang, co-founder Karina Aguirre, Marisela Olivas, and Rebecca Clarke has and will profoundly positively affect PYDE's ability to recruit underrepresented youth for Extension programming. Diverse WE RISE youth commented that after growing up seeing many culturally oriented fairs and fests in Sheboygan, it was neat to know that "there is one for us": Sheboygan United events.

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.



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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.

Dairy & Livestock

Tina Kohlman, Regional Dairy & Livestock Agent

- A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals, where subscribers learned about breeding the correct dairy cow for feed efficiency and how dairy cows are also considered beef cows. This effort was designed to provide a timely and reliable source of dairy management news and updates.
- Planning and development of Four-State Dairy Nutrition and Management Conference in collaboration with University of Minnesota, Iowa State University, and University of Illinois Extensions. The goal of this effort is to provide the latest unbiased, university-based research regarding nutrition, herd health, animal welfare, etc. so farms can become more economically viable and environmentally sustainable in the production of safe food.

Farm Management

Stephanie Plaster, Regional Farm Management Educator

- A farm management newsletter for farmers and agribusiness professionals, where subscribers learned about Extension farm management resources. This effort was designed to connect the agriculture industry to the Extension farm management program and provide a timely and reliable source of farm management news and updates.
- 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.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A “Focus on Forage” webinar series for farmers, agronomists, and other industry service providers, where they learned about growing and managing alternative forages to include: species selection, N fertilization, residual soil N following grass forages. The use of grasses helps to improve both water quality and animal performance.

Topics included: “Are Forage Cocktail Mixes a Reasonable Alternative?”, “Dairy Farmer Perspectives on Cocktail Mixes and Annual Forages” and “Profitability of N Management for Alternative Forages” featuring Matt Akins, Mike Ballweg, Kevin Jarek and Carrie Laboski, UW-Madison, Division of Extension as well as Brody Stapel, Double Dutch Dairy, Cedar Grove. Two hundred and six individuals registered for the event.



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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

SPOTLIGHT

To obtain input regarding the aging Waldo Mill Pond and Onion River Dam, the nonprofit Waldo Pond Improvement Association partnered with Kevin to create an opinion survey. 234 surveys were mailed to addresses within the Village of Waldo, or the Town of Lyndon if adjacent to the Mill Pond or less than one mile downstream of the dam. Of these, 61 surveys were completed and mailed back to the Extension Office for tabulation — a response rate of 26%, which is typical for such surveys.

When asked about the usage of the Mill Pond and park area, respondents were most likely to visit the site to “enjoy the view and tranquility.” “Wildlife observation” and “fishing” rounded out the top three responses.

The Association intends to use the survey results to guide its future maintenance and improvement projects.





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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 newsletters for older adults to learn about food safety, food budgeting and basic nutrition. These printed materials bring health information to seniors during a time when guest speakers are not permitted due to COVID. The goal of this effort is to improve the health of older adults.
- A series of weekly virtual classes for adults receiving FoodShare at Forward Services, an agency that helps W2 and FoodShare Employment Training/FSET find employment. The classes offer food budgeting skills to help individuals better spend their FoodShare dollars.
- Development and management of a social media site that focuses on health and nutrition. Using social media to share health information with current FoodShare audiences, to reach new audiences, and to increase awareness of the FoodWise program.

Sarah Tarjeson
4-H Youth Development Educator

Lisa Sanderson
Positive Youth Development Educator

Kevin Struck
Community Development Educator

Jane Jensen
Human Development & Relationships Educator

Mike Ballweg
Area Crops and Soils Agent

Stephanie Plaster
Area Farm Management Educator

Tina Kohlman
Area Dairy & Livestock Agent

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