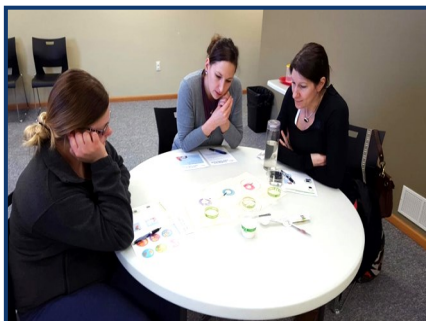




Annual Report 2016

Presented in May 2017





What can your county extension office do for you?

UW-Extension Washington County

333 East Washington Street
Suite 1200
West Bend, WI 53095
Phone: 262-335-4477
Relay: 711

Website:

<http://washington.uwex.edu/>

<http://facebook.com/uwexwashco/>

2016 Program Area Staff

Agriculture/Farm Business

262-335-4477

Steph Plaster, Educator

Family Living Education

262-335-4479

Carol Bralich, Educator

Nutrition Education

(FoodWise/SNAP-Ed)

262-335-4841

Renee Vertin, Coordinator

Tamara Johnson and Meggie Casey,
Educators

4-H Youth Development

262-335-4478

Brianna Stapleton Welch, Educator

Megan Buehler, Program &
Volunteer Coordinator

Hannah Kurtenbach, Summer
Outreach Coordinator

Community Development

262-335-4480

Paul Roback, Educator and
Department Head

The UW-Extension Washington County Office brings the knowledge and resources of the University of Wisconsin to residents where they need them most – where they live and work. We take pride in being engaged throughout Washington County in responding to local needs and concerns. From Kewaskum to Hartford and Germantown to Farmington, we strive to help improve and transform families, organizations, communities, and quality of life.

We offer educational outreach through four core program areas: Agriculture and Farm Business; Community Development; Family Living and Nutrition Education; and 4-H Youth Development.

We listen to citizen input to design local educational programs and include delivery to diverse audiences. Here is a list of the ways we impact Washington County:

- **Improving the Quality of Life for Washington County Residents**
In 2016, UW-Extension conducted over 840 educational programs, making over 10,400 educational contacts to residents of Washington County.
- **Educating and Empowering Citizen Volunteers**
UW-Extension partnered with over 950 youth and adult volunteers who donated approximately 20,000 hours to Washington County in 2016. At \$13.00 per hour, the dollar value of the donated time amounts to \$260,000.
- **Addressing Community Issues and Responding to Community Needs through Unbiased Research and Education**
UW-Extension Educators worked with over 200 partners during the past year.
 - ◇ Addressed community needs through strategic partnerships
 - ◇ Reached diverse audiences through outreach efforts
 - ◇ Extended nutrition education for underserved families
 - ◇ Strengthened organizations through strategic planning
 - ◇ Improved financial literacy and building community strengths
 - ◇ Expanded access to the resources of the University of Wisconsin

UW-Extension Washington County *Your county extension office*

Your county extension office...

Increases Access to Knowledge

"To assist the many seniors who don't have access to fresh produce, MGVs donated 650 lbs. of produce from their community garden plots to the local senior center for seniors to take as much or as little as they need at no cost. They are always so happy to receive it."

~Master Gardener
Volunteer

Agriculture- Farm Business

**Educator:
Steph Plaster**



Women from the senior center choose fresh produce to take home with them.

After Alan Linnebur's departure from the UW-Extension team in 2015, this position was vacant until June 2016. Stephanie Plaster joined Washington County Extension in June as the Interim Agriculture Educator. Her position is shared with Ozaukee County. Accomplishments in this report include the work of the AG Educator from June-December, the work of volunteers throughout the year, and programs delivered through the Tri-County AG partnership with Sheboygan and Ozaukee Counties.

Agriculture Education

Consultations occurred with farmers on business feasibility, marketing, lease development, crop agreements, expansion and succession issues. Farm visits were conducted on multiple farms relating to facilities design, modernization, safety and production issues.

Additionally, an anaerobic digester and biogas tour offered Washington County and its municipalities the opportunity to explore the benefits and limitations of a commercial-scale dry fermentation anaerobic biogas system; a large wet anaerobic biogas system; and a small, on-farm wet anaerobic biogas system.

Youth Livestock Education

Programs were facilitated and coordinated, which resulted in several organizations and 70+ volunteers educating 160 youth on their dairy, beef, sheep, and swine projects involving roughly 350 project animals.

Master Gardeners

In 2016, 32 Washington County Master Gardener Volunteers reported 2,520 hours of volunteer time. Over four hundred of these hours related to directly educating the community while over 2,000 hours went to community service. The volunteers also reported 540 hours of continuing education to improve their horticultural knowledge.

Tri-County Agriculture Programs

Through the partnership with Sheboygan and Ozaukee Counties, the following programs were offered and attended by Washington County participants:

- 2016 Agronomy Day
- 2016 Landscape and Grounds Maintenance Short Course
- Forage and Feeding Update

Additionally, Pesticide Applicator Training was provided in Washington County, which provides the required training for commercial applicators and those who wish to use restricted-use pesticides in Wisconsin. Forty-five people received certification.

Your county extension office...

Supports Family Well-Being

"This conference was awesome! Worth the \$5 fee over and over again! Informative, professional, and practical!"

~Money Smart Week
Women's Financial
Conference participant.

Family Living

Educator:
Carol Bralich



Money Smart Week financial activity engages youth and adults at Celebrate Families

Increase Financial Knowledge

Washington County organizations continue to identify financial security as a significant challenge for families they serve. To address these issues, Family Living programs implemented direct teaching efforts with the following audiences:

- Provided 134 Head Start families a series of 8 monthly financial newsletters
- Provided financial education and coaching for 19 Huber inmates who are transitioning back into employment
- Provided financial education and resources for families served by Casa Guadalupe Education Center, Inc.

Build Financial Capability

Carol was asked to facilitate a financial training for 25 staff members of the Behavioral Division of the County's Human Services Department. Since clients frequently bring up financial concerns with staff during scheduled appointments, a natural conversation can then occur with someone with which they have an established relationship. This training focused on financial competencies, such as setting goals, maximizing income, and saving. When staff members understand basic financial competencies themselves, they are more confident when working with clients with financial

concerns and when managing their own finances. One participant stated, "I will check my credit report more frequently."

In a post session evaluation, participants shared how they would apply the information: make a spending plan so clients can see where money is going; discuss financial needs routinely; and avoid telling, and instead coach and give choices.

Financial Awareness Outreach

Family Living programs collaborated with financial community partners to provide Money Smart Week financial education opportunities for adults and children. Events included "The Big Read" library story time for 182 young children, skill building activities, and resources for parents. Document shredding events were held in West Bend, Hartford, Germantown and Kewaskum with over 275 households participating for safe disposal of confidential documents to prevent identity theft.

The first annual Women's Financial Conference engaged 33 participants, who selected three break-out sessions that provided strategies and resources to meet their financial needs.

Your county extension office...

Provides Nutrition Education to Those in Need

SNAP-Ed provided a program to Head Start and Early Head Start Parents about how to save money on food at and away from home. To accommodate the audience, the content was presented bilingually.

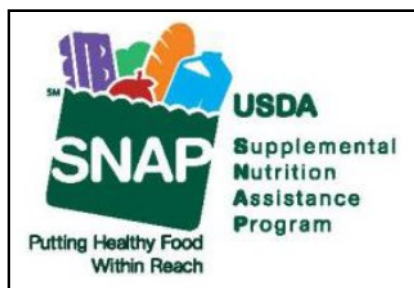
Afterwards, an Early Head Start home visitor for Spanish-speaking families shared with Tamara that the Hispanic mothers especially appreciated the program because it helped them to better understand the American food system.

SNAP-Ed/WNEP

Nutrition Coordinator:
Renee Vertin

Nutrition Educators:
Tamara Johnson
& Meggy Casey

(each worked in the position for a partial year)



Nutrition-Low-income parents are one of the target audiences for SNAP-Ed and for good reason. Overall, one-third of American adults and two-thirds of children are overweight or obese. With over half of American children living in poverty, a higher prevalence of obesity in low-income individuals, and the grave health impacts of this disease, it is especially important that SNAP-Ed reaches low-income parents with nutrition education.

Supporting healthy behaviors in parents helps to ensure the same healthy lifestyle choices are replicated by their children, thereby reducing the rate of obesity and overweight. As a result of the 16 year partnership with Head Start, SNAP-Ed has empowered thousands of families to choose healthful diets, become more food secure, and handle food safely. Educational contacts made in FY16: 236 with preschoolers, 27 with their parents, and 272 via family newsletters.

Food Security-From 2009 to 2014, the County's poverty rate increased, households realized a decline in real income, and nonprofit agencies faced an increased demand for services while their own fiscal health worsened. The goal of the United Way kickoff campaigns in 2013,

2014 and 2015 was to improve the food security of residents, while lessening the financial strain on food pantries. United Way coordinated the events of assembling fortified meal packages. Over 200 organizations donated money and/or employee teams; more than 30,000 packages (180,000+ meals) were distributed to six pantries between 2013 and 2016.

Initially, a significant number of packages were refused, placed into food donation barrels at stores, or returned directly to pantries. Renee interviewed pantry clientele and volunteers; two main reasons for non-acceptance emerged: lack of familiarity with soy protein isolate, and reticence to use a white-colored cheese product.

SNAP-Ed responded with ongoing educational efforts to pantry volunteers and clientele. Renee designed a handout with suggestions on various methods of preparation, nutrient-dense add-ins, and recipes; it was distributed with the 2015-16 meals. Tamara offered tastings at one pantry. Renee conducted follow-up with 2 of 6 pantries; volunteers reported fewer packages had been returned with the use of the handout. See full FY16 WNEP Annual Report at washington.uwex.edu

Your county extension office...

Develops Tomorrow's Leaders Today

"I just wanted to say 'Thank You' for this evening's Older Youth Night. My children had a good time this evening and feel more excited about the trips and opportunities for them in 4-H. It was great to see all the smiles of the youth leaving. I also enjoyed seeing them come together for something at their level. The mix of both boys and girls was great to see. Great job organizing and facilitating the program."

~Parent of two Older Youth Night participants

4-H Youth Development

Educator:
Brianna Stapleton Welch

Program & Volunteer Coordinator:
Megan Buehler



Youth chat with a 4-H alumnus to learn how skills developed in 4-H can help them pursue career goals

Strengthening Adolescent Engagement in 4-H

One of the program goals for the 4-H Leaders Association Board in 2015-2016 was to provide more meaningful opportunities for older youth to improve retention of adolescents in the 4-H program. UW-Extension 4-H Youth Development staff Megan Buehler and Brianna Stapleton Welch worked with a committee of youth and adults to plan an Older Youth Night event especially for teens. This event showcased opportunities in the 4-H program that are only available to teen members. The event was co-designed by staff and youth leaders.

Older Youth Night opened and closed with group games led by 4-H teen leaders. These activities encouraged the development of social skills and teamwork. This was followed by an Open House, promoting 4-H opportunities for teens. Youth who had participated in unique opportunities (such as a 4-H travel experience or being a camp counselor) hosted a table and talked about that opportunity with other teens.

The evening also included an alumni networking session. Six young alumni of the 4-H program attended and spoke about how their 4-H experiences supported

their career and personal development. Attendees participated in a "speed networking" format during which they rotated from table to table learning about each alum's past 4-H experiences and current career.

To enhance the career connection element of the event, Stapleton Welch facilitated an activity that showed teens how their 4-H skills could connect to potential job opportunities. This session included information about how to write about your 4-H experiences on a resume.

Event planners set a goal of 25 participants for this first-time event, and exceeded that goal with 45 participating youth. All participants completed a written evaluation. 97% of respondents either agreed or strongly agreed that they saw ways they could be active 4-H participants in the future as a result of this program. 90% of respondents said that the Older Youth Night helped them identify ways that 4-H experiences could help them get jobs or careers in the future.

As a result of the positive response to this event in 2016, the 4-H Leaders Association Board decided to make it an annual event.

Your county extension office...

Collaborates for Success

"The kids really enjoy the reading program, which provides many group socialization situations. The parents sincerely appreciate that the program strengthens their children's English reading skills."

~Noelle Braun, Executive
Director of Casa
Guadalupe

4-H Youth Outreach

Coordinator:
Hannah Kurtenbach



A participant at the Casa Guadalupe reading program shows off the piggy bank he made after reading a book about saving money

Summer Parks Program

A seven-week program brought hour-long, hands-on educational sessions throughout Washington County. The program was taught by 4-H youth and adult leaders working with the 4-H Summer Outreach Coordinator. Each week focused on teaching youth about a different 4-H project. Some of this past summer's projects included Music, S.T.E.A.M.*, Cloning, and Arts. Youth participating in activities completed program evaluations at the end of the summer. A key learning from one youth was "the more we worked together, it made it easier." The majority of respondents identified teamwork as a key skill that they learned from the program.

Partnerships with community organizations brought the program to the following locations: Regner Park in West Bend; Arbor Trace Apartments in West Bend; Independence Park in Hartford; and Woodlawn Park in Hartford.

This past summer, the youth and adult leaders working with the 4-H Summer Outreach Coordinator were able to make 781 educational contacts with youth ages 4-15. Sixteen youth and adult leaders volunteered their time and talents to assist with the program. Combined, these youth and adult volunteers donated 88 hours of leadership service.

Summer Reading Program

4-H worked with Casa Guadalupe Education Center, Inc. to bring a reading program to Washington County youth this summer. The program included sessions offered in Hartford and West Bend. This five week program brought together 4-H youth and adult volunteers with the 4-H Summer Outreach Coordinator. Each session was an hour and a half long. The program focused on building literacy skills, and completing reading-related games and activities. At the end of each week's program, the participants received a free book to take home.

Through this program, 4-H Youth Development was able to make 124 educational contacts with the Hispanic populations in Hartford and West Bend. When asked what they learned during the reading program, two youth said that they learned "to not give up if you are stuck on a word." Two other participants said that they read more as a result of participation in the program.

*Science, Technology, Engineering, Arts, and Math

Your county extension office...

Builds Community Strengths

"Paul has always been willing to step up in his position in support of our organization, giving ideas and recommending resources for improving our mission and outcomes. I find him to be a great value to our county and community."

~Feedback received through end-of-year evaluation.

Community Resource Development

Educator: Paul Roback



Staff from the City of West Bend developing effective communication skills during a Real Colors® workshop

Staff Development Trainings

Paul frequently receives requests to provide workshops on strengthening teams and developing effective communication skills. This past year, Paul provided trainings to

- 23 department heads and managers at the City of West Bend
- 29 staff in the Children & Families Division of the Washington County Human Services Department
- 14 Washington County staff from six departments
- 44 staff at Glacier Hills Credit Union
- 18 business professionals associated with Women's FOCUS Inc.

Evaluations were conducted at the conclusion of each training. Overall, participants evaluated Paul's teaching and/or facilitation as excellent (4.6 on a 5-point Likert Scale). Additionally, 100% of the comments received through evaluations were positive. Examples of participant comments include:

- "Awesome information and great activity. Very useful to take information away from this presentation and use it in actual life!"
- "Well done, useful, professional and personable."
- "Fabulous. Everyone was engaged."

Organizational Development

This past year, Paul provided community organizational development resources to

- Blue Lotus Farm & Retreat Center
- Casa Guadalupe Education Center
- Economic Development Washington County
- Kewaskum i4Learning Charter School
- LiFE OF HOPE
- NAMI of Washington County
- Ozaukee-Washington Child Advocacy Center
- Richfield School District
- Village of Kewaskum
- Washington County Criminal Justice Coordinating Council
- Washington County Historical Society

As a result of Paul's facilitation, 100% agreed or strongly agreed that their organization has been strengthened, 100% agreed or strongly agreed that their organization has been more strategic in fulfilling their mission, and 89% agreed or strongly agreed that their organization has an increased capacity to address community issues and opportunities. One evaluation participant commented that "Through our work with Paul, we have identified our strategic actions that need to happen, and now it's just a matter of us taking it to the next step."