



Extension

UNIVERSITY OF WISCONSIN-MADISON
WASHINGTON COUNTY



ANNUAL REPORT

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University of Wisconsin-Madison Extension Washington County

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EXTENSION: **CHANGING LIVES & COMMUNITIES**

The University of Wisconsin- Division of Extension embodies the Wisconsin Idea to extend the university's knowledge and resources to every corner of the state. UW-Madison Extension's outreach creates key connection points for families, communities, businesses, non-profit organizations, the government, and more. We support local volunteers and leaders to take action and serve as role models in their communities, and we make sure Wisconsinites have the latest research, best practices, and educational opportunities.

Agriculture	Community Development	4-H Youth Development
Human Development & Relationships	Nutrition Education	Positive Youth Development

Promoting healthy relationships

We embrace the philosophy that each stage of life is unique, exciting, and filled with potential. Our programs promote aging-friendly communities, coach parents and help families put technology, mindfulness, and financial awareness into everyday use.

Empowering health & well-being

We provide individuals, families, and communities the tools and guidance they need to reduce stress, improve nutrition, and support physical activity. We work with community partners to increase access to healthy affordable food, create environments that promote well-being, and address access to quality health care.

Supporting Wisconsin's agriculture industry

Whether on the farm or in the field, we're on the front lines of modern agriculture, helping producers build stronger and more productive food systems. From managing dairy herds to crops to strategic financial planning for farms, our educators and researchers help solve the challenges Wisconsin producers face.

Building Capacity in Communities

From educating elected officials to training the next generation of local leaders and nonprofits, we're committed to empowering citizens to make positive, transformative changes in their communities.

Supporting positive youth development

Our research-based youth enrichment programs give young people the hands-on experiences they need to grow into the global leaders of tomorrow. From youth governance to Wisconsin 4-H clubs, we provide diverse educational opportunities to prepare youth for success in Wisconsin and beyond.

Our Impact

90+ Partners

160+ Programs

5,065+ Contacts

220 Volunteers



Agriculture

Dairy Welfare & Well-being Starts with the Newborn Calf

The dairy industry in partnership with dairy farmers has recognized collaborative responsibility to ensure the best care is provided to dairy cattle, not only because it is good for business but because it is the right thing to do. Animal care is all of the inputs we as humans provide to our cattle: housing, management, handling, husbandry practices, and other direct ways we are handling them. Animal welfare is what the animal experiences, which is her quality of life, or how well the animal is faring.

Animal care and welfare start on day one with the newborn calf. Healthy calves are the cornerstone of every dairy operation, not only providing the future genetics for the herd but healthy calves are also important to the business vitality of the dairy farm. Management is one of the main factors influencing calf health and survival and management success is measured in healthy, growing calves.

Regional Extension Dairy Educator Tina Kohlman's programming in 2022 focused on helping farmers, employees, and agribusiness professionals learn best management practices to improve animal welfare and productivity in the pre-weaned dairy calf. Kohlman helped to organize the bi-annual Extension Dairy & Beef Cattle Well-being in newborn calves Conference, which focused on disbudding and pain mitigation, fitness for transport of pre-weaned calves, calving pen management, and heat stress impact on the in-utero calf. Webinars were hosted focusing on paired, or socially, housed calves and the impact on their welfare as well as various types of animal stressors. Factsheets, popular press articles, and radio interviews were developed to share resources related to heifer lameness, calf vitality and vigor, newborn calf processing, calf fitness for transport, and heifer growth and maturity. Each of these resources is available for our farm families, employees, and agribusiness community through our UW Madison Extension Dairy Program Topic Hub at <http://dairy.extension.wisc.edu>.



Tina Kohlman discusses to a large group of farmers and agribusiness professionals the impact and best management practices to transport newborn calves.



Tina Kohlman, Educator
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Community Development

Organizational Development

This past year, Community Development Educator Paul Roback provided community organizational development resources to:

- Cedarburg Cultural Center
- FRIENDS, Inc.
- Germantown Community Coalition
- Hartford Workforce Recruitment and Retention Summit
- Senior Citizen Activities, Inc.
- Village of Kewaskum
- Washington County Executive Agriculture Listening Sessions
- Washington County Social Capital Focus Group
- Washington County Substance Use Coalition
- West Bend Community Memorial Library
- West Bend Theatre Company
- Wisconsin Interpersonal Committee on Divorce

As a result of Paul's facilitation, 100% agreed their organization had been strengthened, 100% were more strategic in fulfilling their mission, and 100% had an increased capacity to address community issues and opportunities.

From an end-of-year evaluation, one respondent included that "I greatly enjoyed working with Paul over the last year. The information/strategies he provided us has been helpful for our board and has also been helpful to me in my full-time profession. I would recommend Paul to others needing similar help."

Staff Development

Since 2014, Paul and Human Development and Relationships Educator, Carol Bralich have co-facilitated Real Colors workshops in response to organizations and local governments expressing a need for staff development in effective communication and team building. In 2022, Carol and Paul taught three workshops for 46 Washington County employees and two additional workshops for other organizations. As a result of attending the workshops, participants increased their ability to:

- recognize their strengths (99%)
- recognize the strengths of others (99%)
- build rapport quickly with others (86%)
- understand how others process information (95%)
- modify their communication to connect with others (93%)

Paul and Carol's facilitation of the sessions was rated good or excellent by 99% of the participants. One participant commented they would use workshop information "To communicate more efficiently with my teammates." Another commented that they will "Be more open to other personalities."

"It was a wonderful experience working with Paul. He was very knowledgeable and able to handle some strong personalities in a very professional manner." ~Feedback received through end-of-year evaluation.



Paul received the UW-Madison Division of Extension: Excellence in Education and Outreach Award. Pictured with Chancellor Jennifer L. Mnookin, Dean Karl Martin, and Carol Bralich



Paul Roback, Educator
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Human Development & Relationships

Planning AHEAD

Planning AHEAD (**A**dvance directives, **H**andling financial changes, **E**state planning, and **A**rriving at **D**ecisions for the end of this life) is a series of 7 sessions for adults of all ages. Participants learn about end-of-life decision-making tasks including health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life care options, and dealing with grief. The program's goal is to reduce the stress experienced by survivors and to ensure that their wishes are honored. Each attendee received the step-by-step workbook with resources to reinforce the content. Human Development and Relationships Educator, Carol Bralich worked with the state Planning AHEAD Extension team to pilot, provide feedback, revise the curriculum, and develop a post-session evaluation.

In 2022 Carol co-facilitated two Planning AHEAD 7-session virtual series and one in-person series with the ADRC Elder Benefits Specialist, at the West Bend Library. There were 53 adults who participated in the series with over 260 educational contacts in total. The Planning AHEAD series' post-course evaluations (n= 23) indicate:

- 100% of the participants stated they learned enough to move forward with planning.
- Over 90 percent agreed or strongly agreed they have greater knowledge of advanced medical and legal directives, estate planning, choices in end-of-life care and handling financial changes.
- Over 95 percent of the respondents indicated they felt more confident in having conversations with loved ones related to end-of-life wishes and knowing where to find reliable resources for more information on end-of-life planning.
- The majority of respondents, in the next three months, will make or update their end-of-life planning forms; make end-of-life wishes known to family members; make or review their will or trust; set up advance directives; and choose a personal representative.
- Participants will encourage someone else to do end-of-life planning.

Participants shared the workshop was: informative, mind-stretching, helpful, necessary, thought-provoking, relevant, engaging, organized and awesome. One participant stated: "Both instructors were helpful...I may take this class again."

"Wonderful session, Thank you so much! I am now motivated to begin this process and am motivated to get moving forward."



Carol received the UW-Madison Division of Extension: Excellence in Education and Outreach Award. Pictured with Chancellor Jennifer L. Mnookin, Dean Karl Martin, and Ruth Schriefer.



Carol Bralich, Educator
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4-H Youth Development

Education to Improve Youth's Life Skills and Leadership

The 2022 post-pandemic year offered new challenges and new opportunities for Washington County 4-H programs. After two years with limited face-to-face meetings, Washington County 4-H is back again offering our programs in many locations throughout the county.

When one joins 4-H, they are a part of something big! 4-H is the nation's largest youth development organization, with more than six million members and over 90,000 clubs. In Washington County, our 537 youth members are led by 220 adult volunteers in seventeen clubs throughout the county.

4-H teaches youth the four H's:

- Head – Make sound decisions, stick with your goals, and develop practical skills.
- Heart – Act with integrity and accountability.
- Hands – Put the needs of the community first and commit to serving others.
- Health – Actively take care of your mind and body.

In 2022, 4-H youth members had the opportunity to practice the four H's at the West Bend Farmer's Market. Fifteen Saturday mornings through the summer, community 4-H clubs took turns serving as host, which included setting up the market, doing vendor check-ins, ensuring market safety rules are followed, and closing the market. Hosting groups were given a stall in a prime location, and the youth had the option to do a brat fry or just provide information on their club and Washington County 4-H.

Washington County's 4-H program is continuing to grow, adapt, and thrive because of the work of educators, specialists, volunteers, and supporters, who are truly making a difference in the lives of the youth in Washington County.

- 537 youth members
- 220 adult volunteers
- 87 youth leaders



Washington County 4-H Youth at the West Bend Farmer's Market.



Positive Youth Development

Education to Improve Youth’s Life Skills and Leadership

Ron has continued to strengthen his partnership with the West Bend School District by increasing activity with Fair Park Elementary school students and adding Green Tree and McLane schools as well. Ron delivers educational sessions that enhance schools’ efforts in building citizenship among their students. His interactive presentations of ‘Problem Solving Skills’ and ‘Teamwork’ are popular within the school and they see the topics as complimentary to the school’s educational goals. Based on County school networks and recommendations, Addison Elementary in Slinger also sought out Ron for his presentations. Fair Park school has added a 3rd grade leadership workshop which Ron co-leads as students have signed up to be in leadership positions when they return as 4th graders.

Fair Park School has relied on Ron to co-coordinate and present at their retreat focusing on leadership skills called ‘Kindness Camp’. Green Tree school also coordinate with Ron to bring the Kindness Retreat to their 4th graders. Retreats focus on: showcasing Wash. Co. non-profits; interactive games that teach teamwork; and discussions focusing on community engagement. He has added two follow-up visits later in the school year that re-enforce the learning objectives of those retreats. Both schools have asked Ron for his continued involvement with classroom presentations and Kindness Retreats next year.

Youth/Adult Partnerships & Civic Engagement

Ron has year-round engagement with Youth Futures, a non-profit in Germantown. He presents on leadership skills at the youth’s monthly meeting focusing on collaboration and community engagement.

Community Outreach/Collaboration

Over the summer Ron presented twice monthly at the county’s Juvenile Detention Center. Topics included S.M.A.R.T. goal-setting and problem-solving and job preparation. Throughout the year, Ron has also given support through presentations to:

- The Volunteer Center’s Camp Super Hero (facilitator training & participant sessions)
- The Family Center of Washington County
- The Boys & Girls Club

Ron’s position is shared between Washington and Fond du Lac Counties.



We are very thankful to Ron for his partnership with helping to build skills and leadership with our 4th grade students. He is a strong collaborative partner. I hope we will continue to team with him in the future.
– West Bend School Social Worker



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