



# Midland County

## 2019 ANNUAL REPORT



**\$22,514,318**  
economic impact



**273**  
students enrolled  
At MSU



**\$1,922,172**  
spending with local businesses



**2,245**  
MSU alumni in Midland  
County



**\$3,761,447**  
financial aid disbursed



**1,942**  
youth in 4-H

### Message from the District Director

Michigan State University (MSU) Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses. For more than 100 years, MSU Extension has helped grow Michigan's economy by equipping Michigan residents with the information they need to do their jobs better, raise healthy and safe families, build their communities and empower our children to dream of a successful future.



With a presence in every Michigan county, Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

Whether it's helping grow Michigan's agriculture economy, capturing opportunities that use our natural resources in a sustainable way, controlling health care costs by giving individuals the information they need to manage chronic illness or preparing tomorrow's leaders, MSU Extension is creating opportunities and building communities that make Michigan strong, prosperous and a great place to live.

On behalf of the MSU Extension team serving *your* County, thank you for your continued support. I would also like to thank all of our partners, businesses, families and youth that we serve. It is a pleasure and honor to work with you and meet your needs in our community.

Mark Rankin, District Director



989-907-6500



# Program Highlights

## Health and Nutrition



Lisa doing a short freezing demonstration at the Prescription for Health class

In 2019, Michigan State University Extension collaborated with Midland Mid-Michigan Medical Center and the Midland Area Farmers Market to offer the Midland County Prescription for Health program. This program provided nutrition education to a total of **21 participants** over two series using the Discover Michigan Fresh curriculum. Discover Michigan Fresh farmer's market tours help SNAP-Ed eligible residents get to know their local farmer's markets and explore Michigan grown-produce. The tours encourage participants to shop at their farmers market for nutritious and affordable foods that keep their dollars local. The class was also highlighted in a segment of Q-TV's Second Act in November 2019. Here are two success stories shared by participants who completed the class:

"My granddaughter came to a few meetings with me, and between the two of us our family now eats much healthier. Our health has improved a lot."

"Our family has tried several new vegetables (due to this class). I have been more conscientious of the fruits and veggies I eat daily. My children are now eating summer, squash, zucchini, and eat it without complaining!"

## Social Emotional Health and Disease Prevention

Social Emotional health programming aims to promote health and wellbeing, including understanding important connections between physical, mental, social and emotional health. **10 presentations** were held, reaching **74 adults**. Programs presented included: Powerful Tools for Caregivers, Stress Less with Mindfulness, Mindfulness for Educators, and Mindfulness for Parents and Caregivers.

Thanks to a partnership with the Lions Clubs of Michigan and the Lions Club International Foundation, we were able to offer Disease Prevention and Management classes. Our first Dining with Diabetes class was held in October at Senior Services-Trailside Center. We look forward to continued partnership with the Lions Clubs and Senior Services in the upcoming year.

Special thanks go to our community partners which hosted or assisted with presentations in 2019. Key partners of MSU Extension included: ARC of Midland, Riverside Place, Chippewa Nature Center, Senior Services of Midland, Midland County Educational Services Agency, Midland Great Start Collaborative, and the MSU College of Human Medicine Rural Health Program.



Mental health is important at every stage of life, from childhood and adolescence through adulthood

# Program Highlights

## Child and Family Development

MSU Extension offers a variety of training, curricula and materials to support early childhood development in Midland County. Resources in this area focus on preparing for School Success in Early Childhood, Social and Emotional Health in Young Children and Family Education and Support.

In 2019, five early childhood one-time workshops focusing on preschool and kindergarten readiness were offered throughout Midland County to parents, caregivers and childcare providers. **67 residents were reached** through “What Children Need to Know to Start Preschool/Kindergarten” workshops in collaboration with the Midland Great Start Collaborative, Preschool Partnership, local preschools and childcare centers. Each participant reported a positive increase in their ability to help children learn and support growth in healthy development. **100% of participants** also noted an increase in understanding the importance of actively supporting their child’s learning.

We are here in Midland County to provide workshops, classes and information to increase the importance and understanding of early childhood development to those in the lives of children.

## 4-H for Midland County Youth

4-H continued to experience growth in many areas for Midland County programs. In the 2019 fiscal year Individual Group Enrollments increased from **1166 to 1381** due to increased partnerships in the community. New partnerships included Coleman High School Ag Program and Midland Juvenile Care Center which were added to the already long list of partnerships that were maintained.

Expansion in the China Art Exchange program from **4 schools to 7** also impacted those numbers. A Monarch Butterflies: Rescue and Release program was offered to 4-H members and the community through a live display in the MSU Extension office throughout the month of July.

The number of clubs and volunteers remained steady at **215 volunteers**, while additional volunteers helped at special events such as Overnight Camp, Exploration Days, various aspects of the Midland County Fair, and Special Interest Clubs.



Resources for child and family development focus on preparing for school success in early childhood.



Midland County 4-H supports Farm Day at Laurenz Farm with information on 4-H and a Small Animal Petting Zoo.



# Program Highlights

## MSUE Food Safety

MSU Extension provides food safety programming in Midland county which includes food preservation, ServSafe and Consumer One Time Presentations. Nine food preservation programs were offered to residents and one informational event at the Midland Farmers Market. The food preservation programs ranged from blanching and freezing, jam and jelly making, to water bath and steam canning. **58 residents** were reached with the classes and **25 residents** were reached at the farmers market.

Eight 8-hour ServSafe courses were held, **53 people** attended the eight classes. This class is given to those who manage or oversee a food establishment and need a Person in Charge (PIC) as required by the Food Code. They must pass the exam with a 75% or higher to meet the qualifications needed to run their licensed food establishment.

Five Consumer One Time Presentations were offered at various locations in Midland, reaching **108 participants**. A Food Safety Bingo session was held at a senior living community, where participants learned food safety concepts and won food safety tools to use at home. At a summer youth program, **52 youth day campers** played a youth version of food safety bingo and learned about handwashing.

The Rx for Health two-year research project was started with third year MSU College of Human Medicine students at MidMichigan Hospital. One of our team goals is to educate the students about the MSU Extension Health and Nutrition community resource programs. The students will share this information with their rural patients when they do their family clinicals. At the end of their clinicals, the students will share the pros and cons of the Rx for Health project.



Jam made at the food preserve program.



Lisa teaching a class at the Midland Farmers Market.

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