



Midland County 2022 ANNUAL REPORT



\$26,994,995
Total Economic Impact



\$4,334,771
Spending with Local Businesses



\$3,072,218
Financial Aid Disbursed



338
Enrolled Michigan Students



2,171
MSU Alumni in Midland County



1,649
4-H Youth in Midland County

Message from the District Director



Michigan State University Extension is proud to provide our state's residents with the knowledge they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to achieve successful futures.

As times change and new challenges arise, Extension is committed to meeting people where they are to make our programming and resources accessible to all. We now offer virtual, hybrid and face-to-face programming throughout the year depending on the needs, request, and preference of our partners and residents. Moreover, we ensure our customers – the residents of Midland County – are provided with the high quality, evidence-based curricula they are accustomed to.

MSU Extension provides hundreds of programs focused on youth development, mental health, nutrition, physical activity, mindfulness, business, agriculture, veteran's outreach, invasive species, farmers market, food safety, Saginaw Bay watershed and community food systems. We focus on the needs of youth, families, seniors, veterans, farmers, and the disadvantaged, while working with our partners in the communities that we serve.

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

Mark J. Rankin, District 9 Director

Serving Bay, Genesee, Midland, Saginaw, & Shiawassee Counties



Program Highlights



Testimonial #1 (Tai Chi for Arthritis and Falls Prevention): Testimony from participant: "I took Liz's Tai Chi class and I continue to do the Tai Chi Club when I have time. It has really helped me with my balance and even walking backwards. I was a real klutz and it's definitely made a difference. This is also one of the exercises I can do even with the bone-on-bone issue in my knee. This is not causing me too much discomfort. I would definitely suggest this class to anybody with arthritis and balance issues. Liz is a great instructor. I look forward to more classes with her."



Testimonial #2 (Tai Chi for Arthritis and Falls Prevention): Testimony from an instructor: Teaching Tai Chi has brought so much joy into my life! The participants love this program and get excited to come back every week. The physical and mental improvements they make throughout the program are outstanding. After a class one week, a participant came up to me and told me a story about her sciatica pain. She said she has been dealing with sciatica pain for two years and has tried everything (massages, chiropractic, etc.). She started taking Tai Chi for about a month and focused more on proper stepping (forwards, backward, and sideways). She said she really started thinking about striking heel-toe and toe-heel as we move throughout the day. She was blown away that the pain is gone after two years of trying everything in the books!

Success stories like this make me so excited as an instructor to be able to provide this programming throughout the county to residents who are at risk of falling.

Health Team

MSU Extension Health Team programming aims to promote health and wellbeing, including understanding important connections between physical, mental, social and emotional health. Extension Educators continue to provide evidence-based health programs such as Tai Chi for Arthritis and Fall Prevention, Matter of Balance, Powerful Tools for Caregivers, Personal Action Towards Health (PATH), Sleep Education for Everyone Program (SLEEP), and Stress Less with Mindfulness throughout the community.

Program Highlights:

Tai Chi for Arthritis and Falls Prevention combines slow movement, deep breathing, and focused intention to help people improve strength, balance and posture while helping prevent falls. Other benefits include improving relaxation, vitality, posture, and improved immune system. Studies have shown that Tai Chi can reduce falls by nearly 70%. The program focuses on confidence building, which is linked closely to the reduced rate of falling. This program is offered for 16 hours in a variety of formats.

In a statewide report of those surveyed: 100% of Tai Chi and Matter of Balance participants reported feeling more comfortable increasing their physical activity due to attending the classes.

A key highlight of MSU Extension's expanding opportunities included launching the SLEEP Education for Everyone Program (SLEEP) statewide. SLEEP was developed by sleep researchers, a certified sleep medicine specialist, MSU Extension educators, and older adults living in the community. During 2022, 15 Extension staff were trained to deliver the program, and 35 programs took place throughout the state, both in-person and virtually. Evaluation results for SLEEP show significant improvements in participants sleep quality, sleep hygiene-related behaviors, and excessive daytime sleepiness scores.

Michigan Substance Use, Prevention, Education, and Recovery (MiSUPER)

The MiSUPER project started as a collaborative project from MSU Extension, the MSU College of Human Medicine Family Medicine, and the Health Department of Northwest Michigan funded by the Substance Abuse and Mental Health Services Administration. Last year the MiSUPER team provided two community presentations on opioid awareness, reaching nearly 100 community members. You can visit the [MiSUPER webpage](#) to request a presentation and view our resources on how to respond to an overdose. MSU Extension is now part of the Great Lakes Rural Opioid Technical Assistance Regional Center alongside University of Illinois Extension, Purdue University Extension, University of Minnesota Extension, Ohio State University Extension, and University of Wisconsin-Madison Extension. You can sign up for the regional newsletter [here](#).

Program Highlights



Earn ServSafe certification with help from MSU Extension.

MSU Extension offers 8-hour ServSafe training, which is a national certification program.

This class is designed for anyone working in the foodservice industry, including non-profit organizations.

MSU Extension will be offering proctoring of the ServSafe Manager Certification Exam by appointment.



Contact your local MSU Extension Food Safety Educator for more information.
<https://www.canr.msu.edu/servsafe/events>

Follow our [Think Food Safety Facebook](#) page.

View upcoming events, food safety tips, and recordings of our *Food Safety Q & A* and *Investigating Food with Science* Programs.

MICHIGAN STATE UNIVERSITY Extension
FOOD SAFETY HOTLINE Operating Monday through Friday, 9 a.m. - 5 p.m.
Call 877-643-9882

Ask Extension <https://www.canr.msu.edu/outreach/ask-an-expert>

Food Safety in Midland County

MSU Extension Food Safety Team programming works to provide educational programs for food workers, cottage food entrepreneurs, childcare providers, food pantry volunteers, and consumers, providing information about the five risk factors that contribute most to foodborne illness – personal hygiene and health, cooking temperatures, holding temperatures and cleaning of food contact surfaces. In 2022 the Food Safety team continued to reach multi-counties in Michigan and out of state with virtual programming and the return to live programming as well.

Food safety for childcare providers provides food safety education for staff who care for infants, toddlers, and preschoolers. The curriculum used is Safe Food = Healthy Kids, developed by MSU Extension educators. Learn what the best practices are for food safety to help keep kids safe.

Cooking for Crowds is a three-hour food safety training for volunteers working in a non-profit venue. Cooking for Crowds classes educate volunteers who offer fundraisers and events such as dinners and bake sales. This program aligns with the 2009 Michigan Food Code.

Michigan Cottage Food Law workshop classes offer an unique feature with a combination of presentations offered in this program with the Food Safety Team, teaching safe food handling concepts and the MSU Product Center sharing tips on building a solid business and marketing plan to sell the Cottage Food items. The program ends with a Q & A session featuring an inspector from Michigan Department of Agriculture and Rural Development (MDARD) to answer questions pertaining to food products.

Pantry Food Safety – It's Your Job! is another three-hour training offered for volunteers working in food pantries and food banks. After completing the Pantry Food Safety training, participants will receive a certificate of completion.

Preserving MI Harvest (Online, Free Sessions)

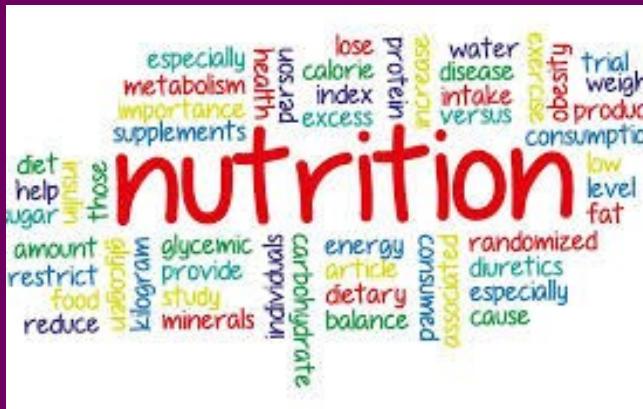
Thursday's at 1 p.m. and 6 p.m. EDT

Learn the latest methods and research for preserving foods at home. Let us help you fill your pantry and freezer by preserving food safely at home.

To learn more and to register, visit: [Preserving MI Harvest](#)

Several other online programs are offered statewide, Emergency Preparedness Series, Food Safety for Food Service Workers (a D2L self-study course).

Program Highlights



MSU Extension aims to improve the knowledge, skills, and behavior of how individuals view nutrition. Through promotion, planning and delivery our staff works with audiences at a local, county and state level to make changes to increase nutritional well-being.



Through MSU Extension's nutrition and physical activity programming, Michigan adults, families and children gained crucial knowledge about nutrition and healthy foods, increased their daily physical activity and reduced their food insecurity.



Clear the table and make way for learning! Children benefit from more than just five food groups when they share a family meal.

Health and Nutrition

MSU Extension Genesee County Health and Nutrition provides nutrition education to children, youth, adults, and families with limited financial resources and are eligible for Supplemental Nutrition Assistance Program (SNAP), Expanded Food and Nutrition (EFNEP), Senior Project Fresh, WIC Project Fresh.

MSUE Community Nutrition Instructors and educators continually worked together to create a variety of engaging and impactful activities and material to increase participation. Classes such as Eat Healthy, Be Active (adults), Healthy Foods, Healthy Families (adults), Show Me Nutrition (youth), Today's Mom (adults), Peak Health Performance (youth athletes), Teen Cuisine (youth 6th grade to 12th grade), Cooking for One and Cooking Matters (adults) are offered. MSU Extension also offered a variety of one-time-presentations such as Cooking Matters at the Store, Healthy Holidays, Hydration, Physical Activity, and Healthy Snacks to name a few. MSU Extension continues to offer online, face-to-face, and hybrid classes in order to meet the needs of our participants.

Senior Project FRESH is a nutrition education program designed to help older adults improve their fruit and vegetable consumption. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

WIC Project FRESH provides healthy and nutritious produce to Michigan WIC participants. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

The Expanded Food and Nutrition Education Program (EFNEP) is designed to help children and families acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets. Michigan State University Extension delivers EFNEP in a group setting environment throughout 15 counties.

Michigan State University Extension (MSUE) partners with Michigan Department of Health and Human Services (MDHHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits.

MSU Extension SNAP-Ed nutrition instructors teach youth, teens, adults and seniors how to make health a priority through an instructional series. The goal of the SNAP-Ed program is to increase the likelihood that those eligible for SNAP benefits will establish healthy eating habits and increase their time spent involved in physical activity, while staying within their limited food budget.

Program



Free Rural Resilience Online Course

Recognizing the high levels of stress affecting America's farmers and ranchers, Michigan State University Extension has partnered with others from the USDA's Cooperative Extension System, Farm Credit, American Farm Bureau Federation, and National Farmers Union to create a [free online course](#) that is now available and open to the public. This Rural Resilience: Farm Stress Training course covers topics such as managing stress, communicating with distressed farmers, and suicide awareness. You can register for this course on our website:

canr.msu.edu/managing_farm_stress.



Midland County farmers took advantage of an array of Farm Business Management Extension programs offered in 2022, both in-person and online. These programs provided relevant and timely educational resources in the areas of financial management and business planning.

Highlights

Managing Farm Stress

Managing Farm Stress Team Impact Report Summary

In 2022, the Managing Farm Stress team delivered 39 presentations to over 1,200 participants statewide, including Mental Health First Aid trainings for 17 farmers. Since the beginning of the Legacy of the Land project MSU Extension has referred 48 farmers into teletherapy and reached 3,164 people at 59 different outreach events. The managing farm stress website (extension.msu.edu/farmstress) received more than 25,000 site visits and resources are constantly being updated. Our free, self-paced Rural Resilience online course trained 1,050 people. More information about how MSU Extension was able to support the agricultural community can be found in the 2022 Farm Stress Impact Report [here](#).

Farm Business Management

The Farm Business Management Team offered a variety of programs on fundamental business management topics. Recordkeeping was a prime area of focus, with eight different seminars over the course of the year. They also continue to offer the farm recordkeeping book on paper and in spreadsheet form, as well as educational assistance on multiple recordkeeping software programs. Some farm management education was targeted to beginning farmers, including a webinar series on five different financial management topics, as well as an ongoing series of Extension bulletins on a variety of business planning topics.

Programming also addressed critical current issues. Annual meetings on Farm Bill program selection covered both standard and expanded program options. Concerns about high fertilizer prices were addressed with a seminar on strategies to manage input costs. The weekly Lunch Break series on Facebook Live continued with ongoing business management updates. In addition, they provided area lenders with an update on succession planning issues at the Michigan Agricultural Credit Conference.

The Farm Business Management team served a diverse audience, offering programs with both group and one-on-one education. The Farm Money Matters course covered a broad range of business management topics, while Recordkeeping for the Global Majority and the Accounting Learning Series focused on strategies for effective farm recordkeeping.

Educational consultations continued to be offered by the Farm Business Management Team on financial management and business planning issues. Intensive assistance was provided to 10 families across the region on issues of financial analysis, farm stress, succession planning, and tax management. An additional 26 families took advantage of shorter, more targeted consultations.

Program Highlights

Community Food Systems Team Goal and Program Areas

The MSU Extension Community Food Systems team works to make the Michigan food system accessible, equitable, fair, healthy, diverse, and sustainable by focusing on the people who shape food systems through education, connection, networking, research, assistance, and consultations. The Community Food Systems team leads programming that: supports community food value chains, supports food and farming business sustainability, enhances land and ecosystem quality, cultivates networks, and increases community engagement in agrifood systems.

Statewide Programs:

Michigan CSA (Community Supported Agriculture) Network - The goal of the Michigan CSA network is to help farms increase overall participation in Michigan CSAs by connecting CSA growers with one another to facilitate collaboration, educating consumers about the benefits of CSA membership, and expanding access to CSAs through alternative payment methods. The Michigan CSA Network convenes statewide network meetings and distributes marketing and education materials.

Michigan Farm to Institution Network - The Michigan Farm to Institution Network helps people across the farm to institution supply chain learn, connect, and collaborate. Since 2014, the network has provided a space for learning, sharing, and working together to help farm to institution programs grow in Michigan.

Local Support

District 9 Community Food Systems Educator Hired in August 2022



Program Highlights



The MSU Extension Master Gardener Program is an adult horticulture education and volunteer leader training program committed to improving science based horticulture information in communities throughout the state of Michigan.



Being in the Extension Master Gardener Program requires only an enthusiasm for gardening and a willingness and commitment to volunteer, sharing science-based education.



A homeownership seminar from MSU Extension will equip you with valuable information about the home-buying process that will help you navigate the technicalities and avoid costly mistakes.

Consumer Horticulture

The Consumer Horticulture team serves Michigan through its educational lawn and garden programming. We provide research-based information and training to our communities. In addition, we answer questions submitted from the public through [Ask Extension](#) and our MSUE Lawn and Garden Hotline (1-888-678-3464 prompt #1). Answering calls on Monday, Wednesday and Friday 9:00 am to 12:00 noon. Ask Extension is an online tool that allows Michigan State University experts to answer questions submitted by the public along with photos of issues they are experiencing in their garden or lawn. In 2022, 6,023 [Ask Extension](#) questions were responded to statewide, along with 1,753 hotline questions. Alongside these tools, our “Gardening in Michigan” [Facebook page](#) and [website](#) house ornamental and vegetable gardening resources and hosts free educational videos.



Homeownership Education

MSU Extension Genesee County offers an online [Homebuyer Education Class](#) that is MSHDA and HUD certified.

You will learn:

- The advantages of homeownership,
- The steps in the home-buying process
- The costs of home ownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment.

Extension Providing 4H Youth Development



Michigan 4-H is growing current and future leaders. The largest youth development organization in Michigan, 4-H provides more than 200,000 young people with experiential learning opportunities to explore new interests and discover their passion.

In an effort to integrate our Midland MSU Facilities, the 4-H office was moved to the MSU STEM Building in January. This move, along with increased hours for the 4-H Program Coordination, has provided a number of additional opportunities for Midland County youth. Increased support of school STEM programs through the loans of 3D printers, afterschool 3D and coding programs, and numerous STEM classroom kit loans began in February and continued throughout the year.

Meanwhile a popular class for 2nd graders, Mindful Me, expanded into Midland Public Schools to bring the total youth impacted by this program to over 1,200 this year. This program consists of five books and projects that help youth to learn the importance of managing their emotions while reaching out to support others.

Another popular program, MSU China Art Exchange, reached over 300 youth in 13 classrooms. This program focuses on cultural similarities and differences, through a piece of artwork, or “visual letter”, designed by each youth in art classes. At least 10 from each school is chosen to go on to MSU to be in competition with visual letters from other counties, with the top 100 being sent to China in exchange for 100 visual letters from Chinese youth.



Overnight Camp at Camp Neyati was back after two years of Covid shutdown with 150 youth and volunteers in attendance. Other summer programming included outreach to SPARKS programs in Coleman and Meridian and various day camps throughout the summer focusing on Monarch Butterflies: Rescue and Release, sewing classes, and various STEAM themes.

Throughout the pandemic, 4-H statewide took a major dip, but Midland County has been able to keep numbers of youth and volunteers strong. **We ended 2022 with 669 youth and 225 volunteers active in 34 organized year-round clubs.** We look forward to continuing to grow our numbers through the STEAM Saturdays planned for 2023 which will be open to all youth in Midland County. These classes will include such topics as 3D Printing, VEX Robotics, Mindstorm Building, and Stained Glass projects.

Those interested in above activities may contact Dr. Dee Howe, 4-H & STEM Program Coordinator for Midland County at howedolo@msu.edu or 989-928-1773.

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“Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg – Three Fires Confederacy of Ojibwe, Odawa and Potawatomi peoples. In particular, the university resides on land ceded in the 1819 Treaty of Saginaw. We recognize Michigan’s 12 federally recognized Native Nations, historic Indigenous communities in Michigan, Indigenous individuals and communities who live here now, and those who were forcibly removed from their homelands. In offering this land acknowledgement, we affirm Indigenous sovereignty, history and experiences.”