

Clinton County 2017 ANNUAL REPORT

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MESSAGE FROM THE DISTRICT COORDINATOR

Michigan State University Extension serves the residents of Clinton County through the educational process that applies knowledge to critical issues, needs and opportunities. In 2017, MSU Extension Educators, Program Coordinators, Program Instructors and support staff have all played a role in delivering information to help our farmers, school children, teachers, caregivers, consumers, homeowners, business owners, visitors, workers, parents, government officials, home gardeners, entrepreneurs, those battling chronic disease and those



seeking better health, improve their lives and the lives of those they serve, lead and follow. As you read through this annual report, you will see examples of many of the programs and participants from our communities. MSU Extension's four institutes: Agricultural and Agricultural Business, Children and Youth, Health and Nutrition, and Greening Michigan all played a role in this year's programming. We are grateful for the opportunity to serve our stakeholders and partners.

Bill Hendrian, District Coordinator Serving District 8

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MISSION:

Michigan State University helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

MEASURING IMPACT

CONNECTING WITH RESIDENTS

Agriculture & Agri-Business Institute	8,647
Children & Youth Institute (Incl. 4-H)	14,338
Health & Nutrition Institute	1,232
TOTAL IMPACT	24,217

DISTRICT 8 DIGITAL REACH

From July 1, 2016, to June 30, 2017, the MSU Extension website (msue.msu.edu) received 15,674 visits from Clinton County. Of those, 24 percent were first-time visitors. The easily accessible and searchable science-based content make the MSU Extension website one of the most visited Cooperative Extension Systems education sites in the country.

MSU EXTENSION'S EXPANDED DIGITAL REACH

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 12.1 million connections. More than 149,000 adults* and 212,000 youth† participated in MSU Extension programming in the 2016-17 programming year.

More than 5.3 million people viewed more than 9.8 million pages on the MSU Extension website.‡ Of those, more than 1 million were Michigan residents. MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents' unique interests. Last year, nearly 1.9 million newsletters covering 90 topic areas were distributed to

about 53,000 email addresses.‡ You can sign up for these informative newsletters by visiting msue.msu.edu and clicking on "Newsletter Sign Up" or texting MSUE to 22828.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 4,300 Facebook followers and more than 3,200 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels, including on Michigan 4-H Facebook with more than 4,700 likes and on Twitter with more than 1,456 followers.

*From ES237 Federal Report – Oct. 1, 2015, to Sept. 30, 2016 †From Michigan Extension Planning and Reporting System – Jan. 1, 2016, to Dec. 31, 2016 ‡From July 1, 2016, to June 30, 2017

Developing Youth and Communities



When you support
MSU Extension
4-H programs, youth
participants learn
life skills that
prepare them for the
workforce —
especially for highly
sought after jobs in
science, technology,
engineering and
mathematics
(STEM).





Developing Youth and Communities

4-H is America's largest youth development organization, providing educational opportunities to over 6 million youth. The 4-H program offers a vast selection of project area topics—science, healthy living, arts, and civic engagement to name a few, all with hands-on experiential learning for youth. 4-H programs are available for all youth ages 5-19, and are made possible by the service of our dedicated volunteers. We always welcome new members and new volunteers; if you are



interested in joining 4-H, please contact the Clinton County/MSU Extension office at 989-224-5240 or email the Clinton County 4-H Program Coordinator, Corissa Harris, at harri446@anr.msu.edu. We would be happy to help you enroll today!

4-H learning opportunities

Clinton County 4-H provided local members and volunteers opportunities to connect to learning experiences both locally and beyond the County lines. These included:

- 4-H Exploration Days 10 Clinton County youth attended this pre-college awareness program for youth ages 11-19 held on the campus of Michigan State University. Youth and chaperones spent 3 days at MSU, lived in a dorm, ate in the cafeteria and attended Exploration Days classes they chose. Class sessions ranged from learning how to play a sport, weave a basket, learn a new language, show a chicken, open a checking account, or meet with a college admissions office.
- <u>4-H Dairy Program</u> Clinton County continues to have the strongest 4-H Dairy Program in the state with a very active group of youth. They sent 32 youths to the North American International Livestock Expo, the largest all-breed, purebred livestock event in the world, with 10 livestock divisions and nearly 30,000 entries from the 48 contiguous states.

4-H Youth Development



4-H is growing current and future leaders, growing youth who stick to a job until the job gets done while learning how to work with others, growing youth who know that giving back moves communities forward!

Clinton County 4-H 'true leaders' assist in Rangeland Wildfire Disaster Relief

Early in March of 2017, regions of Colorado, Oklahoma, Kansas and Texas were devastated by uncontrollable wildfires and high winds. Large areas of grasslands that were used for grazing cattle were destroyed and ranchers in those regions struggled to care for and feed their livestock. Clinton County 4-H had a group of 10 members and 4 chaperones leave Clinton County during their Spring Break in April to assist with the relief efforts.

They stayed in the volunteer camp and helped in Knowles, Oklahoma, where they assisted with accommodations for other volunteers coming in from all over the United States to help where they could. The group was also assigned to work in Ashland, Kansas, where they rebuilt a chicken coup for a widow, built fence, picked up debris, cut and stacked firewood, cleaned and prepared for another volunteer camp and delivered milk replacer to a calf orphanage. Three members of the Clinton County 4-H group were interviewed for the Woodward News in Oklahoma.

This group of 4-H'ers, with the help of other 4-H Clubs raised enough money to make the trip, with several bake sales. They traveled with a palate of Calf Milk Replacer, several bags of donated toys and clothes and a lot of great spirit.



4-H Youth Development



4-H Pledge

I Pledge My:

- Head to Clearer Thinking
- My Heart to Greater Loyalty
- My Hands to Larger Service and
- My Health to Better Living

For my Club, my Community, my Country and my world. "I wanted to help the farmers out west to help ease their pain and make a difference in their lives," said Lillie Decker, a 13-year-old Clinton County 4-H'er. "I had a barn fire a few years ago, and I know firsthand how it feels. People came from all over, and I learned that when you help people in need, it makes a big difference in their lives."

They came back with many, many stories. One to mention though was the last Saturday they were still in Oklahoma and on their way home they stopped to get lunch. A gentleman was there with his wife asking the group where they were from and what they were doing in Oklahoma. As he was leaving he gave the lead chaperone \$100 and told her to do something fun with the kids on their way home. They used this money to take the kids to the Meramec Caverns in Missouri.

Another story worth mentioning is the fact that on one of the last few days the kids were there they had the opportunity to cheer in one of the Michigan Convoys. They also were able to serve the drivers of that convoy lunch at the volunteer camp.

This was a fantastic experience for these members and they are continuing their efforts to raise more money for fence supplies.

These members have shown the real meaning of the 4-H Pledge.



Supporting Adoptive, Foster and Kinship Families



March Work of Heart

Work of Heart

For the past 14 years, the Work of Heart program has provided continued support to the foster, adoptive, and kinship care families in Clinton County. Through this program families receive the ongoing educational and emotional support needed for children who have experienced trauma. One component of our program is the monthly Work of Heart Family Night. With the help of more than 30 dedicated volunteers, nine



months of the year, the children participate in engaging youth activities while their parents meet for a support group session. This provides the entire family with opportunities to connect and network with others that face similar challenges. Over the years, this has resulted in a strong community of support among our families, many choosing to adopt the children out of the foster care system, normalization for children knowing they are among friends with similar backgrounds, and many volunteers that have witnessed children growing up over the years knowing they have a support system to rely on. The pictures are just a couple of snapshots of the activities provided.



Supporting Adoptive, Foster and Kinship Families



The Teen Room
began their focus on
photography in 2017
learning
composition,
perspective, and
lighting strategies.
At the end of the
program year, they
created a collage as
a culmination of
their work and
growth.





Additionally, each year, the youth are provided with a Holiday Party and Store. This event draws in an additional 40 volunteers that provide the children with crafts, a visit with Santa, cookie decorating, games, and time to shop a the Work of Heart Holiday Store for gifts for their family members. They support the children as they wrap the presents they selected and get them ready to be taken home at the end of the event. This year we had 39 children participate with a total of 195 gifts wrapped and sent home for 19 Work of Heart Families.



Marshmallow Tower Challenge from February Work of Heart Family Night

Supporting Early Childhood



Keeping Michigan's families emotionally strong is a big part of measuring MSU Extension's success. Our Early Childhood programs help promote social and emotional health.

Parenting support comes in many forms

Children and Youth Instructor, Patti Marrs, divides her time utilizing a variety of activities that help parents and their children, birth thru 8 yrs., develop healthy, active and strong relationships.

 Community Parent/Child Play groups hosted by the Clinton County Regional Educational Service Agency (CCRESA) bring instructors together with parents and children. The parents are allowed to develop trust in the instructors and a common focus on their children's



- educational and emotional well-being. Instructors actively participate along with a fantastic team of teachers. Lesson plans are developed in all major domains that help children develop and grow, strengthen their abilities and challenge new skills. Bath Library hosts Book Eaters Book Club/ Lap Sit. This is a story hour filled with weekly themes of book choices, poems, and songs.
- Other community partners include the Friend of the Court and Mindful Therapy in St. Johns., as well the students at the Migrant School at St. Peters School.

Many local families utilize the preschool experiences offered by MSU Extension.



Supporting Early Childhood



MSU Extension provides tools to help parents and caregivers get children ready for school and offer programs that promote social and emotional health in young children.

We also collaborate within MSU Extension for a more holistic approach. Health and Nutrition Instructor, Roxanne White, provides nutrition education to youth while the Childhood Early Development team provides literacy and parenting information to the families. Information is provided in English and in some cases Spanish.

Other learning opportunities include:

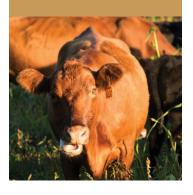
- Teaching child care responsibilities and techniques to teens working with children.
- Taking advantage of MSU Extension Dairy Days on Campus, which provides education and active experience about cows, cattle and the dairy farming industry.
- Providing education and reaching families through The Discovery Tent at the Clinton County Fair. Many of these youth do not participate in traditional 4-H programs, so this is a unique opportunity to reach many underserved youth.
- Offering opportunities at Briggs Library for story hour while Project Connect is in progress.
- Opportunities for Day-care and Preschool Provider Trainings to give caregivers information and strategies to help children and their parents, topics include: Positive Communication, Understanding the Toddlers World, Practicing Professional Behavior, Mathematics for Infants, and more.



Supporting Food and Agriculture



Clinton County has
the 8th highest value
of agricultural
products in the
state. MSU
Extension provides
research-based
knowledge to
address the needs
of producers to help
manage production
and reduce risks in
order to enhance
profitability.



Clinton County—A Strong Agricultural Producer

Michigan agriculture continues to be a growing sector of the state's economy. Although Michigan may be best known for its specialty fruit, vegetable, and floriculture industries, field crops comprise the largest cropping sector in Michigan in terms of acreage, farms, farmers, and income. Field crops grown in Michigan include soybeans, corn, alfalfa/ hay, wheat and small grains, as well as important specialty row crops like sugar beets and dry beans. Michigan's diverse livestock industry is also a significant component of the state's agricultural industry. The economic impact of livestock and dairy products accounts for 37% of the total economic impact of Michigan's agricultural products.

The 2012 USDA Census of Agriculture, the most recent report available, stated that the market value of agricultural products sold from Clinton County was \$262,630,000. This means that Clinton has the 8th highest value of agricultural products in the state. Of this number, \$122,553,000 is the value of crops (20th highest in the state), and \$140,077,000 is the value of livestock, poultry and their products (7th highest in the state).

For individual crop or livestock categories, Clinton is:

- #2 in value of milk from cows
- #3 in number of cattle and calves
- #4 in value of sales of cattle and calves
- #7 in value of other crops and hay
- #8 in number of acres of wheat for grain (winter and all)
- #11 in number of sheep and lambs
- #12 in number of acres of soybeans for beans
- #13 in number of acres of grains, oilseeds, dry beans, and dry peas

The MSU Extension Field Crops Team provides research-based knowledge to address the needs of field crop producers including strategies for managing production risks and advancement of efficient farming practices that enhance profitability while protecting soil and water resources. Participants learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources. This education leads to better use of time, money and human capital, and helps retain and create agricultural jobs.

Supporting Food and Agriculture



When you support
MSU Extension, you
help to bring us to
work with key
partners to bring
important updates to
the Clinton County
agricultural
community.

Partnership with Clinton County Conservation District

In 2017, MSU Extension educators Paul Gross and Marilyn Thelen demonstrated the rainfall simulator at the Clinton County Conservation District's tour for 2nd-6th graders. It was a fun event helping kids understand soil and water.

Thelen and Gross also presented at the Clinton County Soil Conservation District fall field day in Laingsburg. Thelen set up the rain simulator and did demonstrations for the participants. While Gross had a separate station talking about cover crops and soil health. There was a demonstration plot planted that served as a site for the program.

Another example of our partnership with the Conversation District was an opportunity to present the "Cover Your A\$\$ets" workshop focusing on managing risk with tips for soil, nutrient and water management. This workshop also provided information and updates on topics such as drainage water management, cover crops and production management, soil health and managing in extreme weather, local crop management project updates and offered participants MAEAP Phase I credits.







Supporting Food and Agriculture



When you support
MSU Extension, you
help to support
collaboration with
key partners,
allowing such things
as the
Enviroweather
resource.



Extension

Michigan State University
AgBioResearch



Enviroweather

Enviroweather Weather Data and Pest Modeling aims to help users make pest, plant production and natural resource management decisions in Michigan by providing a sustainable weather-based information system. This online resource provides 'local' weather information and weather-based tools. There are currently 78 weather stations throughout Michigan (each yellow dot on the map)

An Enviroweather station is located in Gratiot County near Ithaca. Each station provides readings every 30 minutes on air temperature, soil temperature, soil moisture, relative humidity, solar radiation, wind speed and direction, precipitation, leaf wetness. There are different components of Enviroweather that deal specifically with field crops, fruit, vegetables, trees, turfgrass, and landscape/nursery.

Weather influences crop and pest development and management decisions. For example, wind speed and direction for drift management, temperature to prevent phytotoxicity that may result from applications on hot days, insect and pathogen development are all influenced by weather.

Model predictions allow growers to prepare to take management action if necessary. Enviroweather tools are intended to assist, not dictate, management decisions. The decision to take management action should be influenced by several factors including: a history of problematic pests, the current season pest pressure, susceptible crops, and past and predicted weather events.

Enviroweather is a collaborative project of: Michigan Climatological Resources Program & the MSU Integrated Pest Management Program. It is supported by: Project GREEEN, MSU AgBio Research, MSU Extension, private donors, and the MSU departments of Crop and Soil Sciences, Entomology, Forestry, Geography, Horticulture, and Plant Pathology.

Information in this article was taken from "Using Enviro-weather to assist pest management decisions", a presentation at the 2014 Integrated Pest Management Academy by Emily Pochubay, Fruit Integrated Pest Management educator for MSU Extension.

Breakfast on the Farm



Breakfast on the
Farm offers
consumers and farm
neighbors a first
hand look at modern
food production,
and the farm
families that work
hard to provide safe,
wholesome food.

2017 Breakfast on the Farm draws strong interest from Clinton County residents:

The first ever Breakfast on the Farm (BOTF), a Michigan State University Extension program, was held in Clinton County in 2009. BOTF educates consumers about modern agriculture. Since 2009, more than 80,000 visitors and volunteers have experienced life on a modern farm. Events



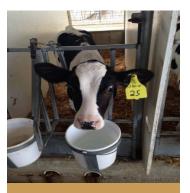
have been held on dairy, beef, apple, potato and field crop farms in 27 different counties since 2009. On August 19, 2017, the De Saegher Family Dairy in Middleton, was one of two Michigan farms selected to host this event in 2017. De Saegher Dairy is a family farm, owned and operated by the De Saegher family, who moved to Michigan from Belgium in 1999. When they first moved to the U.S., they milked 35 cows. Now they own four large dairy farms in Michigan and milk 13,000 cows, including 3,400 cows in Elsie. The event attracted 2,490 visitors.

"We really want to show consumers how milk is produced on a modern dairy farm and





Supporting Dairy Farmers



When you support
MSU Extension, you
help participants
learn profitable and
efficient business
and production
practices.

On-site training, farm visits and general education

Michigan Dairy producers have been under extreme financial pressure for several years in a row. Many farms have been forced to sell their cows and producers are under personal stress as well. In an effort to help producers, MSU Extension has been offering programing in dealing with farm stress for producers and agri-business personnel, including trainings held in the county.

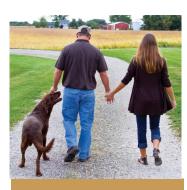
Our Farm Business Management team and dairy educators have worked together to advise producers on financial decisions for their farms. In addition to regular programming and farm visits, educators have offered classes focused on profitability and cost cutting including "Making More Profit From the Parlor", a one day class offered in St Johns that was well attended by local producers.

Another popular program that has been met with positive feedback is Spanish for Dairy Farmers. This program included 6 weeks of instruction for a limited class size. The classes were taught by a Spanish speaker to help participants learn common phrases used on the farm, as well as help with pronunciation and sentence structures.

Farm visits continue to provide support for local farmers to assess feeding systems or in some cases to include out farm business management colleagues to asses the financial strength of local operations.



Supporting Community Health



Farmers and those within the agricultural industry have a tendency to be eternal optimists, but with all of the variability in agriculture, there are times when we can become overwhelmed and



stressed more than

usual.

Managing Farm Stress

MSU Extension has developed a workshop specially designed for people who work with agricultural producers and farm families who want to know more about managing farm-related stress and learn ways to approach and communicate with those in need. In 2017 Clinton County offered a workshop to 129 individuals with collaboration between institutes, which included:

- Adam Kantrovich discussing the present agricultural market situation with an overview of how this has affected a farm's financial situation and cash flow.
- Roger Betz discussing his experiences working with farm families that are under financial distress.
- Suzanne Pish highlighting the detrimental impact of stress on our body and state of mind, providing information on how to recognize some of the warning signs of depression, self-harm and mental illness.

On-going outreach to farmers continues as we provide on-line farm stress workshops, financial counseling and management guidance, and programing aimed at improving mental health.

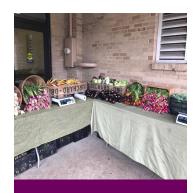
Mental Health First Aid

"Raising awareness about mental health can be extremely effective in reducing the stigma associated with it. Mental Health First Aid (MHFA) is a one-day training, much like First Aid, developed to help people improve their knowledge of mental health issues. It provides concrete examples of how to support individuals in distress. It has proven to decrease negative attitudes and increase supportive behaviors toward individuals with mental health problems.

Michigan State University Extension, in an effort to create a healthier workforce both physically and mentally, has implemented Mental Health First Aid training throughout the state for its employees. The hope is to increase this offering to the public in the very near future." Holly Tiret, MSU Extension Educator.

Clinton County has brought on Abigail Cudney to address this much needed concern in the community.

Keeping People Healthy



Senior Project
FRESH/Market
FRESH originates
from U.S.
Department of
Agriculture funding.
It is part of the
Senior Farmers
Market Nutrition
Program in the Farm
Bill.



Improving nutrition for Michigan seniors

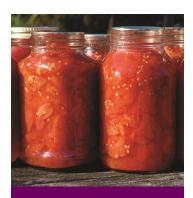
Senior Market FRESH/Project FRESH in Michigan provides seniors who qualify with unprocessed, fresh Michigan-grown produce from registered Farmers Markets and roadside stands throughout Michigan. In Michigan, Senior Project FRESH is managed by the Office of Services to the Aging. MSU Extension provides nutrition classes and distributes coupons. To qualify, a senior must be 60-years of age or older, have total household income of 185 percent of poverty or less, and live in the county where the coupons are issued.

Vegetables and fruits offer important vitamins and minerals to keep us healthy. Most of these foods have little fat and no cholesterol, and are a good source of fiber. Eating more fiber may help with digestion and constipation, and help to lower cholesterol and blood sugar.

Senior Market FRESH is free for seniors and for participating farm markets. It allows seniors to benefit from eating more fresh fruits and vegetables during the summer and helps boost Michigan's local economy. The coupons can only be used at Farm markets and not at grocery stores or supermarkets. Eligible items that can be purchased include any Michigan-grown fruit or vegetables such as strawberries, lettuce, cabbage, blueberries, cucumbers, peppers, carrots, squash, tomatoes, watermelon, apples, potatoes, onions, beans, etc., as well as honey and some herbs.

Through the partnership with the Tri-County Commission on Aging and Michigan State University Extension, over 100 Clinton County seniors were provided with the \$20 coupon books in 2017. These coupons provided extra dollars to local seniors for fresh fruits and vegetables, and meant additional income for our local Farmers Markets and growers. Roxanne White, a SNAP-Ed Program Instructor with MSU Extension was in charge of providing the educational component and coupon distribution at senior centers throughout the county. The eligible seniors were very happy and grateful to receive the coupons.

Ensuring Safe and Secure Food



Food safety and preservation programs provided to Gratiot County participants help to stimulate the local economy by encouraging locally grown and purchased foods.



Reducing foodborne illness through education of individuals and small businesses

The National Institutes of Health estimates that every year, 48 million people in the United States become ill and 3,000 die from pathogens in food. Causes range from outdated home food preservation practices to unsafe sanitizing practices at public events and small businesses. Since 2013, MSU Extension food safety and preservation programs have taught almost 10,500 Michigan residents safe food handling, food preservation and methods to reduce foodborne illness.

Participants include youth, nonprofit organizations that prepare food for the public and food preservers who want to create safe products for their small businesses.

Through on-line programming provided by Extension Educator, Joyce McGarry, and online learning, Clinton County participants receive high-quality, research-based education using U.S. Department of Agriculture guidelines for safe food preservation.

Food preservation online course

It is important for individuals to stay up to date on the latest research for home food preservation, recipes and processing times, as they are constantly under review and being updated. MSU Extension's Online Home Food Preservation course is a self-paced program that instructs science based recommended methods for safe home food preservation, regardless of a person's experience with preserving foods.

This course will help people avoid dangerous, life-threatening contamination of foods. Individuals will feel confident in processing their produce and feeding their families safe, healthy foods. Home food preservation stimulates the local economy by encouraging locally grown and purchased foods and for individuals and families to grow their own gardens.

This course includes a variety of preservation methods and skills from drying foods, using a dehydrator, freezing and blanching which requires little time or equipment, to a more advanced pressure canning. Each of the seven segments discusses the equipment and tools needed to safely process food.

Supporting Community Health



Pictured above are youth participating in the Bullying Prevention presentation at the Dewitt District Library.



Addressing the needs for a healthy community

In May of 2017 Educator Abigail Cudney joined the Clinton County Michigan State University Extension (MSUE) team. With a background in mental health and social work, Abigail has been placed on several work teams to provide community health education. The addition of a community health educator to the Clinton County office assures the residents that there are resources and evidence based programming available to them regarding the very important topics of social and emotional health, bullying prevention and substance abuse.

Some highlights of steps taken and a preview of programming to come:

- Abigail has now been trained to serve as a facilitator in several social emotional health curriculums. These include: RELAX: Alternatives to Anger and Stress Less with Mindfulness.
- Abigail has secured social work continuing education units (CEU) through lengthy
 application with the Michigan Social Worker Collaborative so that social workers in
 attendance of our programs can receive CEU's.
- The Building Strong Adolescents curriculum is currently going through edits and revision in order that we bring Clinton County the most up to date research based programming.
- One-time bullying prevention presentation was presented to a teen group at Dewitt District Library. The following is a response from the youth librarian, Jacqueline Thompson, that coordinated this effort:
 - "Abigail Cudney came to the library to give a presentation on Bullying Prevention for our Teen community at the DeWitt District Library. Abby talked with teens about what a bully could look like and they willingly shared stories anonymously about their own experiences or understanding of bullying behavior. The teens really got excited about the drawing activities and liked being able to talk about their work to the those in attendance. Overall, teens walked away feeling more confident about recognizing bullying behavior and feeling like they could be an advocate for someone who may be in a bullying situation."
- Abigail has a presence at the Clinton County Substance Abuse Prevention Coalition monthly meetings, and also serves on the communications committee.

Supporting Community Health



- Michigan overdose deaths increased by 18% in 2016.
- Nearly ¾ of
 Michigan's
 overdose deaths
 are attributable to
 opioids.
- Of the 2,335 drug overdose deaths in 2016, 1,689 were opioid-related.
- According to Farm Bureau, just under half of rural Americans say they, a family member or friend have been directly impacted by opioid abuse, for farmers and farm workers it's 74%.

Disease and Prevention Management

Abigail was trained as a facilitator in the Stanford University, research based curriculum, Chronic Pain Self-Management Program PATH (Personal Action Towards Health). MSUE partnered with the Tri-County office on Aging to provide the course at both the Independence Village in Grand Ledge and the Clinton County Medical Center. This free six week course was designed to provide the skills and tools needed by people living with Type 2 diabetes to improve their health and manage their symptoms. As a result, participants are better equipped to face the daily challenge of living with diabetes. Two trained leaders conducted the workshops (one or both also live with Diabetes).

Topics included things such as how to deal with symptoms of diabetes, fatigue pain and emotional problems that often accompany the disease such as depression, anger and frustrations. Participants also learned about exercise, healthy eating, meal planning, label reading and appropriate use of medication.

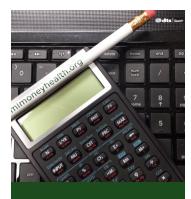
Community Behavioral Health

MSUE is responding to the current opioid epidemic through a number of avenues. Michigan communities face ongoing mental health and substance use challenges. In an effort to help support Michigan residents in this area, Michigan State University Extension offers educational programs and facilitates critical partnerships with community groups.

Educator Abigail Cudney authored an MSUE fact sheet, "Five things to know about the opioid epidemic". Information includes statistical information relevant to Michigan, as well as national statistics, signs and symptoms of opioid abuse, and efforts we can all take to prevent opioid abuse.

As part of the Regional Opioid Symposium, Abigail initiated partnership with several county prevention coalitions throughout MI to provide an HBO documentary film screening titled, "Warning: This Drug May Kill You". The film was followed by a panel discussion of local "experts" in awareness of the current opioid epidemic that is facing our nation.

Educating for Financial Capability



MSU Extension understands that healthy economic structures lead to greater opportunities and stronger communities.

When you support MSU Extension, participants learn personal finance skills and the communities benefit from homeownership education and foreclosure prevention. MSU Extension helps youth and adults alike learn the skills they need to increase their savings, manage their spending avoid predatory lending and reduce mortgage defaults. All of these outcomes help lower the cost of governmental services and lead to personal and community stability, strong neighborhoods and safe communities.

Financial Education

Whether it's handling credit card debt, investing for retirement or college funds, purchasing a new home, avoiding foreclosure, or simply wishing to have more control over personal finances, MSU Extension's Senior Educator, Brenda Long, helps Michigan residents in all aspects of money management. She and her team assist individuals, households, organizations and communities to become more sustainable spenders through education focused on financial capability. MI Money Health is a website that provides Michigan residents with access to noncommercial, easily accessible, and reliable personal financial information.

In Clinton County, Financial & Housing Senior Educator, Brenda Long, provided group and one-on-one Education. Brenda also provided training to front-line social workers who work directly with clients that encounter numerous financial problems. In addition to face-to-face classes, we offered numerous homeownership, foreclosure and financial education programs online. We continue to provide the highest quality, unbiased financial and homeownership education to any Michigander who desires to participate.



Collaboration to meet needs



Your local office is housed with experts in particular fields. One of the advantages of having four MSU Extension Institutes is the ability to bring together deep and broad knowledge to address issues that are multifaceted and complex

Collaboration across MSU Extension

One of the advantages of specialization is a deep and broad knowledge of subject matters related to a particular discipline, such as field crops. One of the advantages of having four MSU Extension Institutes is the ability to bring together deep and broad knowledge to address issues that are multifaceted and complex. For example, MSU Extension Educators and Program Instructors have worked together on physical and financial health issues, agricultural and stress issues, economic and community development and conservation issues, and issues that face young and old.

Your local office is housed with experts in particular fields. Individuals may serve in the Agricultural and Agribusiness Institute, the Children and Youth Institute, the Health and Nutrition Institute or our community and natural resource sustainability institute—the Greening Michigan Institute. However, even if you do not have a local expert for the Extension issue that you need addressed, we draw from a statewide pool of experts to make sure that you have the information that you need. In addition, the MSU Extension website www.msue.msu.edu is maintained and updated on a regular basis. In addition, we are always looking for ways to collaborate with each other to apply knowledge to the critical issues you face.



Extension Professionals Serving Clinton County

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