



Roscommon County 2022 Annual Report



MESSAGE FROM THE DISTRICT DIRECTOR

Thank you for your support and partnership with Michigan State University Extension. MSU Extension helps to improve the lives of Michigan residents by providing educational programs for people of all ages that can address critical needs, issues, and opportunities. Our work is guided by our mission and our core values which are:

- **We will show up.** We will be engaged and serve our communities across the state.
- **We will help people thrive.** We will work to help everyone be their best and do their best.
- **We will be authentic.** We will be honest about what we can and cannot do, and we will be guided by evidence-based science.
- **We will welcome everyone.** We will be inclusive and respect everyone, while valuing differences and working to serve a wide audience.
- **We will manage resources responsibly.** We will be good stewards of our resources and funding from all sources.
- **We will take risks.** We are lifelong learners and value innovation to better serve Michigan communities.

These value statements summarize how we work to engage with communities and how we hope we are seen by the people we serve. The team we have assembled in District 4 to serve communities are outstanding professionals who care deeply and work hard to meet the needs of youth, adults, and families and for households, small businesses, and local governments. This report summarizes the numbers and some of the stories of how we have worked to connect people with one another and with information gained from research that can help improve lives.

Julia (Julie) Darnton, District Director

PROGRAM HIGHLIGHTS

CHILDREN & YOUTH

YOUTH DEVELOPMENT

Michigan 4-H is growing current and future leaders. The largest youth development organization in Michigan, 4-H provides thousands of young people with experiential learning opportunities to explore new interests and discover their passion. In 2022, **108** Roscommon County youth participated in **43** programs.



Roscommon County youths in the 4-H Interstate Exchange Program traveled to Idaho to meet other 4-H'ers, sightsee, and provide a service to the community by working in a food pantry.

“As a parent and as a volunteer, it was everything that I ever wanted it to be.”

-Kate Gammicchia



Roscommon youth learned gardening skills in the 4-H Veggie Investigators Club.

One parent reported that her daughter never liked or wanted to eat vegetables, but after this club, she liked eating them AND growing them.

STEWARDSHIP OF NATURAL RESOURCES



Roscommon County Gypsy Moth Program oversaw surveys and aerial treatment for spongy moth for **9,653 acres** in Roscommon County.

Our natural resources programs improve public understanding, help landowners and communities use those assets for sustainable long-term social and economic development and conserve natural resources for future generations. In 2022, **185** Roscommon County residents participated in **24** natural resources programs including presentations on spongy moth, a hands-on wreath making workshop, and hikes to learn about forests and the creatures that live in them.



Congratulations to our 4-H Cross Country Olympics champions of 2022 (above).

The 4-H Cross Country Ski program, sponsored by the Cross Country Ski Headquarters has been an ongoing program for more than thirty years.



SENIOR PROJECT FRESH



Senior Project FRESH, which is part of the United States Department of Agriculture Farm Bill, is a program aimed at older adults, helping them incorporate more fresh fruit and vegetables in their diet. The program was created to benefit the restricted income senior and as a secondary benefit to the Michigan farmer. Senior Project FRESH provides participants free nutrition counseling and \$20 in coupons that can be exchanged for fresh fruits, vegetables, and other healthy snacks sold at local farmers markets and roadside stands. **152** Roscommon residents participated in Senior Project FRESH classes in 2022.

SUPPORTING STRONG COMMUNITIES

As a result of MSU Extension's social-emotional programming, **58** Roscommon County residents learned how to manage their anger, reduce stress, thrive as caregivers, practice mindfulness and strengthen their families' and communities' understanding of and response to mental health crises. Residents participated in **21** programs including Matter of Balance, RELAX, Tai Chi for Arthritis and Fall Prevention, and Mindful Mondays.

AGRICULTURE & AGRIBUSINESS

Michigan ranks second in the nation in crop diversity due to its unique climate, topography and impact of the Great Lakes. Agriculture is now one of the fastest growing sectors of the Michigan economy. In 2022, **128** residents of Roscommon County participated in agriculture and agribusiness programs including Heroes to Hives, Smart Gardening with Vegetables, Cabin Fever Conversations, workshops on pruning and fruit tree care, and more.

PROGRAM HIGHLIGHTS

HEALTH & NUTRITION

MSU Extension partners with the Michigan Department of Health and Human Services to provide SNAP-Ed, a nutrition education program designed to reduce hunger and food insecurity and promote healthy eating habits for people who are eligible for food assistance programs like the Supplemental Nutrition Assistance Program (SNAP). MSU Extension SNAP-Ed community nutrition instructors teach youth, individuals, and families how to make health a priority. The goal of SNAP-Ed is to improve the likelihood that SNAP-eligible persons will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance. In 2022, **180 Roscommon County residents** participated in SNAP-Ed programs, such as Eat Healthy Be Active, Teen Cuisine, Cooking Matters and Cooking for One.



Healthy Eating Adds Up participants from ROOC, Inc. learned how to make smoothies using Michigan cherries.



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IMPACT AT A GLANCE

767

TOTAL ROSCOMMON COUNTY RESIDENTS PARTICIPATED IN MSU EXTENSION PROGRAMMING IN 2022



82

YOUTHS ENROLLED IN 4-H



189

PROGRAMS HOSTED IN ROSCOMMON COUNTY



185

NATURAL RESOURCES PROGRAM PARTICIPANTS



50

GOVERNMENT & COMMUNITY VITALITY PROGRAM PARTICIPANTS



13

ANIMAL AGRICULTURE PROGRAM PARTICIPANTS



180

RESIDENTS SERVED BY SNAP-ED



18

YOUTH SCIENCE LITERACY PARTICIPANTS



102

CONSUMER HORTICULTURE PROGRAM PARTICIPANTS



58

HEALTH & WELLNESS PROGRAM PARTICIPANTS



20

4-H VOLUNTEERS



19

FIELD & FRUIT CROPS PROGRAM PARTICIPANTS



34

FOOD SAFETY PROGRAM PARTICIPANTS

CONTACT US

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