



Ingham County 2019 ANNUAL REPORT

BY THE NUMBERS



\$2,912,879,872 total economic impact in Ingham County



4,416 youth participated in 4-H and school enrichment programs



2,401 adults and youth participated in health and nutrition programs



MSU Extension website received 173,292 Ingham County visitors, from Ingham County, 68% from first-time visitors



Ingham students received \$85,920,891 in financial aid from MSU



More than \$227,183,684 was spent with local businesses

MESSAGE FROM THE DISTRICT DIRECTOR

In 2019, Michigan State University Extension helped its partner, Ingham County, meet needs of County residents through education, consultation and collaboration. Your local MSU Extension staff and the statewide network of Educators provided information and expertise to local farmers, government officials, local and state employees, as well as, County youth and adult residents. MSU Extension has over 200 programs and continually strives to meet the needs of Michiganders with research backed, unbiased information to help improve their lives. This annual report gives examples of some of MSU Extension's accomplishments and the impact that we continue to have in the County. Thank you for the opportunity to share our most valuable resource – our people. Whether taking phone calls, answering the many walk-in questions or providing education programs to groups or individuals, we strive to provide answers to questions that help solve real problems right here in Ingham County.



Bill Hendrian,
District 8 Director

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Michigan State University Extension



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Extension

Program Highlights



MSU Extension Master Gardener volunteers discuss Smart Gardening. Photo credit: Rebecca Finneran, Horticulture Educator

SMART GARDENING

Smart Gardening is MSU Extension's campaign to share environmentally friendly gardening practices so gardeners can make smart decisions in their own backyards. Whether choosing the right plant for the right place, using garden chemicals, fertilizer or water, Smart Gardening helps gardeners understand the long-term impact on their communities and environment. This goal is accomplished through the distribution of tip sheets and outreach events. In 2019, there were 253 Smart Gardening educational programs and outreach events, reaching 11,269 individuals. This reach would not be possible without the involvement of local Extension Master Gardener volunteers. Nearly 200 Extension Master Gardeners were trained as "Smart Gardening Volunteers" throughout Michigan and 38 of those volunteers were from Ingham County.

LAWN & GARDEN HOTLINE

6,049 consumers from across Michigan as well as 87 consumers from other States and Canada utilized the MSU Extension Lawn & Garden Hotline in 2019, seeking answers to problems with gardens, lawns, landscapes, indoor plants, plant pests and diseases, structural pests, pests that bite pets and humans, and many more related issues. Callers from 82 of Michigan's 83 counties sought out answers to their lawn and garden issues in 2019. The Michigan State University Extension Consumer Horticulture team developed a Statewide Horticulture Hotline to help meet the demand from consumer questions on landscape and garden problems. Ingham County's Horticultural Educator, Isabel Branstrom, plays a significant role in this process.



Our horticulture staff and EMG volunteers provide reliable, research-based information.

GREATER LANSING CSA FAIR

Community Food Systems Educator, Abby Harper, works to help grow the economic impact of the local food system and connect farmers and consumers to increase local food system participation. In 2019 Abby helped coordinate and host the Greater Lansing CSA Fair. Community Supported Agriculture programs (CSAs) allow consumers to purchase a seasonal share directly from local producers and provide farmers upfront finances to cover production costs. At the fair, farmers specializing in locally grown and raised vegetables, fruit, meat and flowers were able to connect with potential customers, market their farms, and provide community education to over 500 local residents. The Capital Area Food Council, East Lansing Food Coop, and Taste the Local Difference supported the event.



MSU Extension helps strengthen food production in Ingham by providing support for local farmers and community gardeners.

Program Highlights



Ingham County Youth participate in the Ingham County Board of Commissioners meeting.

4-H AMBASSADORS

Twelve youth ages 13-19 represented Ingham County 4-H as an ambassador. Selected youth are engaged in planning and promoting the total 4-H program. Ambassadors were involved in STEAM programming such as the family engagement at the South Lansing Library, healthy living activities, speaking at an Ingham County Commissioners Meeting and Ingham County Fair Board. Fair week brought on a multitude of activities that they planned. These activities included an ice cream social and game night, assisting with both livestock auctions, and giving tours of 4-H projects during the VIP event. Ambassadors also worked a shift in the food booth and assisted with the daily cooking contests.



4-H volunteer, Brysien Beer, holds one of the clubs chinchillas.

4-H PATTENGILL CLUB

In the fall of 2019, students at Pattengill Biotechnical Magnet School were introduced to chinchillas by 4-H Volunteer and alumnus Brysien Beer. The school was lent two chinchillas whose cage was placed in a classroom window that looked out into the hallway, allowing all of the students to stop and visit as they traveled through the hall. Meeting for at least one hour each month, 23 Pattengill students further engaged with the chinchillas as part of the Pattengill 4-H Chinchilla Club, which would meet after school. The youth, who ranged from kindergarteners to sixth graders, learned all about chinchillas, including their history, how to properly handle and care for them, their habitats, and even genetics.



4-H youth learning healthy foods habits thanks to a sponsorship from the Walmart Foundation.

4-H HEALTHY HABITS

In 2019, youth in the Greater Lansing area participated in the 4-H Healthy Habits program. The program, sponsored by the Walmart Foundation, taught various aspects of living a healthy life, including nutrition, physical activity, mindfulness, gardening, and cooking. Programming took place at six different locations: Edgewood Village; East Lansing Public Library; North School, as part of Highfields' "Reaching Higher" summer program; Pinebrook Manor; Schmidt Community Center, as part of the Lansing Parks & Recreation summer camp; and, South Side Community Coalition. The programs reached a very diverse audience, both in regard to age, with participants in kindergarten through ninth grades, and in regard to race, with 38.8% of participants identifying as African American, 24.6% white, 22.4% more than one race, 7.5% Asian, and 6.7% other races.

Program Highlights

COLLEGE PREP CLUB

Lansing youth in 8th-12th grade had the opportunity to start learning ways to prepare for college and their career early. The goal of this club was to provide the tools and resources to prepare for college, be successful in college and get a job after graduation. This SPIN club was facilitated by 4-H STEAM Corps member Ashleigh Apel and was ran for 6 weeks as a spring program throughout the months of May-June. The youth explored career paths, college admissions, paying for college, building resumes, writing essays and more. In addition, youth were able to take a guided tour of MSU's campus and participate in 4-H Exploration Days to get a feel of what it is like to be a college student.



Participants of the South Side Community Coalition College and Career Prep 4-H AmeriCorps SPIN (Special Interest) Club on the campus of Michigan State University.

STEAM KARATE SPIN CLUB

AmeriCorps Club Coordinator, Ashleigh Apel, organized a karate SPIN club to give youth an opportunity to exercise and learn utilizing techniques develop in karate. This club was held in the Spring at the Peoples Church in East Lansing and was instructed by Teen Leader Joshua Klein. This program was open to all youth in Ingham County ages 6-16. In this 6-week program, youth learned the basic movements and formations of Isshinryu karate. Youth developed the skills to concentrate and focus on specific tasks, self-defense mechanisms, enhanced their reflexes and response time. This club also focused on the elements of art and movement while introducing science behind the sport as well.



Participants of the karate SPIN club held at the Peoples Church in East Lansing, pose with volunteer Joshua Klein.

AMERICORPS GRANT

In 2019, MSU Extension continued to leverage the grant from the Corporation for National and Community Service and the Michigan Community Service Commission to fund it's AmeriCorps program. Rachel Puckett, Program Manager, facilitates AmeriCorps members across the state. Some examples in the stories above highlight this effective program. Corps members facilitate short term SPIN (special interest) or Tech Wizard clubs in order to improve youth attitudes towards science— 4-H STEAM (Science, Technology, Engineering, Arts, and Math). Members also host family engagement events throughout the service year to further engage youth and families who were new to 4-H.



4-H STEAM Corps service members serve their communities with a focus on improving the lives of youth.

Program Highlights

TEACHING ACROSS CULTURES

The partnership between Michigan State University Extension and Gardner International Magnet School is very unique because of its K- 8 students who are from diverse cultures and speak twenty different languages between the 800 students in the school. MSU Extension Health and Nutrition Instructors Tina Myslewic and Zainab Faessal were invited to the schools International Parent Night to present nutrition information. It was an amazing night of meeting parents and students. Presentations were " 10 Tips for My Plate" and "Healthy Snacks". The hallways were full of other community partners, families, food, activities and harmony. The principal welcomed Extension back to do more programing at their school.



Tina Mysliwec uses visual aids and pictures to teach kindergarten students about nutrition.

STRONG PARTNERSHIPS

In partnership with Sparrow Hospital, ongoing Cooking Matters for Families classes have encouraged children to become more familiar and open to consuming fruits and vegetables. The Cooking Matters program encourages families to shop and eat healthy on a budget. Families are encouraged to fill half their plate with fruits and vegetables by choosing fresh, frozen and canned produce. Over the course of six weeks, families learn cooking and nutrition basics and prepare meals in class to sample and then prepare again at home. These free classes are filled and advertised by word of mouth from past participants, through referrals from dieticians at Sparrow, and through our partners at Michigan Works and other community resource centers.



MSU Extension Instructors help "bring knowledge to life" through the many partnerships and collaborative efforts of community organizations.

CHILD NUTRITION EDUCATION

Nutrition Facts labels of common convenience snacks and sugary beverages were closely examined during a 6th grade Show Me Nutrition series at Mount Hope Middle School. A class vote concluded that hot chips and sports drinks were most popular choices. Students were encouraged to read food labels and measure the amount of sugar, salt and fat shown. This activity enabled students to visually understand the amount of sugar in the sports drink and the amount of salt and fat in the chips. After the demonstration, students voted differently regarding their drink and snack choices. The results then showed that chocolate milk and carrots with ranch dip were most popular choices. Students learned how to make their own ranch dip at home using plain yogurt and seasonings.



After completing a nutrition class middle schoolers choose carrots and ranch dip as some of their favorite snacks.

Program Highlights

DISEASE PREVENTION

2019 was a strong year for partnership development for disease prevention projects. For example, monthly meetings with groups like the Tri-County Office on Aging led to programming opportunities to meet needs. Partnering with volunteers from the community to offer series like Matter of Balance provide valuable resources for an aging population. Educator, Sheilah Hebert, offered several presentations to community groups about available disease prevention programs. One such partner, Sparrow Hospital, works with older adults. The program helps familiarize them with the opportunities to utilize community programs to meet their needs. Sheilah also met with College of Nursing students to talk about increasing partnerships with health care and community disease prevention programs.



Partnering with volunteers from the community to offer series like Matter of Balance provide valuable resources for an aging population.

BEHAVIORAL HEALTH

Health and Nutrition Program Instructor, Jade Richards, joined forces with colleagues and community partners to bring an array of behavioral health programming to the community. Programs like Mental Health First Aid for adults and Your Thoughts Matter for youth equip participants with valuable resources to navigate stressful times. For example, Mental Health First Aid discusses critical phases of mental health and makes participants aware of warning signs that if heeded, can help get services to those who desperately need them. This research based curriculum offers certification and most important, specific guidance for interacting with loved ones, co-workers, friends and others who are experiencing stress and other mental health crisis.

National Suicide Prevention Lifeline: 1-800-273-TALK



Program Instructor, Jade Richards tackles mental health issues with youth participants.

OVER THE COUNTER

Many residents like the personal touch or for other reasons come visit with us at the office. Many 4-H youth, volunteers and parents attend meetings or drop off information, fees, or just to say hello. Many local residents would like a plant or insect identified. Gardeners and farmers often stop by to pick up soil test kits. In fact, in 2019 Ingham County residents used 827 soil test kits. When someone visits the local office, the local support staff are the link to many MSU Extension services. Whether it is by appointment, by phone, or by walk-in, our local office is here to serve the needs of Ingham County.



Michigan State University Extension continues to serve the residents of Ingham County and we welcome you to stop in and say hello.

FEATURED COUNTY STORY



Joyce McGarry has worked for Michigan State University Extension in the area of Family and Consumer Sciences for 22 years. She has a Bachelor's and Master's degree from Michigan State University in Consumer Community Services. Her vast and diverse experiences within MSU Extension has included supervising the Supplemental Nutrition Assistance and the Expanded Food and Nutrition programs, Team Nutrition and MSU nutrition and physical activity research projects. Her program emphasis is on food safety. Joyce is responsible for the development of the MSU Extension Consumer Food Safety Hotline. She answers food safety questions from concerned consumers about the quality and safety of their food. She also has developed the On-line food preservation course that enables consumers to access current, researched based educational materials for safely preserving foods at home. Her emphasis is on emergency preparedness. Joyce is the Extension Disaster Education Network (EDEN) Point of Contact for Michigan State University Extension in the area of food safety.

FOOD SAFETY EDUCATION

During 2019 Food Safety educator, Joyce McGarry updated and added closed captions to the popular Food Preservation series. Changes like these ensure that this important information is accessible to as many in our community as possible. A diverse and ever-growing number of program participants were surveyed and reported that they intended to increase their preserving of food at home, share what they learned and take advantage of the vast MSU Extension resources.

Joyce has worked across disciplines including agricultural and community food systems as well as 4-H youth development to make sure that people are prepared not only to eat healthy but to be safe. These learned skills are not only popular but critical to help in the push toward sustainable food systems and equity for all levels of economic conditions. In addition to these efforts, Joyce helped develop the MSU Extension emergency preparedness website. Joyce's leadership in the Extension Disaster Network benefits the community both in Ingham County and across the state. Joyce also continues to provide timely expert articles related to food and food safety. If you have a food safety question, you can call the food safety hotline (overseen by Joyce) and get answers to your questions.

1-877-643-9882.



Food safety educator, Joyce McGarry (left), is joined by food safety colleagues to hand out essential food safety materials on the lawn of the State capitol.

Food Safety Hotline

Do you have questions about food expiration dates? Want to know how long leftovers will last? The Michigan State University Extension food safety hotline can help answer these types of questions and concerns.

CALL 1-877-643-9882

Operating Monday, Wednesday and Friday 9-5 p.m.

MSU Extension staff located in Ingham County

Jalen Bell	AmeriCorps 4-H Service Member	517-887-4588	belljale@msu.edu
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Anne Sheltroun	Community Nutrition Instructor	517-887-4574	sheltro4@msu.edu
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Additional MSU Extension staff serving Ingham County

Roger Betz	Farm Management Educator	517-439-9301	betz@msu.edu
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Collaboration Across MSU Extension

For more than 100 years, MSU Extension staff have been helping people in our communities. MSU Extension values the opportunities made possible by our federal, state and local partners. In addition, our staff often seek grants that focus on particular needs that enable us to focus our efforts where necessary. In fact, grants made up the largest percentage of our statewide funding in 2019. Another important resource comes from donors. MSU Extension receives generous support from individuals and organizations who are passionate about specific work we do and want to make possible even more education. Donors fund local programs or offer opportunities to youth to participate in activities beyond the local program. Gifts sometimes fund research positions or just help boost local operations. To learn more about giving to MSU Extension, visit extension.msu.edu/giving.

Through successful partnership and collaboration with Ingham County, MSU Extension is able to continue its local presence and to provide vital educational resources and programming in such areas as community and economic development, agriculture, land use, health and nutrition, and youth development.

Thank you Ingham County!



MISSION:

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

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