

Lapeer County 2022 ANNUAL REPORT



BY THE NUMBERS

- 100+** Over 100 years MSU Extension professionals have provided education to Lapeer County residents
- \$141,376 spending with local businesses in Lapeer County
- 186 Lapeer County students enrolled at MSU
- MSU disbursed \$3,319,830 in financial aid to Lapeer County students
- 1,319 MSU alumni living in and contributing to Lapeer County
- 2,316 youth involved in 4-H in Lapeer County youth development programs
- \$10,505,999 total economic impact in Lapeer County

MESSAGE FROM THE DISTRICT DIRECTOR

Jerry Johnson, District Director

CONTACT



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MSU Extension District 10



@MSUEExtension

Supporting Food and Agriculture



Phil Kaatz

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Forage Management
and Field Crops
Educator

Field Crops Virtual Breakfast Series

2021 MSU Field Crops Team Virtual Breakfast Series

Virtual Breakfast Series	Live participants	YouTube Views	MSUE Podcasts	MSUE News Article Page Views	Total Views
Total Audience					

Supporting Food and Agriculture



Meat Processor Assistance

Jeannine P. Schwehofer,
Senior Meat Quality
Extension Educator

Developing Youth and Communities



Kids Learn Best by Doing

MSUE 4-H staff
serving
Lapeer County:



Jean Kreiner
4-H Program aide

Developing Youth and Communities



4-H Camp



I pledge...



my HEAD to clearer thinking,



my HEART to greater loyalty,



my HANDS to larger service,

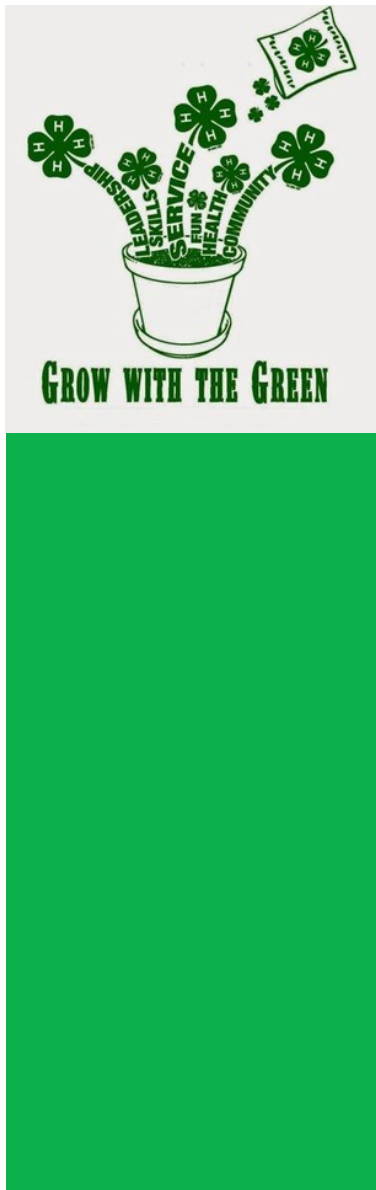


my HEALTH to better living,

For my club, my community,
my country and my world.

Developing Youth and Communities

4-H Across Counties and State and Globe



Developing Youth and Communities

4-H has different types of clubs, depending on a volunteer's interest and time commitment.

- **Community clubs** focus on multiple projects and involve members of a variety of ages and interests. Meet every month.
- **Project clubs** focus on one primary 4-H project. Meetings may be monthly or weekly.
- **SPIN clubs** combine concepts of special interest groups with the 4-H club model. Focus on one topic for a set length of time, perhaps 6 to 8 weeks.

Community Outreach

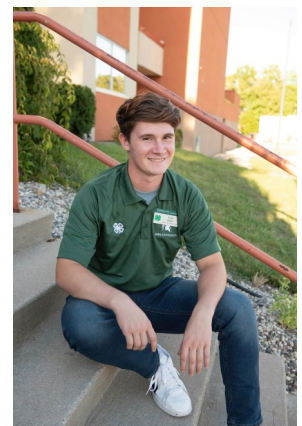
Public Open House



Developing Youth and Communities

Global Arts Workshop

Trenton Haarz our newest addition to Lapeer County 4-H. Trenton was hired as an AmeriCorps Volunteer.



Ensuring Safe and Secure Food



MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and our communities viable.



Christine Venema,
Extension Educator
Food Safety

In Lapeer County, Christine Venema, MSU Extension Educator for food safety, provides programming in the areas of Food Safety for young people, Food Preservation, Michigan Cottage Food Law, Pantry Food Safety—It’s Your Job! and ServSafe manager training for adults.

Food Preservation: Since January 2022 Christine has assisted in 35 online food preservation sessions. She developed and taught 7 of these sessions.

Food Safety: Christine is a member of the MSU Extension Food Safety Team and has been providing weekly food preservation programming to the people of Lapeer County via zoom. Since January 2022 Christine has assisted with 37 Food Safety question and answer programs. Of those she developed and taught 6 of them.

As a member of the Food Safety Team Christine has answered questions on the **Michigan State University Extension Food Safety Hotline**. She did this during the months of January, February, July, August, and September. She received calls from Michigan and other states in the United States of America.

Cooking for Crowds: Christine taught one class via zoom on Cooking for Crowds for nonprofit organizations.

Christine has taught 10 **Pantry Food Safety—It’s Your Job!** sessions. Through this program 120 people have received certification statewide.

Emergency Preparedness: Christine has taught one session on ‘What to do After a Flood’ as a part of the emergency preparedness food safety programming.

Investigating Food with Science, Christine was a part of delivering 15 educational programs to young people ages 5 to 11 years.

Michigan Cottage Food Law class: Since January, Christine has assisted with 12 Michigan Cottage Food Law zoom sessions.

ServSafe for Food Service Managers: Since January 2022, Christine has taught 12 ServSafe classes to 74 people in Lapeer County.

As a part of the Michigan State University Extension Food Safety Team, Christine has assisted in the 415 food safety programs that have reached 7,205 people across Michigan, the United States, and the world.

Keeping People Healthy



Jennifer Evenson



Nola Auernhamer

Extension Nutrition Program Instructors



Community Nutrition Instructors help people find their way past these shopping and eating concerns. Friendly and timely access to information through MSU Extension's SNAP-Ed program helps Lapeer County residents to make affordable healthy food choices, keep their foods safe, and make food that's enjoyable to eat.

SNAP-Ed Nutrition and Physical Activity Programs

What is SNAP-Ed? "Michigan State University (MSU) Extension 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."

https://www.canr.msu.edu/snap_ed/

In Lapeer County, Community Nutrition Instructors (CNIs) Jennifer Evenson and Nola Auernhamer served Lapeer County residents by providing information and support, both in person and through virtual programs.

Youth from preschool to high school enjoyed learning from a variety of evidence-based curricula, such as "Grow It, Try It, Like It" for preschools, "Show Me Nutrition" for elementary students; and "Teen Cuisine" for teens. Adults were offered "Today's Mom" for pregnant moms, and "Eat Healthy, Be Active". Youth and adults were also able to attend one-time sessions on a variety of topics.

Senior Project FRESH education and coupons were delivered to 168 seniors enabling them to receive free produce from eligible farmers markets. Another way the CNIs serve the county is by supporting organizations in assessing their strengths relating to food and nutrition then helping them access information and resources to make changes they discover they want to make. This coaching and support programming strengthens community relationships and makes health and nutrition more available to individuals in our communities.

Altogether, in the past year the CNIs have partnered with 12 other community organizations, such as preschools, schools, senior centers, coalitions, faith-based organizations, food pantries, healthcare organizations, farmers markets, community gardens, and local businesses. We also participated in community events and health fairs. Overall, we have served over 1000 Lapeer residents with the knowledge that they can eat healthy.

Keeping People Healthy



**Kristina
Swartzendruber,
Tuscola County
Extension**

**Chronic Disease
Educator**

989-672-3870

Serving District 10

Huron

Lapeer

Sanilac

St Clair

Tuscola

Evidence-based disease prevention and management programming helps people learn to manage their chronic health conditions through increased physical activity, knowledge of healthy eating and improved communication with their healthcare provider. Jacqui Rabine and Kris Swartzendruber provided the following in-person and online disease prevention and management programs:

PATH (Personal Action towards Health), a six-session self-management series that support adults, and members of their support system, help manage chronic health conditions such as pain, diabetes, and other diseases, to 17 participants.

Dining with Diabetes, a four-session, in-person, series that helps people with type 1, 2, prediabetes and members of their support system learn how to make healthier food choices and incorporate balance meals into their family dining experience, to 35 adult participants.

In a statewide report of those surveyed:

73% of PATH participants increased or maintained their confidence in keeping physical discomfort or pain from interfering with the things they wanted to do.

89% of Dining with Diabetes participants are now eating smaller portions after taking the class.

One in four older adults will report a fall this year. Falls and the fear of falling can negatively affect people's quality of life by causing physical, social and emotional decline. Jacqui and Kris offered the following evidence-based falls prevention classes, both online and in-person:

Tai Chi for Arthritis and Falls Prevention, an 18-session series designed to help older adults, and adults with disabilities and at risk of falling, stay active, by increasing their strength, balance and posture, as well as reducing stress and increasing relaxation through a series of slow and gentle movements, to 128 participants.

A Matter of Balance, an eight-session series that helps participants increase their physical activity, reduce their fear of falling and remove fall hazards in the home environment, to 32 older adults.

In a statewide report of those surveyed:

100% of Tai Chi and Matter of Balance participants reported feeling more comfortable increasing their physical activity as a result of attending the classes.

Mental health is just as important as physical health. Through evidence-based education, people can learn to manage the stressors in their life and improve their overall well-being. Over the past year, Jacqui and Kris provided in-person and online social-emotional health programming, including:

Stress Less with Mindfulness, a five-session series that focuses on using mindfulness to reduce stress related symptoms such as worry, depression and physical tension, to 74 adult participants.

Keeping People Healthy

RELAX – Alternatives to Anger, a four-session series that helps adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem-solving skills needed for healthy relationships, to 76 participants.

Powerful Tools for Caregivers of Adults with Chronic Conditions and Parents of Children with Special Needs, a six-session series designed to help participants learn tools to help them reduce stress, communicate effectively, take care of themselves, reduce feelings of guilt, anger, and/or depression, make tough decisions, to 14 adults.

In a statewide report of those surveyed:

93% reported that they were confident in having a supportive conversation with anyone about mental health or substance use challenges.

94% reported that they felt highly confident that they understood the benefits of mindfulness.

93% reported that they felt highly confident that they knew how to use mindful breathing to reduce stress.



Government & Community Vitality

MSU Extension

understands that

building civic

engagement and

healthy economic

structures leads to

greater opportunities

and stronger

communities.

Andy Northrop

Extension Educator

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Serving the State of

Michigan & District 10

Huron, Lapeer,

St. Clair, Sanilac and

Tuscola Counties

• Sustainable

Tourism

Development

• First Impressions:

Tourism

Assessments

• Planning for

Tourism

• Community Vitality

• Leadership and

Facilitation

• Connecting

Entrepreneurial

Community

Regional Meetings for ARPA Local Government Funding

In September-October 2021, member regions of the [Michigan Association of Regions](#) (MAR) and [MSU Extension](#) hosted local and tribal government officials to explore American Rescue Plan Act (ARPA) Coronavirus Local Fiscal Recovery Fund spending opportunities in a regional context.

The 14 workshops covered:

- ARPA Coronavirus Local Fiscal Recovery Fund Basic Rules
- Best Practices and Early Examples of ARPA Spending
- Practical Considerations for Contracts, Accounting, and Project Management
- Group Discussions Related to Regional Collaboration
- Leveraging Other State and Federal Funding and Priorities

The workshop content was based on the U.S. Department of Treasury's May 17, 2021 Interim Final Rule for the Coronavirus State and Local Fiscal Recovery Funds.

People Reached and Resources Created:

This statewide workshop series had over 750 participants from many of Michigan's nearly 1,900 units of government. Among participants,

- 46% were elected officials,
- 24% local government staff,
- 15% appointed officials,
- 8% representatives of nonprofit organizations, and
- 8% from other organizations including regional governments and economic development consultants.

MSU websites developed in collaboration with the ARPA workshop series include:

- Regional Meetings for ARPA Local Government Funding Workshop Series
<https://sites.google.com/msu.edu/arpameetings>

MSU Extension Center for Local Government Finance and Policy, Local Government Federal Revenue - <https://www.canr.msu.edu/tag/local-government-federal-revenue>
MSU Institute for Public Policy and Social Research, ARPA Funding Community Information - <https://ippsr.msu.edu/arpa-funding-community-information>

The ARPA Meetings Google Site has been shared with all participants, other local government officials, and over 100 nonprofit leaders to date.

Government & Community Vitality

Goals of our tourism

programs are to:

- ◆ Increase awareness of assets and opportunities
- ◆ Increase knowledge of best practices, trends and changes
- ◆ Develop new leadership roles, opportunities and action items
- ◆ Foster new collaborations and plans among stakeholders to advance community-driven tourism

Notable Quotes:

"I can think of many ways to use this extra revenue. After this webinar, I feel like we have so many more options than I originally thought."

"I was very pleased with the attendance, facilitation, the information shared and received as well as the flow of the workshop. Thank you!"

Regional Meetings for ARPA Local Government Funding (Cont.)

Impacts and Outcomes

Evaluation of the workshop series consisted of an immediate post-workshop survey offered digitally and as a hardcopy for those attending in-person workshops. There were 169 evaluations completed throughout the workshop series (a response rate of approximately 23%) with 78% of respondents rating the workshop as "very valuable" or "valuable."

When asked "As a result of this workshop:"

91% responded "I have increased my knowledge about the topic"

80% responded "I have increased confidence in my ability to fulfill my role in the community"

83% responded "I feel more prepared to help my local unit of government manage ARPA funds"

57% responded "I am more likely to pursue regional collaboration efforts"

63% responded "I have new ideas on how to match local and regional priorities with state and federal funding initiatives"

When asked "Which of the following do you plan to do as a result of your participation in this program (check all that apply):"

85% selected Share information provided with others

65% selected Learn more on the topic

11% selected Practice new skills

25% selected Use techniques learned to make better decisions

46% selected Engage with local officials (ex. Write, speak at meeting)

36% selected Leverage (utilize) new and/or existing community assets

41% selected Collaborate with new partner organizations

5% selected Take on new leadership roles

Participants were also asked "What you plan to do differently as a result of this program?" Three significant themes emerged. First, it is clear from the variety of subjects mentioned and the way they were shared, that many participants' eyes were opened to new opportunities and possibilities than they were aware of before the workshops. Other themes that emerged are 1) Collaboration, and 2) Exploring more options than had been previously considered. These are fundamental methods of operation that each community can apply in ways that best serve the people in their community. This indicates that the workshops have helped participants with approaches to serve their community more so than simply handing them a list of things to do. It is our hope that these lessons continue to be applied to their work on other issues in the future.

In summary, the 14 workshops and subsequent sharing of the resources by participants, staff of MAR member regions, MSU and MSUE staff have been a timely and highly effective educational success.

Extension Educators Serving Lapeer County

MSU Extension Staff Serving Lapeer County

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