



# Wayne County

## 2016 ANNUAL REPORT

[msue.msu.edu](http://msue.msu.edu)





## **Mission Statement**

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

## MESSAGE FROM THE DISTRICT COORDINATOR

2016 saw the continued partnership of Michigan State University Extension and Wayne County. Through this partnership, county residents experienced over 67,000 points of contact where they received resources to enrich their lives. Michigan State University continues to work with local residents to improve their environment, develop their youth, live healthier and much, much more. We thank you again for your continued partnership. We look forward to the future and all that it will bring in service of Wayne County Residents!



Sincerely,  
 Richard Wooten  
 District Coordinator, District II

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## MEASURING IMPACT

4-H Youth Development.....	22,405
Volunteers.....	1,260
Health, Nutrition & Wellness.....	26,418
Community Food Systems & Food Safety .....	7,764
Financial Literacy & Homeownership.....	765
MSU Product Center .....	134
Natural Resources.....	2,632
Master Gardeners .....	5,600
Master Gardener Volunteers.....	274
<b>TOTAL IMPACT .....</b>	<b>67,252</b>

## DIGITAL OUTREACH

Technology has come to shape almost every aspect of the lives of Michigan’s residents. Michigan State University Extension has spent the past several years working to integrate technology into the delivery of many of its resources. In addition to the diverse array of services MSU Extension has provided directly to County Residents, the expanded digital reach of our resources can not be ignored!



In 2016, the MSU Extension web site received 154,594 visits from Wayne County .



Those visitors viewed 285,684 individual pages while browsing the MSU Extension Website.



62% of all Wayne County browsing took place on a mobile device.

# 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).**

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). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active.

4-H'ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

## **Growing true leaders**

With innovative ideas, exuberant energy and the ability to look beyond preconceived obstacles, youth have the capacity to change the world. However, many lack the skills and confidence to empower these assets into motion. They need experiences and training that help them to feel ready and capable to lead.

Michigan 4-H helps to prepare current and future leaders by offering numerous opportunities for leadership development. From the club experience to statewide youth councils, all youth have the chance to serve in a leadership role. Those experiences and various leadership trainings provide youth with skills to last a lifetime and empower them to stand up today as true leaders in their families, schools and communities.

## **Building communication skills for a lifetime**

Communication is an essential element of every aspect of life – personal and professional. Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play. Youth who practice and enhance their communication skills in adolescence will find these skills to their advantage in future employment and adulthood.

To help young people develop this important life skill, MSU Extension's Michigan 4-H has made communication an aspect of nearly every area of its programming. Youth are required to record their progress on projects, verbally report their activities and illustrate their understanding in a number of ways. Some Michigan 4-H programs make communication a major focus, further allowing youth to cultivate and enhance these critical skills.



## Developing Youth and Communities, continued

### Growing true leaders

Today's youth are faced with an ever-changing economic environment which has an impact on their current and future employment opportunities. The U.S. Department of Labor estimates that today's learners will have 10-14 jobs in the first 20 years following high school graduation. Michigan's job market continues to stagnate, with youth unemployment at 30.6% (ages 16-19) (2012 American Community Survey 1-Year Estimates) and an overall unemployment rate that is over 17% higher than the national average (<http://www.milmi.org/>). In Wayne County, there is a 7.3% unemployment rate for 2015 (kidscount.org). In Wayne County, for the years 2011-2015, 22% of people aged 25+ years hold a Bachelor's degree or higher which is 7% lower than the national average. This content is crucial and important for the success of the county. Programming for 4-H in the area of career education and workforce preparation is focused to achieve the following outcomes:

- Young people will have the knowledge needed to choose appropriate post-secondary workforce training, entrepreneurial or career endeavors.
- Youth will be better prepared to make wise economic choices in their personal and work lives.

In 2016, more than 200 youth were involved in in-depth career education and workforce preparation skill building in Wayne County. This education was generally in the form of series or on-going workshops over the summer. Programming took place at sites and programs such as Pingree Farms, Downtown Detroit Boxing Gym, Parkman Library, 4-H Tech Wizards, 4-H Detroit Food Project, and Vista Maria. Youth practiced their interview skills, created resumes, and discussed professionalism in the workplace. In addition, career exploration, entrepreneurship, and money management concepts. 46% of participants felt that, as a result of their 4-H career exploration and workforce preparation experience, they ALWAYS could communicate their skills and qualifications.

### 4-H Youth in Wayne County

Michigan State University Extension staff and volunteers worked with 22,409 Wayne County youth during 2016 with specialized programs in 4-H Youth Development, mentoring, natural resources and nutrition education. This represents a significant increase over the previous program year.

MSU Extension's 4-H Youth Development Program is designed to uniquely prepare Wayne County's youth to be successful in present and future endeavors. It provides developmentally appropriate opportunities for participants aged 5-19 to acquire life skills and utilize them throughout their lives. Youth are able to participate in experiential learning opportunities across the county through 4-H clubs, after-school programs, school enrichment programs, day camps, mentoring programs and local, state, and national events. In 2016, MSU Extension staff recruited, trained and provided oversight to 1260 adult and teen volunteers. These volunteers delivered 4-H educational programs focused on life skills, science literacy, leadership, civic engagement, and workforce preparation throughout Wayne County. Some key program highlights from 2016 include the following:



## Developing Youth and Communities, continued

### 4-H Club Programming

Interests of club members expand and change throughout the years. In 2016, there were 29 community clubs, 2 in-school clubs, 2 afterschool clubs, and 5 Mentoring sites throughout Wayne County exploring a variety of project areas.

### 4-H In-School Programming

A partnership with the Education Achievement Authority, Pingree Farms and Wayne County 4-H fostered 45 youth to learn animal science and life skills as part of their school curriculum. Youth were actively engaged in caring for the animals, keeping records, making decisions about the animals and engaging in leadership roles. They also received instruction from our career and workforce preparation team.

### 4-H Science, Technology, Engineering, and Math (STEM)

According to the 2015-16 M-STEP results, produced by the Michigan Department of Education, the average percentage of non-proficient seventh graders in the field of science is 52.3% and the average number of seventh graders that are partially proficient is 23.8%. When compared to the RESA (Regional Educational Service Agency) test results of Wayne County's seventh graders, the average for non-proficient youth is 65.58% and partially proficient is 18.69%. The youth of Wayne County need STEM programming outside of the classroom setting.



Wayne County 4-H programming has filled this need by providing a hands – on approach to STEM topics as well as a more in-depth understanding of these topics. Wayne County staff and volunteers offered numerous STEM related activities during the past year. STEM topics such as bionic arms, junk drawer robotics and engineering cars were facilitated in after school and library programming engaging 129 youth.

### 4-H Mentoring

Michigan 4-H Tech Wizards is a National 4-H Program of Distinction funded by the Office of Juvenile Justice and Delinquency Prevention (OJJDP). With the guidance and support of caring, committed mentors, youth mentees explore science, technology, engineering, art and mathematics (S.T.E.A.M.) through fun, hands-on projects in the 4-H Tech Wizards program. Wayne County 4-H Tech Wizards Mentoring Program has expanded from just two host sites in 2011 into 5 sites in 2016 located in Detroit, Harper Woods, and Dearborn Heights. This past year 29 mentors made a difference in the lives of 66 mentees by engaging the youth in weekly experiential learning activities and community service projects designed to develop life skills.

The program strives to bridge the gap between S.T.E.A.M. industry needs and education by reaching youth who have not previously considered S.T.E.A.M. careers and who do not have an adult role model in these fields. Achieving this goal is made possible thanks to the help of so many community partners, including Vista Maria, Farewell Recreation Center, Blackwell Elementary/Middle School, Detroit Repertory Theatre, Gleaners Food Bank, Wayne State University, Focus Hope, Arise Detroit, and Detroit Public Library.

## Developing Youth and Communities, continued

### 4-H Camp Experiences:

- Wayne County 4-H Staff received a \$25,000 4-H Participation Fee grant which was utilized in robotic programming. This grant allowed staff to facilitate two robotic themed day camps within the county. Staff utilized our “Junk Drawer Robotics” curriculum as well as Lego EV3 programming with 64 youth campers. Six volunteers received training from staff to utilize these programs in their partner organization summer programs, extending the reach of Wayne County 4-H by 146 youth.
- In July 2016, 12 Wayne County 4-H youth from the Michigan 4-H Tech Wizards mentoring program attended the 2016 4-H Mentoring Weekend; a 3-day camp for youth and adults who are matched in a mentoring program through 4-H or other youth mentoring organizations. One of the 12 youth, who has been involved in the program for 5 years, went as a peer mentor and helped guided his peer mentees through the experience. The youth were also accompanied by 2 adult mentors, who have been with the program for multiple years. The 4-H mentees and mentors



participated in interactive sessions all based around healthy living, including everything from team sports to making smoothies. Two of the girls who attended Mentoring Weekend from the Detroit Farwell Recreation Center site have been using their experience at 4-H Mentoring Weekend to recruit other young people into 4-H.

- In June 2016, a number of the youth participated in 4-H National Washington Leadership Focus, held in Chevy Chase, MD, to attend a week-long leadership workshop for teens. Chaperoned by their mentors the youth worked collaboratively with 4-H'ers from across the United States to develop their personal leadership and life skills.

### 4-H at the County Fair

One hundred and thirty two 4-H youth are engaged in life sciences through their livestock, crops and gardening projects. Youth in these long term programs utilize scientific knowledge as they raise their animals and plants. These projects are exhibited at the Wayne County Fair through our continued partnership with them. Trained volunteers teach youth applied sciences as well as life skills.

### Preparing Children for Academic Success

Youth who are not proficient readers by fourth grade are 68 percent more likely to drop out of high school. Research shows that young children who develop literacy skills prior to entering kindergarten are better prepared for school reading curriculum. Children's school readiness improves when parents and caregivers are taught methods that increase early childhood science and reading literacy, and ways to prepare children socially and emotionally. Programming provided through MSU Extension and other organizations prepare children for academic success by giving parents and caregivers the tools they need to help their children succeed in school.

MSU Extension's Early Childhood Development program was reestablished in Wayne County in September 2016. Sixty-four adults were engaged in workshops to provide the tools necessary to facilitate the development of literacy and social-emotional skills in young children.

# 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.**

When you support MSU Extension's efforts to enhance residents' access to an adequate supply of safe, affordable food, program participants will focus on food safety measures in the field and at harvest, learn proper food preparation and food preservation techniques, and bring community partners together to strengthen access to healthy food supplies. This leads to a healthy population, which in turn helps keep health care costs in check and our communities viable.

## **Reducing foodborne illness through education of individuals, small businesses**

In Wayne County, 2016 Michigan State University Extension delivered food safety and food preservation programs to a wide audience comprised of youth, adult and older adult consumers.

Food safety programs consist of the delivery of face to face sessions. Programs available include:

- Industry food service trainings— Servsafe 16 and 8 hour classes for food service managers certification; Servsafe 4 hour certification training for front end food service employees ;
- Consumer food safety education— Cottage Food Law Michigan's Cottage Food Law, PA 113 of 2010 exempts a "cottage food operation" from the licensing and inspection provisions of the Michigan Food Law. A cottage food operation still has to comply with the labeling, adulteration, and other provisions found in the Michigan Food Law. Food preservation classes for adults and youth covering topics for hot water bath canning including jams and jellies, pickling, blanching and freezing and drying – all researched based through the National Center for Home Food preservation and USDA. The food preservation classes are hands on for maximum participant interaction and impact of knowledge. General food safety education is presented to groups through agency contacts. Diverse audiences are included for all food safety programs including Hispanic, Arabic, and African American, Chinese and Asian groups.

In Wayne County 24 one time seminars for food safety and/or food preservation were presented. Five 16/8 hour Servsafe classes were held; and five food preservation classes were delivered. Youth programs included food preservation at elementary schools with 21 youth learning how to make freezer jam and 43 high school youth involved in the 4 hour food safety classes to prepare for entry into food service employment.



## *Ensuring Safe and Secure Food, continued*

### **Community Food Systems**

The total number of Wayne County participants receiving direct education was 487. Additional numbers of consumers present at Wayne County farmer's markets received information about food preservation and food safety at five local markets. MSU Extension staff at farmers markets provide canning demonstrations, food preservation information and food safety.

The school nutrition programs in Wayne County, Michigan are a significant sector of the county food system. MSU Extension Community Food Systems offers professional development training and technical assistance to schools throughout Wayne County to facilitate the integration of school gardens into their curriculum for improved hands-on learning and better food choices. In 2016 the bulk of our professional development training was delivered to Detroit Public School Community District where we reached over 200 teaching staff and provided them with curriculum materials including PowerPoint presentations and experiential activities. In addition to these facilitated training opportunities, Wayne County residents also benefitted from the following activities:

- Creation and distribution of a monthly school garden newsletter that provides articles about different school garden issues along with educational and grant opportunities to over 1100 subscribers throughout Michigan, including Wayne County.
- Beyond the Ivory Tower: Co-Creating Community-University Partnerships That Work was a symposium featuring a tour of Eastern Market as well as facilitated conversations between community partners and the MSU Product Center. The Eastern Market tour included the Michigan Farm Fresh Booth as well as several start-up business that have received assistance from MSU Extension.
- Community Gardening presentations to community groups and the MSU Extension Michigan Fresh outreach booth at the Detroit Eastern Market on Tuesdays from May through October in 2016.

### **Farm to Institution**

Farm to Institution is a comprehensive approach to building the regional food system by providing foods that are nutrient dense to students and patients, creating more economic opportunity for local growers, and establishing a more connected food community. To foster Farm to Institution programs in 2016, the Community Food Systems work team hosted tours focused on cherries, a local produce processing facility and a joint carrot and potato tour. The team also hosted educational workshops, including Starting and Sustaining a School Garden, where participants learned how to begin or expand their school garden through facilitated goal setting and hands-on activities. Technical support, one-on-one counseling and presentations were all utilized to assist practitioners in sourcing more local food through their meal programs.

In 2016 a new program called Making Michigan Recipes Work was piloted around the state in five locations. This hands-on workshop allowed participants to experience preparing whole Michigan produce, learn about food safety, seasonality, and other considerations for bringing more Michigan produce into school meal programs. Alongside the training, a free curriculum and set of videos was developed to reach a wider audience throughout the state and region. This program was funded through a Specialty Crop Block Grant.

# Ensuring Strong Communities



**MSU Extension understands that building healthy economic structures leads to greater opportunity and stronger communities.**

When you support MSU Extension, participants learn how to implement best practices in good governance that keeps communities solvent, productive and engaged; learn effective conflict management skills that help leaders and residents work collaboratively on complex issues; and engage leaders in decision-making. In the personal finance area, 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.

## **Improving the fiscal health of Michigan communities**

Only with healthy, vibrant communities can Michigan residents be expected to thrive. To help Michigan prosper in a sensible, sustainable fiscally responsible way, MSU Extension launched the Center for Local Government Finance and Policy in late 2015.

The center is led by MSU Extension economist Eric Scorsone, (photo below), who has assisted multiple cities during fiscal crises including Detroit, Flint and Lansing. The center will advise cities during fiscal hardships so communities can find a sustainable path forward. It will also develop fiscal tools and offer outreach to help communities improve their fiscal health. In addition, the center is committed to connecting legislators with experts in public policy and forging partnerships in the public and private sector.

The center's efforts include:

- Assisting in the development of performance metrics for government budgets, strategic plans and public accountability reporting.
- Providing an overall assessment of long-term and short-term trends in revenues, expenditures, debt, general fiscal health and recommendations regarding adoption of financial policies.
- Publishing an annual local government fiscal health report for communities wishing to improve fiscal health.
- Publishing an annual legislative mandate report that identifies the costs imposed on local governments and their impact on fiscal and operational health.

## **Home Preservation and Foreclosure Prevention**

Foreclosure Prevention Counseling was provided by MSU Extension staff for 93 Wayne County residents during 2016. Michigan State Housing Development Authority (MSHDA) certified educators and counselors assisted clients in resolving mortgage and tax delinquencies through HUD approved sessions. On a statewide basis, 98% of Michigan residents were able to keep their current home.

## ***Ensuring Strong Communities, continued***

### **Pre-Purchase Home Buyer Education**

MSU Extension's Pre-Purchase Homebuyer Program helped Wayne County homebuyers make affordable and informed choices prior to the purchase of a new home. The six hour class assisted 237 prospective homebuyers during 2016 with guidance to save money for a down payment and to learn of mortgage products that offer down payment assistance. As a result of this program, 88% of the homebuyers understand predatory lending practices and 88% will get their home inspected by a reputable firm.

The homebuyer education program also provided certificates of completion for residents seeking Michigan State Housing Development Authority (MSHDA) down payment assistance. The program helped participants improve credit scores and financial standing which enhanced the likelihood of eligibility for lower cost mortgages and decreased the chances that troubled borrowers would have to seek foreclosure assistance.

Residents also had the option of completing an online homebuyer course entitled eHome America ([www.ehomeamerica.org/msue](http://www.ehomeamerica.org/msue)).

### **Rental Education**

MSU Extension began offering rental education in 2016. 'Rent Smart' workshops help Wayne County residents identify the steps in the rental process, including recognizing rental options and understanding the right and responsibilities of renters. This two hour class assisted 13 Wayne County residents in 2016.

### **Personal Finance**

Personal finance education programs were presented by MSU Extension staff to 422 Wayne County residents during 2016. After this program, 85% of these participants were able to write out a spending plan and 84% were able to save money regularly. These sessions were made possible by continuing partnerships with local schools, churches, and community and government organizations. Residents attend these classes to improve their money management skills, prepare for homeownership, or to prevent or recover from financial crises including foreclosure. MSU Extension utilized two evidence based curriculums, DollarWorks 2 from the University of Minnesota Extension and Money Smart from the Federal Deposit Insurance Corporation (FDIC). Program delivery ranged from 1 to 6 hours. In addition, residents have access to an online money management program called EHome Money ([www.ehomemoney.org/msue](http://www.ehomemoney.org/msue)). This low cost online course helps people understand credit, manage their personal finances, and prepare for purchasing a home at their own pace.

Another resource available to Wayne County residents is eXtension and its "Ask the Expert" feature. These national resources assist consumers in getting expert answers and help from Cooperative Extension staff, university faculty, and volunteers from across the United States.

### **Money Smart Week Outreach Efforts**

MSU Extension staff participated in Money Smart Week (MSW) in 2016. Money Smart Week is an annual public awareness campaign created by the Federal Reserve Bank of Chicago and designed to help consumers better manage their personal finances.



## Ensuring Strong Communities, continued

Events that occurred during Money Smart Week in Wayne County included:

- To Your Credit Workshop – Detroit
- Identity Theft – Detroit
- Financial Wellness Check – Detroit
- Better Budgeting – Detroit
- Food Budgeting – Detroit
- Home Buyer Education – Detroit
- Senior Empowerment Expo - Detroit

## Securing MI Financial Future Outreach Efforts

MSU Extension staff participated in a statewide collaboration with the Michigan Department of Insurance and Financial Services (DIFS) in 2016. The ‘Securing Michigan Financial Future’ event was established to provide an assortment of accessible personal finance resources and information to Michigan residents. This free event was held at the Livonia Senior Center.

## Community and Municipal Outreach Projects

The Wayne County Government and Public Policy Educator for Michigan State University Extension (MSUE) Greening Michigan Institute focused on developing capacity for communities to position themselves for success in the 21<sup>st</sup> Century Michigan through partnerships between MSUE, county and local governments, and community leaders in Wayne county in the areas of land use planning, zoning, strategic planning, placemaking, historic preservation, and fiscal sustainability. Examples of these projects include the following:

- University Commons/Detroit Area of Realtors – Realtor Forum & Home Tours—Realtors in Detroit learned the latest real estate trends in Detroit, spoke with title companies, contractors and representatives of the city of Detroit Land Bank and Wayne County Treasurer’s Office regarding foreclosures and audits. Realtors and residents participated in the Home Tour which showcased a variety of neighborhoods and homes for-sale in Northwest Detroit. The day-long event concluded with dinner at The Historic Baker’s Keyboard Lounge. Fifty-four people attended this events.
- Brightmoor Crosspollination Corridor—Development of a large walkable landscape that will include educational installations such as an apiary, bat house and several therapeutic garden spaces. MSU Extension staff provided technical assistance to several members of the Brightmoor community as they have successfully attempted to secure funding to begin the first stages of development of this project.



- Blight Boot Camp - MSU Extension partnered with Detroit Impact to organize and participate in the day-long Blight Boot Camp 2016, which had approximately 300 people register for the camp. MSUE worked with the Eight Mile Community Organization to plan the morning Mobile Educational workshop at Alphonso Wells Park, which consist of plating a community garden, a Kale Salad demonstration, and an interactive lecture with oral histories on the Race Wall located in the park. Twenty-seven adults, including students from Michigan State University, attended the morning mobile workshop.

# Building Entrepreneurship



**When you support MSU Extension, you help participants understand the economic, environmental and social benefits of purchasing local and regional foods.**

MSU Extension and the MSU Product Center help Michigan entrepreneurs develop and commercialize high-value, consumer-responsive products and businesses in the food, agriculture, natural resources and bioeconomy sectors. When you support MSU Extension, you help participants understand the economic, environmental and social benefits of purchasing local and regional foods. You also help young people develop business skills that will help them succeed as adults and help communities capitalize on their ecological, social and cultural assets. This fuels the economy by creating and retaining jobs, and helps ensure a healthy tax base.

## **Building entrepreneurial spirit and skills**

As the backbone of the economy, small business owners play a critical role in the prosperity of the nation. But to be a successful entrepreneur, one must have not only the ambition to take a risk, but also the business sense and skill to make a profit. To ensure the business owners of tomorrow are triumphant in their future endeavors, they need to learn the entrepreneurial concepts that pave the way for success.

MSU Extension is helping to meet this need by providing youth and the adults that support them with the skills and resources necessary to turn ideas into business ventures. Through simulations and workshops, Macomb County residents learn how to develop business plans and operate their own companies, as well as how to be more entrepreneurial in the way they approach their personal finances.

## **MSU Product Center**

The Michigan State University Product Center continues its long tradition of working with local entrepreneurs to provide resources that make it possible for individuals to bring food based products to market. Through the center's venture development services, Wayne County residents have access to an innovation counselor who can assist clients in accessing specialized services, learning about and navigating Michigan's Cottage Food Law and building connections with retailers to bring products to wider markets.

In 2016, the MSU Product Center forged a new partnership with Crain's Detroit



Business in order to sponsor and expand the Crain's Food Summit and Investor Forum. This successful event connected entrepreneurs from across the local food system with educational and financial opportunities. This year the Product Center provided services to 370 clients statewide, including 134 clients from Wayne County.

## *Building Entrepreneurship, continued*

### **Samaritas Refugee Programming**

There is a great deal of uncertainty and conflict in today's world. These conflicts often produce scores of men, women and children who have been displaced and are in need of an opportunity to start a new life. In 2016, MSU Extension formed a new partnership with Samaritas (formerly Lutheran Children Services) in order to provide health and nutrition programming as well as entrepreneurship education to Samaritas clientele who were newcomers to the United States and who had fled wars in their home countries. MSU Extension staff successfully delivered 2 eight week sessions of the Healthy Food Matters curriculum, ServSafe Food Safety training and information about the Michigan Cottage Food Law.

The result was approximately 60 Iraqi and Syrian refugees who received nutrition and food safety classes and an introduction to the MSU Extension Product Center with the Cottage Food Law course. In addition to the classes, a field trip with all participants and their children was attended at MSU Tollgate Farm and Educational Center in Novi, MI. At the Tollgate Center, participants saw the farm operation and animals, picked organic apples, visited the vegetable gardens, saw the bee hives and talked to the bee keeper, bought fresh, organic honey, and learned first-hand how maple syrup is made!

As a result of these series, participants reported an 81% improvement in one or more food resource management practices, 56% increased their fruit consumption, 40% more often planned meals in advance, 73% more often used "Nutrition Facts" on food labels to make food choices, 88% improved in one or more nutrition practice, and 56% improved in level of physical activity.

Participants now have food safety knowledge for home and food handlers' jobs as well as information on business start-ups in cottage food or commercial production with the Product Center. They have gained knowledge about food safety practices, including hand washing and personal hygiene. These classes were designed to help refugees acclimate to

the American system of food safety, nutrition, starting a successful business in cottage food and utilizing this information for possible job opportunities in food handling, and food service.



# Keeping People Healthy



**Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.**

## **Improving nutrition and increasing physical activities in Michigan communities**

Limited income and poor nutrition affect quality of life and can increase healthcare costs. The Centers for Disease Control and Prevention reports that more than 30 percent of Michigan adults are considered obese, and one out of every three deaths in Michigan is caused by cardiovascular disease, influencing the quality of life and adding billions of dollars each year in economic burden.

MSU Extension delivers affordable, relevant, evidence-based education to help residents in urban and rural communities stay healthy throughout their lifespans. Programs teach participants how to buy and prepare nutritious, budget-friendly foods and increase physical activity. In 2015 alone, these programs reached more than 112,000 adults and youth across the state in over 1,600 different locations.

- 79% of youth participants improved their abilities or gained knowledge about how to choose foods according to Federal Dietary Guidelines.
- 79% of adult participants made a positive change in at least one nutrition practice, such as preparing foods without adding salt, or using the Nutrition Facts labels to make food choices.
- 73% of adult participants made a positive change in at least one food resource management practice, such as planning meals in advance or comparing prices when shopping.

In 2016, the MSU Extension Nutrition and Physical Activity work team has reached the following numbers of Supplemental Nutrition Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) participants throughout Wayne County:

- 2,315 SNAP-Ed and EFNEP adult series participants
- 8,134 SNAP-Ed adult presentation participants
- 9,315 SNAP-Ed and EFNEP youth series participants
- 6,654 SNAP-Ed youth presentation participants

Through these programs, participants are taught healthy eating habits, cooking skills, ways to be more physically active, budgeting skills for their food dollars, healthy ways to feed their families and tips to lead a healthier life.



## Keeping People Healthy, continued

### Policy, System and Environmental Interventions

In 2016, MSU Extension Nutrition and Physical Activity (NPA) work team launched Policy, System and Environmental (PSE) Interventions. PSE uses comprehensive interventions that address multiple levels of the socio economic model (SEM) to reach the SNAP-Ed target population in ways that are relevant and motivational to them, while addressing constraining environmental and/or social factors. The approaches complement the direct education. The organization that receives the consultation and technical assistance is ultimately responsible for adopting, maintaining, and enforcing the PSE change. In District II, the focus has been on four different PSE initiatives; Worksite Wellness, Healthier Childcares, Smarter Lunchrooms, and Fuel Up To Play 60.



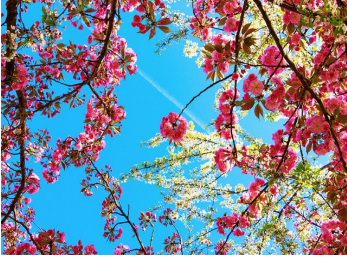
### Comida Saludable Familias Saludables (Healthy Food, Healthy Families)



Comida Saludable Familias Saludables is a 6-week EFNEP program that offers participants knowledge of MyPlate, food groups, nutrition label reading, food safety, healthy meals on a budget, and portion sizes. This program helps participants, especially those with children, and their families with gaining skills and knowledge to maintain healthy lifestyles. At the end of the program, each participant will receive a small gift as well as a graduation certificate.



# Social & Emotional Health



Health outcomes are improved when society learns to stress less and become mindful.

Many negative factors affect social and emotional health, including ongoing and toxic stress that may result from situations including abusive relationships, bias, damaging coping behaviors and relationship violence. Across the lifespan, people faced with these situations and settings are at risk for a wide range of physical, psychological, social, emotional, cognitive, financial and spiritual health challenges. The United

States spends an estimated \$425 billion in direct and indirect costs of violence each year.



## RELAX: Alternatives to Anger

RELAX: Alternatives to Anger is designed to help adults, parents, teens and caregivers increase their knowledge about stress and anger issues and put healthy relationship skills into practice by better managing emotions. . Aspects of promoting social emotional health are woven throughout the training and include expressing emotions, navigating stress, resolving interpersonal conflict, taking another's perspective, feeling capable and whole and building skills for forming and maintaining satisfying, healthy and supportive relationships.

The program is widely recognized throughout Wayne and Macomb Counties by judges, referees, attorneys and law enforcement programs as a trusted resource for the individuals, parents and adolescents they refer to the program. Through one-time presentations, conference and series offered throughout District 11, more than 850 adults and adolescents successfully completed the program in 2016.

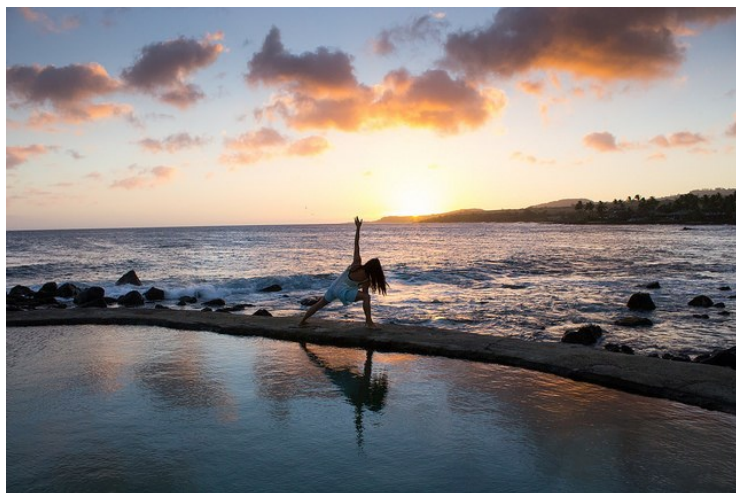
## Stress Less with Mindfulness

Mindfulness is a learned ability to live in the present moment. The practice of mindfulness has been around for thousands of years and was first introduced to health environments in the 1800s to help patients in hospitals cope with pain. More recently, it has been proven to be highly impactful in reducing symptoms of anxiety and depression and in helping individuals decrease stress and regulate intense emotions, such as anger.



## Social & Emotional Health continued

Stress Less with Mindfulness is a skills-based curriculum taught by trained, masters prepared educators throughout District 11 and in 2016, 275 individuals, including teachers, parents, daycare providers and nurses completed the program. Our Stress Less sessions include the following components and can be offered as a series or as a one-time presentation:



- **Begin with breath:** Participants will learn about the benefits of mindfulness, pinpoint behaviors which can make you vulnerable or resilient to stress, learn how the brain can reduce or increase stress and experience mindful movements.
- **Mindful eating:** Participants will learn benefits of eating with mindful awareness, create a personal hunger/fullness scale as a guide for sensing when and how much we actually need to eat and experience paying mindful attention to eating.
- **Mindful walking/thought surfing:** Participants will practice mindful walking, identify how letting go of control can improve mental physical happiness and learn thought-surfing to gain perspective on negative thoughts, sensations, worries and urges.
- **Be kind to your mind:** Participants will learn the importance of self-compassion for your thinking, learn how to de-fuse harsh thinking, practice mindful attention to your thoughts and learn the power of acceptance and gratitude to relieve stress.
- **Laughter is good medicine:** Participants will learn, mental and social benefits of laughter, experience laughing for the health of it, learn ways to include laughter in life, review mindfulness skills and create a plan for continuing mindful practices.

## Be Safe: Bullying Prevention

Michigan State University Extension's *Be SAFE: Safe, Affirming and Fair Environments* initiative is designed for adults who live with, care about and work with young people. These adults can be parents and caregivers or those who work in schools, juvenile justice, or any other youth serving organizations.



In 2016, residents were able to participate in half-day workshops on the *ABC's of Bullying Prevention*. Participants shared perspectives on the prevalence and types of bullying behaviors, examined bullying, and gained an understanding of bias and harassment through the lens of differences. They then spent time exploring various strategies for addressing the issues in a safe and emotionally healthy manner.

# Making the Most of Our Natural Assets



**Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.**

The Wayne County Michigan State University Extension natural resources and environmental education programs have served over 127,000 children, youth and adults since 1999. Programs are designed to educate the Michigan citizenry, especially those living predominantly in urban areas, with the land.

In the year 2016 the Natural Resources and Environmental Education Programs was successful in delivering quality programs to 7,934 participants. The program provided outdoor and environmental education programs to 6,902 youth and 1,032 adults. Utilizing vessel based education, fishing, archery, camping, nature exploration, water studies and other outdoor education programs. Youth and adults in southeast Michigan and other locations across the state are increasing their knowledge, experiences and appreciation for our natural resources based on the participation in Michigan State University Extension's Outdoor and Environmental Education Programs.

The MSU Extension Southeast Michigan Outdoor Education Program accomplishes this goal through these activities:

## Great Lakes Education Program

This classroom and vessel-based experience focuses on the Great Lakes and Detroit River resources. The program includes segments that integrate history, geography, physical and biological sciences, math, literature and the arts to increase student interest in natural resources and encourage understanding of their role as environmental stewards. The first phase of the program begins in the classroom with teachers utilizing the GLEP curriculum which includes activities that focus on water, land, people and life. These activities are design to familiarize students with the Great Lakes and the ecosystems. The second phase of the program is a field experience aboard a fifty foot Coast Guard certified ship which is converted into a floating classroom. The experience aboard the vessel known as the "schoolship" is designed to engage students in an exploration of the physical, chemical, cultural and biological dimensions of the Great Lakes watersheds specifically the Detroit River and Lake Erie. Students perform a variety of water quality and water chemistry experiments and other activities designed to expand on the concepts introduced in the classroom. Students participate in activities such as: weather observation, navigation, marlinespike, bottom sampling, plankton sampling, dissolved oxygen experiments, pH and carbon dioxide experiments and water clarity. The post cruise phase of the Great Lakes Education Program is presented in the classroom by teachers utilizing the GLEP curriculum's post cruise activities designed to reinforce the concepts provided in the pre cruise and cruise learning experience of the program.



## Making the Most of Our Natural Assets, continued

### Stepping Stones Outdoor Education Programs

Youth and are offered educational programs in the great outdoors sponsored by Michigan State University Extension and the Michigan Department of Natural Resources . These programs were designed to introduce non-traditional and urban youth to multiple outdoor experiences. Youth will engage in experiential learning experiences such as fishing, camping, archery, water studies and nature exploration. The Stepping Stones Programs are presented at a variety of Michigan State Parks across the state. In the year 2016 programs were offered at Belle Isle State Park, P.J. Hoffmaster State Park, Bay City Recreation Area, Holly Recreation Area, Island Lake Recreation Area, Maybury State Park, Proud Lake Recreation Area and Sleepy Hollow State Park., These programs help youth develop new outdoor recreation skills and important life skills such as responsibility, decision-making, team



work and respect for our natural resources.



### Archery Programs

Michigan State University Extension develops coordinates and oversees archery programs for youth after-school utilizing the 4-H archery program format. MSU Extension also assists in the development and program delivery of in-school archery programs utilizing the National Archery in the Schools Program format. Archery is a sport that can involve people of all ages. It does not require great strength, and it does not require great expenditures in order to participate. Archery is excellent family recreation with a nearly infinite array of potential activities. This activity teaches the

basic rules of safety, proper equipment selection and care and beginning shooting techniques. Archery also teaches concentration, discipline, respect and responsibility.

### Angler Education

Fishing is an especially valuable experience and a method to improve family communication and increase quality family time. Interested adults and youth share experiences that provide training and encourage natural resources and environmental awareness and fisheries stewardship. These fishing experiences take place in classrooms and in various outdoor settings. Fishing programs are delivered in urban settings in small lakes or ponds, also in rural settings on rivers, lakes and ponds. Each program is designed to introduce participants to the various types of fishing equipment and tackle, casting techniques, fish biology, various baits that can be used and the safe handling of fish.



# Master Gardeners



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

## Wayne County Master Gardeners

In 2016, there were 50 participants in the Wayne County Master Gardener class, bringing the Wayne County roster to 274 active Extension Master Gardener Volunteers and Trainees. To become certified Extension

Master Gardeners, trainees attend a 14-week program to learn about research and evidence based horticultural practices, then trainees complete 40 hours of education focused volunteer activity in our community. As a result of these efforts, Master Gardeners in Wayne County reached 56,144 through programs, presentations, community based projects and other educational focused activities such as:

- Composting
- Yard waste recycling
- Pollinator support
- Community garden coordination
- Water management
- Lectures
- News and periodical articles
- Demonstration gardens
- Invasive pest management
- Information tables at farmers markets

In addition to the tremendous efforts of the volunteers, the Wayne County Master Gardener program established and/or expanded relationships with these communities and organizations:

- Pewabic Pottery
- Samaritas
- Canton Township
- Liberty Middle School
- Eastern Market
- Wayne County Community College District
- Women, Infants, and Children (WIC) program



## Extension Professionals Serving Wayne County

Name	Role	Phone
<b><u>Agriculture, Agribusiness &amp; Horticulture</u></b>		
Deirdre Hope	Master Gardener Coordinator	734-546-8657
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Tom Guthrie	Extension Educator, Swine/Equine	517-788-4292
Micah Loucks	Extension Educator Product Center	313-567-9701 x103
Mike Metzger	Extension Educator, Field Crops, Goats, Sheep	517-788-4292
Garrett Owen	Extension Specialist, Floriculture & Greenhouse Outreach	248-3473860 x202
Dennis Pennington	Extension Educator, Bioenergy & Bioproducts	269-838-8265
Marissa Shuh	Extension Educator, Commercial Vegetable Production	517-264-5309
Mary Wilson	Extension Educator, Consumer Horticulture	248-347-0269 x219
<b><u>Community Stability, Finance &amp; Housing, Community Food Systems</u></b>		
Kristine Hahn	Extension Educator, Com Food Systems	313-567-9701 X 102
Elizabeth Martinez	Extension Educator, Financial and Housing Education	313-494-4965
Crystal Wilson	Extension Educator, Government & Pub Policy	313-309-1674
<b><u>Natural Resources &amp; Sea Grant</u></b>		
Mary Bohling	Extension Educator, Sea Grant	734-720-7689 X 101
Lisa Perez	USDA Forest Service	313-494-4735
<b><u>Nutrition, Emotional &amp; Social Wellbeing, Chronic Disease</u></b>		
Karen Barbash	Program Instructor, Health and Nutrition	313-494-4971
Mary Brooks	Program Instructor, Health and Nutrition	313-494-4973
Kristi Evans	Extension Educator, Health and Nutrition	313-494-4977
Xi Chen	Extension Educator, Health and Nutrition	734-727-7238
Jacalene Christian	Program Instructor, Health and Nutrition	313-494-4976
Jiya Fnu	Program Instructor, Health and Nutrition	734-467-3358
Eileen Haraminac	Extension Educator, Nutrition, Food Safety	313-567-9701 X 104
Derrick Harrison	Program Associate, Health and Nutrition	313-494-4599
Charles Jackson, Jr	Program Associate, Health and Nutrition	313-494-4963
Amanda Knox	Program Instructor, Health and Nutrition	313-567-9701 X 105

## Extension Professionals Serving Wayne County, Continued

Name	Role	Phone
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Jacqueline Marks	Program Associate, Health and Nutrition	734-720-7919 X 105
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Jaquelynn Powell	Program Instructor, Health and Nutrition	734-727-7242
Joan Schilling	Extension Educator, Disease and Prevention	734-727-7407
Lisa Tams	Extension Educator, Social, Emotional Health & Wellbeing	734-727-7236

### Youth & Early Childhood Development

Mark Cowan	Program Coordinator, 4-H Youth Development	313-494-4979
Milaina Macklin	Program Coordinator, 4-H Youth Development	734-720-7689 X 112
Anetria Rhodes	Program Coordinator, 4-H Youth Development	313-494-4678
Laurie Rivetto	Extension Educator, 4-H Team Leader	734-727-7234
Vivian Washington	Extension Educator, Early Childhood Education	313-494-4672
Gary Williams	Extension Educator, NR-Outdoor Education	313-494-4884

### Administration

Stacy Johnson	Office Manager–Western Wayne	734-721-6576
Valerie Ribbron	Office Clerk, Sea Grant	734-720-7689 X 100
Edward Scott	Associate District Coordinator	248-858-0905
Richard Wooten	District Coordinator	734-727-7435

#### 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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