

FOREST COUNTY FOCUS

NOVEMBER 2018

A newsletter of Cooperative UW-Extension Forest County

The UW-Extension Mission

Through UW-Extension, people of Wisconsin and beyond can access university resources and engage in learning, wherever they live and work. Fundamental to this mission are UW-Extension's partnerships with the 26 UW campuses, the county and tribal governments, and other public and private organizations. Fulfilling the promise of the Wisconsin Idea, UW-Extension extends the boundaries of the university to the boundaries of the state and helps the university establish beneficial connections with all of its stakeholders.

Fulfilling Our Mission

For Wisconsin individuals, families, businesses and communities, UW-Extension fulfills its mission by:

- Supporting personal growth, professional success and organizational effectiveness through formal and informal learning
- Offering professionally-focused and cross-disciplinary competency-based credit certificates, associate degrees, and baccalaureate degrees in the area of business and management
- Addressing the changing needs of the state and society by conducting, applying, and conveying relevant university research
- Building greater access to educational, cultural and civic resources through the use of technologies

The Wisconsin Idea

The *Wisconsin Idea* is a philosophy embraced by the University of Wisconsin System that holds that university research should be applied to solve problems and improve health, quality of life, the environment, and agriculture for all citizens of the state.

Charles Van Hise, University of Wisconsin president from 1903-1918, declared that he would *"never be content until the beneficent influence of the university reaches every family in the state."*

Local Presence

The triangle of Extension highlights the partnership between Forest County and the University of Wisconsin.

UW-Extension educators offer non-biased, research based programming to county residents, while the University gains information and ideas from the people of Forest county.

**Non-biased
Research Based
Programming**

**County—University
Two Way Street**

**UW
Extension**

Forest County

2018-2019

**Forest County UW-Extension
Committee Members**

**Chairperson: Tom Tallier
Daniel Huettl
Karl Tauer**

Karly Harrison FoodWise Coordinator



FoodWise has been busy in Crandon and Wabeno Head Starts this month. Each Head Start is

receiving a series of 4 lessons for 3 and 4 year olds, as well as a nutrition lesson for parents of the Head Start students. Child lessons focus on identifying different fruits and vegetables, the colors of fruits and vegetables, and the importance of eating a rainbow of colors throughout the day. Students are also taught to become food explorers encouraging them to try new foods and increase their consumption of fruits and vegetables. In order to become a food explorer they must explore a new food during the nutrition lesson. They do this by using their eyes to describe how the food looks, using their hands to describe how the food feels, using their nose to describe how the food smells, and using their mouth to describe how the food tastes. Throughout the 4 lessons the students are exposed to different fresh, dried, and cooked fruits and vegetables. The earlier a child is exposed to fruits and vegetables the more likely they are to continue to eat fruits and vegetables throughout their lifespan.

Many parents struggle to get their child to eat vegetables and deem their child as a “picky eater”. FoodWise is providing a nutrition lesson to parents at Head Start to help them navigate ways to increase fruit and vegetable consumption with their children. We will focus on understanding that liking new foods takes time and children need multiple exposures to new foods, positive role modeling when it comes to

healthy eating behaviors, and ways to make introducing new foods fun. Parents will also be provided with easy, low-cost, healthy snack and meal recipes for the whole family.

FOOD WISE
Healthy choices, healthy lives.

Sara Richie Health & Well-being Educator



In August I was trained as a Living Well with Chronic Conditions Facilitator through a grant for Oneida, Vilas and Forest County’s aging departments.

The Forest County Office on Aging Director, Tammy Queen, recruited me to become a facilitator in Forest County along with another volunteer. In September we held our first class with 9 participants, 7 of which completed the entire 6 week course. After the first session was complete, we met to review participant surveys and discuss scheduling another session. Overall, participants felt the class was useful in helping them to find strategies to manage their chronic conditions.

Due to interest in the program, and a growing list of interested individuals, we decided to schedule another session before the end of the year. Our second session of Living Well with Chronic Conditions will be held at the Forest County ADRC on Mondays starting November 12th - December 17th from 1 - 3:30 pm. Anyone with a chronic condition, or that cares for someone with a chronic condition is welcome to join us!

For more information on the program, go to: <https://wihealthyaging.org/living-well>. To register for the program contact Tammy Queen at the Forest County Office on Aging, (715) 478-3256.

PUT LIFE BACK IN YOUR LIFE
LIVING WELL
WITH CHRONIC CONDITIONS

Chris Stark Community Development Educator

On November 1st, I co-facilitated a community conversation with 80+ people at the Conserve School in Land O' Lakes, WI, called the Northwoods Forum. The purpose of the forum is to create a series of running dialogues that will ultimately lead to action strategies that improve the economic development and quality of life of the Northwoods Region. This is the first in a series. The next will be planned for late winter/early spring and will focus on lakes. Perhaps another one will focus on the workforce issue or economic development, etc. This event had regional participation - not ONLY Forest County residents - so that we can sustain a running dialogue to discuss these issues across political boundaries and county lines. Being an active part of the planning committee for this forum, I was first approached by the primary organizer, a private citizen, over a year ago. A couple of sources referred him to UW-Extension because we are well-networked in the region. Ultimately, we will see what actions result from the Northwood's Forum but last night's "kickoff" was a good start.



Michelle Gobert Positive Youth Development educator

As a new educator with UW-Extension, I have spent the last few months focusing in on what exactly Positive Youth Development looks like in Forest County. This process has included face-to-face training with UW-Extension state level staff, and interviews with local stakeholders including school district personnel, the Director of Social Services, the Health department, the County Board Chairman and law enforcement agencies. The information gathered at these stakeholder meetings will allow me to define where and how I spend my time and energy over the next year.

There are three over-arching themes that presented themselves in these stakeholder conversations:

- #1: Helping youth find their voice in issues that affect their daily life, their family and their community
- #2: Gaining and maintaining young adults in our county
- #3: Creating positive opportunities for youth to develop life skills through evidence-based programming

These three themes have allowed me to focus on developing a variety of programs, opportunities and relationships that keep me quite busy!

An example of one of these program is the development of a group of Youth Health Advocates as members of the Forest County Coalition on Activity and Nutrition (CAN!). Currently I, as well as members of CAN!, am training a group of five "Youth Health Advocates" to become teen teachers. The program is supplemented by a \$500 4H FoodSmart Families grant.

Beginning next month, these teen teachers will work with 20 elementary age students in the Crandon School District in an after-school program titled "Food, Fun & Fitness". It is our intention to take this program to the Laona and Wabeno schools in 2019 in hopes that we have a core group of youth interested in making health a priority across the county.



Area 4 News

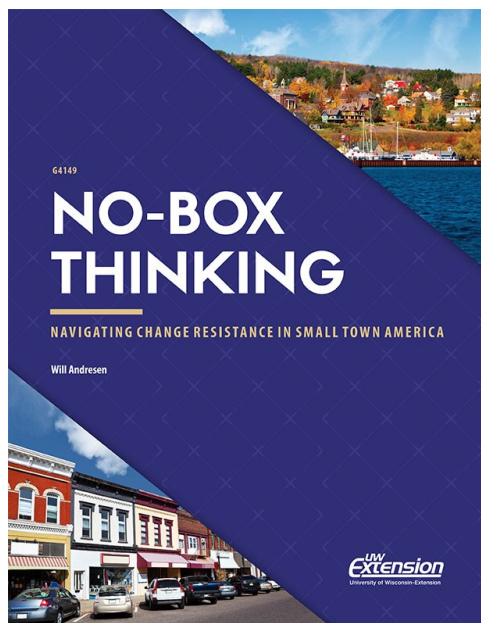
On October 11th, colleagues from Forest, Oneida, Vilas and Florence county met in Eagle River for an Area 4 meeting. The meeting allowed the four counties to gather to discuss current programming initiatives, discover commonality and to start to develop an peer support network in our shared institutes.

During the afternoon, Will Andresen, Community Development Institute Director, offered a discussion of his programming initiative in Iron County which focused on a multidisciplinary approach to more young people living in their county.



Forest County educators Michelle Gobert, Chris Stark, Sara Richie and Karly Harrison all attended the event.

Copies of Will Andresen's book titled No-Box Thinking : Navigating Change Resistance in Small Town America is available in our Forest County ofice if anyone is interested in learning more about Iron county's successful initiative.



UW—Extension News

An all program meeting for UW Extension educators will be held December 5-6th in Madison. The theme for the meeting is Strong Roots, New Growth and will focus on developing a shared understanding of where Extension is now and where we are going, advancing Extension program planning at the Institute level and increasing connectivity among Extension colleagues.

Achieving the Extension Mission through Volunteers

Volunteers are fundamental to many successful Extension Program. Research indicates that nearly one third of volunteers will choose not to continue volunteering based on poor management practices. Achieving the Extension Mission Through Volunteers is an online cohort course being offered at a reduced rate to UW-Extension colleagues beginning in January of 2019. Forest County educator Michelle Gobert is enrolled in the course and hopes to build volunteer capacity to benefit all areas of the county.

The course is designed to:

- Build staff and organizational capacity around volunteer management and development
- Increase volunteer management competencies
- Build knowledge and skills to identify, recruit, select, and support volunteers
- Learn current volunteer trends and how they may impact programming
- Understand the organization's philosophy related to volunteerism and develop your own philosophy

Forest County ANNEX Dwellers Take First Place!

In August, the Forest county health department offered a workplace challenge to increase fruit and vegetable consumption and physical activity to courthouse employees. UW Extension educators Chris Stark, Michelle Gobert, Karly Harrison and Sara Richie joined together as Team Annex Dwellers and proudly took 1st place! A decision on how to spend the \$50 cash prize is still in the works, but all agreed it was a fun and rewarding opportunity to work together to promote UW-Extension in Forest county.