

Community Nutrition

Community Nutrition Instructor Kendra Gibson shared that her main activity this past quarter has been the U Dig It! collaboration and the youth summer education series.



The Eat a Rainbow garden was moved from Lakeshore Food Club to the U Dig It! Community Garden in April. MSU Extension and the new garden manager, Sara Bolan, are working toward creating a sustainable outdoor garden education space for all ages related to nutrition and gardening, as well as continuing to support the Lakeshore Food Club through produce donations.








The U Dig It! youth garden and nature exploration summer series kicked off in June for students ages 7-11 with 13 students participating. A big thank you to Julia Chambers, from AFFEW (A Few Friends for the Environment of the World), and the Sable Dunes Audubon Society for leading the workshops. Families can still register for the July and August offerings through the Extension office.

DIG IT! Summer Series

Welcome to the Dig It! Youth Summer Series for 7-11 year olds. U Dig It! Community Garden (UDICG), A Few Friends for the Environment of the World (AFFEW), MSU Extension and Lakeshore Food Club have partnered together and are excited to offer this FREE interactive youth gardening and nature experience to our community. We'll be meeting bi-weekly at UDICG starting June 15. Sign up for one session, or several. Each week we'll have a fun, interactive activity planned at the garden! You may even win a prize to help with your gardening and cooking adventures!

Get signed up by calling the MSU Extension office at 231-845-3361. Space is limited! We'll email you a registration form to complete your registration and a list of instructions to make it a great experience.

Dig It! Summer Series | Tuesday's, 10-11 am | Children 7-11 years | Max: 15

-  **June 15 - Native Plants Galore**-Learn about plants that feed the bees, butterflies & birds. Plant a native flower garden and take one to plant at home!
-  **June 29 - Garden Exploration**-Learn about yummy veggies. We will be picking vegetables and replanting a new crop!
-  **July 13 - Art from Nature**-We will be exploring different ways to make art with a variety of items, many found at the garden!
-  **July 27 - Exploring the Garden and Beyond!**-Learn about the many treasures found in the garden and surrounding areas on our nature scavenger hunt!
-  **August 10 - It's all about BIRDS!**- Representatives from Sable Dunes Audubon Society will talk about the many birds seen around the garden and we'll build birdhouses to attract MORE!



U Dig It! Community Garden | 5810 E Bryant Rd, Ludington, MI 49431
 (Behind the United Methodist Church of Ludington)
facebook.com/udicgarden | affew.org

Disease Prevention

MSU Extension Health Educator Naomi Hyso co-taught a six-week Powerful Tools for Caregivers series with participants from all over the country. Powerful Tools for Caregivers is an evidence-based program designed to equip caregivers with a range of self-care tools to help them reduce personal stress and communicate effectively with family members and healthcare providers. Class participants were very grateful the program was offered through MSU Extension in a virtual format during the pandemic. Hyso noted that caregivers especially find it challenging to attend these workshop in-person. She hopes to be able to continue offer the virtual option of this program in the future.

Naomi has been teaching the online version of Chronic Pain PATH (Personal Action Towards Health) workshop for Michigan residents. The program provides information and techniques to help participants cope with the challenges associated with chronic pain management. A variety of self-management tools, such as communicating with healthcare professionals, managing stress and medications are explored. Two cohorts were offered in the winter/spring, one is currently in progress and two more have been scheduled for summer and fall. T

The Chronic Pain PATH program was offered for the first time in Spanish through MSUE. Naomi and a fellow health educator taught the class virtually for a group of 15 woman in partnership with an organization based in Kent County called Puertas Abiertas, a community-based program that offers culturally specific services to Latinx victims of domestic abuse. Hyso has also been working on translating several documents into Spanish. She completed a translation of her article on alternative ways to manage chronic pain as well as several diabetes educational resources in collaboration with the National Extension Working Group on Dining with Diabetes.

Naomi also has an in-person A Matter of Balance class series starting Monday, July 26th M/W from 10-12 at the Ludington Senior Center. The flyer for that event follows.

DO YOU HAVE **Concerns**
about **falling?**



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.


This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

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Please call the Ludington Senior Center at 231.845.6841 to register.

Class starts July 26th & ends August 18th, 2021

Classes are twice per week for 4 weeks and 2 hours each class.

This is a collaborative venture between Area Agency on Aging of West Michigan, Ludington Area Senior Center and Michigan State University Extension.

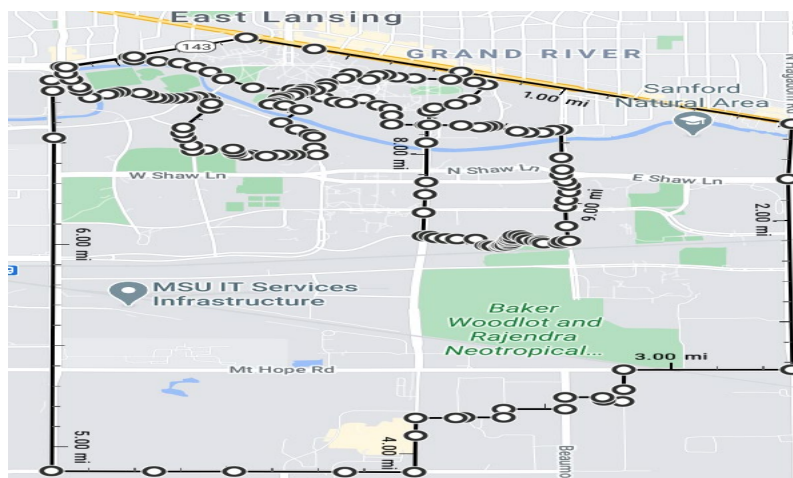
A Matter of Balance: Managing Concerns About Falls
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

Mason County 4-H

4-H Program Coordinator Aaron Myers reports the following highlights for the second quarter.

As Mason County 4-H returns to face to face programming, the 4-H program brings a broad spectrum of youth programming to the community. The partnership between Mason County 4-H and G2S Academy has been officially activated. In the current class of students attending G2S, roughly half of the student body (50 youth) have elected to enroll in Mason County 4-H, gaining them access to our monthly Clover Crate Take-Home kits and a vast array of virtual programming that is currently taking place all over the state. With the start of a new school year in September, we expect the process to be much more streamlined and will have the entire student body enrolled in Mason County 4-H, totaling between 120 and 130 students.



Among the successes this quarter was a collaboration between Mason and Oceana County 4-H for the 4-H Virtual Cross Campus Cruise fun run. Participants were able to take part in a “virtual” 12 mile run around the MSU Campus, learning about the various landmarks and buildings that are a part of campus culture. Over the course of a week, participants were able to run, jog, bike or roll around their home or school and log their miles into a special tracker that would send them virtual postcards about campus landmarks they passed. Most of those enrolled in the program completed the 12 mile run within the week and received a custom water bottle and a finisher’s medal.

Mason County 4-H was also able to host the 4-H Poetry Pack workshop, a youth workshop designed to introduce youth to the world of poetry. Our 4-H volunteer worked with our participants to get them excited about poetry and help them gain the knowledge to write poetry about their own experiences.

Moving forward Aaron has been approved to hold a series of fun youth activities in the evening at the West Michigan Fair, when the animal shows are over. This will provide youth an opportunity to relax, have fun and mingle after competitions. Some of the events include doing s’mores, a “backyard bass-a-thon” which is using fishing activities from the Project FISH curriculum, and having a goose chase scavenger hunt. The events would be open to all youth.

Aaron has also held a 4-H Showing Character event that covers ethics and sportsmanship while showing animals. Aaron worked with the West Michigan Livestock group to see if they would be interested in having their registered youth participate in this program. The event was held immediately following their July meeting at the fairgrounds and was a great start to a partnership where 4-H can offer education to the traditional livestock program.

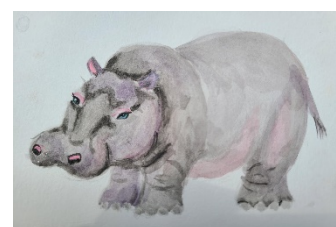
Front Office

County Administrative support staff Wendy Marek. During the 2nd quarter Wendy fielded over 220 telephone calls from community members, primarily focused on lawn and garden issues and inquiring about soil samples. In addition, the office fielded many calls regarding the gypsy moth outbreak that was a significant concern in various pockets of west Michigan. There were also a number of inquiries and conversations regarding our health and nutrition programming and 4-H. In addition to the phone calls Wendy continued to respond to email requests for information (approximately 100), and served members of the public that ventured in to the office. Wendy also continued to manage the Facebook page as it continues to be an important tool for program promotion and community engagement in Mason County.

Social/Emotional Health & International Programming

D'Ann Rohrer, Leadership and Civic Engagement Educator has a lot to report for the 2nd Quarter report.

- Once again this year Ludington Area Schools had student representation in MSU's World Food Prize Youth Institute. The World Food Prize Michigan Youth Institute (WFPMIYI) is a one day event coordinated by Michigan State University (MSU) where youth:
 - Present research and recommendations on how to solve key global challenges in a short speech and small group discussions with local experts.
 - Connect with other student leaders from across Michigan to share ideas, identify solutions to these problems and build lasting friendships.
 - Interact with global leaders in science, agriculture, industry and policy.
 - Take part in educational sessions to explore current research and issues in food, agriculture, natural resources, international development and life sciences.
 - Meet innovative professionals, researchers, professors and college students working to end hunger and poverty and improve food security in Michigan and around the world.
- June 24 – 4-H Exploration Days: Expanded Virtual Experience – D'Ann was actively involved in providing support for this MSU pre-college program that gives young people a chance to experience college life, learn new ideas and skills, and meet people from across Michigan. The online program focused on skill development and exploring new experiences. Some of the activities offered within this program that D'Ann was involved with include the following
 - Community conversations - offered youth & teens an opportunity to identify "My Multicultural Self" They discussed what influences culture - who you are, family. Environment, geographical location, heritage, food, language etc. What does this mean for how we show up in our communities? How we interact with others in our communities? What steps will you take to learn more about other people's identities?
 - Ongoing activities – GooseChase, Escape Room, Decorate Contest & Passport Challenge – attend as many sessions as possible and receive a password to add to a crossword puzzle and turn in for 4-H swag prizes.
 - Mental Health – D'Ann helped create the information piece for participants to use if needed.
https://www.canr.msu.edu/4_h_exploration_days/4H%20Exploration%20Days%20MHFA%20Help%20Sheet.pdf
 - Virtual Calming Room creation and website work – D'Ann created the watercolor art for the sights and sounds page
<https://www.canr.msu.edu/virtual-calming-room/Sights-Sounds/animal-live-cams-videos> animal live cams - Home page link:
<https://www.canr.msu.edu/virtual-calming-room/> (pictured right)
 - Italian Culture Day – Guiding youth as they explore language, cooking pizza dough, completing an Italian themed craft, learning an Italian song and dance, reading the story Il Palazzo di Gelato, di Gianni Rodari (The Ice Cream Palace, by Gianni Rodari)
https://mediaspace.msu.edu/media/t/1_skjq47rg



- Grant afterschool Philanthropy Education was presented to K-8th grade students participating in the Grant afterschool program. These sessions help youth to be more intentional about serving our communities. Many 4-H clubs participate in service during the year and local communities are so grateful. In partnership with Learning to Give, Michigan 4-H is offering a monthly lesson idea from the Learning to Give website.
- Finally, D'Ann is working on bringing the Mental Health First Aid program to Mason County through a grant from Morgan Stanley that would cover the cost of delivery to area students. This evidence based program is a skills-based training course that teaches participants about mental health and substance-use issues.

Water Resource Education

Relevant Statewide Initiatives and Programs

Collecting long term data on Michigan inland lakes

- Almost 300 lakes are signed up this year for [MiCorps Cooperative Lakes Monitoring Program](#) - Michigan's long-term volunteer lake monitoring program. This program provides a framework for individuals to collect scientifically sound, baseline lake data. Volunteers can sign up to collect water clarity, phosphorus, algae, dissolved oxygen, aquatic plants and shoreline habitat. Erick helps coordinate this program.



Volunteer collecting a water sample.

Lake and Stream Leaders Institute

- Over 100 people participated in our virtual Lake and Stream Leaders Institute virtual training in June on "Effective Communication for Lake and Stream Organizations". This program explored effective communication techniques for advancing lake and stream stewardship and conservation.

Landscaping Best Practices

- Erick has given numerous presentations in western Michigan to groups interested in making their lawns and landscapes more water friendly.

Fisheries Webinar Series

- Erick helps deliver a [multi-state fisheries habitat webinar series through the Midwest Glacial Lakes Partnership](#).

Mason County

Aquatic Plant Monitoring Protocol

- Last year, Erick helped design a quantitative monitoring protocol for aquatic plants with the Michigan Department of Environment, Great Lakes, and Energy. This monitoring protocol is now going to be used to survey drowned river mouth lakes on the west coast of Michigan. This protocol was built due to the recent invasion of European frog-bit in the Lower Grand River and Pentwater Lake.

Food Safety Education

Food Safety Educator Wade Syers has shared the following highlights from his second quarter.

Wade released a must read article on edible insects that can be found at <https://www.canr.msu.edu/news/eating-insects-safely>. The article focuses on food safety concerns and considerations when it comes to edible insects. Additionally, Wade wrote an article titled “The cost of foodborne illness” which can be found at https://www.canr.msu.edu/news/the_cost_of_foodborne_illness. This article focuses on how foodborne illness can be much more than just a stomachache, and can actually be a serious health issue and an economic burden.

Wade is also actively involved in the delivery of various Food Safety programs

- Cooking for Crowds
https://www.canr.msu.edu/cooking_for_crowds/events

Is your organization preparing for a food event? Cooking for Crowds classes educate volunteers and groups who offer food fundraisers and events such as dinners and bake sales. Join MSU Extension for this online Zoom class to learn how to keep the community safe and prevent foodborne illness. There are a variety of food safety risks that develop when cooking large volumes of food. Learn to reduce these risks and help prevent the conditions that may lead to a foodborne illness. Educational topics include foodborne illness, safe purchasing, storage, preparation and service of food. Class will include information based on the Michigan food code and regulations for the state of Michigan. The cost for this 3-hour class is \$15 with each participant receiving a food safety manual in the mail after registering for the class.

- Michigan Cottage Food Law Training
<https://www.canr.msu.edu/events/michigan-cottage-food-law-2021>

Learn how to safely prepare and sell allowable foods to the public made in home kitchens. The Michigan Cottage Food Law workshop reviews the food safety aspects and guidelines of preparing and selling cottage foods. The MSU Product Center joins us to cover the business aspects of the Cottage Food Law. A Michigan Department of Agriculture and Rural Development Inspector will be available for the Q&A portion of this workshop.

- ServSafe Manager Certification



Food establishments in Michigan require a certified food safety manager. This is a proctoring session only of the ServSafe Food Protection Manager Certification exam. Through the ServSafe Food Protection Manager Certification exam, participants demonstrate their knowledge of the prevention of foodborne illness throughout the flow of food and set up food safety management systems. **The ServSafe Manager Exam covers the 7th Edition ServSafe Manager book. For registration information contact Amanda McNerney at 231-724-6361, mcnerne6@msu.edu** For proctoring information contact Wade Syers at syerswad@msu.edu.

Food Processing



We are pleased to announce that **Clarence Rudat** has been hired to fulfill the role of F.A.R.M. Manager/Product Innovation Counselor to serve at the Food Agriculture Research Manufacturing (F.A.R.M.) facility in Muskegon. This stage 2 food processing incubator will be supported by the staff at MSU's Product Center, and Clarence will provide local support and facilitate access to the additional resources of the University.

The F.A.R.M. will actively seek to grow the food processing industry up and down the west central side of Michigan and will provide an outstanding resource to all of the counties with MSU Extension's District 5.

Clarence brings a wealth of knowledge in regards to agriculture and agricultural technology, and is already well connected with many food producers in the region. He will formally begin his role in the first week of August, and will have an office on the campus of Muskegon Community College.

Tree Fruit Educator



We are pleased to share that we have hired our new Tree Fruit Educator to serve in Oceana County and more broadly the west central fruit growers. **Dr. Emily Lavelly** will be relocating with her family to Oceana county over the summer and formally starting her role at the start of October. Coming from a campus role at Penn State University, we are extremely confident that Emily will add significant value to the fruit industry in the region, and that she will play an important role in the future success of our fruit growers.

Emily will work closely with the West Central Research Center in Hart, and will continue to provide an essential link from the MSU Horticultural Research team to the local commodity growers specifically along the west side of Michigan in Mason, Oceana, and Muskegon county.