

Macomb County

2015 ANNUAL REPORT

MESSAGE FROM THE DISTRICT COORDINATOR

In 2015, Michigan State University Extension has continued its tradition of delivering quality educational programs and services to Macomb County residents. Our continued presence in Macomb County means that this year, almost 8,000 youth from Macomb County had the opportunity to participate in 4-H and other youth development programs. Through our Master Gardener/ Consumer Horticulture Programs, over 6,000 Macomb County residents had the opportunity to learn new gardening techniques and best practices. By providing these programs as well as a whole host of extremely impactful resources and initiatives, MSU Extension has solidified its place as a vital part of this extraordinary community.



Having recently completed a series of focus groups through our Issues Identification process, we look forward to further focusing our mission and program plans to be able to provide all of the very best services we have to offer in order to meet the needs of Macomb County residents.

Sincerely,

Richard Wooten

District Coordinator, District II

MEASURING IMPACT

4-H Youth Development	7,988
Volunteers	554
Natural Resources & Sea Grant.....	5,124
Volunteers	280
Health ,Nutrition & Wellness	5,372
Financial Stability & Community Development.....	989
Food Systems	735
Master Gardener Program Participants	6,500
Master Gardener Volunteers.....	313
Master Gardener Hotline	1,084
TOTAL IMPACT	28,939

MSU Extension Opens New Office Location in Warren, MI

In February of 2015, Michigan State University opened a new office location in Warren, Michigan at the Thompson Community Center. Through a partnership between Van Dyke Public Schools and Macomb County Department of Health and Community Services, Thompson Community Center was transformed from a mothballed school building to a functional, one stop location for Macomb County residents to receive services. In addition to MSU Extension, the building houses a WIC office, Macomb Community Action, Family Planning and Macomb Children’s Healthcare Access Program. Currently, MSU Extension offers youth development programming, health and nutrition programming, foreclosure counseling and financial literacy training at the Thompson Center location. Plans are already underway to increase traffic and access to the building as well as to provide additional services so that eventually, everything that MSU Extension has to offer will be available at both locations in Macomb County.

OUR MISSION

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

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DEVELOPING YOUTH AND COMMUNITIES

Michigan State University Extension's staff and volunteers worked with 7,988 non-duplicated Macomb County youth during 2015 with specialized programs in 4-H Youth Development, mentoring, natural resources and nutrition education. This number represents a 6.7% increase in Macomb County youth participation over the previous year.

Macomb County 4-H Youth Development

MSU Extension's 4-H Youth Development Program is designed to uniquely prepare Macomb County's youth to be successful in present and future endeavors. It provides developmentally appropriate opportunities for participants aged 5-19 to experience life skills, practice them until well learned, and to apply them when necessary throughout their lives. Programs provide hands-on learning opportunities across the county through 4-H clubs, after-school programs, school enrichment programs, out of school camps, mentoring programs and local, state, and national events. In 2015, MSU Extension staff recruited, trained and provided oversight to 554 adult and teen volunteers. These volunteers delivered 4-H educational programs focused on life skills, science literacy, leadership and civic engagement, and workforce preparation throughout Macomb County. At an average of 5 hours per week, Macomb volunteers provided 144,040 hours of service to 4-H youth in 2015. Some key program highlights from 2015 include:

- » The Michigan 4-H China Art Project, conducted in cooperation with the People's Republic of China, is a global education program that uses the arts for both in-school and after-school learning experiences. It is a global cultural experience where youth exchange art as a means of communication despite language barriers. The China Art Exchange takes place every year in the spring. In 2015 there were six K-6 grade Macomb County schools which participated with more than 2000 youth.
- » The Armada Fair is a large part of the Macomb County 4-H community. It is a week long event where youth take care of livestock, answer questions about their projects and volunteers monitor the barns. During the two cleanup events (prior to the fair) there were over 50 adult and youth volunteers that assisted for 4 hours giving a combined total of around 200 hours of community service. The 2015 Sunday Fair Judging (judging of non-livestock) had more than 150 youth entries.
- » In 2015, Macomb County 4-H re-established summer day camps. There were two summer camps offered to county residents at the new Thompson Community Center in Warren, MI. Youth ages 5-12 were engaged in two one-week camps with 4-H healthy living and science topics. 4-H sessions included nutrition, physical fitness, self-esteem/self-worth, making healthy decisions and STEM.

4-H Club Programming

While the interests of club members expand and change throughout the years, currently there are 53 active clubs with a variety of project areas to keep Macomb County youth learning and developing. MSU Extension staff strives to support project areas and ideas that develop youth financial and science literacy, entrepreneurship, leadership and civic engagement, and life skills. These skills assist them to identify career choices and successfully enter the workforce. An interesting variety of project areas are available to challenge Macomb youth. Macomb County 4-H has clubs with multiple project areas including but not limited to the following:



From once-a-month family workshops and in-school science lessons to after-school technology training and classroom gardening, MSU Extension supplies Michigan schools and the families they serve with the support they need to be successful.

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).



Developing Youth and Communities, continued

- » Animals have been 4-H projects since clubs were established. There are active clubs with projects for youth to grow, maintain, handle and train horses, rabbits, beef, swine, sheep and goats. Raising goats has developed into an entrepreneurial exercise as well. One club has an online store that sells goat milk products: soaps, lotions, and cheese. Small animals such as dogs, cats, rabbits, birds and poultry are particularly popular in urban areas.
- » Outdoor education and recreation is another popular interest area. Shooting sports provide training in safe handling and equipment care in archery, riflery and muzzle loaders. The Dresden Outdoor Adventure Challenge Club engages in outdoor activities such as kayaking and spelunking as well as environmental science.
- » Science and technology projects are popular and include rocketry and robots, entomology and bees, veterinary science, horticulture and gardening.
- » Community service and volunteerism are 4-H goals that are reflected in club focus areas. These activities not only help communities but build life skills such as public speaking and organizational development that can be used throughout life.
- » Woodworking, industrial arts, stained glass, photography, painting, and expressive arts develop interests in future hobbies or careers as well as coordination and self-esteem.

4-H Mentoring Programs

In 2015, The 4-H youth mentoring program serviced 40 youth through community, peer, and group-based mentoring programs in 2015. With the addition of a new peer mentoring site 4-H was able to reach more at-risk youth keeping them more connected to the school and community around them. The youth who participate in these various mentoring programs learn the importance of life skills including leadership, communication, healthy relationships, etc. They also become connected to an individual who offers both a listening ear and a support system outside of their immediate family. In 2015 the 4-H mentoring program assisted in developing the peer mentoring program at Mt Clemens High School. Seniors and juniors were picked from the high school to become mentors based on their ability to be leaders in their school and maintain high marks in their classes. These mentors were matched with incoming freshman to help with the transition between middle school and high school. The goal of the program was to give the freshman a sense of belonging at their school as well as offer them a friend that they could communicate with during the program and outside of the program. Macomb youth participated in the 4-H Mentoring Weekend, a statewide short term special interest program at Kettunen Center. They were exposed to canoeing, shelter building and team building activities that helped them strengthen their mentoring relationship and gain confidence.

Supporting STEM careers through youth programming

The 4-H Tech Wizards mentoring program provided programming at Mt. Clemens Middle School, L'Anse Creuse Middle School Central, Anchor Bay Middle School South and The Detroit Tank Arsenal Child Development Center in Macomb County. The program partnered with The Mt. Clemens Optimist Club, The US Army, Garrison Children and Youth Social Services and Middle School Teen Program (CYSS/MST) to recruit mentors.

In 2015, 11 active mentors worked with 77 youth in Macomb County. They met weekly for two hours over the course of a year in order to develop a strong mentoring relationship. Exploring STEAM (Science, Technology, Engineering, Art and Math) activities acts as a catalyst for communication and helps strengthen these relationships. With a growing number of jobs in the areas of STEAM, it is important to cultivate youth with the

In the U.S. today, many job openings for science, technology, engineering and mathematics (STEM) -related positions go unfilled due to a lack of qualified applicants.

MSU Extension provides resources aligned with Michigan science education standards to teach confidence, leadership and responsibility related to STEM.



Developing Youth and Communities, continued

creative prowess and critical thinking skills that will help them to address future issues with ingenuity and determination.

During the summer, mentors and mentees participated in the 7th Annual 4-H Mentoring Weekend where they bonded over fun activities and met other mentoring matches from across the state. In addition, the Annual Maker Faire Detroit offered mentors and mentees the opportunity to experience the creative ingenuity of local and national inventors and tinkerers. When surveyed, youth mentees reported important outcomes from participating in the program including planning to go to college and a more positive life outlook.

Supporting Michigan's military families

During 2015, 202 youth were involved with 4-H clubs on or around military installations. With seven different clubs integrating anything from cooking to outdoor education to gardening, each military child was offered something new to learn or expand their knowledge on. Service learning was also a key component of the 4-H military clubs. They participated in the World Wide Day of Play, offering 4-H military youth and families a chance to have fun and to briefly take their minds off of active and deployed loved ones. The military youth were also able to expand their knowledge of other 4-H clubs in Michigan by participating in 4-H Exploration Days, Kettenuen Center teambuilding activities and Winterfest. One of the parents let staff know that by having her children participate in 4-H, it helped open their eyes to the beauty of the outdoors. They also were able to build social skills through interactions with other teens and participating in group activities.

Connecting Entrepreneurial Communities

To strengthen communities' support of entrepreneurs, the Greening Michigan Institute organizes a statewide conference focusing on Connecting Entrepreneurial Communities (CEC) each year in October. The 2015 Conference went border-to-border by holding events in both of Michigan's Peninsula's, Houghton/Hancock on Oct. 7-8 and Sturgis on Oct 21-22.

This unique conference is embedded in each community enabling attendees to explore and experience entrepreneurship throughout the event. Each event had over twenty different breakout sessions focusing on one of four tracks:

- » Growing Community Strength
- » Youth as Entrepreneurs
- » Arts, Ag, Food and Culture
- » Green and Blue Economy

In 2015, 194 individuals including 10 people from Indiana and 5 people from Wisconsin attended a CEC conference. Houghton/Hancock had a total of 84 attendees and 110 attended the event in Sturgis. Combining both conferences, the participants represented 39 counties and 64 communities in Michigan.



Literacy is a key component to having positive life outcomes. To date, 250,000 books have been distributed to more than 2,500 children through programs sponsored by MSU Extension and its partnership with the Molina Foundation. In 2015, 1684 of those books made it into the hands of Macomb County youth.

Developing Youth and Communities, continued

Youth Entrepreneurship

Michigan's youth are filled with creative and passionate ideas that could easily become booming business ventures. To help youth understand that these ideas can turn into business plans and future careers, MSU Extension provides a variety of resources to support young entrepreneurs and the adults who work with them. Entrepreneurship education highlights include:

- » Development of a new curriculum: Youth Business Guide to Success (available in early 2016)
- » Creating the next Generation of Entrepreneurs— 19 adults were in attendance
- » Co-presented with Rutgers University and West Virginia Extension at the National Association of Extension 4-H Agents conference, Entrepreneurship: Food Innovation Centers, where 11 adults attended.
- » Turn Your Passions into Profits-14 youth in attendance
- » Ag Innovators Experiment-25 youth in attendance
- » Livestock Business Plan Development- 4 youth, 6 adults attended

Youth are gaining life skills such as leadership, planning and teamwork, while adults are learning about the information about the needs, concerns and issues that pertain to youth.

MSU Extension offers social, recreational and educational opportunities to connect military families with local resources and support, as well as predictable, safe and nurturing environments for military youth to unite with others facing the same challenges.



ENSURING SAFE AND SECURE FOOD

When you support MSU Extension's efforts to enhance 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.


Teaching residents about community food systems

A sustainable community food system integrates food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of residents. Farmers, consumers, and communities partner to create a more locally-based, self-reliant food economy which improves access for all community members to an adequate, affordable and nutritious diet. Accomplishing this requires a food system with a dynamic blend of local, regional, national and globally-produced good food, as well as consumers who understand and utilize the benefits such a system can provide.

MSU Extension's Community Food Systems work group has developed several initiatives to promote consumer awareness and understanding of what "good food" is through nutrition education, community education on food systems, support for institutions that wish to source locally, and assistance developing and expanding markets where locally grown foods can be accessed. During 2015, 735 people from Macomb County attended educational events, workshops, presentations or worked one-on-one with an MSU Extension educator on understanding and developing community food system components.

MSU Extension partnered with the Greater Detroit Area Health Council on a grant project funded through the Michigan Department of Community Health. This project aims to decrease or prevent chronic disease in adult residents of three communities in Macomb County. MSU Extension has worked with the grant partners to contact corner store owners, support and educate them on the benefits of carrying fresh, minimally-processed foods. Through these efforts one corner store has received a new cooler which will be stocked with produce items, and fresh, healthy prepared foods.

In 2015, MSU Extension partnered with two Native American organizations to host culturally appropriate educational opportunities for the Native community. American Indian Healthy and Family Services co-hosted a traditional medicine walk, taught by a local Michigan Native Healer, where the 19 participants learned



MSU Extension's 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.



Nearly 4,000 Michigan residents learned about preserving food and preparing safe food for public consumption.



Ensuring Safe and Secure Food, continued

how to identify common plants that have nutritional and traditional healing benefits. Two local herbalists participated by making herbal teas and sharing their healing benefits.

MSU Extension partnered with the North American Indian Association of Detroit to host a container gardening class. Taught by a Master Gardener volunteer, this class provided a hands-on experience and allowed the nine participants to take home a number of seeds and ready to grow transplants. The evaluations from the workshop indicated that 80% of respondents would either start growing their own food, or change the way that they are growing their food, based on what they learned at the workshop.

Getting local foods into school cafeterias

Farm to Institution is a holistic approach to building the regional food system by providing foods that are nutrient dense to students and patients, economic benefit to local growers, and a more connected food community. The MSU Extension Community Food Systems work group supports institutional purchasing of local products by providing support and resources to growers, distributors and purchasers to advance these efforts.

A team of MSU Extension's Community Food System educators were awarded a Specialty Crop Block Grant through the Michigan Department of Agriculture and Rural Development. This \$66,498 award will fund the development of a curriculum and hands-on training for food service staff to better use whole vegetables and fruits in their school food programs. This training will include seasonal menu planning, culinary skills, and produce preparation.

In Macomb County, MSU Extension offered presentations and provided one-on-one counseling to institutional purchasers and growers to assist with increasing sales and purchases of local fruits and vegetables. The Michigan Farm to Institution Network, which MSU Extension is a member of, hosted an educational tour of Macomb County's diversified vegetable farms. This tour attracted 18 participants to gain in-depth insight about how vegetables are grown, harvested and sold.

Macomb Food Collaborative

The Macomb Food Collaborative works to ensure access to safe, fresh, fair and healthy food for all, promote a vibrant, local food economy, sustainability and good nutrition through education, outreach and support.

Hosted by the Macomb Food Collaborative, the *All About Food Conference* was held in February of 2015. The conference was supported by MSU Extension, a

School gardens lower food costs for school and also encourage healthier eating habits, leading to healthier kids.



Ensuring Safe and Secure Food, continued

member of the Collaborative, and convened food system stakeholders from around Macomb County, with additional participants from surrounding counties, including Lapeer, Oakland, St. Clair and Wayne. Educators, farmers, farmers market vendors, consumers and food business owners were represented in the 175 attendees.

The keynote address was given by Dan Carmody, the president of Detroit's Eastern Market Corporation. He motivated the audience to focus on supporting and improving our regional food system by sharing Eastern Market's accomplishments and his vision for Southeastern Michigan's food future. The conference evaluation demonstrated that he and other presenters shared valuable resources on where to find local resources and connections to others working in their local food system – 74% of respondents indicated an increase in this knowledge, due to the conference.

Other sessions were offered on a wide range of topics, including gardening, food business development, youth entrepreneurship, genetically modified organisms and food preservation. The conference evaluation showed that 80% of attendees were going to make changes to their food business or food at home based on what they learned at the conference.

The Macomb Food Collaborative continued to engage community members around issues of food throughout the year. The group hosted educational events that reached 230 community members. The events featured various speakers who shared their knowledge and experience on building their food businesses, fermenting local foods, container gardening, and making cider and beer. The Collaborative also hosted a third Macomb Food Fair to showcase small, Macomb County-based food businesses. The vendors shared samples and sold their products to 150 participants.



For several years, MSU Extension has worked to get healthful, Michigan-grown vegetables into more school lunches.

HOME OWNERSHIP, FINANCIAL LITERACY & PRODUCT CENTER

Michigan State University Extension's Financial and Homeownership Education (FHE) plays an important role in addressing the issues of financial health of individuals and families through community-based educational programs covering financial capability, homeownership, foreclosure prevention and newly added, post-foreclosure education. The Michigan State University Extension Product Center also plays a vital role in assisting entrepreneurs with bringing edible products to market. Clients receive counseling sessions, marketing strategy and education and are even given the opportunity to put their products in front of buyers for major Michigan grocery chains, such as Meijer, Kroger and Walmart.

Foreclosure Prevention and Counseling

Michigan State University Extension has been committed to assisting Macomb County residents facing foreclosure since the economic crisis began. In 2015, Michigan State Housing Development Authority (MSHDA)-certified housing counselors provided information and education on foreclosure prevention to 512 homeowners. Of that number, 91 residents participated in an optional two-hour individual counseling session. The Step Forward Michigan Program, which ended December 31, 2015, provided \$15,705,247 in mortgage assistance funds for Macomb County homeowners facing mortgage foreclosure.

Since 2011, MSU Extension's MSHDA-certified housing counselors have partnered with the Macomb County Treasurer's Office to provide housing and budget counseling to Macomb County residents facing property tax foreclosure. Step Forward Michigan funds provided Macomb County taxpayers with \$3,020,226 to assist residents with property tax delinquencies. Mortgage and property tax assistance funds from Step Forward helped over 1,880 families in Macomb County.

In January 2015, MSU Extension launched a new online resource to assist families that are recovering from foreclosure ; "The Starting Over After Foreclosure Toolkit" is designed to help people who have been through home foreclosure or are now in the foreclosure process to rebuild their financial lives.

Statewide, 78% of MSU Extension foreclosure clients were able to keep their current home and 3% were able to sell their home to avoid foreclosure.

Homeownership Education—Make Macomb Your Home

The MSU Extension- Make Macomb Your Home, Homeownership Education Program provides participants interested in purchasing a home with researched-based education. The program helps participants improve credit scores and financial standing which enhanced the likelihood of eligibility for lower cost mortgages and

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.



Home Ownership & Financial Literacy, continued

decreased the chances that troubled borrowers would have to seek foreclosure assistance. Guest speakers from the housing industry including local realtors, lending professionals, and home inspectors provide the information required to successfully navigate the home buying process. This six-hour session allows participants to earn a certificate of completion that is a requirement for MSHDA down payment assistance programs. There is an option to take this course online via MSU Extension's eHome America homebuyer education program www.ehomeamerica.org/msue.

As a result of participating in the Homeownership Education class before purchasing a new home, MSU Extension's statewide pre- and post-program evaluations revealed participants who completed the six-hour course significantly improved knowledge and skill in the following areas: 92% now understand predatory lending practices; 90% will get their homes inspected by a reputable firm; 89% will select a realtor to be a buyer's agent; and 89% of participants can identify down payment and closing requirement of loans.

In 2015, 134 participants received certificates of completion to apply for MSHDA mortgage programs through qualified lenders, and receive up to \$7,500 in down payment assistance.

Money Management

In 2015, MSU Extension continued to provide workshops to help Macomb County residents learn about money management. These three-week sessions focus on helping consumers gain confidence and skills related to their personal finances. Participants attend these classes to understand their money values and how to communicate about money, write S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, Timely) goals, manage debt and improve credit, and create plans for saving and investing. Everyone is welcome to attend.

Youth Financial Literacy

4-H is well-positioned to help youth practice key financial management skills that are sometimes not readily gained in the course of a child's formal education nor through the natural learning young people gain in their homes. 4-H has tools to help youth gain needed lessons on budgeting, saving, investing and credit to better prepare them for the challenges and the opportunities that money can bring. This past year, 11 financial education programs servicing 164 youth and 16 adults were offered. Below are some program highlights:

As Michigan looks to rebound from recent fiscal difficulties and become stronger and more fiscally sound in the future, MSU Extension has been a valuable partner in educating the public as well as legislators.



MSU Extension's financial literacy and housing education programs help families and individuals at any stage of their lives make smart money decisions and work through the homeownership process.



Home Ownership & Financial Literacy, continued

- » *Mad City Money* is a financial education simulation where young people get a taste of the adult world complete with jobs, income, family and debt. During the three-hour program, youth visit merchants to select housing, transportation, food, household necessities, clothing, daycare, and other needs while building a budget for their simulated family. *Mad City Money* allows participants to make mistakes and suffer the consequences of their decisions in a realistic, but safe environment. *Mad City Money* was delivered to 69 youth including residents of Macomb County Juvenile Justice system and as part of a summer pre-college camp called *OsteoChamps*.
- » *Spartan Dollars and Cents* is a budgeting game that teaches participants to prepare a usable budget. Participants receive an occupation with salary. The challenge is to complete a lifestyle questionnaire while staying within their income. To add to the excitement, unexpected life occurrences are incorporated into the game. This program was offered four times in SE Michigan with 44 youth participating, 36 of them being youth aging out of foster care.

A number of new programs were developed and piloted this year aimed at teaching elementary age financial literacy. Both “*Making Money*” and “*Money Games*” engaging 14 elementary age children each were offered at a summer camp held at Thompson Community Center. In addition, “*Raising Money Smart Children*”, a new program where the whole family acquires skills to save, keep and grow their money together was piloted this year at Kment Elementary in Roseville where 17 children and 8 adults attended.

Michigan State University Product Center

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 bio economy 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. In 2015, over 50 Macomb County residents received services from the MSU Product Center.

As the state moves to be more competitive in the New Economy, it focuses on attracting and retaining educated people by making communities rich in physical and cultural amenities.



KEEPING PEOPLE HEALTHY

In 2015, the health and well-being of Michigan's residents was a priority focus for Michigan State University Extension's Health and Nutrition Institute. In Macomb County, 5,372 individuals participated in MSU Extension nutrition education and obesity prevention programs and workshops. These program series, workshops, and single presentations strive to serve limited income individuals and families, including those eligible or enrolled in food assistance programs.

Working to improve social and emotional health

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 Macomb and Wayne County 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 conference presentations of a two part series offered throughout Macomb County, 397 residents completed the program this year.

Fighting Obesity and Chronic Disease Through Education

The goal of the MSU Extension nutrition education programs is for participants to implement positive behavioral changes, individually and within their family diets, for increased nutritional well-being. All series-based and one time presentations aim to improve an individual's view of nutrition by increasing knowledge, building skills and shaping one's attitude and behaviors. Food is personal and every single day people make numerous choices and decisions that impact their health. Consider how many factors, such as affordability, cooking abilities, accessibility to a kitchen, and food choices, all play into daily food decisions. MSU Extension nutrition instructors meet each participant where they are on their own journey of health to educate them to improve overall health. Key health and nutrition goals are to increase fruit and vegetable consumption, eat more nutrient dense foods, keep food safe, and to increase physical activity.

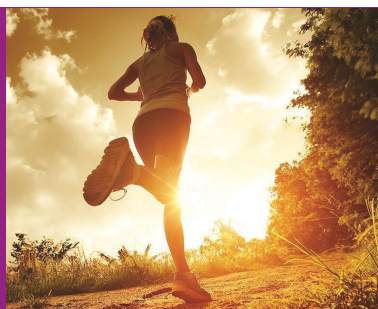
In 2015, the MSU Extension Health and Nutrition Institute merged local, county, and statewide health education information, and identified needs to broaden the scope and impact of their nutrition education initiatives. Using the Social Ecological Framework, nutrition educators engaged with community partners throughout the state to implement policy, system, and environmentally-directed efforts to reach new audiences not previously served by MSU Extension.

Special Needs Populations

In 2015, Macomb County MSU Extension implemented a new Healthy Eating Adds Up curriculum to better serve adults with cognitive impairment and/or developmental disabilities. Making affordable and practical nutrition education available to all, regardless of abilities, is critical.

The Robert G. Lutz School partnered with MSU Extension to bring this practical

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.



MSU Extension reached more than 87,000 adults and young people across the state through programming. Nearly one-third of youth increased their level of physical activity and more than two-thirds of adults increased time spent being physically active, including three-quarters of older adults.

Keeping People Healthy, continued

nutrition education program to the adult students they teach and train. At Lutz School, 61 students throughout four classrooms enrolled in the Healthy Eating Adds Up series. A letter from the school administrator stated, “I wanted to send a personal thank you to you and your fantastic staff! The lessons were really great and the delivery from your staff was even better. I’m so thankful that we were able to make this program work this summer, our students benefited, our staff benefited – it truly was a great experience.” Lutz School administrators have requested MSU Extension to return in 2016 and educate all students enrolled at the school.

Macomb County Community Mental Health (MCCMH) and other MCCMH contract service providers partnered with MSUE and scheduled numerous nutrition education series and presentations utilizing the Healthy Eating Adds Up curriculum for their clients. Nutrition and cooking presentations were held at Liberties North and South drop-in centers, Brittany Park Apartments, Crossroads Clubhouse, ACT/Ventures, Friendship North, and Comprehensive Services for Developmentally Disabled, life skill groups, and group residential homes.

As part of the Healthy Adds Up program, MSU Extension nutrition instructors taught basic cooking skills and shared microwave recipes to encourage clients to make healthier meals and snacks at home. MCCMH participants were building culinary skills to increase independence and improve healthier food habits. It is gratifying to work closely with valued community partners to offer relevant and practical programs for their clients.

Adult Nutrition Education

In Michigan, MSU Extension health and nutrition programs are funded by two federal grants; the Supplemental Nutrition Assistance Program –Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) funds. Every week 150 MSU Extension nutrition staff members teach in urban and rural communities throughout Michigan to provide hands-on nutrition, physical activity, and obesity prevention workshops. In Macomb County, 1,022 adults participated in educational programs taught by seven MSU Extension nutrition team members. A total of 105,605 people were reached through MSU Extension statewide SNAP-Ed nutrition education programs, which surpassed contractual goals.

Adult participants have the opportunity to select a nutrition education series that best fits their life stage and nutritional interests. MSU Extension teaches three separate evidence-based and behavioral-focused curricula at no-cost to participants or partnering agencies. The format for all three programs includes a six-week series, typically meeting once a week.

- » *Cooking Matters* curriculum is a unique hands-on nutrition education program that focuses on connecting families with food by teaching them how to cook healthy and tasty meals on a limited budget.
- » *Eat Healthy Be Active* curriculum educates participants in learning how to make healthy eating and regular physical activity part of the daily lifestyles.
- » *Eat Smart, Live Strong* is for older adults ages 55 and older that combines fun, social, and interactive activities to encourage an increase in fruit and vegetable consumption and incorporating regular physical activity into their daily lifestyle.

Youth Nutrition Education

In 2015, 1,932 youth participants, ranging from preschool through 12th grade, engaged in MSU Extension nutrition education. Schools that are eligible for MSU Extension programming must have a 50% or higher free and reduced lunch rate. Six weekly sessions were

Programs focus on helping participants gain the skills needed to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies and stretch their food dollars.

Through the National Diabetes Prevention Program, MSU Extension helps participants to learn ways to change their lifestyles and improve their health.



Keeping People Healthy, continued

taught using evidence-based and behaviorally-focused curriculum. MSU Extension is happy to support area school districts' wellness policies by providing nutrition education and physical activity lessons at no-cost to increase knowledge and encourage youth to eat healthier foods and become more physically active.

Schools and youth organizations have the opportunity to select the appropriate youth nutrition education for their students. A typical nutrition education series is six weeks in length with classes held for 45 -60 minutes.

The following curricula were utilized in various youth settings in 2015:

- » *Grow It, Try It, Like It*- a garden-themed nutrition education that introduces new fruits and vegetables to preschool children.
- » *Show Me Nutrition* – a program from pre-kindergarten through 8th grade engaging in age-appropriate, interactive hands-on nutrition education lessons that promote healthy eating habits, physical activity and food safety.
- » *Cooking Matters for Teens*- participatory cooking classes designed to empower teens to make their own tasty meals and snacks at home, and to make smart food choices when eating out.

MSU Extension provided youth nutrition education in the following schools and organizations: Lincoln Middle School, Lincoln High School, Mt. Clemens Middle School, Mt. Clemens High School, McKinley Elementary, DuVall Elementary, Susick Elementary, Mark Twain Elementary, Edison Elementary, Eisenhower Elementary, Endeavor Middle School, Fitzgerald High School, Wolfe Middle School, Clinton Valley Elementary, Seminole Academy, Kement Elementary.

Nutrition Education Presentations

Numerous community events and community partners requested MSU Extension to present nutrition education information and a single presentation format for their event and clients. In Macomb County 2,418 individuals were reached through single presentations.

In partnership with MSU Extension the following organizations and sites were served: Advantage Health Center, Dakota High School Girl Scouts, Fraser Soccer Club, Warren Fun & Fitness Day, Get Out and Play St. Clair Metropark, Earth Day, WIC Project FRESH, Senior Fun Festival, Duvall Elementary, New Breed Church, Native American Veterans, Eastern Market, Mt. Clemens Farmers' Market, Redeemer Lutheran Church, Mt. Clemens Rotary, Mt. Clemens High School, South Lake High School, Friendship North, Assumption Cultural Center, Henry Ford Hospital, Harwood Elementary, Wolcott Farms, Lincoln Middle School, Project Focus-Summer Camp CARE, MI Works, DHHS Foster Care youth events, Turning Point, Pregnancy Aid, Warren Early Childhood Center, Crossroads Clubhouse, Bass Festival, Kitz for Kids-Choosing Hope Non-Profit, and MSU Extension office at VerKuilen Building and Thompson Community Center.

MSU Extension's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs teach adults how to make the most of their food dollars, by developing skills such as menu planning, understanding recipes and keeping food safe.



Participants learned about the nutrition and health benefits of foods to feed their families in healthy ways.

MAKING THE MOST OF OUR NATURAL ASSETS

MSU Extension has a mission to raise awareness and increase the understanding of our natural resources. Serving a total of 5,124 Macomb County residents this year, Sea Grant Extension provided a number of programs, throughout southeastern Michigan, to encourage good stewardship of our valuable natural resources among youth and adults.

Michigan Sea Grant, a program of MSU Extension and the University of Michigan, fosters economic growth and protection of Michigan's coastal Great Lakes Resources with support from the National Oceanic and Atmospheric Association (NOAA). Throughout 2015 Michigan Sea Grant held a wide variety of programs or assisted with numerous projects in Macomb County, including the following:

Great Lakes Education Program

Natural Resources staff including Justin Selden, Steve Stewart and Terry Gibb implemented the 2015 season of Great Lakes Education Program on Lake St. Clair, the 25th season of the program. In 2015, classroom and vessel-based field experiences introduced 1,585 students from Macomb County, as well as 280 adults, to the Great Lakes and Lake St. Clair. Schools from ten districts participated, including Chippewa Valley, East Detroit, Fraser, Lake Shore, L'Anse Creuse, Mount Clemens, Romeo, South Lake, Utica, and Warren Woods. One private school, Detroit Country Day, also participated.

The Great Lakes Education Program utilizes history, geography, physical and biological sciences, math, literature and the arts to increase interest in natural resources. The first part of the three-phase program begins in the classroom with teachers utilizing the GLEP curriculum. The curriculum focuses on water, land, people and life to familiarize students with the lakes and their ecosystems.

The second phase is a field experience aboard a "Schoolship." On board, students engage in exploration of the physical, chemical, cultural and biological dimension of the Great Lakes watersheds, specifically the Detroit River and Lake Erie. They experience hands-on activities such as weather observation, navigation, marlinespike and marine knot-typing.

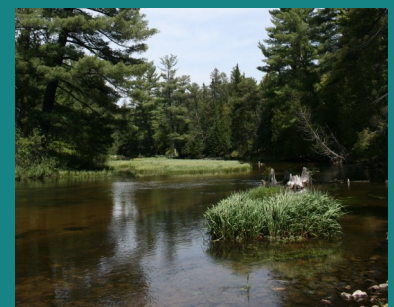
The third post-cruise phase of the Great Lakes Education Program is presented in the classroom by teachers utilizing the GLEP curriculum's post-cruise activities which are designed to reinforce the concepts provided during the pre-cruise and cruise learning experiences.

Summer Discovery Cruises

For the 2015 program year, informal learners were once again able to learn about the Great Lakes by participating in the Summer Discovery Cruise series, a unique opportunity to advance Coastal Urban Ecotourism throughout Southeast Michigan. 2015 was the 13th season on Lake St. Clair, and cruises were conducted out of Lake St. Clair Metropark June 27 - July 21, and September 19. During the summer, 69 cruises involved 1,358 learners from multiple Michigan counties, including 646 participants in Macomb.

Sea Grant educators, partnering with Lake St. Clair Metropark and Lake Erie Metropark marinas, conducted educational cruises that provided physical and informational access to Lake St. Clair and the St. Clair River delta. Fourteen cruise types were offered in Macomb County in 2015. Fisheries, Wetlands & Wildlife were offered in partnership with the Michigan Department of Natural Resources. Shipwrecks!, and ROV

To marshal all of the passion and energy so many people and organizations have regarding Michigan's lakes, MSU Extension helped organize the first Michigan Inland Lakes Convention.



Making the Most of Our Natural Assets, continued

Adventures were provided in partnership with DTE Energy. Detroit River Revival was offered in partnership with the U.S. Fish and Wildlife Service and Wind, Waves & Weather was offered in partnership with the National Weather Service. Other cruises included Nature, Lake St. Clair History, Great Lakes Science for Teachers, Lighthouses, Shipping out, Nightwatch, Birds Boats & Booze, Fireworks, Great Lakes Science for Kids Shipping Out, and Journey through the Straights.

Each SDC adult participant was asked to complete a two-page assessment survey at the end of each cruise. Participants were asked to rate their overall Summer Discovery Cruise experience, as well as a number of SDC elements. Participants were also asked to provide open-ended suggestions regarding Summer Discovery Cruise improvement. Those who had gone on Summer Discovery Cruises in previous years were asked about the impact those cruises had on their behavior.

Great Lakes Stewardship Initiative

During the summer of 2015, MSU Extension, Michigan Sea Grant, the Southeast Michigan Stewardship Coalition (SEMIS) and the Northeast Michigan Great Lakes Stewardship Initiative offered the second of three annual professional development opportunities for educators from southeast and northeast Michigan. During the four-day workshop, 55 educators began their journey learning about the Great Lakes resources through place-based education and stewardship, developing inter-regional relationships in the context of Great Lakes literacy and implementing their knowledge and skills in their home school district. The Summer Teacher Institute was hosted by Eastern Michigan University, which coordinates SEMIS activity. These educators participated in the June 22 kickoff day coordinated by Michigan Sea Grant Extension, which began at Lake St. Clair Metropark, traveled to a St. Clair Shores marina, and from there took place on board a boat which carried the group, including resource presenters from Detroit Public Schools and the Detroit River International Wildlife Refuge, from Lake St. Clair down the length of the Detroit River to Gibraltar.

To date, several educational activities have taken place to enrich the lives and teaching resources of the educators involved. Alongside Great Lakes scientists, enthusiastic teachers have hiked schoolyard wetland habitats, investigated invasive species, explored water quality in the Thunder Bay River watershed, sampled aquatic food webs from invertebrates in the river to Lake Huron fish populations, and explored marine archeology and maritime history. The Lake Huron Place-Based Education Summer Teacher Institute offered a chance for educators to get their feet wet with Great Lakes science experiences while learning about place-based education (PBE) strategies and best practices. One goal of this experience was to advance Great Lakes literacy or improve the understanding of the Great Lakes and our interconnections with these water resources. Another goal was to help enhance student learning and involvement in Great Lakes stewardship.

Water Conservation Education Program

The Water Conservation program in Macomb County has been very successful under the leadership of Justin Selden and it is suitable for implementation on a broader scale. In 2015 Michigan State University Extension and Michigan Sea Grant representatives conducted 74 water conservation programs. The programs took place in 25 schools representing 17 different school districts throughout Macomb County. A total of 2,206 1st-4th grade students and 74 teachers were involved in the 50-minute hands on science

Water trails supply residents and visitors adventures along urban waterfronts or remote Great Lakes coastline as well as provide communities with economic development opportunities.



Michigan Sea Grant Extension offers expertise to coastal communities and partners interested in developing and enhancing water trails.



Making the Most of Our Natural Assets, continued

program. A plan has been developed to secure two AmeriCorps members for 2016-2017 to implement Water Conservation education in schools classrooms in both Macomb and Wayne counties.

Macomb County Blue Economy Initiative

During 2015, Michigan Sea Grant Extension participated in the Macomb Blue Economy initiative in a number of ways. Educators provided assistance and consultation to the Water Resources Advisory Council and the Huron to Erie Alliance for Research and Training (HEART) Freshwater Laboratory. MSU Extension also provided a Citizen Planner Advanced Academy presentation, entitled Placemaking with Blue Assets for Success in a New Economy. Assistance was provided in developing a proposal to fund a sport fishing economic impact study for Lake St. Clair, and Michigan Sea Grant Extension also used the initiative as an opportunity to promote Summer Discovery Cruises as an ecotourism opportunity. MSU Extension/Michigan Sea Grant also participated in the State of Lake St. Clair Address, given by Macomb County Executive Mark Hackel, and the Resilient Macomb Kick-off Meeting in September.

On August 28-30, Lake St. Clair Metropark hosted the Bassmaster Elite tournament and concurrent Bass, Brew & BBQ Festival on Lake St. Clair with 107 professionals anglers entered. The tournament was highlighted on ESPN and the three-day event was an incredible opportunity to highlight Lake St. Clair as one of the top fishing lakes in North America. A Sea Grant Extension booth featuring Lake St. Clair education, recreational boating, and fishing was on site all three days, with a total of 211 people directly contacted. Of that total, 48 registered to win a free pair of Summer Discovery Cruise tickets in 2016. Overall tournament attendance was estimated to be 10,000+.

Center for Great Lakes Literacy

Working in conjunction with the support of an EPA-funded grant of \$100,000, Extension professionals worked to create the Center for Great Lakes Literacy. The project provides a focus on land-based, hands-on learning experiences for teachers, informal educators, and other adult learners engaged in environmental stewardship. In 2015 CGLL received a five-year grant from the USGS/Great Lakes Restoration Initiative funding (Michigan Sea Grant receives sub-award of \$233,500): Steve Stewart collaborating with Brandon Schroeder and Justin Selden, secured funding to support project: Center for Great Lakes Literacy – Strengthening the Educator/Scientist Community of Practice Through Dynamic Shipboard and Shoreline Professional Development and Stewardship: An Initiative of EPA-GLNPO and the Great Lakes Sea Grant Network programming in Michigan for next five years, including shipboard and shoreline science workshops for educators. Total project award to Univ. Illinois Urbana-Champaign; with sub-award managed by Michigan Sea Grant to support Great Lakes Literacy education activities in Michigan during project period 10/1/2015-9/30/2020.

The Michigan 4-H Youth Conservation Council taps into the desire of Michigan's youth to get involved and become a community leader on subjects they are passionate about.



CONSUMER HORTICULTURE AND MASTER GARDENERS

Consumer Horticulture (CH) involves educating citizens in gardening and garden-related issues. With trends moving toward community gardens and backyard gardening, there is a growing need for educational assistance in these areas. Consumer Horticulture programming is helping residents make environmentally-friendly choices to reduce pesticide use and to make nutrient appropriate choices for fertilizer to protect water quality. CH promotes gardening as a means of living a healthier lifestyle in terms of exercise and diet. For residents with limited space, CH educates on alternatives to traditional gardening such as container gardens and intensive gardening in small spaces. CH provides education and information on invasive plants and pests and how to control them. As churches and communities develop community gardens, CH provides educational training and information on the establishment and maintenance of community gardens.

Educational Programs

During 2015, Consumer Horticulture assisted our Housing Department and Habitat for Humanity with an educational program on landscaping so residents could improve home values and beautify their neighborhoods. CH worked with the Macomb Food Collaborative to provide both a basic vegetable gardening class at the All About Food Conference and a program on Container Gardening for the Macomb Food Collaborative's April program. A variety of vegetable education classes were offered at the MSU Extension office on the different vegetable families as well as basic vegetable gardening, container gardening, seed saving and Enviro-weather. The Romeo Library requested a presentation on Container Gardening and the Sterling Heights Library requested one on Fall Gardening. A program for the Friendly Gardeners group on Holiday Greenery had 60 in attendance. An "Exercise for Gardeners" class was presented in cooperation with the Mt. Clemens Family YMCA. A class on starting a community garden was held in January with 15 in attendance representing 4 different counties. Over the course of 2015, several churches, schools and communities have sought educational information and assistance for developing a community garden. A six-week Master Composter class was conducted with 12 participants in attendance and a Worm Composting program was provided to several classes of school children from pre-K through Grade 5 reaching 109 children. An "Understanding Groundwater" program was presented to 196 students at the middle school level to help students understand the importance of our ground and surface water and the environmental impacts of human activity including contamination from over-use of fertilizers and pesticides. CH staff provided Smart Gardening information at several fairs and events over the course of the year. Overall, 895 different people were reached through CH educational programs and events.

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



Master Gardeners have assisted thousands of Macomb County residents in learning how to grow their own fresh produce, leading to healthier eating habits.



Consumer Horticulture & Master Gardeners, continued

MSU Extension Diagnostic Services

Diagnostic services assist in identifying insects and plant problems for homeowners. In 2015, 155 diagnostics were performed in the Macomb County MSU Extension office. The Gardening Hotline answers a variety of garden-related questions for residents. In 2015, the hotline in Macomb received 1,084 calls from local and state inquiries.

Macomb Master Gardeners

The Macomb Extension Master Gardener (MG) program is in its 37th year. In 2015, there were 70 participants in the Macomb County classes bringing the Macomb roster to over 300 active Master Gardener Volunteers and Trainees. The MSU Extension Service conducts the volunteer training. Thus, the information they received and the recommendations they will make are university or research based. In the past decade, MGs have been leaders in their communities in teaching environmental practices such as composting, yard waste recycling, water management and low impact gardening. MGs work on many different community projects; most educational events focus on growing plants, protecting water quality through proper use of fertilizers and pesticides in the home garden, and local community needs. The original volunteer work was answering phone calls and hotline responses. The MG's role has expanded to proactive and community-based projects such as setting up exhibits, writing news articles, participating in community gardens, yards and neighborhood environmental programs, public demonstration gardens, community plantings and control of invasive plants.

There were several volunteer projects undertaken by the Macomb Master Gardeners in 2015 including but not limited to the following:

- » **Information Booths** — Mt. Clemens Farmer's Market, Spring Plant Exchange, Senior Festival
- » **Historic Homes** — Octagon House Gardens, Baumgartner House, Crocker House
- » **Senior and Health Care Facilities** — Lakeside Evangelical Home Sterling Heights, St. Anthony Health Care Center Warren, Macomb County Medical Facility (Martha T. Berry)
- » **Various Church, Community and School gardens** — April Millsap Memorial Garden, Shadbush Teaching Gardens, St. Mary School Garden, Tomlinson Arboretum, Veteran's Memorial Park St. Clair Shores, Warren Community Center Courtyard Garden

(In total, the Macomb County Master Gardeners reached over 13,000 participants. However, because of we are not able to account for duplicates within the system, MSU Extension is only claiming 50% of that total number for the purposes of this report.)

The brown marmorated stink bug has a host range of more than 300 known plants, including fruits grown in Michigan.



Macomb County VerKuilen Office Building:

Youth Development

Kathy Jamieson	Extension Educator, 4-H Youth Development	586-469-6093
Lisa Kelley	Program Coordinator, 4-H Youth Development	586-307-8934
Scott Lakin	Extension Educator, 4-H Tech Wizards	586-307-8929
Jaren Culina	Program Coordinator, 4-H Youth Development	586-469-5979
Seth Martin	Program Coordinator 4-H Youth 'Development	586-783-8163

Health, Nutrition and Wellness

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Natalie Brumfield	Program Instructor, Nutrition	586-469-6194
Ellen Darnall	Program Associate, Nutrition	586-469-6019
Tiahna Hays	Program Instructor, Nutrition	586-469-4252
Connie Kurple	Program Associate, Nutrition	586-469-6020
Aseel Rayes	Program Associate, BFI-Nutrition	586-469-7915
Crystal White	Program Instructor, Nutrition	586-469-4105

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Karen Burke	Program Assistant, Consumer Horticulture	586-469-6086
Kristin Getter	Extension Educator, Floriculture & Nursery	269-383-8830
Kevin Gould	Extension Educator, Beef	517-763-6279
Frank Gublo	Product Center Counselor	313-401-6268
Hal Hudson	Extension Educator, Vegetables	989-672-3870
Phil Kaatz	Extension Educator, Field Crops	810-667-0341
Ashley Kuschel	Breakfast on the Farm Program Coordinator	586-469-7616

Finance and Housing

Rob Weber	Program Instructor, Financial & Homeownership	586-469-7610
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Natural Resources and Sea Grant

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Justin Selden	Program Coordinator, Sea Grant	586-469-7139
Steve Stewart	Senior Extension Educator, Sea Grant	586-469-7431

Public Policy & Land Use

Terry Gibb	Senior Extension Educator, Natural Resources & Government & Public Policy	586-469-6053
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Community Food Systems

Kaitlin Koch	Extension Educator, Community Food Systems	586-469-6088
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Administration

Richard Wooten	District 11 Coordinator	248-380-9100
Edward Scott	Associate District Coordinator	248-858-0905
Debbie Safian	Administrative Assistant	586-469-6203

Macomb County Thompson Community Center

Youth Development

Kea Norrell-Aitch	Extension Educator, 4-H Youth Development	586-469-6264
Lizz Duran	Program Coordinator, 4-H Youth Development	586-469-6090

Finance and Housing

LaShawn Brown	Extension Educator, Financial & Homeownership	586-469-7617
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Nutrition, Health and Wellness

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Diane Rellinger	Extension Educator, Nutrition	586-469-6782
Kate Rettler	Program Instructor, Social/Emotional Health	586-4697481
Tiffany Stevens	Program Instructor, Nutrition	586-469-6102
Lisa Tams	Extension Educator, Family Wellbeing	734-727-7236
Allison Yu	Program Associate, Nutrition	586-469-5931

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