

JACKSON COUNTY EXTENSION & EDUCATION COMMUNICATION COMMITTEE

4-H & Positive Youth Development Team

September 1, 2018 – September 30, 2018



4-H HIGHLIGHTS

4-H Club Meetings – I sent out an email at the beginning of August to all 4-H Club leaders asking if I could attend one of their club meetings – to present, host an activity, or just introduce myself. My goal is to get to know more of the youth, parents, and leaders by seeing what they are doing. This month I met with two different clubs: Irving Stickights II and the Hixton Lucky Clovers.

30 Days of Doing – At the National level, 4-H participated in an event called '30 Days of Doing' for the month of September. 30 Days of Doing was about getting 4-H youth of all ages, educators, leaders, and parents involved in 30 days of activities and hands-on projects that are fun, educational, and/or service orientated. Our county participated through advertising the scholarship that was offered at the national level for the event and also through posting a variety of different projects that "Inspire Kids to Do." The goal of the event was to get kids doing something with a purpose.

- Events our office promoted for kids via social media: Computer Science and coding, building a robot that draws on paper, going on a hike in Jackson County, create a gratitude journal, eating new vegetables as a family each day of the week, volunteer as a dog walker at the Jackson County Animal Shelter, and the egg drop challenge.



Lunda Health and Wellness Fair – The Lunda Community Center hosted a Wellness Fair on Saturday, September 22 from 9 AM to noon. I attended this event, along with Alex Galston. I had a display set-up with information about 4-H and how to enroll. I also gave out stickers and key chains, while having a raffle sign-up to win a bag of 4-H goodies. The event seemed to go over pretty well with probably around 40-50 people in overall attendance.

4-H UPCOMING IMPORTANT DATES

Club and Project Charters – Are due to the UW-Extension Office by October 15th. October 1-4 I will have office hours set aside to help with charters for those with questions.

National 4-H Week – This year National 4-H Week is October 7-13th! We will have a social media campaign, post in the newspaper, encourage new youth to sign up to participate, and host an Open House at the Jackson County UW-Extension Office.



KEY MEETINGS

Sept 4 – Alma Center-Humbird-Merrillan Elementary School Orientation Day
Sept 5 – UW-Extension Cohort Zoom Meeting
Sept 9 – 4-H Club Meeting: Irving Stickights II
Sept 10 – 4-H Club Meeting: Hixton Lucky Clovers
Sept 10 – Black River Falls Public Library Teen Doughnut Planning Meeting
Sept 12 – Zoom Session about 4-H Charters
Sept 13 – Jackson County UW-Extension Education Committee Meeting
Sept 17 – Jackson County 4-H Parent and Leaders Board Meeting
Sept 19 – UW-Extension Cohort Zoom Meeting: Expanding Access Topic
Sept 20 – Statewide Zoom Session: Annual Leader Training Topic
Sept 22 – Lunda Health and Wellness Fair
Sept 25 – Record Book Judging
Sept 26-28 – UW-Extension Cohort In-Person Meeting, Madison, WI



Jackson County Extension Education & Communication Committee
FoodWise Report for 9/1/18 – 9/30/18



FoodWise Projects, Events & Professional Development - April Duval, Coordinator:

- Jackson in Action: Harvest of the Month – Cabbage. Flyer up at Hansen’s IGA and Library, 2019 Harvest of the Month calendar and recipes
- Jackson in Action Meeting
- Deans Monthly Cooperative Exchange phone call
- Tribal Nutrition Education group phone call
- Healthy Communities Webinar
- Smarter Lunchroom policy, system and environment project phone call
- YACH Conference Call, submitted FY18 Action Plan for review
- Quarter 4 Data – PEARS system recheck of data entered – finalized FY18 data information
- FY19 Action plan submitted to FoodWise Regional Program Manager
- FY19 (begins 10/1/18): Program planning – emails and meetings with partners. Scheduled lessons with Forrest Street 4K, Lincoln Elementary 4K and 2nd Grade, Head Start 4K and parent events with all partners listed
- Working with retired Eau Claire County FoodWise Coordinator on a presentation for Feed my People Food Bank training: promoting fruits and vegetables at the Food Pantry
- Online Health Coach coursework - Specific courses that apply to my UW-Extension position are focused on: Food politics and Dietary Guidelines, Nutrition and Government, School Activism and Programs, Food Labels, Eat Well on a Budget, Factors that Affect the Food Supply, Nutrition through the Life Cycle, Physical Activity and MyPlate / Food Group specific course work, etc.



- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

Youth & Families Team
Monica Lobenstein & Alex Galston
October 2018 Highlights

Outreach: Building New and Enhancing Current Community Partnerships –

- **Veteran's Benefit & Resource Fair** – We participated as a vendor at the Veteran's Fair, hosted by Jackson County Veteran's Services. While there, we promoted programs like Powerful Tools for Caregivers, Question Persuade Refer, and Taking Care of You. We also distributed medication lock bags/boxes and drug deactivation kits to 9 individuals.
- **Health Fair at Lunda Community Center** – Youth and Families along with 4-H participated at the Health Fair September 22nd. We promoted the upcoming Taking Care of You sessions, Powerful Tools for Caregivers, and community QPR sessions.
- **Unity in the Community** – Alex participated in the monthly Unity in the Community event at the Hub September 26th. Unity in the Community is a monthly forum held by the Sherriff on a variety of topics, this month's topic was suicide. Alex sat on a panel and discussed UW-Extension's and Together for Jackson County Kids' suicide prevention efforts in Jackson County.

Social-Emotional Health:

- **Taking Care of You (TCY) Workshops** – Monica & Alex finished co-presenting Taking Care of You – adult stress reduction workshops – for 12 staff members of the Aptiv program (formerly Riverfront) during 8 weeks in August and September. We are also planning 3 additional community sessions, one of which started on September 27.
- **Question Persuade Refer (QPR)** – Because September is Suicide Prevention Awareness Month, we have several offered targeted QPR sessions around the community. We're targeting audiences who have statistically high rates of suicide completion or who come in regular, direct contact with those audiences. As such, we offered QPR for law enforcement, staff and families of Ho-Chunk Youth Services, and county employees. We're also coordinating programs in October for parents and community members in Black River Falls, Alma Center, and Melrose-Mindoro, the faith community, and bartenders.

Other:

- Engaged with several state specialists as partners for grant funding/projects related to Jackson County programming.
- Worked with Together for Jackson County Kids to begin a restructuring process resulting from coming organizational support changes.
- Participated in the last of 4 weeks of the National Extension Leadership Development (NELD) Program
- Provided transitional support to Sarah with 4-H

Key Meetings:

9/4 – Caregivers Support Meeting with Aging & Disabilities Resource Center staff
9/10 – Together for Jackson County Kids Leadership Team mtg, Caregiver Support state mtg
9/11 – Powerful Tools for Caregivers planning mtg, Data webinar, Volunteer Development Team, Wisline, Children's Coalition mtg
9/12 – Tobacco-Free Coalition mtg, QPR mtg
9/13 - Veteran's Resource & Benefit Fair
9/17 – Living Health/Positive Youth Development webinar, Taking Care of You mtg
9/18-21 – NELD program (Minneapolis)
9/22 – Health Fair at LCC
9/25 – Healthier Wisconsin Partnership Program Partner Council mtg, Living Healthy Team mtg
9/25 – Mental Health Coalition meeting

9/26 – Youth Mental Health grant planning mtg, Mtg with Red Creek School, Mtg with Ho-Chunk Youth Services staff
9/26 – Unity in the Community
9/27 – Mindfulness-Enhanced Strengthening Families Program state planning mtg, Jackson County Coordinated Service Teams mtg, QPR for faith community planning mtg

Trainings/Workshops Facilitated/Led:

Thursdays, 9/6-9/27 – Taking Care of You program for Aptiv staff members
9/24 – QPR for Law Enforcement
9/25 – QPR for Ho-Chunk Nation Youth Services
9/26 – QPR for County staff
9/27 – QPR for Law Enforcement
9/27 – Taking Care of You (8-week community progra