

EXTENSION, MANITOWOC COUNTY NEWSLETTER

Wisconsin Rural Opioid Stimulant Engagement Project Awarded

By: Cath Tease—Health & Well-Being Educator

The Healthiest Manitowoc County (HMC) ACCESS Group is participating in the [WiROSE Project](#) (Wisconsin Rural Opioid Stimulant Engagement Project) through August 2022. The WiROSE project is funded through the Rural Opioid and Technical Assistance (ROTA) grant awarded to UW-Madison Division of Extension by Substance Abuse and Mental Health Services (SAMHSA). Health & Well Being Educator, Cath Tease, Extension, Manitowoc County will serve as the backbone support for this work.

As part of this project, HMC Access group will receive technical assistance to develop a strategic plan focusing on substance use prevention, treatment or recovery with a tie to mental health. In addition to the technical assistance support, the group will receive at least \$3,000 to implement their plan later this year.

In April the Access group will be creating a Recovery Oriented System of Care for both substance misuse and mental health. We will follow the SAMHSA Strategic Prevention Framework <https://www.samhsa.gov/sites/default/files/20190620-samhsa-strategic-prevention-framework-guide.pdf>. Coalition co-chairs, Christma Rusch and Donna Firman will spearhead the planning and implementation process as outlined by key stakeholders input at the upcoming strategic planning meeting. “The importance of good planning cannot be overestimated. We’re delighted to have this opportunity to formalize ideas that we’ve been kicking around for a while and explore new ideas as well.”, said co-chair Firman.

This is an exciting opportunity. With the help of Extension resources, the coalition is building capacity for their vision of bringing the Recovery Oriented System of Care to Manitowoc County. For more information email cath.tease@wisc.edu

FoodWise Launches Wisconsin Harvest of the Month

*By: Laura Apfelbeck, FoodWise Coordinator, and
Anna Nushart, UWGB Dietetic Intern*

In spring 2021, FoodWise contacted local food service directors to launch Wisconsin Harvest of the Month, a statewide research-based social marketing campaign with proven benefits:

- Encourages kids to try new fruits and vegetables
- Increases the amount of fruits and vegetables students eat
- Reduces food waste
- Grows school meal participation
- Supports Wisconsin farmers and local economy

Each month, schools showcase one seasonal, Wisconsin-grown fruit or vegetable. Students taste, explore, and learn about the importance of eating fruits and vegetables at school and at home.

Anna Nushart and Lauren Geistkemper, interns from the UW-Green Bay Dietetics program, contacted every school district in Door, Kewaunee, and Manitowoc Counties - private and public - to share the opportunity. Interns described the materials, sent free samples, and discussed implementation strategies. Any district could print the materials; low-income schools could receive materials printed by FoodWise.



Extension, Manitowoc County Staff

Judy Knudson

AREA EXTENSION
DIRECTOR

KEVIN PALMER

4-H YOUTH
DEVELOPMENT EDUCATOR

LAURA APFELBECK

FOODWISE COORDINATOR

CATH TEASE

HEALTH & WELL-BEING
EDUCATOR

WENDI HOLSCHBACH

PROGRAM ASSISTANT

KENDRA MAHUNA

PROGRAM ASSISTANT



Janelle Schultz, director of food service for the Manitowoc Public School District, volunteered to pilot Harvest of the Month in two low-income elementary schools, Monroe and Madison Elementary Schools. Schultz said, “I love the materials. The colors are great. It’s not plain black and white text or even just colored paper that gets crumpled in a backpack. Materials are printed on good quality cardstock with activities parents can do at home.

In the initial survey, many food service directors expressed interest in the program but postponed piloting due to COVID-19 issues. Schultz acknowledged the difficulty of starting a new program amid a pandemic. She said, “It’s very challenging right now to incorporate anything new.” But, she said, “Harvest of the Month materials include a lot of info families don’t know and can get excited about. I think they’re fantastic!”

Within our Door/Kewaunee/Manitowoc region, three school districts and nine schools indicated capacity to pilot Harvest of the Month in spring 2021. More than 2,000 students will see classroom posters, social media posts, and family newsletters encouraging them to eat more fruits and vegetables. FoodWise coordinator Laura Apfelbeck serves on a statewide team assisting with the design and messaging of this new program. Any school interested in piloting Harvest of the Month can contact her at 920-323-4620. Preview materials online <https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month/>

Tractor Safety, 4-H Embryology and Retirement

By: Kevin A. Palmer—4-H Youth Educator



Accidents cause more deaths to individuals between the ages of 15 and 24 than all other causes combined. To help reduce accidents, a Tractor & Farm Safety program is being coordinated by Extension, Manitowoc County. The program is being held at Camp TaPaWingo during the four Saturdays in April. Twenty-four hours of instruction is needed for the program, and it focuses on the safety aspects of operating farm equipment and daily farm tasks. To complete the course, youth must attend all sessions and pass a written and a driving exam. The program is open to youth who are 12 years of age and older. Youth who are age 14-15 years old are required to attend the course in order to be employed on a farm.

Embryology is the study of embryos and their development. 4-H members learn about embryonic development and the life cycle during the 21-day incubation process of chicken eggs. They care for the eggs, witness the hatching process and then care for the baby chicks for 2-3 days or longer if they desire. Six families were provided with incubators and 12 fertilized chicken eggs at the end of March. Now that the project is nearing 21 days the families were also provided with a brooder for raising the hatchlings. The brooder consists of a container, wood chips for bedding, and a feeder and waterer. Hatching chicken eggs is a fun, hands-on learning experience that helps youth learn more about science and the natural world.



Congratulations!

Happy Retirement Kevin!



After eighteen years as the 4-H Youth Development Educator for Manitowoc County, I’m retiring. My last day in the office will be Friday, May 7th. It has been a pleasure to work as an Extension Educator for Manitowoc County. I want to thank Manitowoc County residents for their support of the 4-H program over the years. County government has been very supportive, and I have worked with many county departments that have helped the 4-H program in one way or another - I truly appreciate that! Although I live in Calumet County, three of my children graduated from the Manitowoc County 4-H program and I was able to see firsthand the positive impact the program has on young people! It has been a very rewarding career working with thousands of Manitowoc County youth and adult volunteers and helping them to learn and grow! I am in the process of getting things organized for the next Educator, and I will do whatever I can to help to make the transition as smooth as possible. Extension has already posted the position, so if you know of any potential applicants please share the link below with them. Our Area Extension Director, Judy Knudsen, is leading the Search and Screen Committee for the new educator, so please direct any questions about the position to Judy (judith.knudsen@wisc.edu). Thank you Manitowoc County!

<https://jobs.hr.wisc.edu/en-us/job/508768/manitowoc-county-4h-program-educator>