

# Wayne County 2013 Annual Report

## Message from the District Coordinator

In 2013, the state invested more than \$54 million in MSU Extension and AgBioResearch. In the past three years, MSU Extension and AgBioResearch have been able to leverage every dollar invested into \$2.19 in additional funding and have generated more than \$818 million for Michigan residents, resulting in a cost/benefit ratio of 15 to 1. This means, in Wayne County, MSU Extension is able to help the health and growth of Michigan's people and economy.

- Your support of MSU Extension 4-H Youth Development allows over 9,300 Wayne youth per year learn lifelong skills, develop leadership abilities and discover the value of community service. MSU Extension's early childhood education programs are preparing thousands of Michigan's youngest children for scholastic success.
- When you support MSU Extension, residents learn about the safety, security and affordability of local fresh foods, how to use them, where to find them, or how to start a cottage food business of your own.
- Your support of MSU Extension food safety programs allows participating individuals to use safer food handling, preparation, storage and preservation methods, which lead to a reduction in foodborne illnesses and their costs.
- Your support of MSU Extension nutrition and physical activity programs allowed over 15,500 Wayne County residents to improve the quality of their diets and become more active reducing the risks of chronic conditions and moderates the increase in associated healthcare costs.
- Your support of MSU Extension contributes to the health and growth of Michigan's economy by: educating citizens on safe and efficient use of water, fertilizer and pesticides; providing research and discovery of alternative, renewable and manageable energy resources; providing farm business, financial and employee management programs to farmers and landowners; and helping farmers learn more efficient production practices.
- Your support of MSUE Extension and the MSU Product Center allows entrepreneurs learn to develop their own and launch new businesses that provide new products and services for everyone.

The [MSU Extension](http://www.msu.edu/extension) web site contains a large number of informational articles, a calendar of events, an Expert Search, and a bookstore stocked with MSU Extension bulletins, soil test kits and many more resources. Check it out today!

Sincerely,  
Marie A. Ruemenapp, District Coordinator

## Mission

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



## Contact Us

MSUE-Western Wayne

5454 Venoy Road  
Wayne, MI 48184P  
(734) 721-6576  
[www.msue.msu.edu/](http://www.msue.msu.edu/)  
Wayne

## 2013 Wayne County Participation Numbers

Children & Youth.....	9,324
Volunteers.....	456
Natural Resources & Sea Grant.....	7,686
Volunteers.....	398
Financial Stability & Community Development.....	4,064
Community Food Systems.....	5,287
Agriculture, Agri-Business & Horticulture.....	6,353
Master Gardener Volunteers.....	329
Nutrition, Health & Wellness.....	15,683
<b>Total.....</b>	<b>49,580</b>



Michigan State University Extension's staff and volunteers worked with 24,224 Wayne County youth during 2013 with specialized programs in early childhood development, 4-H Youth Development, mentoring, natural resource education and activities and nutrition education. 9,324 of these youth were involved in 4-H programs; and an additional 14,900 who were involved in natural resources and nutrition education programs.

The value of a volunteer's time working with youth is \$22.14 per hour according to the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations.



### 4-H Youth Development

MSU Extension's 4-H Youth Development Program is designed to uniquely prepare Wayne County's youth to meet today's challenges and prepare for tomorrow's. 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, mentoring programs and local, state and national events.

During 2013, MSU Extension staff recruited, trained and provided oversight to the 456 adult and 99 teen volunteers. These volunteers delivered 4-H educational programs focused on life skills; science literacy; leadership and civic engagement; entrepreneurship; and, workforce preparation throughout Wayne County. Volunteering a minimum of five hours a week with youth according to a national study on 4-H volunteerism, the volunteers donated 114,000 hours of quality time and experiences dedicated to Wayne County youth, a value of \$2,523,960.

### 4-H Clubs

While the interests of club members expand and change throughout the years, currently there are many active clubs with a variety of project areas to keep youth in the county learning and developing throughout the years. MSU Extension staff strive to support project areas and ideas that develop youth's financial literacy, science literacy, entrepreneurship, leadership and civic engagement as well as 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 Wayne youth. Clubs with 301 members are currently enrolled in multiple project areas such as animals, outdoor education and recreation, science and technology, horticulture and gardening, community service and volunteerism and creative endeavors.

### Science, Technology, Engineering, & Math (STEM)

Science literacy among school-aged youth in Michigan is below the national average and directly affects students' college readiness. In response, MSU Extension has:



A 4-H Tech Wizard mentor and her mentees working on the "Maps and Apps" National Youth Science Day Project at the 4-H Center in Detroit.

- created and provided teachers with resource packets aligned with Michigan science education standards by grade along with training on how to incorporate those resources into their classroom lessons,
- has responded with events such as 4-H Science Blast and National 4-H Youth Science Days throughout the state, and
- developed programs and activities where youth learn confidence, leadership and responsibility through STEM programs throughout the year.

### 4-H Tech Wizards Mentoring Program

2013 marked the third year of the 4-H Tech Wizards program in Michigan. Programming for the small group, S.T.E.M. (science technology, engineering, and mathematics) focused mentoring program took place at sites throughout Oakland, Macomb, and Wayne Counties on a weekly basis during the school year exploring projects like Lego robotics, stop motion animation, and rocketry. During the summer youth and mentors attended events including an Outdoor Skills Clinic, 4-H Mentoring Weekend, and Maker Faire Detroit. 4-H Tech Wizards in Detroit were introduced to and learned to use new technologies that many more fortunate youth take for granted. For example, Cierra, a 4-Her, was introduced to an iPad and is now exploring app development, photography and STEM activities through the use of tablets.

Financial support in 2013 for the 4-H Tech Wizards program was primarily provided under the National Mentoring Year 3 Grant awarded by the Office of Juvenile Justice and Delinquency Prevention through the National 4-H Council and included assistance from a Michigan 4-H Participation Fee Grant and Mentoring to Access Corps (MAC), a Michigan Nonprofit Association, which enrolled and placed three full-time AmeriCorps members to assist youth mentoring programs through MSU Extension sites in Macomb, Oakland and Wayne counties.

By the end of 2013, four 4-H Tech Wizards mentoring groups were operational in Wayne County, serving 12 youth. Two new mentors joined the program and 50 adults and youth attended a symposium/leadership luncheon for the three metro counties. The network of sites started, community connections forged, programming resources secured, and staffing team created in 2013 have laid the foundation for growth leading into the 2014.

### Detroit Public Schools STEAM

Two Detroit schools received after-school 4-H STEAM (Science Technology, Engineering, Art and Math) programs run by MSU Extension in partnership with the Detroit Public Schools 21<sup>st</sup> Century Learning Center. These STEAM programs focused on Future Cities and helped youth recognize science, technology, engineering, art and math are part of their lives and how they can be



4-H STEAM participants involved in creating an artistic



**4-H STEAM participants  
on a field trip to Fort  
Wayne .**

**“4-H Exploration  
Days has influenced  
me to step out of my  
comfort zones and  
try new things. It  
has also influenced  
me to step up and  
be a leader.” – a  
Wayne County  
Exploration Days  
participant.**



utilized to strengthen their communities. While developing visioning and creativity in these youth, it also provided a platform for discussion on how to make their world a better place. Approximately 40 youth participated in this eight-week program, meeting three days each week. One of the groups focused on citizenship and was able to take a field trip to Fort Wayne. Another chose to focus on cultures and art.

### **Exploration Days**

The 44th annual statewide 4-H Exploration Days Conference was attended by 49 Wayne County youth from 11-19 years of age. This pre-college, three day event is held on the campus of Michigan State University annually and is designed for youth to experience residence hall life while they attend educational sessions, experience personal growth and explore careers and personal options for their future. This year attendees, including guests from Poland, were offered over 200 action-filled fieldtrip and classroom sessions including *Veterinary School: is it for you*; *Small Engines*; *What’s on the Menu for Birds of Prey*; *Photoshop Basics*; and, *What is 4-H Entrepreneurship*?

When not in session, participants were engaged in meetings, tours of the campus as well as social and campus activities. In the conference evaluation 94.7% planned to attend college. A Wayne County youth stated in his evaluation, “The impact and experience were wonderful. I want to come back!”



**The Wayne County 4-H Exploration Days Delegation**

### **4-H Center**

In 2013, the MSU Extension 4-H Community Center experienced an exciting year of STEAM learning. The 4-H students engaged in three major projects during the year. The 4-H Tech Wizards focused on science projects such as building logo robots, creating video games, and producing videos.

Sixty-five youth were in the “I’m in the Garden,” program sponsored by MSU Extension and the Detroit Public School Foundation at three sites, the Blackwell Institute, Golightly Education Center, and Cooke Elementary School. With the help of 15 adult volunteers the 4-H youth planted 63 raised beds which produced a total of 300 pounds of vegetables, some of which was sold at the Eastern Market as part of the Grown in

Detroit program. Under the program, each youth developed a business plan on selecting profitable produce to sell at the market. Gardening also taught them algebraic and geometric concepts.

In addition, 4-H Center youth provided community service efforts as they cleaned up clean alleys, vacant lots, and helped board up seven abandoned homes around the Center.

Next year the 4-H Center will be working with Ludington School to create a six acre garden to grow produce for families and students. The second goal is to establish three community center sites including the current 4-H center, one at Golightly, second at Ludington Magent Middle School, with a home base at the McClellan site. The 4-H Center will also be undergoing a thorough makeover in 2014 led by Paynes Lawn Care.

### 4-H Discovery Camp

For three summers, youth aged 13 to 19 have spent five days exploring technologies impacting energy and the environment within Michigan's agriculture sector. Working with leading researchers, 23 Wayne County Discovery Camp participants developed problem solving and critical thinking skills, were exposed to degrees and jobs in new fields thereby developing or expanding career and personal interests.

4-H Discovery Camp is the only camp in the country designed to educate youth on current issues and technologies impacting energy and the environment. Results of a participant survey included:

- 95% are more knowledgeable about bioenergy.
- 73% are now more likely to pursue a degree or career in a bioenergy-related field.
- 68% anticipate a change in personal energy use.
- 71% plan to teach what they learned to others.

### Youth in Governance 4-H Clubs

The New York Life – Youth in Governance grant project concluded its third year in 2013. This grant supports developing citizenship based clubs in urban and underserved communities. Thirteen new clubs were established during the year with 310 members and 17 trained volunteers. These joined the four clubs and 74 members that started up in 2012. After MSU Extension staff provided lessons from “Government is Us” and “Public Adventures,” participants were given the opportunity to use what they had learned to practice democratic procedures, elect officers, develop leadership and communication skills within their clubs and to become involved in community service.

The Integrated Intellectuals, an original club based at the Detroit International Academy for Young Women, became trained Ambassadors for the Detroit College Promise (DPC) scholarship program and used their passion for community service to help students gain access to a DPC scholarship.

Twenty-one 4-H delegates were also able to attend the Citizenship Washington Focus to boost leadership skills and civic engagement last summer in the nation's capital.



**“My service as an Ambassador was important because I was able to tell others about how to get money for college . . . the best thing about this experience was interacting with other students.”**  
**—C.W., The Integrated Intellectuals 4-H Club President**



**4-H Youth in Governance Clubs' delegates at the Washington DC conference**

They visited the offices of Congressmen Gary Peters and Mike Rogers; visited the African-American Civil War Memorial and Museum; visited the Saudi Arabian embassy; and dined at the Kennedy Center for Performing Arts.

During the conference, the delegates drafted step-by-step action plans to address important issues in their communities. This group focused on homelessness in Metro Detroit and

created hygiene bundles to distribute at their local schools for students who are in need. Packaged in tube socks were basic toiletries like toothpaste, soap and shampoo. In Detroit there are over 18,000 homeless people, 25% are children. This program provided the Michigan delegation with the tools needed to tackle this community issue in their own neighborhoods.

### **National Get Outdoors Day**

On a beautiful summer day at Greenfield Village the 4-H clubs from Wayne County showcased their animals and projects at National Get Outdoors Day. The hands-on event welcomed families and youth to stop by their area to learn about 4-H, meet club members and leaders, ask questions and even hold a small animal should they desire. Club members took pride in answering questions and presenting their efforts while they inadvertently learned new social skills and received information about programs and opportunities others were sharing. As side benefit to the 4-H crew was exploring Greenfield Village.



### **4-H Great Lakes & Natural Resources Camp**

At a residential camp near northern Lake Huron in Presque Isle, 70 teen delegates from 37 Michigan counties including Wayne, were exposed to lighthouses, a national marine sanctuary, coastal wetlands, dunes, a limestone quarry, and diverse watersheds. While sessions at the MSU Extension 4-H camp covered ecological concepts such as fisheries management, wildlife, invasive species, limnology, recreation was also an integral part of the learning. Campers could try kayaking, sailing, or snorkeling experiencing new fun activities responsibly in the outdoors. Evening programs focused on team building, environmental policy and empower these youth to accept leadership roles. 2013 surveys



showed increased interest in science, environmental stewardship, and college readiness: 98.6% planned to attend college, 78% were more knowledgeable about career opportunities in environmental fields and 97% increased their knowledge of different majors, career paths and opportunities at MSU.



## Early Childhood Literacy

MSU Extension works to improve school readiness and early childhood literacy skills. Studies show that compared to their peers, children who have adults read to them develop a larger vocabulary, become better readers and perform better in school. Recognizing the need for these skills in Wayne County, a new early childhood development educator was hired who worked with 97 parents during the last half of 2013 to help them understand the need for helping their children start developing skills that will enable them to begin their formal education more readily.

## Natural Resources

MSU Extension provides natural resources and environmental education programs for youth and adults. Youth programs include fishing, archery, camping, nature study and vessel-based education about the Great Lakes in schools, after-school programs. In addition, Michigan Sea Grant, a program of MSU Extension and the University of Michigan, provides programs that foster economic growth and protection of Michigan's Great Lakes coastal resources. The National Oceanic and Atmospheric Administration (NOAA) and the Centers for Ocean Science Education Excellence (COSEE) help provide support for the Sea Grant programs. In Wayne County these programs include the Great Lakes Education Program (GLEP), the Summer Discovery Cruises, the Michigan Clean Marina Program, the Great Lakes Restoration Initiative, development of trails, and Aquatic Invasive Species Awareness.

During 2013, all these natural resource and environmental programs were provided to 7,686 youth and adults with the assistance of 398 volunteers.

## Outdoor Education in Natural Resources and Environmental

In Wayne County, MSU Extension Natural Resources and Environmental Education Programs provided 5,885 youth from Wayne County through fishing, archery, camping, nature study, and vessel based education programs during 2013. These programs are designed to reconnect Michigan citizens, especially those living in urban communities, with the land, to increase their knowledge and to provide experiences and appreciation for Michigan's natural resources.

## Outdoor Skills Clinics

In collaboration with the Michigan Department of Natural Resources, MSU Extension offered outdoor skills clinics called Stepping Stones, to introduce youth and adults to multiple outdoor experiences that allow them to explore nature. In 2013, these

**"I learned new things, tried new things and met new people. I'm much more confident now plus I really had a lot of fun." — a Great Lakes, Natural Resources Camp participant.**



programs were presented at the Maybury State Park, Proud Lake Recreation Area, Island Lake Recreation Area, and Holly Recreation Area in southeast Michigan. People who have not traditionally used state parks or purchased hunting or fishing licenses were engaged in fishing, camping, archery, compass reading and nature exploration to develop new outdoor recreation skills, responsibility, decision-making, team work and respect for our natural resources.

A new project developed as a result of youth participating in the Stepping Stones program and camping overnight in the rustic cabins located at Island Lake Recreation Area. The youth suggested that power in the facilities would improve the camping experience. The young campers, their adult leaders, the MSU Extension educator, Gary Williams, have partnered with MDNR and Detroit Edison to begin the development of **Project Utility**. Participating youth are from the Wayne County 4-H Tech Wizards program, University Prep Science and Math High School in Detroit and the International Technology Academy in Pontiac.

### Archery

MSU Extension staff utilized the National Archery and the after-school National 4-H archery programs to provide 1,533 Wayne County youth training and practice in this sport during 2013 at the Lasky, Young, Adams/Butzel and Williams Recreation Centers and Bates Academy, Davison, Hillman Middle, and Hilbert Schools. The Golightly Education Center in Detroit



expressed the desire for the program and were provided direction to complete the National Archery in Schools training and obtain a grant from the MDNR.

Archery does not require great strength nor large expenditures in order to participate, making it an excellent family recreation activity. Archery, participants are taught the basic rules of safety, proper equipment selection and care, beginning shooting techniques as well as concentration, discipline, respect and responsibility.

### Angler Education

Family communication and increased quality family-time is one of the outcomes of the angler education MSU Extension provides. 1,533 interested adults and youth shared experiences that provided training and encouraged natural resources and environmental awareness and fisheries stewardship in the classroom and in various outdoor settings.



## Sea Grant

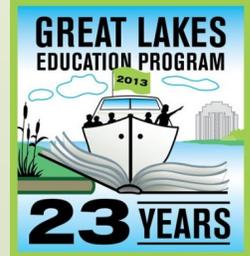
### Great Lakes Education Program

With the assistance of NOAA and COSEE, MSU Extension and Michigan Sea Grant designed an education program called the Great Lakes Education Program (GLEP) to meet the lack of Michigan’s K-12 curriculum covering the economic and environmental effects of all the Great Lakes to Michigan.

During 2013 classroom and vessel-based field experiences introduced 2,240 fourth-grade students from Wayne County accompanied by 398 adults to the Great Lakes and Detroit River resources. The first part of the program began in the classroom with teachers utilizing the GLEP curriculum. The program included the integration of history, geography, physical and biological sciences, math, literature and the arts to increase student interest in natural resources and encourage understanding of their role as environmental stewards. These activities focused on water, land, people and life, to familiarize students with the lakes and their ecosystems.

The second phase is a field experience aboard a fifty foot Coast Guard certified ship which is converted into a floating classroom known as the “Schoolship.” Onboard, 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 experienced hands-on activities such as weather observation, navigation, marlinespike and marine knot-tying, bottom sampling, plankton sampling, dissolved oxygen experiments, pH and carbon dioxide experiments, water clarity and color testing.

The third or post cruise phase of the program was presented by their teachers in their classrooms to reinforce the concepts they experienced.



**On the GLEP Schoolship, fourth graders learn research techniques by taking samples, comparing notes and making conclusions.**

### Summer Discovery Cruise

Again in 2013, informal learners were able to learn about the Great Lakes by being on the Great lakes through the Summer Discovery Cruises, a unique opportunity to advance Coastal Urban Ecotourism throughout Southeast Michigan. This past summer 882 Wayne County residents joined participants from 12 Michigan counties, 12 other states and three foreign countries including, on 77 educational cruises.

Sea Grant educators, partnering with Lake St. Clair Metropark and Lake Erie Metropark marinas, conducted these tours that provided physical and informational access to Lake St. Clair and the St. Clair River delta. Twenty-three types of cruises were offered in 2013 including; Lake St. Clair History; Great Lakes Science for Teachers; Lighthouses; Aliens Among Us; Night Watch; Eagle's Eye; Shipwreck and Sugar, Warfare on the Waterfront; and, Handy Billy. Partnering with other environmentally concerned groups provided Sea Grant educators the opportunity to offer Wetlands & Wildlife, with the MDNR; Fisheries, with MDNR; Shipwrecks! With DTE energy; ROV Adventures with DTW Energy partners; Detroit River Revival with U.S. Fish & Wildlife Service partners and, Wind, Waves & Weather with the National Weather Service.

### The Great Lakes Restoration Initiative

During the summer of 2013, MSU Extension, Michigan Sea Grant, the Southeast Michigan Stewardship Coalition and the Northeast Michigan Great Lakes Stewardship Initiative offered the first of three annual professional development opportunities for educators for southeast and northeast Michigan.

During the four day workshop, 20 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.

Joining educators who participated in the 2013 Lake Huron Place-Based Education Summer Teacher Institute in northern Michigan were representatives from Southeast Michigan and Wayne County. These teachers worked with leading Great Lake scientists, Michigan Sea Grant educators from MSU Extension and MSU Department of Fisheries and Wildlife, and other

experts in the field. Exploring lake sturgeon research with an MSU professor and his team covered a hatchery tour with a return to the river exploring spawning habitat, water quality and aquatic invertebrates and their relationship to the threatened lake sturgeon.

As a result of this workshop one Southeast Michigan teacher is now collaborating with the Clinton River Watershed Council where her students are supporting water monitoring

While kayaking the river and wading coastal wetlands, educators and Great Lake scientists took to the waters of Lake Huron to explore how water science and studies can benefit student learning.



efforts. Another teacher noted that the on-the-water experiences were the most valuable part of the workshop experience, sharing that these types of experiences can help make learning real and concrete for students. She aims to make science learning come alive by incorporating these experiences at her school.

## Developing Trails

Recreational Trails provide physical, economic, environmental and social benefits to a community. They can help encourage healthy lifestyles, bring customers into local businesses, protect wildlife habitats and promote a strong sense of community and place. Trail Town (<http://www.trailtowns.org/>) is a concept started by the Allegheny Trail Alliance (<http://www.atatrail.org/>) to explain how communities can leverage trail-based tourism and recreation for economic and community development in communities linked by trails.

The Downriver Linked Greenways Initiative celebrated the completion of the 30-mile trail for bicycle riders, walker and runners in southeast Michigan. The mile-long trail final piece of the east-west greenway connecting Oakwoods Metropark and Lake Erie Metropark was opened in October.

Several areas for enjoying local trails involve Michigan Sea Grant MSU Extension staff in their development including: The Detroit River International Wildlife Refuge Humbug Marsh, the Downriver Linked Greenways, the Detroit Heritage River Water Trail, the Lake St. Clair Coastal Water Trail and others.

## Aquatic Invasive Species Awareness

In June MSU Extension Sea Grant partnered with the MDNR and the Detroit Riverfront Conservancy to present information on the spread of Aquatic Invasive Species (AIS) at a free fishing weekend event. The target audience was children and their families who would learn how to help stop AIS from spreading throughout the Great Lakes and enjoy some fishing related activities. The event was attended by over 250 youth and their families from Wayne County. Over 175 people visited the MSU Extension Sea Grant booth to learn about AIS and what they can do to stop the spread of these organisms. The culmination was an award ceremony for the largest fish, a 15.5 inch northern pike!



**Ribbon cutting ceremony at Oakwoods Metropark completing the last mile of the 30-mile greenway trail.**



**Fishing weekend event along the Detroit waterfront was also an informational event.**



### Department of Interior Partners in Conservation Award

Early this year representatives from Michigan Sea Grant, U.S. Geological Survey, Ontario Ministry of Natural Resources, U.S. Fish & Wildlife Service and the Great Lakes Fisher Commission traveled to Washing D.C. to receive the prestigious Department of Interior Partners in Conservation Award from the Secretary of the Interior on behalf of all who have contributed to the success of the Huron Erie Corridor (HEC) Initiative. *Note: The HEC Initiative has recently been renamed the St. Clair Detroit River System (SCDRS) Initiative.*



**From Left: Anne Castle, U.S. Department of Interior; John Dettmer, Great Lakes Fishery Commission; Mary Bohling, Michigan Sea Grant; Kurt Newman, U.S. Geological Survey Great Lakes Science Center; Sally Jewel, Secretary of the Interior; Rich Drouin, Ontario Ministry of Natural Resources; Jim Boase, U.S. Fish and Wildlife Service; and Bill Werkheiser, U.S. Geological Survey.**

The goal of this international partnership is to restore and improve the ecological function and resilience of the St. Clair-Detroit River ecosystem. The Partners in Conservation Award recognizes groups that make exceptional contributions in achieving conservation goals through collaboration and partnering, gaining results by engaging external partners or fostering a collaborative culture within and across interior organizations. Michigan Sea Grant staff has contributed to the initiative in a variety of ways since its inception, including group facilitation, conference planning, website development research coordination and grant management of several fish spawning reef habitat construction projects.

## Conservation

### Conservation Stewards Program

MSU Extension's Conservation Stewards Program is an adult education and volunteerism program that provides adults with 40 hours of natural resources instruction and requires 40 hours of annual volunteer service. CSP participants learn about the history of conservation activities in Michigan, ecological principles, eco-regional classifications, and how to make choices to manage our natural resources. In addition to

this foundational curriculum, participants learn about terrestrial ecosystems (forestlands and grasslands) and aquatic ecosystems (wetlands, lakes, and streams) through classroom and in-field instruction.

In 2013, Wayne County program participants attended field sessions at the E.L. Johnson Nature Center in Bloomfield Hills, the Indian Springs Metropark Environmental Discovery Center in White Lake and at Independence Oaks County Park in Clarkston.

### **The Michigan Natural Shoreline Partnership (MNSP)**

The Michigan Natural Shoreline Partnership (MNSP) is a diverse group of agencies, organizations and green-industry businesses across Michigan including MSU Extension working together toward four important objectives:

- Train contractors and landscape professionals about shoreline technologies and bioengineered erosion control.
- Educate property owners about natural shorelines and technologies that benefit lake ecosystems.
- Research, demonstrate and develop natural shoreline technologies that benefit lake ecosystems.
- Encourage local and state policies that promote natural shoreline management.

In March, a natural shoreline workshop was held at the MSU Tollgate Education Center for 61 participants, including 11 from Wayne County. These participants listed changes they could do to promote healthy shorelines including to stop mowing and fertilizing to the water's edge, let some aquatic and emergent plants grow at the shoreline, changing those plants to native plants, installing soft-armoring (bioengineering) for erosion control and other shoreline protection measures.

### **Community Prosperity & Financial Stability**

During 2013, MSU Extension served nearly 2,500 people in Michigan through 56 financial educational series and workshops. Wayne County had 278 participants attend ten of these programs or attend one-on-one counseling sessions.

MSU Extension's financial literacy and housing education programs provide unbiased information in financial education programs which help reduce fraud in the market place, reward quality businesses and help families provide capital for the economy by saving and spending appropriately. Participating in educational housing courses can reduce mortgage defaults and increase the likelihood of asset preservation among homeowners. Stable housing ownership is a foundation for a healthy community and county tax base in Michigan.



### Home Preservation and Foreclosure Prevention

Foreclosure Prevention Counseling was provided by MSU Extension staff to 83 Wayne County residents during 2013. Educators and counselors assisted clients to resolve mortgage delinquency through MSHDA certified and HUD-approved sessions. Of client cases involving mortgage delinquency statewide, 71% were able to keep their homes and get back on track with their mortgages and 1% was able to sell their homes to avoid foreclosure.

### Pre-Purchase Home Buyer Education

MSU Extension's Pre-Purchase Home Buyer Program helped Wayne County homebuyers make affordable and informed choices prior to the purchase of a new home. The six hour class assisted 64 prospective homebuyers during 2013 with guidance to save money for a down payment and to learn of mortgage products that offer down payment assistance.

The home-buyer education program also provided certificates of completion for residents seeking Michigan Housing Develop Authority (MSHDA) down payment assistance. The program helped participants improve credit scores and financial standing which assisted eligibility for lower-cost mortgages and increased the likelihood that troubled borrows would have to seek foreclosure assistance. Residents also had the option of completing an online homebuyer re-education course eHome America ([www.ehomeamerica.org/msue](http://www.ehomeamerica.org/msue))

### Personal Finance

Personal financial education programs were presented by MSU Extension staff to 84 Wayne County residents during 2013. These sessions were made possible by continuing partnerships with local schools, churches, and community organizations. Residents chose to attend these classes to improve their money management skills, prepare for homeownership or to prevent or recover from financial crises including foreclosure.

The most common curriculums used in Financial Literacy education were Dollar Works 2, investor education or My Money & Me, Money Smart, and Neighbor Works. Program delivery ranged from 1-6 hours per session, with the average session lasting two hours.

In addition, Wayne County residents have access to eXtension, including the "Ask an Expert" widget. These national resources assist consumers in getting expert answer and help from Cooperative Extension staff, university faculty and volunteers from across the United States.



**GCB Credit Union and MSU Educator Vivian Washington at a Financial Literacy workshop in Detroit.**

## Money Smart Week Publicity and Outreach Efforts

During Money Smart Week, MSU Extension staff participated in the Federal Reserve Bank's 2013 "Be a Money SMARTY!" (BAMS) programs held live and simulcast in 11 different community locations across Southeastern Michigan and Grand Rapids. In Wayne County **Finances in Focus** community resource fairs accompanied the BAMS program and Northwest Activities Center in Detroit hosted the Fifth Third Bank's "EBUS" where participants obtained a free copy of their credit report in conjunction with the BAMS presentation.

Kelly Masters, Chair of Money Smart Week Michigan, created a strategic media partnership with Murray Feldman and FOX 2 News Detroit that included personnel, airtime, web support and studio usage. On Monday April 22, a five hour live **Ask an Expert** call-in program was held with seven MSU Extension Financial and Homeownership Education educators and four community resource experts who answered telephone questions and made referrals for 426 individuals.

This call-in program was coupled with a "live chat on-line room" staffed by an additional six MSU Extension Financial and Homeownership Education educators. The chat room had 1,538 users and 1,830 unique users viewed 7,800 pages. This event garnered 24 on-air exposures, with over 36 minutes of dedicated broadcast time. Estimated publicity value \$324,000. The broadcast had a reach of 301,500 households during the five hour period.

## Targeted Community Development Programs

During the calendar year 2013, more than 270 participants were involved in a various Community and Economic Development programs which included technical assistance, workshops, presentations and two key technical efforts which assisted a community-based non-profit in Detroit and with the City of Inkster.

The MSU Extension educator helped the Joy-Southfield Community Development Corporation (CDC) develop an action plan to guide redevelopment efforts, identify potential funding to reestablish a neighborhood business association, and to rezone commercial districts along Joy Road.

The second major effort was working with the City of Inkster to administer a series of fiscal sustainability training sessions to strengthen their local city council. The series involved four sessions that focused on such topics as budgeting, emergency manager laws, other post-employment benefits, and fiscal benchmarking. This past year the group has been working with a community-based



**Southeast Michigan  
Resource  
Conservation &  
Development Council  
strategic planning  
meeting.**



stakeholder group to develop a city-wide strategic asset plan to help the community move from an old economy framework to a new economy framework. The final plan will provide realistic actions and efforts that the City of Inkster can undertake to improve its economic situation.

### **Leadership Development**

MSU Extension continues to help communities build leadership capacity. In 2013, Wayne County's community leaders had the opportunity to participate in Core, Advanced Academy or other advanced modules of the **Citizen Planner Program** presented by MSU Extension. They received training in planning and zoning, plan implementation and development and the art of community planning. Local topics like Brownfield redevelopment, conflict management, farmland preservation, parks & recreation, and new urbanism were other community focused topics covered.

Several residents participated in the **Michigan Assessors Association Training** on Finance and Administration for the Zoning Administrator Certificate Program.

MSU Extension's Fiscal Sustainability Workgroup leader provided a workshop to 39 participants from Detroit regarding local government risks involved with government cash during the year.

### **Building Entrepreneurs**

With micro-enterprises making up more than 61% of all U.S. businesses and with small business accounting for 89% of all firms (U.S. Census Bureau) Michigan State University and MSU Extension has recognized the need for providing research based education to develop knowledge and skills of Michigan entrepreneurs.

### **Product Center**

Established in 2003, the MSU Product Center is emblematic of the way MSU Extension and MSU AgBioResearch work one-on-one with entrepreneurs to supply objective, evidence-based methods for starting and growing their businesses. In fiscal year 2013, the Product Center advised 482 clients resulting in 73 venture launches, more than \$3 million in total capital formation including \$2.5 million of owner investment in Michigan businesses, and 2,258 new jobs created or retained.

The MSU Product Center Food-Ag-Bio assists Wayne County residents develop products and businesses in the areas of food, agriculture, natural resources and the bioeconomy. MSU Extension educators are trained as an innovation counselor to deliver these services. Business counseling is conducted on a one-on-one basis and may take place at the MSU Extension office or the client's home or business location. Assistance is tailored to meet the needs of each client and may include:

- development of a business plan,
- navigation of the regulatory maze,
- understanding how to access the supply chain, or
- how to find funding options.

The Product Center counselor also assists clients access specialized services that are offered through Michigan State University such as feasibility studies, nutritional labeling and product packaging assistance.

In Wayne County, 756 counseling sessions assisted 170 entrepreneurs start a new or expand an existing business. Clients are in various stages of product development, with some projects requiring more than a year’s development before the business is launched. Thirteen new businesses were launched by Wayne County residents that began making sales in 2013.

A new innovation counselor, Micah Loucks, was hired in 2013 to work at Eastern Market and focus on development of food businesses. Loucks recognized that in Detroit, one of the largest barriers to new business start-ups for food entrepreneurs is having access to licensed commercial kitchen space. The MSU Product Center assisted Detroit Eastern Market and FoodLab Detroit in creating Detroit Kitchen Connect (DKC). Since its launch in June, DKC has provided reliable space for eight local entrepreneurs to gain their license to produce high-quality food products in two community kitchens.

This access has allowed entrepreneurs to significantly expand their scope of work and scale their business as these examples show:

- One entrepreneur, who had previously sold under the Cottage Food Law, now has expanded operations, opening a store-front selling baked goods.
- Joe Uhl of Joseph Wesley Black Tea explained, “Having to go it alone and create my own commercial kitchen in which to be licensed would’ve been so cost prohibitive that my little dream of providing a new way of thinking about tea could have never been a reality.” Uhl is now selling his packaged teas at 11 locations around Southeast Michigan.

Providing reasonably priced access to commercial licensed kitchen space has allowed food entrepreneurs to pursue their dreams and contribute to Detroit’s growing good food system and the Wayne County economy.

The MSU Product Center was also instrumental in assisting Whole Foods in securing locally produced products for their new Detroit store. Thirteen MSU Product Center clients were selected to have products carried in the store that is now serving Detroit residents.

MSU Extension educators Frank Gublo and Hal Hudson provided expertise partnering with Detroit Public Schools develop urban agriculture operations at the Drew Farm for growing produce to be served in school lunches. This program has served as a catalyst for a new project that will be launched in 2014 as Detroit Public Schools takes on a larger role in food production and processing. A MSU

**Michigan is the number one state in highbush blueberry production with growers producing 100 million pounds of blueberries every year. - Michigan Department of Agriculture/MDARD**



Product Center counselor also assisted **Forgotten Harvest** in launching Ore Creek Farm that will increase food production for this non-profit group.

### Connecting Entrepreneurial Communities Conference

The annual Connecting Entrepreneurial Communities Conference (CEC) was presented by MSU Extension in partnership with Microenterprise Network of Michigan. This event attracted 92 attendees from across the state from 26 Michigan counties including eight from Wayne County in addition to out-of-state and international participants from community organizations and businesses focused on growing and sustaining entrepreneurial cities, towns and regions.

The 21 break-out sessions included a session provided by District 11 Educator, Kathy Jamieson, who presented “Creating the Next Generation of Entrepreneurs,” focusing on youth who have or would like to start their own business. The conference survey noted, 100% of the participants increased their knowledge of business concept, stools and resources to build entrepreneurship within their communities and the value of tourism, arts and cultural development as useful economic development strategies.



“Enjoyed networking and gaining many new, feasible, useable ideas I can take back to work and implement.” -- CEC 2013 participant

### 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 nutritious diet. Accomplishing this requires a food system with a dynamic blend of local, regional, national and globally produced food as well as consumers who understand and utilize the benefits such a system can provide.

MSU Extension supports the development of community food systems throughout Michigan by providing resources, specialist and educational programs to develop local food policy councils, farm to institutional purchasing, food hubs and farmers markets.

MSU Extension’s Community Food Systems work team has developed several initiatives to promote consumer awareness and understanding what “good food” is through nutrition education, providing community education of food systems, and provide assistance developing and expanding markets where locally grown foods can be accessed.

Increasing Farmers Market sales falls under MSU Extension’s Community Food Service initiatives of developing and expanding markets where healthy fresh food can be purchased. MSU Extension staff worked with local farmers markets and their advisory groups to fund or begin using the Electronic Benefits Transfer (EBT) machine which

enable markets to provide recipients of Bridge cards access to produce at the farmers' booths at local farmers markets.

During 2013, over 500 people from Wayne County attended workshops, presentations or worked one-on-one with a MSU Extension educator on understanding and developing community food system components.

In addition, 360 youth from Detroit and 10 educators visited the MSU Tollgate Education Center and Farm where they participated in school to farm and farm to school activities during the year.

## School and Community Gardens

**School Garden Trainings:** In Wayne County MSU Extension's School Garden Training committee provided workshops within District II for educators and interested participants to learn innovative ways to create and maintain school gardens, gardens which could be used to educate students about the origin of the food they eat, develop entrepreneurship, and provide food for the school and community kitchens. These workshops included *Starting and Sustaining a School Garden, Utilizing a Green House or Hoop House for Education, Creating a Youth Farm Stand Project, Fresh from the Farm Curriculum Training, and Curriculum Connections with a Bountiful Harvest.*

Farm to School Program activities for Wayne County include:

- **Center for Regional Food Systems' (CRFS),** Colleen Matts coordinated a Detroit Farm to School focus group where schools and farmers that worked with the MSU Extension educator, Kathe Hale, helped identify the gaps and challenges in the Farm to School program. Following the focus group, a meet-and-greet session was held to connect farmers and institutions.
- MSU Extension staff offered educational programming on *Understanding Community Food Systems and Gardens* to over 800 students at A.L. Holmes School in Detroit; Taft Galloway, Marshall Upper and Adams Upper Elementary Schools in Westland; and Parke Lane and Meridian Elementary Schools in Grosse Ile.

The CFS educator was consultant for Schoolcraft College's engineering design students about a garden at Hicks Elementary in Inkster and a plant disease workshop delivered by the Michigan State University post graduate students to urban growers. In addition, the Garden Resource Program, in conjunction with several local organizations including MSU Extension, developed an educational series called **Urban Roots** to provide training on community gardening and leadership skills that ensure successful, lasting gardens. The Wayne County MSU Extension educator instructed the **Integrated Pest Management** section of this program.



MSU Extension offered the first **Suburban Shoots Community Garden Leader** training in the fall of 2013 to promote community gardens throughout Metro Detroit by training the garden leaders. The program, based on the Urban Roots program model, offers activities like garden design, composting and seed propagation. A certificate of completion was provided for those who attended regularly, actively participated and completed all assignments.

### FoodCorps MI Program

MSU Extension's Community Food Systems work team is now the MSU Extension Host Site for the FoodCorps MI Program. FoodCorps is a national service program that helps children relate to concept that healthy food helps them grow up healthy. Working under the direction of local partner organizations, it implements a three-ingredient recipe for healthy children by:

1. teaching children what healthy food is and where it comes from
2. building and tending school gardens
3. bringing high-quality food into public school cafeterias.

Currently there are five service sites in Michigan, with two located in Wayne County at Wayne State University's Center for School Health/Building Healthy Communities Program and at the Detroit Black Community Food Security Network.

### Horticulture

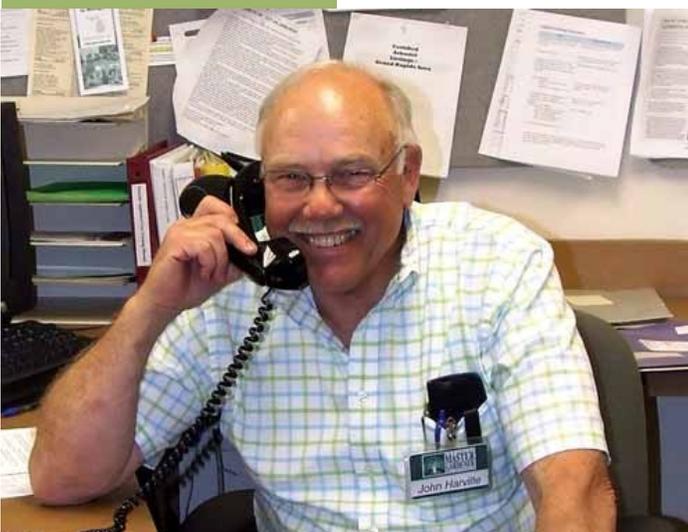
In 2013, 5,068 county residents participated in or were served by MSU Extension horticulture programs. At some point, every gardener will have a question -- what the local frost-free date is, how to take a soil sample, what native plants are well suited to the area, or another gardening dilemma. The MSU Extension consumer horticulture staff has developed several programs and tools to answer questions.

- The Toll Free Lawn and Garden Hotline (1-888-678-3464 or 1-888-MSUE-4MI) staffed by MSU Extension consumer horticulture educators and Wayne County Master Gardener volunteers, assisted 434 Wayne residents with their questions in 2013.

- Gardening in Michigan website at [www.migarden.msu.edu](http://www.migarden.msu.edu) houses resources tailored for beginning and experienced Michigan gardeners with sections that focus on vegetables, fruit, flowers, trees and shrubs, lawns and soil. The web site has fact sheets for each subject area and has 30 online gardening classes and topic-specific videos. Wayne County residents recorded 3,872 visits during 2013, with people visiting an average of 2.97 pages per visit.



**John Harville,  
MSU Extension  
Advanced Master  
Gardener, answers  
the MSU  
Extension Lawn  
and Garden  
Hotline.**



- **Soil Test Self-Mailer and Soil Test Interpretation Website** ([www.msusoiltest.com](http://www.msusoiltest.com))  
With increased interest in home garden soil testing, MSU Extension offers an easy-to-use soil test self-mailer kit coupled with a user-friendly soil test interpretation site. Soil test self-mailers were submitted by 161 residents to the MSU Soil and Plant Nutrient Lab for analysis during the year. The soil test kit can be obtained online from the MSU Extension Bookstore (<http://www.bookstore.msue.msu.edu/product/soil-test-kit-selfmailer-1116.cfm>) or from the local county MSU Extension office for \$25.
- **Ask an Expert:** The [Gardening in Michigan](#) and [MSU Soil Testing](#) websites feature an Ask an Expert widget where gardeners can electronically submit questions to horticulture experts at land grant universities across the nation. During 2013, 67 Wayne residents took advantage of this offer by contacting an expert at <http://expert.msue.msu.edu> or 888-MSUE4MI (888-678-3464).

### Smart Gardening

MSU Extension's horticulture educators embarked on a new campaign this year to help folks become "smart gardeners" resulting in over 580 Wayne home gardeners attending workshops or trainings during 2013.

Launching the effort horticulture educators presented smart gardening at two public shows in Michigan. They were at the Novi Cottage and Lakefront Living Show and the West Michigan Home and Garden Show. These garden shows offered a variety of free seminars, informational booths and on-site "ask the experts" from MSU Extension about gardening questions. This year, 107 Wayne County residents participated.

In addition, the MSU Extension Horticulture team has developed a Smart Gardening Newsletter that is distributed to over 3,200 Extension Master Gardeners across Michigan.

### Plants of Distinction

Mary Wilson and Rebecca Finneran, MSU Extension educators, developed and presented "*Plants of Distinction*" programs in Novi and Grand Rapids with additional presenters from Ohio State University, Illinois and Michigan. The program for homeowners and commercial horticulture businesses focuses on creating awareness the diversity of Michigan plants and of new or underutilized plants that are sustainable, low maintenance and impactful. Thirty residents from Wayne attended one of these workshops.

### Master Gardener Volunteer Program

MSU Extension offered its first Master Gardener Volunteer Program in 1978. Today, more than 30,000 residents across Michigan have earned and enjoy the Master Gardener Volunteer designation. The program serves two functions:

- To provide instruction in basic, research-based horticulture science to motivated and active gardeners through an adult educational program offered through MSU Extension.



- To provide MSU Extension with trained gardeners who will educate others in the community about environmentally and economically sound practices through horticulture-based volunteer activities.

During 2013, 229 Master Gardeners were recertified in Wayne County, 23 attended the Master Gardener College in East Lansing, and basic Master Gardener training was provided to 55 trainees. Upon completion of the educational component and 40 hours of volunteer service, the Master Gardener trainee will receive his or her Master Gardener Volunteer certification.

As part of their continued volunteer work within their communities, 329 Master Gardeners provided 18,812 hours of volunteer time in Wayne County during 2013, a value of \$416,498, according to the Independent Sector's value of volunteer time. These efforts included: providing assistance at community gardens that provide fresh food for needy families and schools including Holmes School in Detroit; Taft Galloway, Marshall Upper and Adams Upper Elementary Schools in Westland; and Parke Lane and Meridian Elementary Schools in Grosse Ile.

## Agriculture and Agribusiness

Michigan's agri-food system generates \$91.4 billion in total economic activity each year. With the nation's second most diverse commercial crop base providing over 300 raw and processed food and non-food products. With this extremely diversified portfolio for food processing, the food and agriculture businesses will continue to drive Michigan's economic development. With less than 2% of Michigan's population being farmers, food and agriculture creates a ripple effect that impact state, national and international economies.

MSU Extension and AgBioResearch continue to fuel that growth by providing practical information to help people, businesses and communities solve problems, develop skills and build a better future. MSU Extension is a distinctive resource that, through partnerships with other organizations and networks, helps farmers and agricultural businesses and the entire food and agriculture system, learn to effectively manage production, financial and environmental systems for success from the individual farm to the consumer's dinner plate.

The over-arching goals of MSU Extension agriculture-agribusiness programs are:

- to increase productivity and financial solvency on Michigan farms and agriculture businesses which, through ripple effect, increase local, state, national and international economies;
- to enable farmers to provide safe, affordable, high quality food for Michigan residents and global exports; and
- to protect natural resources through programming that develops and targets new and more efficient use of energy, water, fertilizers and pesticides, ensuring the best resources for future generations.

**Apples are Michigan's largest and most valuable fruit crop. The average harvest is about 20 million bushels or 840 million pounds annually, contributing \$700 to \$900 million dollars to the state's economy.**

**- Michigan Department of Agriculture/MDARD**



MSU Extension's state-wide educators provide agriculture/agri-business programs and support for Wayne County. Workshops, webcasts or have consulted one-on-one with these agriculture/agri-business specialists were attended by 1,285 residents during 2013.

Farmers and agri-businesses throughout the county, look to MSU Extension specialists to get information and training so they can produce a better product, save money, provide safe fresh food for their families or to sell, or enhance their own or their client's landscape.

Residents throughout the county, look to MSU Extension specialists to get information and training so they can produce a better product, save money, provide safe fresh food for their families or to sell, or enhance their own or their client's landscape.

Wayne County farmers and agri-businesses participated in the following MSU Extension educational programs:

- ***Integrated Pest Management (IPM)*** Restricted Use Pesticide Core Reviews which provide certification required by the Michigan Department of Agriculture and Rural Development for individual famers or agri-businesses so they may buy and apply pest management chemicals.
- ***A Hops Production Workshop*** for interested Wayne County residents with specific information on fungicides approved in Michigan for hops.
- Nursery plants workshops and videos for 22 growers from Wayne and Oakland counties.
- A follow up to the 2012 *Fungus Among Us* program that focused on disease identification and management, was held in 2013. Called ***Creature Feature: Landscape Insect Identification*** it was designed for Green industry professionals and Master Gardeners, and used as advanced training for MSU Extension toll-free hotline volunteers.
- **Farm animal programs** that covered a *Transport Quality Assurance Certification Session*, a tour at the MSU Ag Expo of the MSU Horse Teaching and Research Center, and a workshop on *Understanding and Investigating Horse Cruelty* in partnership with the Michigan Humane Society.

## Health and Nutrition

Obesity, poverty and inadequate consumption of fruits and vegetables are all factors that can affect the quality of life for adults and their families and, even more importantly, increase their likelihood of chronic disease. Michigan is the 10<sup>th</sup> most obese state in the country according to the Centers for Disease Control and Prevention. Often caused by poor diet and limited physical activity, obesity increases the risk for chronic disease such as



coronary heart disease, Type 2 diabetes, coronary hypertension, stroke and respiratory problems.

Nutrition and physical activity education are means to prevent obesity among adults and to prevent and decrease chronic diseases. MSU Extension offers multiple programs that focus on lifestyle changes to incorporate physical activity, healthy eating, food safety and social and emotional well being for individuals and communities. These programs are designed to serve the needs of children, youth, families and communities in urban, rural and suburban areas.

### Health and Nutrition Programs

MSU Extension Health and Nutrition programs served 12,428 residents of Wayne County during 2013, including trainings or workshops to 6,509 youth, 927 adults, 235 breastfeeding mothers and 4,757 individuals during one-time presentations. Two major programs help provide the nutrition instruction for Wayne County residents:

- Partnering with the Michigan Department of Human Services and through the USDA's **Supplemental Nutrition Assistance Program (SNAP)**, MSU Extension provides nutrition education to those eligible, low-income individuals and families who receive SNAP benefits. The program helps establish healthy eating habits and increase physical activity while staying within a limited food budget. In Wayne County, 11,289 youth and 944 eligible adults participated in this series.
- **The Expanded Food and Nutrition Education Program (EFNEP)** is designed to assist limited resource audiences in acquiring knowledge, skills, attitude and changed behaviors that will improve the total family diet and nutritional well-being. During 2013, 1,316 children and 322 adults were participants in this nutritional series in Wayne County. Curricula designed for these programs include *Show Me Nutrition*, *Eating Right is Basic*, and *Eat Smart Live Strong*.

**Show Me Nutrition** is a comprehensive nutrition curriculum that teaches youth from preschool through junior high how to lead a healthy lifestyle. Designed by University of Missouri Extension, this program was provided to 2,518 youth in Wayne County through SNAP-Ed and EFNEP programs. Participants in both programs received handouts and content as well as engaged in activities to learn how to have a healthy lifestyle.

From October through December, MSU Extension program instructor, Sandria Graham used the *Show Me Nutrition* curriculum to teach nutrition deaf/hard-of-hearing youth from the age of three to eight at Bunche Preparatory Academy in Detroit. As a testimony to the effect of the adding this audience to the MSU Extension nutrition team came from the



teacher at the school when she noted, “. . .the Deaf and Hard of Hearing in our upper elementary class and middle school are looking forward to working with her next semester.”

**Eating Right Is Basic** focuses on teaching adults with low incomes how to choose and prepare healthful meals within a limited food budget, food preservation and maintaining a healthy weight through food and a healthy diet. During 2013, adults throughout the area attended sessions at local community centers, senior housing, low-income housing and after-school parent programs. One Wayne County graduate reported, “it was a great benefit for me to learn better ways to prepare my food without salt and still tasty. Learned the importance of measuring and portioning my food, how to better control my diabetes and high blood pressure. As a result of this class. . . I have noticed weight loss.” More information on this program can be found at <http://www.choosemyplate.gov/>

**Cooking Matters®** was offered in Wayne County during 2013. MSU Extension educators partnered with a local chef to provide a hands-on, six-part series to equip families receiving food benefits with skills to stretch food budgets, cook healthy meals and apply nutrition information. As a result, **Cooking Matters®** empowered the participants to use more whole grains, vegetables, fruits and leaner or less meat in their diet. After accepting a challenge from Chef Maggie (Kantola) to try combinations of spices, a participant who had faced heart surgery, purchased numerous herbs and spices and began experimenting with flavors to replace the salt in her diet.

In the fall, Wayne County was selected to be part of a **Cooking Matters® at the Store** mini-grant sponsored by Gleaners. Selected instructors provided a grocery store tour and handed out \$10 gift cards to 40 EFNEP participants. Program Instructor Courtney Latimer directed the tour at the Kroger in Redford Township and explained the importance of food safety in shopping for non-perishables first and perishables last. Participants were “pretty amazed” at how much they were able to purchase for \$10. **Cooking Matters® at the Store** is now a stand-alone section of its parent program, **Cooking Matters®**.

**Project FRESH** is an educational program that provided 365 eligible participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) in Wayne County with \$30 coupons to purchase locally grown fresh fruits and vegetables at participating farmer’s markets. Project FRESH helped them learn to: choose new locally grown produce, prepare a fruit or vegetable in new ways, store and preserve fresh fruits and vegetables, increase fruit and vegetable consumption in their diets and find other community resources of benefit to them.

### Connecting Residents with Local Food Sources

MSU Extension is firmly committed to the growing field of community food systems, establishing regional food hubs through education and partnerships that increase access to healthy food that is sustainable, fair and affordable.





A thriving community food system starts with *the community*. MSU Extension is dedicated to going where the community is. In its effort to increase outreach and education, MSU Extension continues to honor agreements with two of the biggest downtown markets in Michigan, Eastern Market in Detroit and the Grand Rapids Downtown Market. MSU Extension has dedicated office space at Eastern Market that offers a direct connection between the 45,000 weekly market shoppers and Extension educators in fields ranging from growing food, eating healthy, starting a food business and more.

During the Tuesday and Saturday markets in Detroit, 3,817 consumers visited the MSUE kiosk. In addition, food demonstrations were delivered throughout the 2013 Detroit market season. Twenty-five staff from MSU Extension's Health and Nutrition and Greening of Michigan Institutes worked at the kiosk to answer consumer questions and demonstrate program availability. Four nutrition volunteers also worked at the kiosk donating 131 volunteer hours and 12 Wayne County Master Gardener volunteers donated 440 hours assisting with the sale of soil sample kits and answering consumer questions.

### Michigan Fresh

The Michigan Fresh online website ([msue.anr.msu.edu/program/info/mi\\_fresh](http://msue.anr.msu.edu/program/info/mi_fresh)) helps people explore the state's bounty of fresh, locally grown fruits, vegetables, flowers and ornamentals. Every week throughout the summer you will find information on recommended varieties, storage, food safety and preserving techniques for fruits and vegetables or for planting and maintaining your lawn and garden. In 2013, the MSU Extension Michigan Fresh website received 9,687 views to these pages. Included on the site are six educational videos, five fact sheets translated into Spanish, five fact sheets translated into Arabic, coordinated by educator Eileen Haraminac. Additionally, the website now consists of 33 vegetable fact sheets, nine fruit fact sheets, nine General Gardening tip fact sheets, and a new fact sheet on guidelines for donating fresh fruits and vegetables.

### Keeping Food Safe

Demand for wholesome locally grown food is rising. With food preservation being a cost-effective way to have nutritious, locally grown food year-round, MSU Extension food safety education programs that meet the increased demand and provide consumers knowledge of the enhanced state food laws for safe foods. These food safety programs help prevent foodborne illness and ensure a safe food supply for consumers.

During 2013, food preservation workshops held in Wayne County, trained 172 residents on the selection of high-quality food to preserve and safe methods of preserving it.

MSU Extension offers ServSafe, a national certification program for those working in food service businesses, especially managers and other leaders. MSU Extension also provided Cottage Food Law classes to 73 participants who planned or considered starting

a food business to help them better understand what is necessary to run a successful cottage food business that will provide safe products for the consumers.

### **Breastfeeding Initiative (BFI)**

Many new mothers know the value of breastfeeding, but unfortunately run into barriers during the breastfeeding experience. In partnership with WIC, the Michigan Breastfeeding Initiative (BFI) empowers and supports mothers to overcome these barriers. The BFI program, supported through MSU Extension, the Michigan Department of Community Health, WIC and SNAP pregnant and breastfeeding participants are encouraged to become involved. The program utilizes peers to provide breastfeeding support to mothers throughout the first year of their infants' lives. Of the 235 mothers participating in Wayne County, 97% of those enrolled in the program started breastfeeding their babies and 95% were still breastfeeding after two months. The average duration was 14 weeks.

### **Promoting Social and Emotional Well-being**

In 2013, 425 people from Wayne County attended the MSU Extension well-being programs that follow.

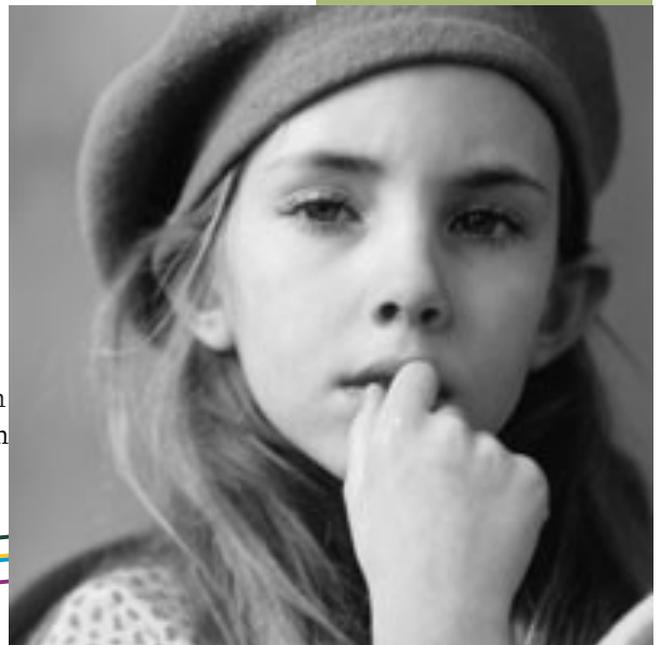
#### **RELAX: Alternatives to Anger**

RELAX: Alternatives to Anger, a four-part education series, 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. During 2013, a unique partnership with the Wayne County 3<sup>rd</sup> Circuit Court enabled MSU Extension broaden the reach of this program. *Co-Parent Communication Coaching*, coordinated by the Wayne County Friend of the Court, requires divorced and separated Wayne County parents experiencing high inter-parental conflict to participate in co-parenting and anger management classes. Through this program 350 adults and their families were educated, supported and transformed in 2013.

#### **Bullying Prevention**

Michigan State University Extension's Be SAFE: Safe, Affirming and Fair Environments initiative is designed for adults who live with, care about and work with young people. These adults can be parents, caregivers and those who work in schools, youth and family agencies or organizations, juvenile justice, faith and other community groups.

In 2013, 29 adults in Wayne County who work with youth in out-of-school setting participated in a ten half-day workshop on the *ABC's of Bullying Prevention*, shared perspectives on the



prevalence and types of bullying behaviors, examined bullying, bias and harassment through the lens of differences, and explored strategies for addressing the issues.

*The Be SAFE: Addressing Bullying in Out-of-School Settings* webinar series attracted 31 Wayne County participants. These three webinars covered *Helping Kids Connect with Their Emotional Resiliency*, *Trauma Reaction to Bullying: Voices from Kids with Autism Spectrum Disorders* and *Exploring and Preventing Cyberbullying*.

### **Community Based Nurturing Parenting**

Community Based Nurturing Parenting is for parents, grandparents, childcare providers and others who care for children from birth to teens. In learning who nurturing is, participants learn how to enhance positive relationships with children; to discipline without spanking; methods to handle stress and anger; child growth and development; to understand the brain development of children and teens; and, how to help build self-esteem. This evidence-based program for caregivers helped 59 families strengthen and build parenting skills.

The MSU Extension **Building Strong Adolescents (BSA)** program served 25 parents with 16-18 year old children in the Michigan Youth Challenge Academy in Wayne County. Three lessons from the BSA curriculum, and a session on MyPlate and how eating effects stress and the child, helped the parents understand at-risk youth who had dropped out of school.

### **Disease Prevention & Management**

Preventing or managing chronic diseases is the top health challenge of the 21st century. Seven out of 10 deaths each year are from chronic diseases. More than 75% of healthcare spending (in Michigan and the U.S.) is for people with chronic diseases including heart disease, stroke, cancer, diabetes, kidney disease, and dementia. Leading a healthy lifestyle can greatly reduce the risk of developing chronic diseases (Michigan 4 by 4 Wellness Plan).



### Managing Diabetes

According to the Centers for Disease Control and Prevention, about 35 percent of adults have pre-diabetes but many do not know it. In Michigan during 2012, more than 9 percent of adults were diagnosed with diabetes, an estimated 701,000 people. In addition, 364,400 Michigan adults are estimated to have undiagnosed diabetes.

**Dining with Diabetes** is a five-session course designed for people at risk of diabetes or who have diabetes, as well as their family members. MSU Extension coached 19 Dining with Diabetes participants in Wayne County to adopt lifestyle changes to prevent the onset of pre-diabetes and teaches them to manage their existing conditions. Dining with Diabetes participants learned the causes of diabetes, tools for managing diabetes, the importance of diet and exercise in the management of the disease, portion control, and management of A1C blood glucose level.

In addition, participants learned to prepare healthy meals using less fat, sodium and sugar and how to read nutrition labels.

**Diabetes Personal Action Toward Health (PATH)** workshops were held in various locations in District II during 2013 with several participants from Wayne County attending. The PATH for Diabetes workshop provides information and skills to adults with diabetes and their family members. Participants learn ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from healthy eating and exercise. Participants also learn about self-help methods that can enhance daily activities.

Participants who completed the PATH for Diabetes workshops reported decreased frustration with their diabetes, increased time in exercise and increased confidence to exercise, as well as increased confidence in following their eating plan and managing their blood glucose levels.

### Managing Chronic Pain

An additional MSU Extension PATH program was conducted at the Wayne Towers in conjunction with The Senior Alliance for 10 Wayne County residents. PATH for Chronic Pain is a workshop for people experiencing chronic pain and their family members or caregivers. It enhances regular treatment by giving participants the skills to coordinate what they need to manage their health and stay active. Through this six-week workshop participants learn techniques to deal with problems such as frustration, fatigue, isolation and poor sleep; exercises for maintaining and improving strength, flexibility and endurance; appropriate use of medications; and nutrition.

Participants who completed PATH for Chronic Pain reported increased energy, decreased frustration about health problems, improved relationships with others and increased time spent exercising as well as increased confidence in managing their condition and keeping it from interfering with everyday living.



## Wayne County Program Contacts

### Agriculture, Agribusiness & Horticulture

Anita Callendar	Master Gardener Coordinator-Western Wayne	734-729-3632 X 103
Kristin Getter	Extension Educator, Floriculture	517-763-6279
Kevin Gould	Extension Educator, Beef	616-527-5357
Tom Guthrie	Extension Educator, Swine/Equine	517-788-4292
Frank Gublo	Product Center Counselor, SE Michigan	313-401-6268
Micah Loucks	Product Center Counselor, Eastern Market	313-567-9701 X 103
Mike Metzger	Extension Educator, Field Crops, Goats, Sheep	517-788-4292
Dennis Pennington	Extension Educator, Bioenergy & Bioproducts	269-838-8265
Lina Rodriguez-Salamanca	Extension Educator, Vegetables	517-264-5300
Mary Wilson	Extension Educator, Consumer & Commercial Horticulture	248-347-0269

### Community Stability, Finance & Housing, Community Food Systems

Kristine Hahn	Extension Educator, Com Food Systems-Eastern Market	313-567-9701 X 102
Vivian Washington	Extension Educator, Financial Literacy-Focus Hope	313-494-4672
Rob Weber	Program Instructor, Financial Literacy-Southgate	734-720-7689 X 104
Richard Wooten	Extension Educator, Community Dev- Western Wayne	734-727-7234

### Natural Resources & Sea Grant

Mary Bohling	Extension Educator, Sea Grant -Southgate	734-720-7689 X 101
Lisa Perez	USDA Forest Service-Focus Hope	313-494-4735

### Nutrition, Emotional & Social Wellbeing, Chronic Disease

Pam Allen-Walker	Program Associate, Nutrition-Eastern Market	313-567-9701 X 101
Maha Alnunu	Program Instructor, Nutrition-Tollgate Center	248-347-0269 X 230
Pat Benton	Extension Educator, Breastfeeding Initiative, Focus Hope	313-494-4739
Mary Brooks	Program Instructor, Nutrition-Northwest Detroit	313-412-2616 X 104
Imelda Galdamez	Extension Educator, Nutrition-Northwest Detroit	313-412-2616 X 100
Danielle Galloway	Peer Counselor, Breastfeeding Initiative-Focus Hope	313-494-4739
Michelle Gordon-Relford	Extension Educator, Nutrition-Western Wayne	734-727-7238
Sandria Graham	Program Instructor, Nutrition-Tollgate Center	248-381-3101(video)
Arze Habib	Peer Counselor, Breastfeeding Initiative-Focus Hope	313-494-4739
Eileen Haraminac	Extension Educator, Nutrition, Food Safety-Eastern Mkt.	313-567-9701 X 104
Derrick Harrison	Program Associate, Nutrition-Focus Hope	313-494-4599
Ann Huerta	Peer Counselor, Breastfeeding Initiative- Southgate	734-720-7689 X 102

# Wayne County Program Contacts

Karla Jackson	Program Instructor, Nutrition-Western Wayne	734-727-7242
Charles Jackson, Jr	Program Associate, Nutrition-YouthVille	313-309-1677
Maggie Kantola	Eastern Market Coordinator, Nutrition-Eastern Market	313-567-9701 X 105
Amanda Knox	Program Instructor, Nutrition-Eastern Market	313-567-9701 X 105
Courtney Latimer	Extension Educator, Nutrition-Southgate	734-720-7699 X 111
Ben Langenderfer	Program Associate, Nutrition-Southgate	734-720-7689 X 107
Sulaiman Mansour	Program Instructor, Nutrition-Focus Hope	313-494-4599
Jacqueline Marks	Program Associate, Nutrition-Southgate	734-720-7919 X 105
Gerrylynn McNeal	Program Instructor, Nutrition-Western Wayne	734-727-7238
Rob Weber	Program Instructor, Financial Literacy-Southgate	734-720-7689 X 104
Delores Muhammad	Program Instructor, Nutrition-Western Wayne	734-467-3358
Stephanie Orr	Program Instructor, Nutrition-YouthVille	313-309-1685
Janelle Palmer	Program Instructor, Nutrition-Northwest Detroit	313-412-2616 X 103
Donna Pernell	Peer Counselor, Breastfeeding Initiative- Focus Hope	313-494-4739
Jackie Powell	Program Instructor, Nutrition-Western Wayne	734-727-7250
Lisa Tams	Extension Educator, Family Wellbeing-Western Wayne	734-727-7236
Barbara Teague	Program Associate, Nutrition-Eastern Market	313-567-9701 X 100

## Youth & Early Childhood Development

Allan Cosma	Program Coordinator, 4-H Youth Dev-4-H Center	313-921-5080
Jessica Cotton,	Program Instructor, 4-H Youth Dev-NW Detroit	313-412-2616 X 107
Milaina Macklin	Program Coordinator, 4-H-Southgate	734-720-7689 X 112
Anetria Rhodes	Program Coordinator, 4-H Youth Dev-Focus Hope	313-494-4678
Laurie Rivetto	Extension Educator, 4-H Team Leader-Western Wayne	734-729-3632 X 102
Tom Schneider	Extension Educator, 4-H-Northwest Detroit	313-412-2695 X 111
Monica Thompson	Extension Educator, Early Childhood Dev-Focus Hope	313-494-4959
Glenda Weiss	Program Coordinator, 4-H Youth Dev- Western Wayne	734-729-3632 X 101
Gary Williams	Extension Educator, NR-Outdoor Education-Focus Hope	313-494-4884

## Administration

Stacy Johnson	Administrative Assistant –Western Wayne	734-721-6576
Valerie Ribbron	Office Clerk, Sea Grant-Southgate	734-720-7689 X 100
Sheryl Michilli	Secretary, District H&N Data Mgt.-Tollgate Center	248-347-0269 X 279



## MSU Extension—Wayne County Offices



Michigan State University is an affirmative action/equal opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Thomas G. Coon, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

### Main Office—Western Wayne

MSU Extension—Wayne County  
5454 Venoy Road  
Wayne, MI 48184  
734-721-6576  
734-727-7233 FAX

**Western Wayne (Farmhouse Office)**  
734-729-3632

### Downriver Community Center (DCC)

MSU Extension—Wayne County  
Downriver (DCC) Office  
15100 Northline Road, Suite 200  
Southgate, MI 48195  
734-720-7697  
734-720-7920 FAX

### Eastern Market

MSU Extension—Wayne County  
Eastern Market Office  
1445 Adelaide, 2<sup>nd</sup> Floor  
Detroit, MI 48207-4826  
313-567-9701  
313-567-8726 FAX

### Focus Hope

MSU Extension—Wayne County  
Focus Hope Office  
1400 Oakman Boulevard  
Second Floor – West Suite  
Detroit, MI 48238  
313-494-4678  
313-494-7333 FAX

### Northwest Detroit

MSU Extension—Wayne County  
Northwest Detroit Office  
17405 Lahser  
Detroit, MI 48219-2334  
313-412-2616  
313-412-2637 FAX

### 4-H Community Center

MSU Extension—Wayne County  
4-H Community Center  
5710 McClellan Street  
Detroit, MI 48213  
313-921-5080  
313-921-5089 FAX

### Tollgate Education Center

MSU Extension—Wayne County  
Tollgate Office  
28115 Meadowbrook Road  
Novi, MI 48377-3128  
248-347-0269  
248-380-9193 FAX

### YouthVille

MSU Extension—Wayne County  
YouthVille Office  
7375 Woodward Avenue  
Suite 1520  
Detroit, MI 48202  
313-309-1675  
313-309-1676 FAX

### 2013 MSU Connections in Wayne County

Wayne County students enrolled at MSU	4,060
Veterinary medicine students	19
Medical students	186
Medical internships & residencies	225
Alumni in Wayne County	23,383
Spending with local businesses	\$39,769,477
Financial Aide disbursed	\$70,318,428
Product Center businesses launched	8
Product Center-Value of increased investment	\$60,000
<b>Estimated total economic impact</b>	<b>\$322,236,850</b>