

Wayne County 2014 Annual Report

Message from the District Coordinator

In 2014, MSU continued to work to advance prosperity for the people of Michigan. Through the work of Extension and AgBioResearch, MSU continues to play a key role in the \$101 billion food and agriculture system through partnerships, research and educational programs in all of Michigan's 83 counties. All of these great resources are made possible through our partnerships with county stakeholders who provide support for Extension programming. This support is vital to our delivery of quality programming and resources and ultimately, vital to the quality of life for the residents of District II and especially Wayne County.

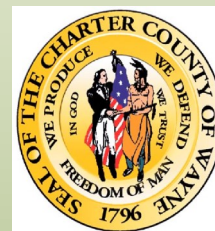
- Your support of MSU Extension 4-H Youth Development allows over 9,000 Wayne youth per year to learn lifelong skills, develop leadership abilities and discover the value of community service. MSU Extension's early childhood education programs are preparing thousands of Michigan's youngest children for scholastic success.
- Your support of MSU Extension has helped school districts provide locally grown food in their cafeterias.
- Your support of Extension's food safety programs allows participants to learn 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 14,750 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 and providing research and discovery of alternative, renewable and manageable energy resources.
- Your support of MSU Extension and the MSU Product Center allowed hundreds of entrepreneurs to learn how to develop and launch their own businesses and add to the local economy.

This link to the [MSU 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,
Richard Wooten, 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

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2014 Wayne County Participation Numbers

Children & Youth.....	10,215
Volunteers.....	435
Natural Resources & Sea Grant.....	11,339
Volunteers.....	367
Financial Stability & Community Development.....	3,590
Community Food Systems.....	4,361
Agriculture, Agri-Business & Horticulture.....	4,122
Master Gardener Volunteers.....	265
Nutrition, Health & Wellness.....	14,782
Total	49,476





4-H Youth Development

Michigan State University Extension's staff and volunteers worked with 25,496 Wayne County youth during 2014 with specialized programs in early childhood development, 4-H Youth Development, mentoring, natural resource education and nutrition education. 10,215 of these youth were involved in 4-H programs and an additional 15,281 were involved in natural resources and nutrition education programs.

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 2014, MSU Extension staff recruited, trained and provided oversight to 435 adults and 91 teen volunteers. These volunteers, serving an average of 5 hours per week, delivered 4-H educational programs focused on life skills, animal science, science literacy, leadership and civic engagement, entrepreneurship, and workforce preparation throughout Wayne County.

4-H Clubs

The club model of program delivery is essential to 4-H. It is the original and oldest method of developing youth into productive adults. Club leaders and other volunteers work with groups of youth throughout the year, focusing on various projects and educational goals. The concentrated interaction plus fun, but competitive atmosphere encourages growth and pushes youth to achieve success that they never thought possible. There are currently many active clubs operating in Wayne County. As the needs and interests of youth have changed throughout the years, so too have the various project areas that 4-H youth are able to participate in. MSU Extension staff 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. Currently, there are 202 4-H members participating in clubs and working on 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:

- 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;
- 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

In 2011, Wayne County was one of the inaugural pilot sites in Michigan selected to host the 4-H Tech Wizards Mentoring Program. This program was and continues to be funded through a grant from the Office of Juvenile Justice and Delinquency Prevention (OJJDP). This small group mentoring model seeks to put youth together with volunteer mentors who are STEM professionals or who have a particular interest or talent in a STEM related field. Typically within a ratio of 1 adult to 4-5 children and focusing on middle and high school aged children, this intensive mentoring program meets weekly and fosters interest in STEM careers while teaching problem solving, self-esteem and the value of community service. In addition to the regular meetings, Tech Wizards youth are able to take advantage of many of the other statewide activities offered to 4-H'ers. These include Exploration Days, Mentoring Weekend, Great Lakes Natural Resources Camp and many others.

2014 was marked by an expansion of MSU Extension's partnership with the Michigan Nonprofit Association, that provided an AmeriCorps member through its Mentoring to Access Corps cohort. This AmeriCorps member provided technical



4-H YOUTH DEVELOPMENT

assistance and helped to build the capacity of the program which has laid the foundation for even more significant growth in the future.

Exploration Days

4-H Exploration Days are one of six pre-college programs offered by MSU Extension 4-H Youth Development. MSU pre-college programs are great for helping youth explore possible career interests. They are great fun, very educational, and help connect young people with university faculty and other resources. MSU pre-college programs also help youth envision their future so they can wisely choose their high school classes and prepare for college. During Exploration Days youth have the opportunity to choose from over 200 sessions to attend and experience what it is like to stay in a college dorm and “explore” MSU’s campus. For 2014 Exploration Days we had 43 youth participants attend, which is 4 more than in 2013. Here are just a few of the comments made by Wayne County participants who attended the event:

“It has influenced me to be not so close-minded, evaluate all of my options and make good choices.”

“4-H Exploration Days has helped me meet new people and make a lot of fun new friends.”

“It has expanded my career choices and helped me discover new careers. It also strengthened my confidence and communication skills.”

“4-H Exploration Days has opened my eyes and exposed me to a multitude of career choices that I feel are suitable for me.”

When not in session, these participants were engaged in meetings, tours of the campus and social activities. In the conference evaluation 76% indicated that Exploration Days influenced their desire to attend MSU, and 94% planned to attend college.



Cloverbud Saturday Summer Program

This past summer Wayne County youth ages 5-8 had the opportunity to participate in a Cloverbud Saturday Summer Program. The program served as an introduction to 4-H programs where youth got to explore the 4-H's (head, heart, hands and health) through fun hands-on projects and activities. For 5 Saturday sessions, youth met at the MSU Detroit Center on Woodward and at each session they got to engage in a different 4-H project area including: plants & animals, STEM, healthy living, community service and community and expressive arts. The youth had a great time throughout the program as they raised butterflies, volunteered at Gleaners, experimented with bubbles and many other fun-filled activities. Youth also got to celebrate in their accomplishments at the end of the program completion celebration. The Saturday program ran July - August and is anticipated to run again this coming summer.



Detroit 4-H Outreach Centers

The 2014 program year saw the establishment of three program centers for 4-H Youth Development community outreach and educational activities. These activities include youth leadership, gardening, mentoring and youth development training for volunteers. Overall 1,213 youth were involved in ongoing activities and learning experiences at the 4-H Community Center and two partnering schools, Ludington Magnate Middle School and Golightly Career and Technical Center. Many additional youth are impacted through awareness sessions and in-school reports by 4-H participants about their science, journaling and gardening-based projects. The youth provide reports and demonstrations at their school, providing word of mouth information about programs and initiatives taking place in their communities.

4-H GoLead Youth Leadership Institute

In an effort to expand our programming base at Youthville, 4-H worked in partnership with Don Bosco Hall to create an intensive 9 month 4-H led leadership development program for teens. Specific skill development activities included: team building, decision making, problem solving, project planning, goal setting, community needs analysis, civic engagement and cultural competence. The program culminated with a youth-designed community service project developed with input from visits with and by a range of community leadership, organizations and social service agencies. Youth who participated received a certificate upon completion of the program.



4-H Community Center

2014 was a difficult year for the 4-H Community Center. The facility was plagued with maintenance issues which led to several closures. This situation led the building's owners to organize a nonprofit to retain the property and begin work on the numerous repairs necessary to the building. Not the type to be discouraged, 4-H staff in Wayne County soldiered on and were able to provide several programming opportunities for youth in that community such as:

- *I'm in the Garden with 4-H*—Funded by a DPS Foundation grant, this was one of the core programs offered at the community center in 2014. Educational activities included garden

development, planting and care of 24 raised beds, experiential learning activities that included math and science as well as horticulture. The 4-H groups met on Tuesday, Wednesday and Thursdays for 4 hours, reaching up to 70 youth on a regular basis. An MSU youth horticulture specialist provided consultation and curriculum support for the program early in the season.

- *Leadership Programs*—During the summer, an 8 week intensive youth leadership program was led by a 4-H volunteer from the Detroit International Academy's Integrated Intellectuals 4-H club. The group met weekly on Saturdays, July through September for 4 hours per week.
- *Service Field Trips*—Several field trips were made available to youth during 2014. Participants visited Forgotten Harvest and helped package food. Youth sold produce through the Grown in Detroit market stand at Eastern Market and several youth also attended a one day workshop on clean energy at the Detroit Science Center.



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.



4-H Great Lakes & Natural Resources Camp

4-H Great Lakes and National Resources camp takes place each year, at a residential camping facility. This year, 67 teens ages 13-15 from 37 Michigan counties including representatives from Wayne County, were exposed to 70 intentional contact hours. The content and instructional methods are research based (environmental education, place-based education, experiential learning and youth development). The diverse, natural resources-rich area includes lighthouses, a marina, a national marine sanctuary, coastal wetlands, dunes, a limestone quarry, diverse watersheds, and a state park.

While sessions at the MSU Extension 4-H camp covered ecological concepts such as fisheries management, wildlife, invasive species and 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 empowering youth participants to take active roles in leadership situations.

2014 pre and post surveys of campers indicated increased interest in science, environmental stewardship, and college readiness: 94% planned to attend college, 87% were more knowledgeable about career opportunities in environmental fields and 79% increased their knowledge of different majors, career paths and opportunities at MSU.





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 and 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.

The Wayne County Michigan State University Extension natural resources and environmental education programs have served over 111,000 children, youth and adults since 1999. Programs are designed to educate and reconnect the Michigan citizenry, especially those living predominantly in urban areas, with the land.

In 2014 the Natural Resources and Environmental Education Programs was successful in delivering quality programs to 9,442 participants. The program provided outdoor and environmental education programs to 8,090 youth and 1,352 adults. Utilizing vessel based education, fishing, archery, camping, nature exploration, water studies and other outdoor education programs. Youth and adults in southeast Michigan and other locations across the state are increasing their knowledge, experiences and appreciation for our natural resources based on the participation in Michigan State University Extension's Outdoor and Environmental Education Programs.

The MSU Extension Southeast Michigan Outdoor Education Program accomplishes this goal through the following activities:

Stepping Stones Outdoor Education Programs

Youth are offered educational programs in the great outdoors sponsored by Michigan State University Extension and the Michigan Department of Natural Resources. These programs were designed to introduce non-traditional and urban youth to multiple outdoor experiences. Youth will engage in experiential learning experiences such as fishing, camping, archery, water studies and nature exploration. The Stepping Stones Programs are presented at a variety of Michigan State Parks across the state. In the year 2014 programs were offered at P.J. Hoffmaster State Park, Bay City Recreation Area, Holly Recreation Area, Island Lake Recreation Area, Maybury State Park, Muskegon State Park, Proud Lake Recreation Area and Sleepy Hollow State Park. These programs help youth



develop new outdoor recreation skills and important life skills such as responsibility, decision-making, team work and respect for our natural resources.

Archery

Michigan State University Extension develops, coordinates and oversees archery programs for youth after-school utilizing the 4-H archery program format. MSUE also assisted in the development and program delivery of during school archery programs utilizing the National Archery in the Schools Program format. Archery is a sport that can involve people of all ages. It does not require great strength, and it does not require great expenditures in order to participate. Archery is an excellent form of family recreation with a nearly infinite array of potential activities. This activity teaches the basic rules of safety, proper equipment selection and care and beginning shooting techniques. Archery also teaches concentration, discipline, respect and responsibility.



Angler Education

Fishing is an especially valuable experience and a method to improve family communication and increase quality family time. Interested adults and youth share experiences that provide training and encourage natural resources and environmental awareness and fisheries stewardship. These fishing experiences take place in classrooms and in various outdoor settings. Fishing programs are delivered in urban settings in small lakes or ponds, also in rural settings on rivers, lakes and ponds. Each program is designed to introduce participants to the various types of fishing equipment and tackle, casting techniques, fish biology, various baits that can be used and the safe handling of fish.

Great Lakes Education Program

As part of the Michigan Sea Grant initiative, this classroom and vessel-based field educational experience focuses on the Great Lakes and Detroit River resources. The program includes segments that integrate 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. The first phase of the program begins in the classroom with their teachers utilizing the GLEP curriculum which



includes activities that focus on water, land, people and life. These activities are designed to familiarize students with the Great Lakes and the ecosystems. The second phase of the program is a field experience aboard a fifty foot Coast Guard certified ship which is converted into a floating classroom. The actual experience aboard the vessel known as the “schoolship” phase is designed to engage students in an exploration of the physical, chemical, cultural and biological dimensions of the Great Lakes watersheds specifically the Detroit River and Lake Erie. Students perform a variety of water quality and water chemistry experiments and other activities designed to expand on the concepts introduced in the classroom. Students participate in 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 test.

The post cruise phase of the Great Lakes Education Program is presented in the classroom by teachers utilizing the GLEP curriculum’s post cruise activities designed to reinforce the concepts provided in the pre cruise and cruise learning experience of the program.

Community Prosperity & Financial Stability

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 for 58 Wayne County residents during 2014. MSHDA-certified educators and counselors assisted clients in resolving mortgage and tax delinquencies through HUD-approved sessions. On a statewide basis, 61% of Michigan residents were able to keep their current home and 5% were able to sell their home to avoid foreclosure.

Pre-Purchase Home Buyer Education

MSU Extension’s Pre-Purchase Homebuyer Program helped Wayne County homebuyers make affordable and informed choices prior to the purchase of a new home. The six-hour class assisted 59 prospective homebuyers during 2014 with guidance to save money for a down payment and to learn of mortgage products that offer down payment assistance. As a result of this program, 92% of the homebuyers understand predatory lending practices and 90% can identify the best type of mortgage for their needs.



The homebuyer education program also provided certificates of completion for residents seeking Michigan State Housing Development Authority (MSHDA) down payment assistance. The program helped participants improve credit scores and financial standing which enhanced the likelihood of eligibility for lower cost mortgages and decreased the chances that troubled borrowers would have to seek foreclosure assistance. Residents also had the option of completing an online homebuyer course entitled eHome America (www.ehomeamerica.org\msue).



Personal Finance

Personal finance education programs were presented by MSU Extension staff to 143 Wayne County residents during 2014. After this program, 92% of these participants were able to make choices today that will make retirement a reality and 90% were reviewing all credit card statements for accuracy.

These sessions were made possible by continuing partnerships with local schools, churches, and community and government organizations. Residents attend these classes to improve their money management skills, prepare for homeownership, or to prevent or recover from financial crises including foreclosure.

MSU Extension utilizes two evidence-based curricula, DollarWorks 2 from the University of Minnesota Extension and Money Smart from the Federal Deposit Insurance Corporation (FDIC). Program delivery ranged from 1 to 6 hours.

In addition, residents have access to an online money management program called EHome Money (www.ehomemoney.org\msue). This low cost online course helps people understand credit, manage their personal finances, and prepare for purchasing a home at their own pace.

Another resource available to Wayne County residents is eXtension and its “Ask an Expert” feature. These national resources assist consumers in getting expert answers and help from Cooperative Extension staff, university faculty, and volunteers from across the United States.

Money Smart Week Publicity and Outreach Efforts

MSU Extension staff participated in Money Smart Week (MSW) in 2014. Money Smart Week is an annual public awareness campaign created by the Federal Reserve Bank of Chicago and designed to help consumers better manage their personal finances.

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 7, 2014 a five hour live “Ask the



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Expert” call-in program was staffed with seven MSU Extension staff and two additional community resource experts. An additional nine MSU Extension team members from around the state answered questions during a live online “Web Chat”. Other events that occurred during Money Smart Week in Wayne County:

- Be A Money Smarty and Community Resource Fair – Livonia
- Be A Money Smarty and Community Resource Fair – Northville
- Michigan Women: Get Control of your Life and its Financial Opportunities – Detroit
- Friday Night Finances: Let’s Talk About Credit - Detroit

Targeted Community Development Programs

City of Inkster

Throughout 2014, several Extension professionals provided resources to the city of Inkster. Educators worked with Inkster city council and other stakeholders to build the city’s Citizen Strategic Action Plan.

Another major effort, that involved Extension Staff, was the Reinvent Inkster Project. This initiative was a community-based process designed to develop a community asset plan for the city. Extension’s involvement consisted of trained professionals working with local youth and other residents to gather their opinions and concerns around rebuilding the city of Inkster. Several focus group sessions were held in order to get input from youth and adult residents around this initiative in which Extension provided assistance.

Leadership Development

MSU Extension continues to help communities build leadership capacity. In 2014, 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 on local cash management.



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. The MSU Product Center Food-Ag-Bio assists Wayne County residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. MSU Extension educators are trained as innovation counselors 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. During 2014, Extension professionals with the Product Center advised 352 clients. Those working with the Product Center received consultation and assistance with development of a business plan, navigation of the regulatory maze, understanding the supply chain, and how to find funding sources.

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

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.

DPS Drew Farm

MSU Extension educators Frank Gublo and Hal Hudson continued to provide expertise partnering with Detroit Public Schools in their development of the urban agriculture operations at the Drew Farm which will grow produce to be served in school lunches. In 2014, DPS sought to take on a larger role in food production and processing and Extension worked side by side with them along the way. Extension staff were able to assist in the identification and eradication of a plant-based disease and helped to keep the project on track for success through soil testing, establishment of timelines and production schedules, equipment needs and labor and management recommendations. They were also able to provide training and assistance to the farm director and increased his understanding of agricultural processes and navigation of farm suppliers and food processors.

School and Community Gardens

In 2014, programming reached a total of 585 participants. The majority of the programming centered on professional development and training to run successful school gardens, and delivering the “Understanding Community Food Systems” curriculum to a wide variety of audiences.

The Starting and Sustaining School Gardens workshop on March 25, 2014 had 42 participants that showed an overall average increase in knowledge of 24.8%. The participants’ increase in confidence in starting, implementing and maintaining a school garden was an average of 23.0%. The largest impacts were a 30% increase in knowledge of how to develop a school garden team to support the school garden and a 35% increase in

knowledge of how to find resources for garden funding and volunteers.

Garden-related educational programming was also delivered in collaboration with community partners that supplemented the ongoing science curriculum and introduced students to their food system at A.L. Holmes K-8 Detroit Public School to 129 third, fourth and fifth grade students. This programming consisted of hands-on activities in the school garden that emphasized concepts already



being taught in the classroom. Students also consumed fresh produce during the Harvest Day celebration. Consuming fresh produce was a new experience for many of the students and everyone found it to be a positive experience.

Extension professionals were also responsible for the creation, coordination and delivery of garden maintenance training workshops for 13 Student Supervisors of the School Farm and Garden Program of the Detroit Public School's Office of School Nutrition on June 23 and June 24, 2014. On July 7 and July 8 the Student Supervisors and an Extension Educator trained 60 Student Co-Op workers in basic garden maintenance and food systems in general. Both the Student Supervisors and the Student Co-Op workers spent the remainder of the summer as paid labor maintaining the 75 Detroit Public School gardens.

MSU Extension offered the first **Suburban Shoots Community Garden Leader** training in the fall of 2013 to promote community gardens throughout Metro Detroit and the program has continued into 2014. 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.

Horticulture

In 2014, 688 Wayne County residents received or utilized MSU Extension horticulture services. Additionally, programs provided by the Master Gardeners reached 66,785 Wayne County residents. At some point, every gardener will have a question such as 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 482 Wayne residents with their questions in 2014.
- **Gardening in Michigan** website at 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.
- **Soil Test Self-Mailer and Soil Test Interpretation Website** (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. Wayne residents were able to access this resource at <http://expert.msue.msu.edu> or 888-MSUE4MI (888-678-3464).

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 2014, 218 Master Gardeners were recertified in Wayne County, and basic Master Gardener training was provided to 47 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 initial and ongoing volunteer work within their communities, 265 Master Gardeners provided 19,984 hours of volunteer time in Wayne County during 2014, a value of \$450,639, according to the Independent Sector's value of volunteer time. These efforts included: providing water quality and invasive species education, environmentally friendly pest management, community gardens, giving gardens, food gardening classes, beautification and horticulture therapy projects, junior Master Gardener, school gardens and after school programs and assisting with other various MSU Extension horticulture classes.

Health and Nutrition

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.

Health and Nutrition Programs

Nutrition and physical activity education are means to prevent obesity among adults and to prevent and decrease chronic diseases. MSU Extension delivers high-quality and affordable education to serve the needs of children, youth, families and communities in urban, rural and suburban areas. Through educational programs, participants learn about MyPlate, making the most of their food dollars, menu planning, understanding a recipe, keeping food safe, nutrition and health, improving physical activity and properly feeding a family.

During 2014, MSU Extension nutrition staff in Wayne County provided educational training to SNAP-Ed and EFNEP eligible adult and youth residents. SNAP-Ed is a federal/state partnership that supports nutrition education for persons eligible for the Supplemental Nutrition Assistance Program (SNAP).

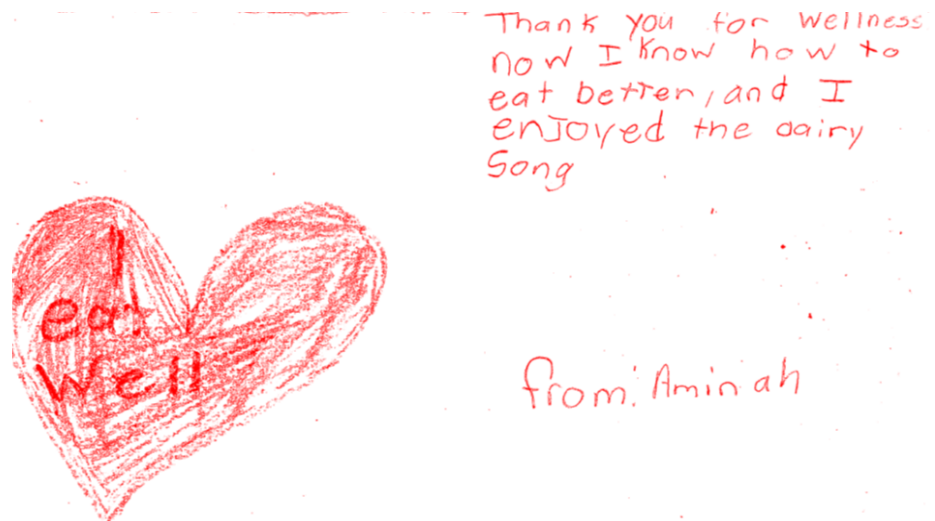
EFNEP the Expanded Food and Nutrition Education Program (EFNEP) is designated to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

In 2014, MSUE nutrition and physical activity work team reached the following SNAP and EFNEP participants throughout Wayne County:

- 1,483 SNAP and EFNEP Adult Series Participants
- 4,035 SNAP Adult Presentation Participants
- 5,627 SNAP and EFNEP Youth Series Participants
- 1,564 SNAP Youth Presentation Participants

Show Me Nutrition

This program is a comprehensive nutrition curriculum that teaches youth from preschool through junior high how to lead a healthy lifestyle. The curriculum supports Missouri's Show Me Educational Standards (adapted from the National Health Standards) and supports grade level expectations for math and communication arts, where appropriate. Several important health themes are taught in each grade levels, such as nutrition, food safety, physical activity, media influence and body image, and the grade levels are designed for continuity. Age-appropriate content, activities and handouts make learning about healthy eating fun for students at all grade levels. In 2014, Wayne county nutrition instructors utilized Show Me Nutrition to educate 5,627 SNAP and EFNEP youth series participants. Charles Jackson, Nutrition Program Associate programmed with various classes at Nataki Talibah Elementary School in Detroit, MI. At the end of his 3rd grade class, he received the following note from one of his students.



Eat Healthy, Be Active

This program is a nutrition program where participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. The program promotes healthy lifestyles and can help reduce the risk of obesity and chronic disease.

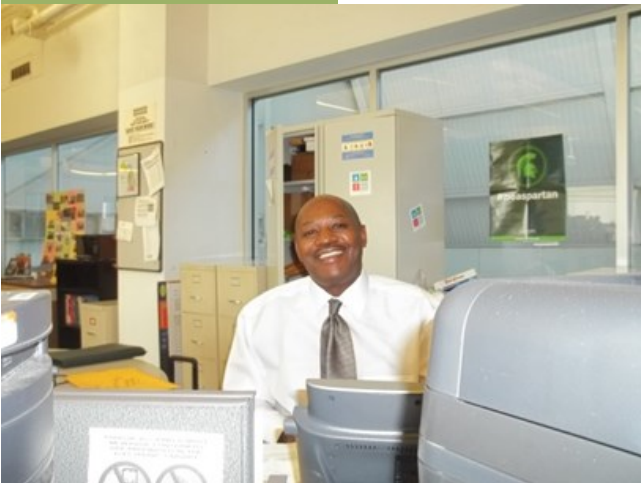
In 2014, Gerry McNeal programmed with the Western Wayne Skills Center teaching a group of adults for six weeks about eating healthy on a budget, how to increase their physical activity, eating correct portion sizes and how to live an overall healthier lifestyle. During her classes Gerry included two different food demos to teach the participants how to cook a few simple healthy meals. The participants were able to help, watch and then taste the vegetable stir-fry and smoothies that were prepared.

In 2014, Nutrition Program Instructor, Derrick Harrison partnered with Adult Well-Being Services in Detroit to offer the Eat Healthy, Be Active program with adults with developmental disabilities. Below is a synopsis of the results from this partnership.

This program helps people with developmental disabilities become more mobile, participate in recreational activities, learn activities of daily living and learn job skills. Whether it's showing people how to swim, or prepare them for a job in the workforce, we provide the basics to give people a jump-start in life. We offer a wide variety of services including:

- ◆ Skill Building
- ◆ Supports Coordination for Adults and Children
- ◆ Supported Employment

Adapted from Adult-Well Being Services Summer 2014 Newsletter



Cooking Matters

A grant from the Allen Foundation of Midland Michigan, awarded in June 2014 for \$39,756, enables Wayne County Nutrition program staff to deliver “Cooking Matters” programs and to order/obtain Nutrition Education Reinforcement Items (NERI) for use with nutrition programs presented in this county.

Supervising Educator Eileen Haraminac identified community needs and successfully implemented programming with the help of graduates from past programs. In a decisive measure to extend Extension’s reach into the community these monies funded three, 6-week “Cooking Matters” series. This 6-week series was offered throughout various settings such as senior centers, after-school programs, churches, senior housing, income eligible housing and schools. Cooking Matters has been a program that is very well received by the county residents.

Project Fresh

Project Fresh is an educational program which provides participants with coupons to purchase locally grown fresh fruits and vegetables at participating farmers’ markets. The program also benefits local farmers by providing them with additional income through the guaranteed redemption of the Project Fresh coupons.

The goal of Project Fresh is to increase awareness of the nutritional benefits of fruits and vegetables, thereby increasing consumption. In Wayne County, during summer 2014, WIC Project Fresh was delivered to 26 groups (June to September). A total of 379 participants received the nutrition education from MSUE instructors. As a result of attending the MSUE educational workshops, 81% of the participants indicated that they intended to buy fruits and vegetables at the local farmers’ market. We were able to reach a significant number of participants with this nutrition education program. Specifically, those participants from whom we were able to gather outcome data, voiced intentions to improve healthy behaviors and to buy fresh fruits and vegetables at their local farmers’ market as a result of attending the WIC Project Fresh presentation .

End of Year Cooking Demonstration: Eastern Market MSUE Kiosk

For the 2014 market season, Maggie Kantola conducted six cooking demonstrations at the MSU kiosk in Detroit’s Eastern Market. The demos were held on the Tuesday markets and generally took place during the lunch hour, between noon and 1:00 pm, which is generally the market’s busiest hour.

During the Tuesday and Saturday markets in Detroit 2,765 consumers visited the MSUE kiosk. In addition, 18 staff from HNI Nutrition and Food Safety as well as GMI worked at the kiosk to answer consumer questions and demonstrate program availability. Two nutrition volunteers worked at the kiosk totaling six volunteer hours. Four Wayne County Master Gardener volunteers assisted with the sale of soil sample test kits.



Representatives from the MSU Sea Grant program were accompanied by Michigan Department of Community Health (MDCH) to inform consumers about their collaboration called “Eat Safe Fish”. Brochures were offered in English, Spanish and Arabic, and consumer questions were answered. Lisa Perez from the US Forestry Service was present in the market to help consumers focus on the “Let’s Move Outdoors” concept emphasizing the importance of spending time outdoors in green space every day.

The Food Preservation demonstrations were also conducted at the Tuesday market -July 8th: How to preserve dilled vegetables and, October 21st: Freezing fruits and vegetables.

Michigan Fresh

In 2014, MSU Extension’s Michigan Fresh website continued to be a resource to residents throughout the state. Those looking for information on how to select annuals to make their yard pop with color or to find the best way to cook those vegetables they just picked up from the farmers market were treated to an interactive website that featured fact sheets on various kinds of meats, fruits, vegetables, gardening tips, food preservation and video cooking demonstrations. Michigan Fresh is also an access point for eXtension’s “Ask an Expert” feature where users can enter any questions they might have and the academic might and resources of all of Extension are put to work as experts from across the network have the opportunity to weigh in and answer questions.

Keeping Food Safe

MSU Extension food safety education programs train participants to prevent incidences of foodborne illness associated with unsafe food handling practices, which results in fewer medical expenses and less temporary or permanent closures of food businesses by local health departments. Costs of illness and food business closures are more expensive from a public health perspective than taking educational classes to learn how to handle food correctly.

Those attending a non-profit event where a meal is prepared can feel confident

that the food they will be eating was prepared and handled safely when the staff preparing the meal has been trained in serving safe food to large crowds.

In Wayne County, 101 consumers attended food preservation classes. Foodborne illness is a risk for consumption of home canned foods that are not following science-based food preservation processes. A survey conducted by the National Home Food Preservation Center in 2005 found that many food preservers are still following the practice of open kettle canning (for fruits, 44%; vegetables 35% and meats or seafood 20%).

The survey found the most popular sources of



instructions continue to be family or friends. Because of the risk of foodborne illness, including botulism from failure to use safe home canning techniques, it is very important to continue to provide guidelines for safe home food preservation to consumers by MSU Extension Educators.

The Michigan Cottage Food Law allows Michigan residents to prepare foods, that are not potentially hazardous, in an unlicensed kitchen. This allows people to prepare certain foods for distribution in their kitchens at home. Through this program participants learn about the Cottage Food Law and food safety principles they can use to ensure a safe product. The Cottage Food Law program educates entrepreneurs on creating and selling foods under the Cottage Food Law. The program instructs participants on the aspects of food safety, preparing foods for sale, packaging, labeling, storing and transporting. A food safety certificate of completion is issued to display when selling Cottage Foods. Twenty-five Wayne County residents attended the Cottage Food Law class “How to Start a Successful Business”. Consumers can have increased confidence seeing cottage food products sold by vendors with a Cottage Food Law safety certificate. Sixty Wayne County consumers participated in food safety education at farmers markets and senior sites.

Breastfeeding Mother to Mother Peer Counselor Program

Breastfeeding is recognized as the best source of nutrition for infants. The lowest rates of breastfeeding in Michigan are found among the WIC eligible population, which happens to be the group whose infants are at the highest risk of poor health and development. The Breastfeeding Initiative (BFI) Mother-to-Mother Program partners with the local Women Infants and Children (WIC) Program located in Detroit and Wayne County to provide breastfeeding education, support and encouragement to pregnant and breastfeeding women. The Mother-to-Mother Peer Counselor is a mother with breastfeeding experience recruited and hired from the community by MSUE and the local WIC agency. They are available to see mothers in the home, the hospital, WIC clinic or by telephone.

The Mother-to-Mother Peer Counselors assisted 587 women and families with their breastfeeding experience during 2014. Polling of participants in the program indicated that 98% of women enrolling in the Mother to Mother Program in Wayne County initiated breastfeeding. Of these women, 35% were still breastfeeding at 6 months, 13% at 1 year and 13% exclusively breastfed for 6 months.



Be SAFE

Safe, Affirming & Fair Environments

Promoting Social and Emotional Well-being

In 2014, 345 people from Wayne County attended the MSU Extension well-being programs outlined below.

RELAX: Alternatives to Anger

RELAX: Alternatives to Anger is designed to help adults, parents, teens and caregivers increase their knowledge about stress and anger issues and put healthy relationship skills into practice by better managing emotions. During 2014, a continuing partnership with the Wayne County 3rd Circuit Court enabled MSU Extension to broaden the reach of this program serving 270 residents.

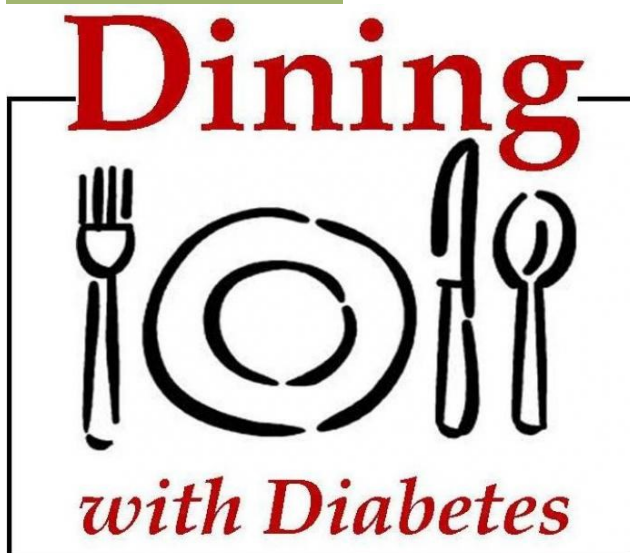
Be Safe: Bullying Prevention

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 and caregivers or those who work in schools, juvenile justice, or any other youth serving organizations.

In 2014, 75 adults in Wayne County who work with youth in out-of-school settings participated in ten half-day workshops on the *ABC's of Bullying Prevention*. Participants shared perspectives on the prevalence and types of bullying behaviors, examined bullying, and gained an understanding of bias and harassment through the lens of differences. They then spent time exploring various strategies for addressing the issues in a safe and emotionally healthy manner.

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

This engaging workshop is a 5-week series for people with diabetes and their family members. Each week for four weeks a different aspect of nutrition is covered as it relates to diabetes. Participants get recipes and are able to taste samples of dishes that are prepared by the instructor. The fifth session takes place two months after the fourth session and it is on a diabetes-related topic chosen by the participants.

Diabetes Personal Action Toward Health (PATH)

These workshops were developed at Stanford University, which calls them Chronic Disease Self-Management Programs (we call them PATH in Michigan). Each is about 2 ½ hours a week for 6 weeks.

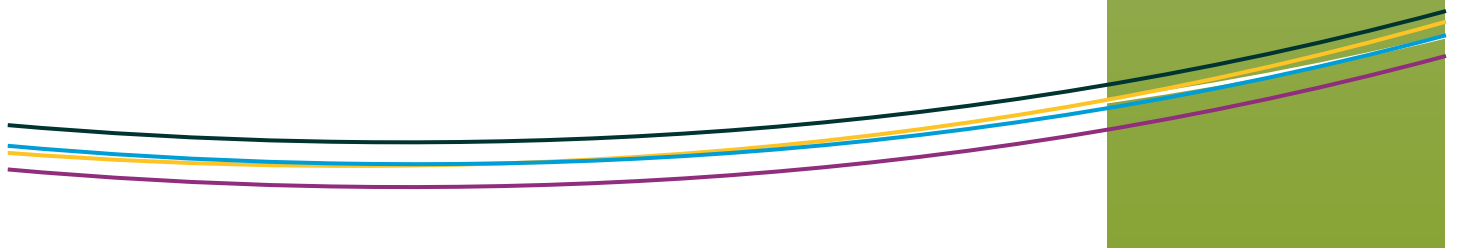
National Diabetes Prevention Program (NDPP)

This is a year-long program for people who have been diagnosed at-risk for developing diabetes. Participants met once a week for 16 weeks, then once a month for 6-8 months.

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.



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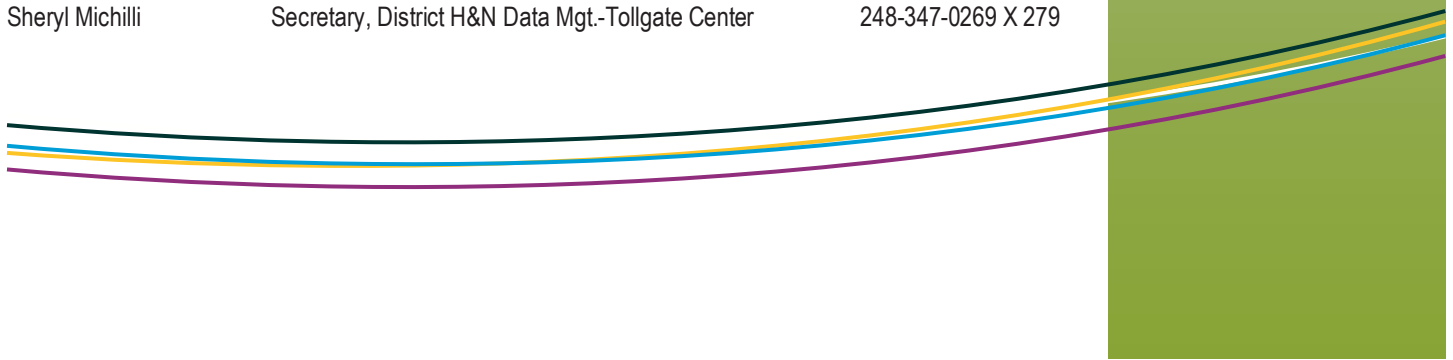
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2014 MSU Connections in Wayne County

Wayne County students enrolled at MSU -----	4,158
Veterinary medicine students -----	19
Medical students -----	186
Medical internships & residencies -----	225
Alumni in Wayne County -----	23,989
Spending with local businesses -----	\$44,435,701
Financial Aide disbursed -----	\$33,515,054
Product Center Jobs Created -----	23
Product Center-Value of increased investment -----	\$1,173,775
Estimated total economic impact -----	\$325,939,493



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



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