

We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

4-H – Positive Youth Development

Connie Creighton, 4-H Youth Development Agent

- The development of a resource for new and current statewide audiences that supports and promotes Virtual Learning Community submissions including curation of website resources, presenter mentorship, and new outreach efforts. The goal of this effort is to increase access to content and experiences that meet youth needs to build relationships, connect, and learn.
- The Portage County 4-H Tech ChangeMaker Teens offered a workshop covering the basics of social media - Facebook, Twitter, Instagram, & Tik Tok. The ten adults who participated in the program learned what is social media and how can they protect and monitor their kids who are plugged into social media. One parent has a child who is on Instagram said she knew nothing about the app and how it worked. After the session she was confident she could have a conversation on boundaries and come to a mutual decision on social media safety with her child.



Agriculture

Ken Schroeder, Agriculture Agent

- Assisted with hosting the Farmers for Tomorrow River Watershed 2022 Kickoff meeting February 7th in Amherst. Presented on the up-coming conservation incentives available to farmers in the watershed. 40 attendees learned about conservation practices that promote improved soil health.
- Assisted with the 2.5-day UW-Extension and Wisconsin Potato and Vegetable Growers Association Annual Grower Education Conference February 8th-10th.
- Assisted with the 13th annual Hop Production for the Craft Brewing Industry seminar February 26th. Attendees learned about our Nitrogen research study that took place at 3 locations in Wisconsin, one of which I managed treatments on and collected data from.
- Provided Private Pesticide Applicator certification training for 75 area farmers where they learn about proper pesticide handling and application procedures to promote personal safety and environmental protection.



Additional Agriculture work being conducted in Portage County

- Planning for the Agriculture Education area at 2022 Wisconsin Farm Technology Days, an outdoor trade show for farmers and rural communities to increase knowledge of Extension Agriculture programs in crops and soils, dairy, farm management, livestock, and horticulture. – *Matt Lippert, Wood County Extension Agriculture Agent*
- Planning for a farmer-led grant project for Mill Creek area farmers and youth in collaboration with The Farmers of Mill Creek Watershed Council, the Mill Creek Community Council, Portage County Land and Water, area schools, and PACRS. The goal of this effort is to gain funding for a pollinator habitat project where farmers implement diverse prairie areas, so that students can learn about agroecosystems and how prairie can improve water quality and ecosystem stability. – *Rachael Whitehair Wood County Extension Natural Resources Educator*

Community, Natural Resources & Economic Development

Nathan Sandwick, Community Development Educator

- Joined retired Ag educator, Mike Sabel, in leading a workshop on conflict (How to Avoid and Resolve Conflict) at the 2022 Wisconsin FFA Alumni & Supporter Convention in February. We provided some useful concepts for dealing with conflict. Participants discussed perspectives with regard to hypothetical situations presented and considered how concepts might apply.
- Serving on a conference planning subcommittee, Sandwick helped to make preparations for this year's Joint Council of Extension Professionals (Wisconsin) conference coming up in April.
- Engaged several collaborators in getting to work on the good groundwater guidance resource to be developed as part of the current grant-funded research project involving the Central Sands Groundwater County Collaborative ("Advancing the Visibility of Nitrate and Neonicotinoid Findings..."). Sandwick also continues to help convene the collaborative's regular meetings and supports work group activities.
- Continued to support SWANA-WI's efforts to inject more stakeholder input into their current strategic planning effort by launching an online interest survey and preparing a rapid assessment poster survey for use during a statewide waste management conference in February.

Additional Community Development work being conducted in Portage County

- Consultation with the Portage County Master Gardener Association, where they learned components of operating a nonprofit organization to operate independent of Extension. – *Patrick Nehring Regional Community Development Educator*



FoodWise

Kelly Hammond, FoodWise Nutrition Coordinator; Hannah Wendels & Penny Schmitt FoodWise Nutrition Educators

- Planning for the Central Wisconsin Farmers Market Food Equity Project kick-off event for local farmers, farmers market vendors, and community members in collaboration with the Wood County Health Department, UW-Madison, UW-Stevens Point, Portage County Health Department, and Farmshed. The goal of this effort is to explore how markets and communities can expand access to local fruits and vegetables through FoodShare at farmers markets so that everyone can have equal access to healthy and local food.
- A partnership with ADRC that provides "Stockboxes for Seniors", a monthly food box service where low-income seniors can receive at least 10 pounds of pantry staples and nutritious foods. The goal of this partnership is to promote the boxes with community partners with the overall goal to improve food security.
- A Strongbodies 12-week series in partnership with the Portage County ADRC and YMCA Of Wood County for low-income seniors, where nutrition education is offered to compliment the physical activity to build strength and community resilience.
- Interactive Grocery Store Tours offered twice monthly at Walmart in Plover and Wisconsin Rapids to low-income families. The goal of this educational program is for participants learn about shopping healthy on a budget, increase fruit and vegetable consumption and improve overall health.
- A virtual and in-person weekly educational series (Extension Wellness) for Central WI residents where participants learn a variety of topics to improve overall well-being and health. The purpose of this series is to increase overall well-being and health of residents through programs on financial, nutrition, horticulture, and behavioral health education.

Human Development and Relationships

Sherry Daniels, Human Development and Relationships Educator

- A course for renters where participants learn how to find and apply for rental housing, understand their responsibilities as a renter, how to communicate effectively with their landlords, and manage housing expenses. Through this, homeless populations and those who have negative rental records are able to increase their ability to find and keep safe affordable housing, thereby increasing their stability and decreasing their reliance on public support.
- A program for families and individuals, where participants learn how to create financial goals and gain money management skills. The goal of this program is to enable participants to prepare for and take charge of household financial situations that occur due to changes in income or unforeseen hardships.
- A virtual and in-person training for university students where they learn how to be good financial coaches to their peers as part of the Financial Security Association. The goal of this effort is to increase financial literacy among college students.



Additional Human Development and Relationships work being conducted in Portage County

- A 6-session wellness series (WeCOPE) for adults where participants learned different strategies that support awareness of mind-body connection. The goal of this effort is to offer skills to decrease stress and increase positive emotions of participants. – *Jackie Carattini Wood County Extension Human Development & Relationships Educator*
- An event (Financial Challenge Bowl) for high school students where the educator served as a judge as participants demonstrated their knowledge of economics and financial literacy. The goal of this effort is to support this program to value financial literacy in youth. – *Nancy Vance Clark County Extension Human Development & Relationships Educator*

Upcoming Programs

- [Encouraging Financial Relationships - Tuesdays & Thursdays, April 14th - May 3rd, 11:30am-12:30pm](#)
 - A six-module course for social workers, case managers, and community agency staff where they learn about financial goal setting, budgeting, building credit and paying off debts, strategies for saving money, and how to engage their clients in money management discussions. The goal of this effort is to build their knowledge and confidence when engaging clients in financial conversations.
- [Planning AHEAD - Mondays & Thursdays: May 9, 12, 16, 19, 23, 26, and June 2, 11:00am-12:00pm](#)
 - A new curriculum that helps residents throughout Wisconsin make end-of-life financial, healthcare, and final wishes decisions in order to reduce the stress experienced by survivors.
- [Positive Parenting Program-Transitions - Tuesdays, April 5th - May 3rd, 7:00-9:00 pm](#)
 - A series of five seminars for parents/caregivers who are separating or divorcing where they learn strategies to help minimize the consequences for children during and after this family transition. Triple P seminars contribute to supporting family stability and resiliency.

Join us and begin

planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a virtual 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Contact us for more information

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension

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Family Transitions Triple P

Are you a parent who is experiencing personal distress from separation or divorce, which is having an impact on or complicating your parenting? If so, **REGISTER NOW!** Family Transitions assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Only \$20 for the Series & Workbook ~ Scholarships are available.

1. DIVORCE – A FAMILY TRANSITION

Tuesday, April 5th

7:00-9:00 pm via Zoom

During this session, parents learn the parent traps during separation and divorce, how to talk to their children about separation and divorce, and how to help children manage their emotions.

2. COPING WITH EMOTIONS (1)

Tuesday, April 12th

7:00-9:00 pm via Zoom

Parents learn to identify unhelpful emotions (e.g., stress, anxiety, anger) and the link between these unhelpful emotions and parenting. Coping skills and relaxation strategies will also be discussed during this session.

3. COPING WITH EMOTIONS (2)

Tuesday, April 19th

7:00-9:00 pm via Zoom

This session teaches parents how thoughts influence emotions and how they can challenge those automatic unhelpful thoughts. They will also learn coping strategies and how to take care of themselves.

4. MANAGING CONFLICT

Tuesday, April 26th

7:00-9:00 pm via Zoom

During this session, parents learn the model of conflict and different conflict response styles. Parents will learn assertive communication skills, how to hold a child-related discussion with their former partner, problem solving techniques, and develop a parenting plan.

5. BALANCING WORK, FAMILY & PLAY

Tuesday, May 3rd

7:00-9:00 pm via Zoom

During this session, the practitioner discusses with parents developing a new family identity, social support, and developing new romantic relationships.



Register online at
<http://bit.ly/3PApril22>

WHO IS IT FOR?

Parents who benefit from this program are those who have or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting the children or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course usually have concurrent concerns about their child's behavior.

IMPORTANT!
Workbook must be picked up prior to the first session!

This series is brought to you by CAP Services and UW- Madison Division of Extension Portage County. If you have questions please reach out to Lisa at 715-343-7108, or Sherry at 715-346-1321.



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