



*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*

- Working with 4-H leaders to plan, facilitate and/or host a series of virtual county-wide project meetings/events. The Market Animal Committee is sponsoring an UW-Madison Agricultural-Science Tour on April 23<sup>rd</sup>. We will travel to campus by bus and visit the Genetics & Biotech Center, the new Meats Lab, the UW-Dairy Barn, the Dairy Cattle Center, and the Arlington Ag Research Station in Arlington.
- A second group of leaders are planning a series of in-person and virtual sewing project meetings starting at the end of April.
- A third virtual workshop that will be opened to Portage County and statewide to 4-H youth is a repeat of the Discover with Rocks workshop. This is a two-part virtual workshop series on rock collecting, polishing, and creating with polished rocks.
- Working weekly with 4-H Tech Changemakers to plan out future workshops. The team just voted to continue with the grant funded program another year and to start recruiting other teens to join. We have already recruited a new teen 4-H member.

## Agriculture

*Ken Schroeder, Agriculture Agent*

- Organized and facilitated the annual Central Wisconsin Processing Crops Meeting where participants receive pre-season crop production and research updates to improve the sustainability of their operations. 35 in-person and 12 online vegetable growers, crop consultants, and vegetable processors learned about cutting-edge precision technologies in processing vegetable crop production, new online tools at Wisconsin Agweather, controlling waterhemp in processing vegetables, nitrogen management of dark red kidney beans, managing snap bean root rot, and seed treatment options for processing crops with solutions beyond the neonicotinoids.
- Provided Private Pesticide Applicator certification training for an additional 94 area farmers where they learn about proper pesticide handling and application procedures to promote personal safety and environmental protection.
- Completed DATCP producer-led watershed 2021 annual grant reports for Farmers of Mill Creek and Farmers for Tomorrow Riverwatershed projects.



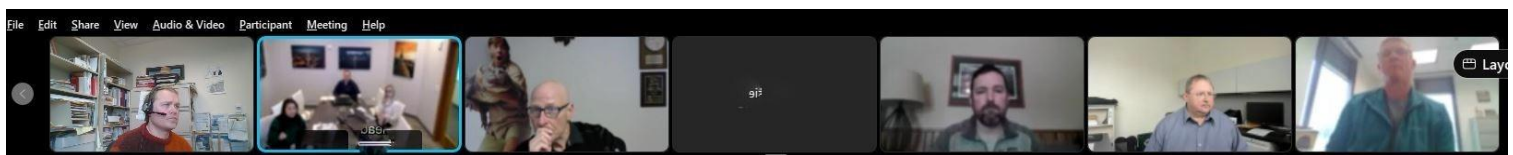
## Additional Agriculture work being conducted in Portage County

- A web-based class for novice gardeners on a budget, where participants learned cultivar and site selection to increase skill set and decrease horticultural product misuse. – *Janell Wehr, Marathon County & Wood County Horticulture Educator*
- A presentation for UWSP Continuing Education lifelong learners, where participants learned about evidence-based resources in new cultivar selection to decrease horticultural product misuse. – *Janell Wehr, Marathon County & Wood County Horticulture Educator*

## Community, Natural Resources & Economic Development

*Nathan Sandwick, Community Development Educator*

- Sandwick both learned from, and supported, an ongoing statewide program on Civil Leadership for Vibrant Communities by participating in a fishbowl dialogue among people with different views on addressing climate change. The workshop emphasized techniques for respectfully sharing and listening to others' perspectives on public issues now widely regarded as polarized and often contentious.
- Sandwick engaged in discussions about prospects for broadband expansion projects and followed-up by providing stakeholders with detailed timely information about specific areas known locally to be underserved - though still not properly shown as unserved or underserved on most readily available statewide maps of broadband coverage.



- Nathan Sandwick and Sherry Daniels co-presented information about the “Origins of Housing Stress...” as part of a session on housing and transportation, March 24th, at the Conference for the Small City and Regional Community, convened annually by University of Wisconsin-Stevens Point.

## Additional Natural Resources work being conducted in Portage County

- A study to better understand neonicotinoid concentrations in groundwater and surface water in the Central Sands Region of Wisconsin. Results from this study will help farmers, citizens, scientists, local/county/state officials, and regulatory agencies make decisions regarding water-resources. – *Michael Parsen, Hydrogeologist, UW Madison Division of Extension*



## FoodWise

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

- 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 the overall well-being and health of residents through programs on financial, nutrition, horticulture, and behavioral health education.
- 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.
- 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 to learn about shopping healthy on a budget, increase fruit and vegetable consumption and improve overall health.
- Fidelity checks ongoing at Strongbodies locations through Portage County. Checks will support teacher trainers and ensure that the program is being completed according to the evidence-based recommendations. Penny Schmitt will observe and provide feedback for each of the 6 trained Strongbodies leaders.
- A six-week nutrition education series utilizing the Serving up MyPlate curriculum for youth in third grade classrooms in McKinley Elementary where they learn about eating a variety of foods from MyPlate, label reading, the importance of breakfast, physical activity, and hand washing. The goal of this effort is to encourage healthy habits in school and at home.

## 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 5-part educational series (Positive Parenting Practices during Transitions) for Central WI residents where parents learn a variety of topics to improve the outcomes for families separating or divorcing. The purpose of this series is to increase the overall well-being of parents and children through programs on coping with emotions, managing conflict, promoting child development, and balancing work, family, and play.



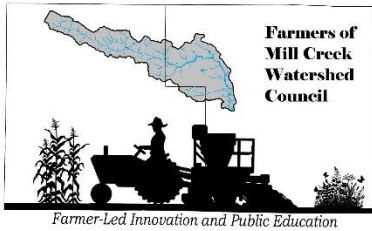
- A six-module course for social workers, case managers, and community agency staff where they learn about financial goal setting, budgeting, building credit and paying off debts, strategies for saving money, and how to engage their clients in money management discussions. The goal of this effort is to build their knowledge and confidence when engaging clients in financial conversations.

## Upcoming Programs

- [Do You Know Your Credit Score? – Tuesday, April 5<sup>th</sup> at 11:00 am and Wednesday April 13<sup>th</sup> at 6:00 pm](#)
  - Two free credit score workshops for those living with the Stevens Point Housing Authority.
- [Encouraging Financial Conversations - Tuesdays & Thursdays, April 14<sup>th</sup> - May 3<sup>rd</sup>, 11:30am-12:30pm](#)
  - Encouraging Financial Conversations: A series of seven workshops designed for case managers, social workers, and other frontline staff to help empower clients to achieve their financial goals and manage their money.
- [Planning AHEAD - Mondays & Thursdays: May 9, 12, 16, 19, 23, 26, and June 2, 11:00am-12:00pm](#)
  - A series of seven workshops for people who are interested in planning for the end of life to make things easier on loved ones, have lost a loved one, or are in the process of losing a loved one and are dealing with the transition.
- [Family Living Transitions Triple P Parenting - Tuesdays, April 19<sup>th</sup> - May 17<sup>th</sup>, 7:00-9:00 pm](#)
  - A series of five workshops for parents separating or going through a divorce. This assists parents adjust and manage the transition from a two-parent family to a single-parent family.

## 2021 Portage County Watershed Report

### Farmers of Mill Creek Watershed Project:



Goals for the Farmers of Mill Creek Watershed Project:

- Further educate farmers and their neighbors on phosphorus best management practices.
- Focus on adopting more environmentally friendly farming practices.
- The ultimate goal of the Farmers of Mill Creek Watershed Council is to be stewards of environmental sustainability for the land and water in the watershed.

In 2021, 20 farmers of which 3 were new cooperators installed conservation practices on their farms such as no-till planting, cover crop inter-seeding demonstration plots, planting of single species and multi-species cover crops, inter-seeded cover crops in growing corn or soybeans, or did a pollinator habitat planting. These conservation practices covered more than 1,298 acres.

\$24,395 in cost-share funds and \$7,354 in educational materials and outreach were provided to farmers as part of this project from a Wisconsin Department of Agriculture Trade and Consumer Protection (DATCP) Producer-Led Watershed Protection Grant.

#### By the Numbers:

- 810 acres no-till planting cost-shared in 2021
- 334 acres single species cover crops cost-shared
- 72 acres multi-species cover crops cost-shared
- 3 acres of pollinator habitat cost-shared
- Hosted a “Lunch and Learn” April 7<sup>th</sup> informing area farmers about the Youth Education efforts of the watershed project and get input on future programs. 14 farmers and 3 County staff attended.
- Held 2 youth education on-farm field days where youth learned about soil health, cover crops, prairie and pollinator plantings, and groundwater. 56 youth from 3-K through 4<sup>th</sup> grade attended day one and 24 first graders day two.
- Hosted a “Lunch and Learn” June 15<sup>th</sup> where 25 farmers learned about using a roller/crimper and rye cover crop for weed management in soybeans, watched field demonstrations of roller/crimping, and learned about the research project to evaluate effects of rye cover crop on white mold and weed suppression in soybeans.
- Hosted a Field Day December 8<sup>th</sup> where 60 farmers, agribusiness professionals, youth, and area residents learned about conservation activities in the Mill Creek watershed, cover crop inter-seeding, and viewed fall-seeded cover crop fields comparing drill seeding to aerial seeding.

Published April, August, and December 2021 Farmers of Mill Creek Watershed Council newsletters. This newsletter provides educational content on agricultural conservation practices that reduce the environmental impact of agriculture. Distributed to over 400 Mill Creek farmers, agribusiness professionals, and stakeholders. Additionally, posted to the DATCP Producer-Led watershed protection list serv making it available to 30 watershed groups around Wisconsin.

## Farmers for Tomorrow/Waupaca River Watershed Project



### Goals for the Farmers for Tomorrow Watershed Project:

- Reduce nitrates entering the groundwater in the Tomorrow/Waupaca River watershed.
- Further educate ourselves and our neighbors on nitrogen best management practices.
- Focus on adopting more environmentally friendly farming practices that will ensure clean water and healthy soils for future generations while maintaining or improving profitability.

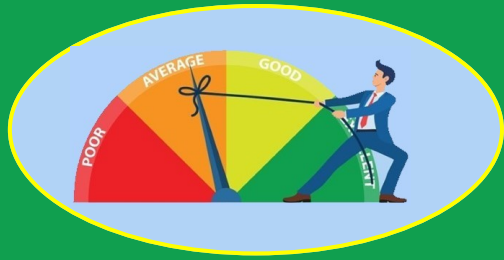
In 2021, 21 farmers of which 3 were new cooperators installed conservation practices on their farms such as no-till planting, cover crop variety demonstration plots, planting of single and multispecies cover crops, did manure analysis or hosted an on-farm research project site looking at nitrogen rates and corn grain yields. These conservation practices covered more than 1,577 acres. Held one winter kickoff meeting where area farmers, local residents learned about conservation practices that will ensure clean water and healthy soils for future generations while maintaining or improving farm profitability.

\$25,012 in cost-share funds and \$4,988 in educational materials and outreach were provided to farmers as part of this project provided by a Wisconsin DATCP Producer-Led Watershed Protection Grant.

### By the Numbers:

- 730 acres no-till planting cost-shared in 2021
- 580 acres single species cover crops cost-shared
- 267 acres multi-species cover crops cost-shared
- Cost-shared manure analysis for N, P, K, S and total solids prior to land spreading.
- Hosted 2021 winter kickoff meeting of the Farmers for Tomorrow watershed project February 9<sup>th</sup>. Thirty area farmers and agribusiness professionals learned about cover crops, no-till planting, and other conservation practices to reduce nitrates in the groundwater. Free well water nitrate testing was provided to 11 area farmers.
- Participated in June 17<sup>th</sup> Fishers and Farmers Partnership for the Upper Mississippi River Basin – Boots on the Ground Conversation along with Matt Hintz, lead farmer for Farmers for Tomorrow River project. Attendees learned how we are working together to demonstrate and promote soil health and improve ground water quality in the Tomorrow/Waupaca River Watershed.
- Published first edition of the Farmers for Tomorrow River Watershed Council Newsletter September 15, 2021. This newsletter provides educational content on agricultural conservation practices that reduce environmental impacts of agriculture. Plans are to publish 3 editions in 2022.
  - September 15, 2021, the fall edition of the Farmers for Tomorrow River Watershed Council Newsletter was published and emailed out to 65 local recipients. Content included information on a youth education and pollinator project, the remaining 2021 cost-share opportunities for conservation practices, cover crops for after small grains and short-season crops, a cover crop inter-seeding project with a local high school, calibrating your combine yield monitor, and our on-farm roller/crimper research plots and field day.





# Do you know YOUR credit score?

## FREE Credit Score Workshop

These FREE one hour workshops will focus on how to get your credit score and credit reports and why it is important for you to have this information.

### Workshop Dates

Tues, April 5th @ 11 am

or

Wed, April 13 @ 6 pm

*Workshops will be held in the  
Hi-Rise Manor Dining Room  
1300 Briggs Court, Stevens Point*

Register online at

<https://bit.ly/SPHAcredit>

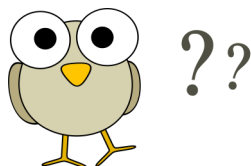


or Call  
**715-346-1316**

After the seminar you will have the opportunity to set up a FREE one-on-one appointment with a financial coach from Financial Wellness of Portage County.

## Why should you know your credit score?

Your credit score determines a lot more than the loans you can get and the interest rates you pay. Insurers use credit scores to set premiums for auto and homeowners coverage. Landlords use them to decide who gets to rent their apartments. Credit scores determine who gets the best cell phone plans and who has to make bigger deposits to get utilities.



### Questions?

Contact Sherry Daniels,  
Portage County Family Living Educator  
[sherry.daniels@wisc.edu](mailto:sherry.daniels@wisc.edu)  
715-346-1321

Light Refreshments will be Served.

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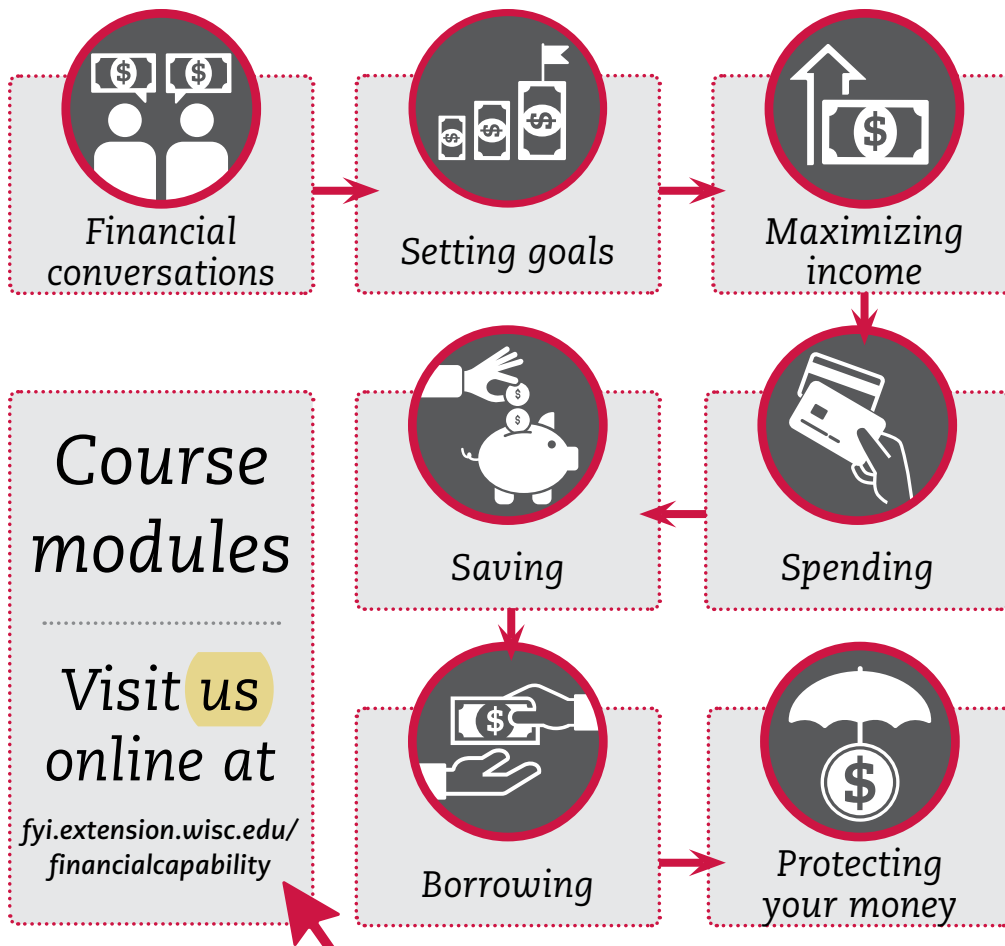
# ENCOURAGING FINANCIAL CONVERSATIONS



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**E**ncouraging Financial Conversations is a program designed for case managers, social workers, and other frontline staff to help empower clients to achieve their financial goals and manage their money. Participants will learn techniques and strategies to help their clients create a

financial goals action plan, build and maintain good credit, pay off debts, develop a spending and savings plan, and protect themselves from fraud and identity theft. Participants will also learn coaching strategies that capitalize on a client's strengths and resources in coming up with solutions.



## Join us!



# 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



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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 19th**  
**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 26th**  
**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, May 3rd**  
**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, May 10th**  
**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 17th**  
**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.

### 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.



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

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



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
PORTAGE COUNTY

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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