



Bay County

2022 ANNUAL REPORT



\$17,492,455
Total Economic Impact



\$1,226,164
Spending with Local Businesses



\$3,786,668
Financial Aid Disbursed



181
Enrolled Michigan Students



1,704
MSU Alumni in Bay County



437
4-H Youth in Bay County

Message from the District Director



Michigan State University Extension is proud to provide our state's residents with the knowledge they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to achieve successful futures.

As times change and new challenges arise, Extension is committed to meeting people where they are to make our programming and resources accessible to all. We now offer virtual, hybrid and face-to-face programming throughout the year depending on the needs, request, and preference of our partners and residents. Moreover, we ensure our customers – the residents of Bay County – are provided with the high quality, evidence-based curricula they are accustomed to.

MSU Extension provides hundreds of programs focused on youth development, mental health, nutrition, physical activity, mindfulness, business, agriculture, veteran's outreach, invasive species, farmers market, food safety, Saginaw Bay watershed and community food systems. We focus on the needs of youth, families, seniors, veterans, farmers, and the disadvantaged, while working with our partners in the communities that we serve.

On behalf of the MSU Extension team serving your County, thank you for your continued support. I would also like to thank all our partners, businesses, families, and youth that we serve. It is a pleasure and honor to work with you and meet your needs so we can make a positive difference in your community.

Mark J. Rankin, District 9 Director

Serving Bay, Genesee, Midland, Saginaw, & Shiawassee Counties



Program Highlights



Testimonial #1 (Tai Chi for Arthritis and Falls Prevention): Testimony from participant: "I took Liz's Tai Chi class and I continue to do the Tai Chi Club when I have time. It has really helped me with my balance and even walking backwards. I was a real klutz and it's definitely made a difference. This is also one of the exercises I can do even with the bone-on-bone issue in my knee. This is not causing me too much discomfort. I would definitely suggest this class to anybody with arthritis and balance issues. Liz is a great instructor. I look forward to more classes with her."



Testimonial #2 (Tai Chi for Arthritis and Falls Prevention): Testimony from an instructor: Teaching Tai Chi has brought so much joy into my life! The participants love this program and get excited to come back every week. The physical and mental improvements they make throughout the program are outstanding. After a class one week, a participant came up to me and told me a story about her sciatica pain. She said she has been dealing with sciatica pain for two years and has tried everything (massages, chiropractic, etc.). She started taking Tai Chi for about a month and focused more on proper stepping (forwards, backward, and sideways). She said she really started thinking about striking heel-toe and toe-heel as we move throughout the day. She was blown away that the pain is gone after two years of trying everything in the books!

Success stories like this make me so excited as an instructor to be able to provide this programming throughout the county to residents who are at risk of falling.

Health Team

MSU Extension Health Team programming aims to promote health and wellbeing, including understanding important connections between physical, mental, social and emotional health. Extension Educators continue to provide evidence-based health programs such as Tai Chi for Arthritis and Fall Prevention, Matter of Balance, Powerful Tools for Caregivers, Personal Action Towards Health (PATH), Sleep Education for Everyone Program (SLEEP), and Stress Less with Mindfulness throughout the community.

Program Highlights:

Tai Chi for Arthritis and Falls Prevention combines slow movement, deep breathing, and focused intention to help people improve strength, balance and posture while helping prevent falls. Other benefits include improving relaxation, vitality, posture, and improved immune system. Studies have shown that Tai Chi can reduce falls by nearly 70%. The program focuses on confidence building, which is linked closely to the reduced rate of falling. This program is offered for 16 hours in a variety of formats.

In a statewide report of those surveyed: 100% of Tai Chi and Matter of Balance participants reported feeling more comfortable increasing their physical activity due to attending the classes.

A key highlight of MSU Extension's expanding opportunities included launching the SLEEP Education for Everyone Program (SLEEP) statewide. SLEEP was developed by sleep researchers, a certified sleep medicine specialist, MSU Extension educators, and older adults living in the community. During 2022, 15 Extension staff were trained to deliver the program, and 35 programs took place throughout the state, both in-person and virtually. Evaluation results for SLEEP show significant improvements in participants sleep quality, sleep hygiene-related behaviors, and excessive daytime sleepiness scores.

Michigan Substance Use, Prevention, Education, and Recovery (MiSUPER)

The MiSUPER project started as a collaborative project from MSU Extension, the MSU College of Human Medicine Family Medicine, and the Health Department of Northwest Michigan funded by the Substance Abuse and Mental Health Services Administration. Last year the MiSUPER team provided two community presentations on opioid awareness, reaching nearly 100 community members. You can visit the [MiSUPER webpage](#) to request a presentation and view our resources on how to respond to an overdose. MSU Extension is now part of the Great Lakes Rural Opioid Technical Assistance Regional Center alongside University of Illinois Extension, Purdue University Extension, University of Minnesota Extension, Ohio State University Extension, and University of Wisconsin-Madison Extension. You can sign up for the regional newsletter [here](#).

Program Highlights



Earn ServSafe certification with help from MSU Extension.

MSU Extension offers 8-hour ServSafe training, which is a national certification program.

This class is designed for anyone working in the foodservice industry, including non-profit organizations.

MSU Extension will be offering proctoring of the ServSafe Manager Certification Exam by appointment.



Contact your local MSU Extension Food Safety Educator for more information.
<https://www.canr.msu.edu/servsafe/events>

Follow our [Think Food Safety Facebook](#) page.

View upcoming events, food safety tips, and recordings of our *Food Safety Q & A* and *Investigating Food with Science* Programs.

MICHIGAN STATE UNIVERSITY Extension
FOOD SAFETY HOTLINE Operating Monday through Friday, 9 a.m. - 5 p.m.
Call 877-643-9882

Ask Extension <https://www.canr.msu.edu/outreach/ask-an-expert>

Food Safety in Bay County

MSU Extension Food Safety Team programming works to provide educational programs for food workers, cottage food entrepreneurs, childcare providers, food pantry volunteers, and consumers, providing information about the five risk factors that contribute most to foodborne illness – personal hygiene and health, cooking temperatures, holding temperatures and cleaning of food contact surfaces. In 2022 the Food Safety team continued to reach multi-counties in Michigan and out of state with virtual programming and the return to live programming as well.

Food safety for childcare providers provides food safety education for staff who care for infants, toddlers, and preschoolers. The curriculum used is Safe Food = Healthy Kids, developed by MSU Extension educators. Learn what the best practices are for food safety to help keep kids safe.

Cooking for Crowds is a three-hour food safety training for volunteers working in a non-profit venue. Cooking for Crowds classes educate volunteers who offer fundraisers and events such as dinners and bake sales. This program aligns with the 2009 Michigan Food Code.

Michigan Cottage Food Law workshop classes offer an unique feature with a combination of presentations offered in this program with the Food Safety Team, teaching safe food handling concepts and the MSU Product Center sharing tips on building a solid business and marketing plan to sell the Cottage Food items. The program ends with a Q & A session featuring an inspector from Michigan Department of Agriculture and Rural Development (MDARD) to answer questions pertaining to food products.

Pantry Food Safety – It's Your Job! is another three-hour training offered for volunteers working in food pantries and food banks. After completing the Pantry Food Safety training, participants will receive a certificate of completion.

Preserving MI Harvest (Online, Free Sessions)

Thursday's at 1 p.m. and 6 p.m. EDT

Learn the latest methods and research for preserving foods at home. Let us help you fill your pantry and freezer by preserving food safely at home.

To learn more and to register, visit: [Preserving MI Harvest](#)

Several other online programs are offered statewide, Emergency Preparedness Series, Food Safety for Food Service Workers (a D2L self-study course).

Program

Highlights

Community Food Systems Team Goal and Program Areas

The MSU Extension Community Food Systems team works to make the Michigan food system accessible, equitable, fair, healthy, diverse, and sustainable by focusing on the people who shape food systems through education, connection, networking, research, assistance, and consultations. The Community Food Systems team leads programming that: supports community food value chains, supports food and farming business sustainability, enhances land and ecosystem quality, cultivates networks, and increases community engagement in agrifood systems.

Statewide Programs:

Michigan CSA (Community Supported Agriculture) Network - The goal of the Michigan CSA network is to help farms increase overall participation in Michigan CSAs by connecting CSA growers with one another to facilitate collaboration, educating consumers about the benefits of CSA membership, and expanding access to CSAs through alternative payment methods. The Michigan CSA Network convenes statewide network meetings and distributes marketing and education materials.

Michigan Farm to Institution Network - The Michigan Farm to Institution Network helps people across the farm to institution supply chain learn, connect, and collaborate. Since 2014, the network has provided a space for learning, sharing, and working together to help farm to institution programs grow in Michigan.

Local Support

District 9 Community Food Systems Educator Hired in August 2022



Program Highlights



The MSU Extension Master Gardener Program is an adult horticulture education and volunteer leader training program committed to improving science based horticulture information in communities throughout the state of Michigan.



Being in the Extension Master Gardener Program requires only an enthusiasm for gardening and a willingness and commitment to volunteer, sharing science-based education.



A homeownership seminar from MSU Extension will equip you with valuable information about the home-buying process that will help you navigate the technicalities and avoid costly mistakes.

Consumer Horticulture

The Consumer Horticulture team serves Michigan through its educational lawn and garden programming. We provide research-based information and training to our communities. In addition, we answer questions submitted from the public through [Ask Extension](#) and our MSUE Lawn and Garden Hotline (1-888-678-3464 prompt #1). Answering calls on Monday, Wednesday and Friday 9:00 am to 12:00 noon. Ask Extension is an online tool that allows Michigan State University experts to answer questions submitted by the public along with photos of issues they are experiencing in their garden or lawn. In 2022, 6,023 [Ask Extension](#) questions were responded to statewide, along with 1,753 hotline questions. Alongside these tools, our **“Gardening in Michigan”** [Facebook page](#) and [website](#) house ornamental and vegetable gardening resources and hosts free educational videos.



Homeownership Education

MSU Extension Genesee County offers an online [Homebuyer Education Class](#) that is MSHDA and HUD certified.

You will learn:

- The advantages of homeownership,
- The steps in the home-buying process
- The costs of home ownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment.

Program



Free Rural Resilience Online Course

Recognizing the high levels of stress affecting America's farmers and ranchers, Michigan State University Extension has partnered with others from the USDA's Cooperative Extension System, Farm Credit, American Farm Bureau Federation, and National Farmers Union to create a [free online course](#) that is now available and open to the public. This Rural Resilience: Farm Stress Training course covers topics such as managing stress, communicating with distressed farmers, and suicide awareness. You can register for this course on our website:

canr.msu.edu/managing_farm_stress.



Bay County farmers took advantage of an array of Farm Business Management Extension programs offered in 2022, both in-person and online. These programs provided relevant and timely educational resources in the areas of financial management and business planning.

Highlights

Managing Farm Stress

Managing Farm Stress Team Impact Report Summary

In 2022, the Managing Farm Stress team delivered 39 presentations to over 1,200 participants statewide, including Mental Health First Aid trainings for 17 farmers. Since the beginning of the Legacy of the Land project MSU Extension has referred 48 farmers into teletherapy and reached 3,164 people at 59 different outreach events. The managing farm stress website (extension.msu.edu/farmstress) received more than 25,000 site visits and resources are constantly being updated. Our free, self-paced Rural Resilience online course trained 1,050 people. More information about how MSU Extension was able to support the agricultural community can be found in the 2022 Farm Stress Impact Report [here](#).

Farm Business Management

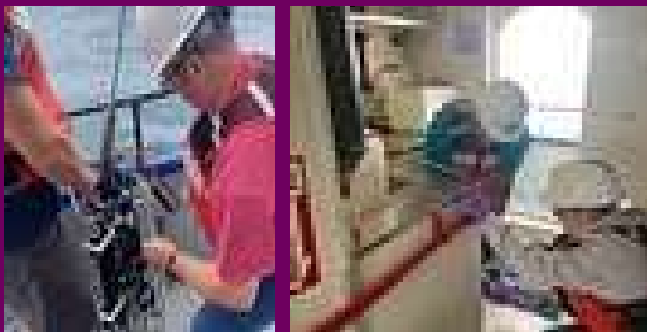
The Farm Business Management Team offered a variety of programs on fundamental business management topics. Recordkeeping was a prime area of focus, with eight different seminars over the course of the year. They also continue to offer the farm recordkeeping book on paper and in spreadsheet form, as well as educational assistance on multiple recordkeeping software programs. Some farm management education was targeted to beginning farmers, including a webinar series on five different financial management topics, as well as an ongoing series of Extension bulletins on a variety of business planning topics.

Programming also addressed critical current issues. Annual meetings on Farm Bill program selection covered both standard and expanded program options. Concerns about high fertilizer prices were addressed with a seminar on strategies to manage input costs. The weekly Lunch Break series on Facebook Live continued with ongoing business management updates. In addition, they provided area lenders with an update on succession planning issues at the Michigan Agricultural Credit Conference.

The Farm Business Management team served a diverse audience, offering programs with both group and one-on-one education. The Farm Money Matters course covered a broad range of business management topics, while Recordkeeping for the Global Majority and the Accounting Learning Series focused on strategies for effective farm recordkeeping.

Educational consultations continued to be offered by the Farm Business Management Team on financial management and business planning issues. Intensive assistance was provided to 10 families across the region on issues of financial analysis, farm stress, succession planning, and tax management. An additional 26 families took advantage of shorter, more targeted consultations.

Program Highlights



To support their implementation of a place-based education project, each educator received a \$500 project stipend with support from CGLL and the Great Lakes Restoration Initiative. Northeast Michigan Great Lakes Stewardship Initiative network and its leadership partners also supported the Summer Institute.

Michigan Sea Grant Extension

Michigan Sea Grant Extension promotes research, education, and outreach to enhance the responsible and sustainable use of our diverse Great Lakes resources. Through MSU Extension, Michigan Sea Grant works with Michigan residents, industries, and coastal communities to encourage their use, benefits, and enjoyment of Great Lakes resources that positively influences our state's economy, environment and quality of life.

Lake Huron Regional Fisheries Workshops

In the spring of 2022, Michigan Sea Grant Extension hosted two virtual Lake Huron Regional Fisheries Workshops – focuses on the open water and nearshore fisheries, including Saginaw Bay. These workshops engaged close to 200 anglers, charter captains, and others with fisheries researchers and managers from across Michigan – more than **70 participants** learned about the Saginaw Bay fishery. Participants gained better understanding of Lake Huron fisheries ecosystem changes, and these stakeholders were connected with information, research and management activities relating to Lake Huron and local communities.

Center for Great Lakes Literacy

Michigan Sea Grant Extension provides leadership for the Center for Great Lakes Literacy (CGLL), a collaborative effort led by Sea Grant educators throughout the Great Lakes watershed. CGLL engages and inspires teachers, scientists and students to promote improved stewardship of our shared freshwater treasure. A Great Lakes literate person is someone who understands, appreciates, shares about and helps to protect the Great Lakes resources and the watersheds that feed them.

In 2022, Michigan Sea Grant Extension supported educator professional learning opportunities – including the Lake Huron Summer Teacher Institute and CGLL Shipboard Science Workshops, where educators explored Great Lakes topics and planned for ways to engage their learners through stewardship and place-based education. One Bay City educator participated in the Shipboard Science Workshop aboard the R/V *Laurentian* travelling from Muskegon to Alpena. While aboard, participants helped researchers collect data for an acidification study in the Great Lakes. They also learned about boat navigation over the course of the travel.

www.michiganseagrants.org

Program Highlights



A Sugarbeet Advancement variety trial used to compare different types of sugarbeets.



Sugarbeet Plant

Sugarbeet Advancement

Over the past year, Sugarbeet Advancement (SBA) continued to partner with farmers to conduct on-farm research and grower education. The goal of this program is to improve the economic and environmental sustainability of the sugarbeet industry for farmers in the Michigan sugarbeet growing region.

Sugarbeet Advancement had a very successful year of research in 2022. The research SBA does is somewhat unique in that it does large plot research in cooperation with local farmers. Aside from the specific variable that is being tested, each trial is managed just as the farmer manages the rest of their beets. There are two primary areas of focus for SBA's research, which include variety trials and agronomy trials. The goal of the variety trials is to compare the yield and agronomic traits of different sugarbeet varieties, while the agronomy trials are used to investigate a number of topics related to sugarbeet production. **In all, SBA had 34 trials this year, including 10 variety trials and 24 agronomy trials.** The results of these tests will be used to improve both economic and environmental sustainability on farms throughout the area in 2023.

Sugarbeet Advancement also had a successful year of educational programming. Last winter, SBA participated in the REACH Winter Agronomy Meeting series, where the results of the previous year's agronomy trials were presented to growers. In all, 6 regional meetings were held, with 345 people attending. Another major event which SBA was a part of last winter was the Bean and Beet Symposium. Several agribusiness vendors from throughout the growing area had booths at this meeting, and researchers from MSU and the USDA presented the results of their research. Approximately 450 people attended this event. In August, SBA was a host of the Dry Bean and Sugarbeet Diagnostic Day held at the Saginaw Valley Research and Extension Center. This program was designed to help the attendees learn more about diagnosing biotic and abiotic problems these crops face. **In all, around 160 people attended.** The final educational event for SBA in 2022 was Seed Week, which is where SBA presents their variety trial results. **This event included 5 meetings throughout the region, with a total of 325 people attending.**

Last year was a very successful one for the Sugarbeet Advancement team, and hopefully next year will be just as successful as we continue to serve the sugarbeet growers of Michigan.

Extension Providing 4H Youth Development



Michigan 4-H is growing current and future leaders. The largest youth development organization in Michigan, 4-H provides more than 200,000 young people with experiential learning opportunities to explore new interests and discover their passion.



Our mentoring program, 4-H Tech Wizards, has started back up at Washington Elementary. We have 4 mentors and 10 mentees. So far this year our mentors and mentees have learned about buoyancy, force, and levers.

Bay County 4-H has a new partnership with the Boys & Girls Club of Pinconning. Programming will be every other Wednesday to provide STEM programming to the 20-25 youth who attend there.

A popular virtual financial literacy program, Bite of Reality, was offered with our partner Genisys Credit Union at Western High School. The students are given a real-life scenario where they navigate life after college with their first full-time job; purchasing a house, vehicle, etc. There were two sessions offered and 400 students were reached for both sessions.



Mad City Money is an in-person financial literacy program that was held at Western High School and Central High School. Students get a taste of

the adult world with this hands-on budget simulation, complete with jobs, income, family, and debt. Mad City Money allows participants to make mistakes - and suffer the consequences of their decisions - in a realistic, but safe, environment. Bay County 4-H partners with Bay Area Chamber of Commerce to provide real local merchants for our merchant tables, between 400 students per school, participated.

A new program, "Mindful Me", was held at Faith Lutheran's kindergarten classroom with 23 students. The program promotes mindful practices.



Embryology programming was held with two new partnerships. All Saints Central Elementary in their Preschool classroom of 29 students. Cramer Junior High School with all four 5th grade classrooms where there were 113 students. Programming was weekly for five weeks. All but six eggs hatched. It was a huge success with both classrooms.

Bay County's annual Saginaw Bay 4-H Fish Camp was held and had 15 participants ages from 8 – 12-year-olds. This was a two-day camp where youth were taught about invasive species, angler safety, how to become a good angler, fish in our Great Lakes, fish anatomy and dissection. The Future Anglers Association donates the rods and reels that the youth get to keep at the end of camp.

Western High School held mock interviews for students. Students were offered prep and given feedback for upcoming interviews. 150 students participated in this program.

One of our 4-H Clubs hosted a Community Service Project packing backpacks with toiletries for youth, along with some pajamas and, other comforts of home. We had a great turnout of 4-H youth and donations where we packed 31 bags and donated them to a local Foster Closet.

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"Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg – Three Fires Confederacy of Ojibwe, Odawa and Potawatomi peoples. In particular, the university resides on land ceded in the 1819 Treaty of Saginaw. We recognize Michigan's 12 federally recognized Native Nations, historic Indigenous communities in Michigan, Indigenous individuals and communities who live here now, and those who were forcibly removed from their homelands. In offering this land acknowledgement, we affirm Indigenous sovereignty, history and experiences."