



Dickinson County

2019 ANNUAL REPORT

BY THE NUMBERS



2 Extension professionals based in the county, 50+ providing educational opportunities



\$2,416,562 total economic impact in Dickinson County



129 youth involved in 4-H, early childhood or after school enrichment



1 MSU partner hospital



\$12,360 spending with local business



26 enrolled MSU students, 258 alumni



MSU disbursed \$636,267 in financial aid to county students

100+

MSU Extension serving Dickinson County over 100 years

MESSAGE FROM THE DISTRICT DIRECTOR

Once again I am delighted to share the results of another successful year of partnership between Dickinson County and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses, and communities.



MSU Extension offers a broad range of research-based educational services to County residents. Over this past year, we've empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. Our staff live and work alongside County residents, are rooted in community relationships and are responsive to community needs.

Again this year, we've welcomed Dickinson County residents into our online community: we've offered online educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media, and provided a library of research-based resources they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Dickinson County, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.

Paul Putnam, District Director

Program Highlights

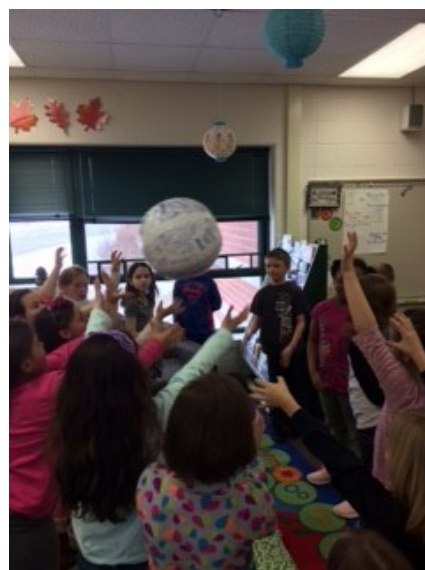
Health and Nutrition in Dickinson County

Supplemental Nutrition Assistance Program

(SNAP Ed) is an evidence-based program that helps people lead healthier lives. SNAP-Ed teaches people using or eligible for SNAP about good nutrition and how to make their food dollars stretch further. SNAP-Ed participants also learn to be physically active. SNAP-Ed works by building partnerships with all types of community organizations. Communities have social marketing campaigns, hold nutrition education classes, and improve their policies, systems, and the environment of the community.

*nutrition ed series: As a Dickinson County community nutrition instructor, I have implemented this 6 session nutrition series in local schools including North Elementary, Norway Elementary, East Elementary, Woodland and even Forest Park with grades 1-5. Annually, I reach 350-400 students with nutrition and physical activity education. I also have done adult series at local senior facilities and residential living sites including the Norway Senior Center and Hulst Manor.

*Senior Project Fresh: This program gives coupon vouchers to eligible older adults (60+ years old, living in Michigan and having a total household income of or less than the poverty level) to get Michigan-grown fruit, vegetables, herbs, spices and honey from farmers markets and roadside stands. I reach 175 qualifying older adults in Dickinson County annually. The vouchers are distributed at all Dickinson County Senior Centers, senior living facilities and the MSU Extension Office. During voucher distribution, nutrition education is also presented



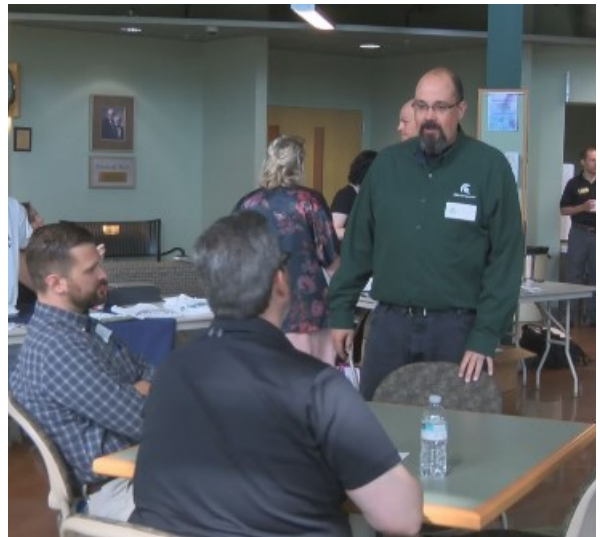
Program Highlights

COMMUNITY DEVELOPMENT & TOURISM

In June 2019 MSU Extension worked with community partners in Iron Mountain to host the first ever Connecting Tourism Communities conference at Bay College West. The event brought together over fifty leaders in the tourism industry from all over the western UP to discuss the particular challenges facing the industry and share ideas for innovation and collaboration. Sessions took place at local Iron Mountain businesses and covered topics from the tourism impact of local food systems, to outdoor recreation, to community branding and marketing.

4-H Exploration Days

This MSU precollege program, that takes place annually in June, brings youth ages 11-19 to the campus of Michigan State University to live like a college student for three days and build critical life skills for the transition to college and adulthood. There are more than 200 session choices held on and off campus that attending youth can choose from. The program is designed to Increase responsibility, confidence, independence, decision-making, communication and leadership skills. It also fosters the ability to meet new people and make new friends from different places and backgrounds while developing and expanding career and personal interests. Each year, Dickinson County has several youth attend Expo Days. A fun and educational side trip is always incorporated into the event giving the youth an opportunity to practice/develop many life skills



Paul Putnam, District 1 Director, visiting with participants at the Connecting Tourism Communities Conference in Iron Mountain.



Exploration Days 2019—Dickinson County Youth



Program Highlights

FOOD SAFETY IN DICKINSON COUNTY

MSU Extension educational programs for food workers in Dickinson County inform and educate food establishment employees about the major risk factors that contribute most to foodborne illness—personal hygiene and health, cooking temperatures, holding temperatures and cleaning of food contact surfaces. Education increases the food safety skills of employees which decreases the risk and incidence of foodborne illness in Michigan and increases the productivity and profitability of food establishment businesses.

Fifty people from Dickinson County received food safety education from MSU Extension. Beth Waitrovich teaches ServSafe™ Manager classes 4 times a year in Dickinson County. ServSafe™ Certification, a national certification program is for those working in food service, is taught in 8 hour formats ServSafe teaches about foodborne illness, how to prevent it, and how to train employees on food safety issues.

The ServSafe Manager course uses proven techniques, covering new Food and Drug Administration Food Code rules and content related to the food industry. Topics in the course: providing safe food, forms of contamination, the safe flow of food from purchase to serving, food safety management systems, safe facilities & pest management, cleaning & sanitizing. MSU Extension provides participants education to successfully pass the Managers Certification exam. A score of 75% or higher is required in order to pass the Manager's Certification exam.

Safe Food = Healthy Kids, a food safety course for day care providers, was also offered to Dickinson County Day Care Centers and home based child care providers. 8 providers attended the 3 hour session. The training was an interactive food safety workshop which covered important topics including cleaning and sanitizing, cooking, storing food, common allergens and personal hygiene. The 3 hour session is an approved training of Great Start to Quality and provided 3 hours of annual required training for licensed child care providers.



50 people from Dickinson County received food safety education in 2019.



Safe Food = Health Kids—8 day care providers attended this approved Great Start to Quality three-hour training.



Investing in Dickinson County Youth with 4-H

According to research completed by the Institute for Applied Research in Youth Development at Tufts University, 4-H'ers are **4X** more likely to make contributions to their communities, **2X** more likely to be civically active, and **2X** more likely to make healthier choices.



4-H Proud Equestrian Program

This is a therapeutic horseback riding program for youth and young adults, ages 5-26, in Dickinson County and surrounding areas. It takes place annually in August at the Dickinson County Fairgrounds. PEP is operated under the direction of a certified instructor along with many youth, teen and adult volunteers. The program is designed to improve balance, posture, coordination, muscle tone, confidence, self-esteem, discipline and social growth of riders. Volunteers involved with the program gain a greater awareness and understanding for those who have disabilities. They also learn responsibility, the value in hard work, the importance of working as a team and giving back to the community. 4-H volunteers also utilize the food booth at the fairgrounds to feed riders, their families and volunteers in attendance free of charge. The food is graciously donated by community restaurants. Currently, nearly 40 riders participate in this program.



Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities, and businesses. For more than 100 years, MSU Extension has helped grow Michigan’s economy by equipping Michigan residents with the information they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to dream of successful futures. For more information about the programs we offer please refer to the contact information below.

DICKINSON COUNTY MSU EXTENSION STAFF

Jessica Coron, 4-H Program Coordinator/Community Nutrition Instructor coronjes@msu.edu

Beth Waitrovich, Extension Educator—Financial & Home Ownership & Food Safety waitrovi@msu.edu



Jessica Coron



Beth Waitrovich

CONTACT



Dickinson County
MSU Extension
2801 N. U.S. 2, Room 121
Iron Mountain, MI 49801



906-302-3253



msue.msu.edu
msue.dickinson@county.msu.edu



MSU Extension Upper Peninsula



@MSUExtension

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.