



# Gogebic County 2019 ANNUAL REPORT

## BY THE NUMBERS



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



\$1,235,437 total economic impact in Gogebic County



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



1 MSU partner hospital



\$8,073 spending with local business



110 alumni (bachelor and graduate degree)



MSU disbursed \$115,091 in financial aid to county students

100+

MSU Extension serving Gogebic County over 100 years

## MESSAGE FROM THE DISTRICT DIRECTOR

During 2019, Michigan State University (MSU) Extension continued to partner with Gogebic County to strengthen youth, families, businesses and communities. In this report, we will highlight local and statewide programs that made a difference in Gogebic County residents' lives; including helping farmers with financial management and farm stress; providing opportunities for youth's career and leadership development through 4-H; teaching families how to buy, cook and eat nutritious food; helping communities grow their tourism and community development opportunities; and providing a suite of online resources and programs.



Because of your continued support, we are able to help Gogebic County residents improve their lives, their work places and their communities. It is an honor and a privilege to serve Gogebic County and we're looking forward to another successful year ahead.

Paul Putnam, District 1 Director

# Program Highlights

## DINING WITH DIABETES

Dining with Diabetes is a five-session course designed for people at risk of diabetes or who have diabetes, as well as their family members. Through Dining with Diabetes participants learn how to prepare healthy meals using less fat, how to make meals using less sodium and sugar without reducing flavor and enjoyment, the causes of diabetes, tools for managing diabetes, and the importance of diet and exercise in managing diabetes. The program offers opportunities to sample a variety of healthy foods and take-home recipes to further encourage behavior change. In collaboration with the Lions Club D.A.D.S grant and local hospitals and clinics we were able to serve over 24 participants with the Dining with Diabetes program.



## Proposal for Hidden in Plain Sight Parent Education Trailer Project:

Recently it has been brought to our attention that there is a trailer owned by the Michigan State Police that is used for drug prevention education for parents and caregivers. The trailer is housed at the Alpena County Post and would be difficult if not impossible for us to ever be able to use it in the UP. It is currently the only one available in the state. The trailer is decorated inside like a teen's bedroom and common items are scattered about that contain drug or alcohol references. Parents and caregivers are brought through the trailer and asked to identify items that could be a sign that their child is using drugs or alcohol. At this time only MSP troopers are the ones providing this fantastic resource in the state.



Inside and Outside of Hidden in Plain Sight Trailer

# Program Highlights

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## HIDDEN IN PLAIN SIGHT CONTINUED

We would like to create at least one trailer to start using this great resource in Gogebic County and the Western UP. At this point we need to purchase a trailer, which is the most expensive part of the project and costs approximately \$5000. We are also working with others to secure funding for licensing, insurance, maintenance, materials and supplies needed to decorate the interior, educational materials, training for staff to implement the program and potentially mileage. We are also planning to make this as handicap accessible as possible. These costs could vary greatly due to donations or in-kind support. In order to honor our donors, we will have banners printed to hang on the sides of the trailer when it is displayed at an event.

Drugs are becoming more and more prevalent in our area and there isn't a lot of education for parents and caregivers. This trailer would be a great education tool that could be used at multiple community events to reach the majority of the community. It would belong to our county and housed here as well. As times and popular drugs change it can be updated and modified to make sure that we have the most up to date materials as possible.

We are still working on a lot of the details on how this is going to be presented and who will be able to use the trailer. At this point we have several community partners who are already working with prevention and education taking the lead on the project. In the future we may be able to train others to be able to use it as well in order to reach broader audiences across the county and the Western UP.

Continued to work with HIPS trailer in coordination with MSP and Great Start Collaborative in both Gogebic and Chippewa counties. Dr. Jeff Dwyer, MSU Extension Director, contributed \$2000 to the projects in the UP. We were able to raise approximately \$30,000 in Gogebic and Ontonagon counties to support this project. Fundraising is still in progress to get the Chippewa program moving forward. It has been more challenging on the East end due to changes in positions in MSP.

HIPS Email update on 8/29:

*I just wanted to send you an update on the hidden in plain sight project I am working on in conjunction with the Michigan State police. I had a great meeting this afternoon with two troopers and the great start parent liaison in Gogebic County. We have a donor that has agreed to match any funds that we receive for this project up to \$10,000. At this time the trailer for this project has been ordered and is scheduled to arrive around September 16 or 17th. The trailer will be brought to a building on the fairgrounds so that we can get it set up to be able to provide parents with drug prevention education. As of today we have already secured funding from local community organizations, businesses and individuals that totals almost \$5000. We have several other organizations who plan to donate to this project as well. I have no doubt that we will be able to hit the \$10,000 threshold our donor has set so we will be able to raise \$20,000 or more in support of this project within the next month. Our plan is to have the trailer ready to start education by the end of this year.*

*With support from Maggie Merchberger our 4-H program coordinator in Chippewa County, we have several partners including Michigan State Police and other local partners who are interested in copying this project to have another trailer for the east end of the UP.*

*There are many people interested in helping to facilitate this in other locations across the entire UP and I hope to include MSU Extension as a partner in each one of these locations. Many details are still being worked out but the impact of this project is very exciting.*

# Program Highlights

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## TAI CHI FOR ARTHRITIS AND FALL PREVENTION AND MATTER OF BALANCE

Tai Chi for Arthritis and Fall Prevention and Matter of Balance are two programs targeting community seniors to help keep their balance and strength. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. Matter of Balance and Tai Chi for Arthritis and Fall Prevention were supported by the ACL Grant, grant funding increased our reach to a larger number of residents. A total of 151 people in Gogebic County and the surrounding areas attended the series.

Tai Chi for Arthritis and Balance is a research and evidence-based program that uses a series of Sun Style forms that have been modified for those with arthritis and balance issues. It is a safe and easy-to-learn program proven to relieve pain and improve health and balance. It was offered at several locations throughout the area.

*A Matter of Balance*, a series of 8 workshops, can help people improve their quality of life and remain independent. *A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Hospitals and clinics in the area help support this program with staff (visiting OT and PT staff) and venues that bring these needed services to our mutual clients.

## SUPPORTING SENIORS

In 2019 MSU Extension was awarded a 3-year falls prevention grant and the overall purpose of the grant are to:

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidenced-based community programs to reduce falls and falls risk
- Create partnerships with sustainable referral pathways and program

### By the Numbers

- 121 Gogebic County Residents participated in a Falls Prevention series in 2019

### Programs offered

- Tai Chi for Arthritis and Falls Prevention
- A Matter of Balance



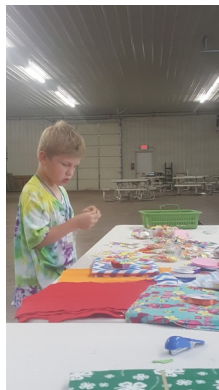


# Investing in Gogebic County Youth with 4-H

*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.*



July 4-H Summer Day Camp was held at the Gogebic County Fairgrounds in Ironwood, for 3 days from 8 to 3 pm each day. Fifty youth took part in this event age ranging from 5 to 12 years old and there were 8 teen leaders ranging from 14 to 18. Participants played some more old fashioned games, such as kick the can, relay races and kick ball. Eight adult volunteers and community partners also helped to make this program a success. They provided activities, such as art projects about the planets and galaxy, felt cork boards, beaded jewelry and Chalk Couture. Youth planted flowers to take home and watched a movie during part of a rainy day. Each day started with Tai Chi instruction provided by Anita Carter and was a great starting point for all youth.



**Watersmeet Family Fun Night:** This event was held on October 23 from 4-6 in the cafeteria at the school during parent teacher conferences. We had a total of 14 adults and 17 youth attend this event. I contacted organizations that had previously had tables at the Ironwood FFN and worked to get them to come to Watersmeet. We ended up with US Forest Service, UPCAP, and DOVE participating and providing activities for the event. MSU Extension staff provided a beading activity, coloring, mindfulness activities and physical activity station along with prizes. I assisted with these as needed and worked the registration table. I wrote a request to CTF to help fund snacks for the event. We used this money to provide water, granola bars and applesauce pouches to those that attended.

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.

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