



Lake County

2023 ANNUAL REPORT

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Lake County MSU Extension



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MESSAGE FROM THE DISTRICT DIRECTOR

I'm excited to share the results of another successful year of partnership between Lake 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 Lake 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 Lake 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.

James Kelly,

District Director





ANNUAL REPORT

MSU Extension Lake County

Food • Ag • Youth • Health • Environment • Community

Since 1917, the Michigan State University (MSU) Extension has helped the residents of Lake County improve their lives through an educational process that applies knowledge to critical issues, needs, and opportunities.

23

Programs delivered in Lake County

433

Lake County Residents

Participated in programs offered by MSU Extension

117

Programs Attended

By Lake County residents, either in county, outside of Lake County, or on-line.

128

Lake County Youth

Participated in programs offered by MSU Extension

10,262

Program Participants

In programs lead by Lake County staff on-line or statewide.

10,304

Reached through Facebook

88

Plat Books sold through the county office

50

Participants at Lake Conservation Program (Little Bass Lake)

45

Programs delivered by Lake County staff

LAKE COUNTY STAFF

1

Educators

1.5

Program Instructors

.25

Clerical Support

16

Partnerships and coalitions

LAKE COUNTY FOCUS AREAS

Agriculture

MSU Extension works to increase farmers' success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research. Agriculture is now one of the fastest growing sectors of the Michigan economy.

- MI Ag Ideas to Grow With
- Soil Health Matrix
- Interactive Pruning Workshop
- Beginning Farmers
- Integrated and Pest Management
- Equine Health
- Forage and Grazing Conference
- Cover Crop Profitability

Environment

Our natural resources programs improve public understanding, help landowners and communities use those assets for sustainable long-term social and economic development and conserve natural resources for future generations.

- Intro to Lakes
- Invasive Species Summit
- Citizen Science
- Consumer Horticulture
- Lake County Garden Day
- Inland Lakes Convention
- Gardening with Climate Change
- Lawn and Garden Hotline
- Michigan River Steelhead Project
- Lakes Monitoring Program
- Stormwater Management

Community

Successful and thriving communities combine knowledgeable and engaged legislators, businesses, community groups and residents. By connecting these groups with the most trusted tools, MSU Extension helps enhance the quality of life in Michigan.

- Citizen Planner

Community (cont.)

- Fiscally Ready Communities
- Effective Meetings and Good Governance
- Capital Asset Management & Planning
- Budgeting for Fiscal Sustainability
- GIS Visualizations
- Planning and Zoning for Solar

Health & Nutrition

MSU Extension's programming promotes healthy lifestyles and empowers Michigan residents to take control of their health. Participants learn how to build nutritious diets on a budget, reduce foodborne diseases and become leaders in the food industry.

- Baldwin Pre-school nutrition
- Home Food Preservation
- Mindfulness
- Senior Center Health and Nutrition
- SLEEP & Tai Chi
- Cooking for One
- Teen Cuisine
- Preserving Michigan Harvest
- ServSafe Training

Family and Youth

Keeping Michigan families strong and successful—financially, emotionally and physically—is a big part of measuring MSU Extension's success. Programs devoted to keeping families safe include those dealing with bullying and violence prevention.

- Various 4-H Activities: Cooking, sewing, gaming, emergency preparedness, team building.
- Positive Discipline
- Changing Negative Self-Talk
- Screen Time for Young Children
- Problem Solving
- Juvenile Court Presentations
- Adulting 101

4-H Lake County

*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.*

12
Clubs

60
Members

6
Volunteers

85
Volunteer hours

Community Health & Nutrition



Lake County ranked 81 out of 83 counties in the State of Michigan in the County Health outcomes ranking.

MSU Extension has placed a full-time health and nutrition instructor in Lake County to work on improving this ranking.

Highlights of MSU Extension Health and Nutrition support in 2023: Eat Healthy, Be Active is a common theme of MSU Extensions health and nutrition programming. Through a grant from the USDA MSU has invested in Community Nutrition programming across the state, including in Lake County.

From infants to seniors, Lake County residents are getting additional exposure to the importance of healthy choices. This comes in the delivery of programs in a diverse set of locations where the potential to impact participants is the greatest. One example of this is the nutritional education sessions provided at the Bread of Life food pantry. Clients at the food pantry are challenged to think about nutrition and well-being as they select food items. Recipe ideas are shared, with the hope that healthy habits might be established.

Programming has been delivered at Hollister Senior Center, Grand Oaks Senior Center, River Community Center, Irons Community Center, Five Cap, Oakwood Manor, the Juvenile Court, to name just a few. Partnering with the Lake County Community Food Council has allowed MSU Extension staff to coordinate efforts, as well as to introduce policy, system, and environmental changes that are likely to have a long-term effect. Specialty classes such as “Dining with Diabetes” and “Chronic Pain: Personal Action Towards Health (PATH) were also held in Lake County.

Lake County residents also took advantage of several virtual program offerings, which continue to be well received as they reduce reliance on transportation, and often provide more flexibility with scheduling. Subject areas ranged from support for caregivers, classes on cottage food law and food preservation techniques.



Change often happens one person at a time, or perhaps one household at a time, and small steps can add up to big gains over time. The Community Nutrition Instructor was providing a presentation on Healthy Snacks and used a demonstration with white/wheat bread in orange juice to show the benefits of whole wheat bread/snacks. She provided examples of how to read the nutrition label to compare various brands for salt/sugar/fat content and price value. Many were impressed by the demonstration and one family even gave up white bread completely! They switched over to 100% whole wheat after learning about how to find the best bread and how good it is for you.