



Marquette County 2019 ANNUAL REPORT

BY THE NUMBERS



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



\$9,640,336 total economic impact in Marquette County



2,338 youth involved in 4-H, early childhood or after school enrichment



3 MSU partner hospitals



\$1,452,056 spending with local business



91 enrolled MSU students, 870 alumni



MSU disbursed \$2,448,567 in financial aid to county students

100+

MSU Extension serving Marquette 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 Marquette 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 Marquette 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 Marquette 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.

Erin Carter, District Director

Program Highlights

MSU Extension awarded 3– year grant: Falls Prevention for Seniors

Tai chi has a multitude of health benefits: reduces the physical effects of stress, reduces bone loss, increases strength, improves balance and stability and reduces chronic pain. Also, Tai chi speeds recovery time from strokes and heart attacks.

One 77 year old couple from **Skandia** and a Marquette County resident , have been taking various tai chi classes over the past few years. This fall, they took classes through their local **Marquette County MSU Extension**. In its mission to help people improve their lives through education, **MSU Extension, the outreach arm of the university**, offers many programs like tai chi to help people become healthier and stronger.

One couple who took these classes felt they needed core strength due to a weak back and knew they needed the extra strength to move around safely. They also have a large garden, so core strength is extremely beneficial for bending, pulling, and carrying large loads. Through this class offered by **MSU Extension**, they have noticed an increase in strength, not only in their core muscles but also in other areas of their body.

Participants were asked what advice would you give to anyone who is nervous to try something new like tai chi?

They answered to give the classes offered by **MSU Extension** to try it at least once. The movements are relaxing and make your muscles feel better, because these muscles aren't in use in every day life. Only standing and doing the exercises makes your entire body feel better and healthier. They also mentioned how relaxed they feel after they have done a session than walking around the house.

MSU Extension Falls Prevention Grant:

MSU Extension was awarded a 3-year falls prevention grant focusing on:

1. Reducing fall risk with older adults with and without disabilities by participating in evidenced-based fall prevention community programs.
2. Create partnerships with sustainable referral pathways and program

By the Numbers

- **128 Marquette County residents** participated in a falls prevention education program
- **9 new programming locations** across the county
- **29 new instructors** trained in **Tai Chi for Arthritis** and fall prevention
- **14 new instructors** trained in **A Matter of Balance** (evidence based program)
- **29 new partnerships**

Evidenced based Falls Prevention Programs offered

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

Locations

- Cherry Creek Village Apartments
- Downtown Marquette Farmer's Market
- Marquette Senior Center
- Mill Creek Assisted Living
- Lakeview Arena
- Teal Lake Senior Living
- Negaunee Senior Center
- Pioneer Bluff Apartments

- Gwinn Senior Center



Program Highlights



Marquette Area Climate & Health Adaptation Action



Marquette Area Climate & Health Adaptation Action



Marquette County youth at 4-H Camp.

ONGOING CLIMATE AND HEALTH ADAPTATION PROJECT

Two **Marquette County municipalities** have been selected to collectively receive **\$60,000** in funding as part of the **Marquette Area Climate & Health Adaptation Action, or MACH A2**. Officials have called for public input in the process.

The **city of Negaunee and Marquette Township** have each been selected to receive **\$30,000** in planning through a graphic visioning process *“providing communities with a set of images and recommendations to guide the adaptation improvements in their area that address climate and health.”*

Wayne Beyea, a **senior specialist** at the **Michigan State University School of Planning, Design and Construction**, said each community submitted applications for the grants, with **Negaunee focusing on the Teal Lake shoreline and Marquette Township focusing on the U.S. 41/M-28 corridor** from Brookton Road to Commerce Drive, which is slated to be part of a **Michigan Department of Transportation construction project in 2021**.

Beyea said only **Marquette County municipalities were eligible for the planning grants**, which will be provided under the **MSU Sustainable Built Environment Initiative** with funding provided by the **Michigan Department of Health and Human Services** and the **National Centers for Disease Control and Prevention**.

Beyea said public input is vital to the graphic visioning and planning process. *“We take before images that are reflective of comments that are mentioned in the public sessions, and then take the words from small group discussions and create before and after images,”* he said. *“That’s a unique part of this project, it’s a multi-disciplinary team to address these overarching planning goals.”*

Program Highlights

ONGOING CLIMATE AND HEALTH ADAPTATION PROJECT CONTINUED

The projects are an offshoot of the three-volume **Marquette Area Climate and Health Adaptation Plan**, which aims to mitigate the impact of climate change on human health in the area through strategic and infrastructure planning.

Officials in both municipalities have expressed excitement about the planning assistance, but stress the importance of public input in the process.

Marquette Township Planning and Zoning administrator Jason McCarthy held a visioning kickoff on December 16 at the Marquette Township Community Center.

“Public input is paramount in any planning process. It allows issues and opportunities to be voiced and for a common vision to be generated,” McCarthy said.

He said, while township officials understand the main function of the highway is to *“convey traffic,”* there have been significant changes to the way the corridor is used in recent years and the main goal is to *“make significant improvements to the U.S. 41 corridor when and where feasible.”*

“We’ve studied and have seen more pedestrian activity, we have documented increases in the amount of storm water that is being conveyed to the drainage system within the highway median,” McCarthy said, *“and we’ve heard from numerous business owners, residents and visitors that we need additional lighting and commercial driveway access improvements so that customers can reach their destinations safely.”*

He said the township is *“honored to be selected for the planning grant.”*

David Nelson, Planning and Zoning administrator for the City of Negaunee held a visioning workshop for that municipality on December 17.

*“This process will yield a design of the **Teal Lake shoreline** that the community can enjoy in the near future,”* Nelson said. *“Gathering community input is quintessential for this process as the Teal Lake shoreline is utilized by a majority of community members and they can help shape the shoreline design with their input.”*

The goal of the project will be to *“engage the community in environmentally friendly build environment design processes; create and prevent runoff and allow Teal Lake to maintain its natural qualities; strengthen the connection between the community and the Teal Lake shore; utilize design practices that increase shoreline accessibility for all individuals into the future; and maintain the lake’s silent nature by reserving it for non-motorized recreation,”* according to a grant announcement released by MSU.

Each community will have a total of three public work sessions, Beyea said.

Once the process is complete, the communities could have the opportunity to acquire mini-grants to implement some of the recommendations as demonstration projects, he said.



Marquette County provided \$45 scholarships for every Marquette County youth attending camp. 20 campers, 4 junior counselors, and 4 adult volunteers were in attendance.

Program Highlights

PROMISING FUTURES PARTNERSHIP

The **Promising Futures Partnership** seeks to expand and strengthen existing learning opportunities that enhance the **social and emotional health of children, families, and communities**. We collaborate with schools in **Marquette and Alger Counties** and the community to create and sustain a continuum of learning opportunities that lead to **positive social, emotional and academic outcomes**.

Participation in Marquette County

- **416 K-5th Grade** students received **Social Emotional Learning 40 Min/Week: Cherry Creek Elementary, Harvey**
- **313 PreK-5th Grade** students received **Social Emotional Learning 40 Min/Week: Superior Hills Elementary, Marquette**

DINING WITH DIABETES



Dining with Diabetes classes were offered in **Marquette County by MSU Extension** for the community to learn to make healthy food choices and incorporate balanced menus for the family dining experience. The workshops are a fun and interactive four-session series targeting individuals with **prediabetes, type 1 or type 2 diabetes, members of their support system** and/or anyone interested in learning about healthy cooking at home. This research based program offers one hour of diabetes education with the follow-up of cooking instructions by a local chef willing to show participants tricks and tools of the kitchen to make healthy cooking a way of life for one or an entire family. Participants receive a free recipe book and enjoy talking about diabetic concerns they may be experiencing creating a support system with in their community. This class will continue to be offered by **MSU Extension educators** across **Marquette County**.

SPartners for Health

A **School and Web-based Nutrition and Physical Activity Program for Obesity Prevention** promoting health in **5th Grade public school students and their caregivers**. This program is offered **UP wide** with students from MTU, NMU, LSSU as mentors for school-aged students to offer health programming. SPartners aims to have children and their caregivers meet national recommendations for physical activity, nutrition, and screen time for health education lasting a lifetime.

Participation in Marquette County

- **127 5th Grade Students** received SPartners
- **7 University Students** trained in Pediatric

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is an **evidence-based program** designed to equip caregivers with a range of self-care tools to help them reduce personal stress and communicate effectively with family members and healthcare providers. This is a program to help the caregiver take care of themselves by creating a support local support system with individuals going through the same issues and was offered in **Marquette County by MSU Extension** educators. Caregivers use the tools learned in this class to understand their own needs and the importance of taking care of themselves as well as the person in their care. Individuals in this class have opportunity to learn local resources to aid in their care of others and themselves.



Investing in Marquette 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.



Exploration Days: 20 youth and 4 adults attended MSU's Exploration Days in June 2019. Marquette's delegation traveled with Ontonagon and Dickinson Counties, taking a **citizenship trip to Big Bear Adventures** to go white water rafting.



Big Bear Adventure Citizenship Trip 2019



Marquette County Youth gather for Exploration Days.



Marquette County 4-H'ers visit the Stormy Kromer Factory

First Impressions Trip: 4 Marquette County 4-H members traveled to **Ironwood, MI** to experience the town as tourists. The group went to the top of **Copper Peak**, ate at a local restaurant, went on a tour of the **Stormy Kromer Factory**, enjoyed hand-dipped ice cream, and went swimming beneath a waterfall. They had an amazing time and **provided feedback to the city** about their opinions of the assets or areas for improvement to attract more tourism to their town



Copper Peak in Ironwood—part of the First Impressions

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.

MARQUETTE COUNTY MSU EXTENSION STAFF

Bree Carlson, Extension Educator Health & Nutrition Institute	bree@msu.edu
Martha Gerig, MI Sea Grant Educator	gerigmar@msu.edu
Brad Neumann, Government & Community Vitality Educator	neuman36@msu.edu
Liana Pepin, 4-H Program Coordinator	deisenro@msu.edu
Jim Yates, , Program Instructor U.P. Outreach for Veterans	yatesja1@msu.edu

CONTACT



Marquette County
MSU Extension
184 U.S. Hwy. 41 East
Negaunee, MI 49866



906-475-5731



msue.msu.edu
msue.marquette@county.msu.edu



MSU Extension Upper Peninsula



@MSUExtension

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