



Agriculture

Jackie McCarville, Regional Dairy Educator



The Extension Agriculture Institute is your connection to the latest University of Wisconsin-Madison research. Our five program areas; Agriculture Water Quality, Crops and Soils, Dairy and Livestock, Farm Management, and Horticulture, are here to educate and respond to the needs of the agriculture community while providing resources that promote economic and environmental sustainability in Wisconsin. We apply research to challenges facing communities and businesses.

Dairy Production & Management Newsletter

A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals, where subscribers learned about dairy facilities and ventilation, reproduction, animal well-being, nutrition, and Extension dairy production and management resources. This effort was designed to provide a timely and reliable source of dairy management news and updates to help them improve farm business viability, environmental sustainability, and food safety through animal welfare.

Dairy Animal Handling

A live, on-line meeting series, for farmers and dairy industry professionals, where participants learned the latest research and applications regarding effective animal handling and the impact that plays on efficiency on the farm. The goal of this effort was to increase knowledge of the latest UW-Madison research and provide a comprehensive understanding of effective dairy animal handling, grouping strategies and their impact on efficiency in the parlor and beyond.

Dairy Quality Assurance Training

A dairy quality assurance training for individuals, where they learned about the quality care of animals through animal well-being, food safety, and life skills to help individuals understand their role in food animal production to improve business viability, environmental sustainability, and food safety.

Fiber Diets in Dairy Cows

A research-based educational article for dairy farmers, and agri-business professionals, where participants will learn about risks associated with feeding a low fiber dairy cow. The goal of the article is to help producers learn about disorders associated with low fiber diets, visual signs to look for, the connection between low fiber and how it leads to disorders and diseases, and ration considerations when feeding a low fiber diet.



Health and Well-Being

Bridget Mouchon, Health & Well-being Educator



The Extension Institute for Health & Well-Being works to catalyze positive change in Wisconsin communities to promote health and well-being. Our research-based programs are focused on food and nutrition security, chronic disease prevention, mental health promotion, substance use prevention, and access to health care. Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites have the

WeCope

A 7 session workshop (WeCOPE) for Southwestern Wisconsin residents and Southwestern Wisconsin Library Staff where they learn effective stress reduction strategies to increase awareness of how stress influences their body, emotions, thoughts and health behaviors. The long term goal is to help participants improve current health conditions through stress reduction and their improved ability to take care of mental, physical and spiritual health.



Community Health Worker

Development of a new strategic role and position for a Community Health Worker (CHW) in Green and Lafayette Counties, the CHW is externally funded and supervised by the Extension Health and Wellbeing Educator. This position has been established as a Spanish-speaking, bilingual role in both healthcare settings, as well as supporting Spanish-language outreach and education behavioral health topics in the community. Through continued support and development of Community Health Worker community involvement and work plan, for and with the organizations that work most with Spanish-speaking community members, where needs and gaps in services are identified and the community health worker can meet those needs through coaching, teaching, navigating and connecting to resources, to improve health outcomes.

Strong Bodies Program at Darlington Housing Authority Site



Co-taught the Strong Bodies evidence-based strength training program for older adults at the Darlington site of the Lafayette County Housing Authority apartment community room twice a week from October through December with Maggie Milcarek and Cristy Alverado. Maggie delivered one nutrition lesson each week, after the strength training portion of the class. The group was very committed to

attending, very pleased with the program and the social aspects of it. As a trainer, I noted more engagement and interaction and increased physical mobility. We are going to start up again and continue into the winter months, at the Grace Lutheran Church and have a new trainer to help us out – Jane Laity with the Health Department will also be co-teaching. A goal is to build capacity in the community to sustain and grow this program, and adding Jane is a great step toward this goal!

Peer Support Model

Exploration and development of a community-based certified peer support model, for English- and Spanish-speaking residents of Green and Lafayette Counties, where this educator has researched trainings and potential models, developed relationships, and found potential funding, in order to train interested individuals and implement a pilot certified peer support model in two rural Wisconsin counties.



*Maggie Milcarek, FoodWise Nutrition Coordinator
Kathy Lange, FoodWise Nutrition Educator*



UW-MADISON EXTENSION

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Kathy Lange

Maggie Milcarek

Community Food Gardens

We are reaching out to partners to gauge interest in partnering with FoodWise to apply for grants to fund community, school, and food pantry items.

Strong Bodies

A series of bilingual (Spanish and English) strength training sessions offered in person at the Lafayette County Housing Authority property in Darlington, where older adults learn best practices and learn nutrition and health education. Participants engage in regular strength training exercises to improve strength, balance, and flexibility so they can stay healthy and socially connected.



Healthier Holidays Nutrition Education Class

This education class was held in Shullsburg at the Lafayette County Housing Authority Apartment Building. Participants talked about making healthier choices at the holidays; how to use MyPlate to build a healthy balanced holiday meal; and how to recognize serving and portion sizes. Participants also learned tips for eating more mindfully during the holiday season and year-round. Participants had an opportunity to customize and try a healthy Waldorf salad and received recipes for healthy side dishes. The goal of this class was to provide participants with information to make healthier choices and recipes using affordable ingredients.

Farmers Market & FoodWise

Support for a coalition consisting of Farmers Market Managers and FoodWise staff in Southwest Wisconsin. The goal of this effort is to strengthen community partnerships, empower members through sharing of best practices, develop and disseminate resources, and promote equitable access to healthy and local foods.



Positive Youth Development

Hailee Kammerud, 4-H Youth Development Educator

The Extension Institute of Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and afterschool programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.



Leadership Training

In conjunction with the Grant County 4-H, Leadership Training was brought back into service as a basis for new youth and volunteers to learn about the basics of parliamentary procedures, the delegation of responsibilities associated with planning, organizing, and executing successful 4-H club and group meetings. Experienced youth and/or volunteers also greatly benefit from a refresher in the ins and outs of running productive meetings for the betterment of the groups they serve. The training morning will consist of: breakout sessions for officer positions, brief history of parliamentary procedure, a mock meeting, and interactive experiences. Not only does the leadership training give youth and volunteers the opportunity to experience firsthand the proper procedure for the running of meetings, but also allows for them to build relationships, based on their experiences, from other individuals within or outside their own county.

Archery

During the 4-H year of 2022-2023, the county Archery program was on hiatus due to low interest and availability of WI State Certified instructors. Realizing the need to support the program, with a significant amount of interest from youth, I was able to engage in meaningful relationships with leaders and parents of interested youth to grow capacity with instructors at the county level. As the 2023-2024 4-H year is starting new volunteers have committed to the service of youth and the county Archery program to be able to offer a program with 9 clinic dates being offered to provide youth with the opportunity to try Archery, learn safety skills, and to hone in on individual abilities in shooting performance. While the introduction of two adult volunteers has allowed for the county program to be available again, continued work will need to be done for recruiting of more certified instructors to sustain the program for years to come.

Winter Photography Challenge

The Fall Photography Challenge shines a light on the talented photographers throughout Lafayette County, encouraging everyone to get outdoors and enjoy all the beauty that can be found during the fall season. This also encourages self-expression and allows youth to demonstrate skills learned in the area of photography. Upon submission, these will be displayed within the Lafayette County Extension office.

