



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Summer 2021

Highlight: Health & Well-being

The Extension Health & Well-being Educator in Waukesha County works to catalyze positive change in our communities through evidence-based programming focused on health promotion, to ensure that all residents have the opportunity to live stronger, healthier lives.

To better support the health and well-being of our residents with intellectual disabilities, our Health & Well-being educator has begun forming partnerships with a variety of agencies that serve this community. A number of health interventions are being explored and implemented. Such as, providing health and nutrition classes with members at ACAP, offering health education and materials at Special Olympics tournaments and serving on their Game Management Teams with a health focus, and having conversations about how our educator can support both residents and staff in St. Coletta's residence facilities are just some of the areas that work has been done or is being explored.



Ultimately, the combined goal of all these interventions is to create a supportive health environment for persons with disabilities, whether it be where they live, receive services, or engage in recreational activities.

At the same time, StrongBodies strength training classes have been offered virtually and are scheduled to resume in person at St. James and Froedtert Menomonee Falls Hospital in August and September respectively.



Introductory sessions will also be offered at Menomonee Falls Community Ed & Rec's free *Fit in the Park* series this summer.

For more information, email our Health & Well-being educator, Jen Whitty, at jennifer.whitty@wisc.edu.



Support Extension Programming

Extension Waukesha County can accept tax deductible donations to support programming. Go to <https://supportuw.org/giveto/Waukesha>.

FoodWise and Nutrition Educators Teaching Youth in Waukesha County

Nutrition educators are teaching Waukesha Parks & Rec summer programs, Head Start summer youth, La Casa de Esperanza summer youth, Menomonee Falls Kids INC summer programs, and Sussex summer camp.

An estimated 500 youth will be reached with the 6-8 lesson programs on topics such as MyPlate food groups, fruits and vegetables, and physical activity. Participants will also be receiving a healthy food sample to try with each lesson.



For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.

Horticulture Helpline

The Extension Waukesha County Horticulture Helpline is available to answer yard and garden questions on Tuesday and Thursday mornings from 9:00 am to noon. Call 262-548-7779 or send an email to uwex1@waukeshacounty.gov.



Educator to Lead Horticulture Labs as Optional part of Foundations in Horticulture

Extension Waukesha County Consumer Horticulture Educator, Ann Wied, will lead two optional labs as part of the statewide Foundations in Horticulture training programing this fall. Foundations in Horticulture teaches researched based methods to grow plants and manage pests.



The optional labs provides an opportunity to dig deeper into important Foundations in Horticulture concepts by applying the knowledge gained from the course materials to real-life situations. Examples include interpreting a soil test report, identifying and troubleshooting pest problems, and locating and using science-based resources.

Enrollment in Foundations in Horticulture is required to enroll in the labs. For information, visit <https://www.waukeshacounty.gov/UWEX/HORT/MG/>.

Extension's In-Person Education

Extension educators have been resuming in-person education in several program areas.

- Our Youth and Family educator has led/taught Emerging Leaders and assisted teachers at Les Paul Middle School and Waukesha North High School with their afterschool program. In June, the 2021 4-H Camp was held as an in person day camp.
- Our Consumer Horticulture educator is leading the youth garden program in partnership with Waukesha County Health & Human Services.
- FoodWise educators returned to parks, camps and gardens teaching nutrition to youth and adults.
- Our Health & Well-being Educator is providing introductory StrongBodies strength training classes at Fit in the Park this summer, with regular sessions beginning in person this fall.
- Community educators are working in the Tower Hill neighborhood in the community garden.

Educational Opportunities to be Offered During Waukesha County Fair

The Extension Waukesha County Youth and Family Educator has partnered with a variety of organizations to provide educational opportunities for youth at the Waukesha County Fair in the 4-H Kids Zone. While the 4-H Kids Zone will have a steady flow of activities each day of the Fair beginning at noon, here are a few partner highlights:

- Wednesday, July 21, from Noon to 5 pm, **UW-Madison Biotechnology Center BioTrek** will explore DNA with youth.
- Thursday, July 22, from 2 to 4 pm, the **Waukesha County Green Team** will have hands on activities that focus on environmental and economic sustainability.
- Friday, July 23, from Noon to 2 pm, **Extension Waukesha County Nutrition** educators will provide nutrition education through fun games, while **Extension Youth Development** provides STEM experimentation using catapults.
- Saturday, July 24, from 2 to 5 pm, **UW-Milwaukee at Waukesha Continuing Education** will host engineering activities.
- Saturday, July 24, from 2 to 4 pm, **Waukesha County LifeStriders** will provide hands on therapeutic sensory activities.



For a full list of the activities at the 4-H Kids Zone during the 2021 Waukesha County Fair, go to <https://bit.ly/4HkidszoneFair21>.

For more information about Extension Waukesha County youth opportunities including 4-H, call James Boling Jr., Youth and Family Educator, at 262-548-7784 or visit the Waukesha County 4-H website at www.waukeshacounty.gov/UWEX/4H.

Building a Virtual Neighborhood Network

Extension has partnered with the Tower Hill Neighborhood Association, Inc. to provide educational outreach for a grant funded program to address crime and safety concerns. The overarching goal is to develop and sustain a virtual neighborhood watch program sharing content and information from doorbell cameras. Residents will opt in to share information, increase participation, help prevent crime and address shared concerns.

If your organization is interested in partnering with Extension on a community project, reach out to our office at 262-584-7770 or contact Steve at Steven.Chmielewski@wisc.edu.

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