



Learning for Life

Spring 2006



# Extension Impact: Education Makes a Difference



## *The Ultimate! Land Use Study Tour*

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### In This Issue

<i>Land Use Study Tour</i>	1
<i>4-H Ambassador Award</i>	2
<i>Second Citizen Survey</i>	2
<i>Rural Health Grant</i>	3
<i>Spills and Pills Program</i>	3
<i>Working on Wellness</i>	3
<i>EAP Lunch and Learn</i>	4
<i>Lawrence Retires</i>	4

### Upcoming Events

- April 20 8-3 PM "Spring Fling: Day of Learning" Courthouse, Waupaca
- April 20 1-4 PM "Interrupting Paths to Juvenile Delinquency" Courthouse or 6 PM Manawa
- May 2 7-9 PM Meat Animal Quality Assurance Courthouse
- May 4 6-8 PM County Partner Adv. Group, City Hall, Manawa
- May 18 7PM Waupaca County Towns Assn. WCI Manawa
- May 25 8-12 AM, Rural Health Initiative Courthouse
- May 25 1 PM Prevention Workshop Courthouse
- June 12-13 4-H Junior Camp, Amherst
- June 19-21 Intermediate 4-H Camp, Upham Woods

Greg Blonde, Waupaca County UW-Extension Agriculture Agent, and Mike Koles, Waupaca County UW-Extension Community Development Agent, recently hosted a six-day study tour through Maryland, New Jersey and Pennsylvania to see first-hand how some of the most innovative land use programs in the country deal with growth management and farmland protection. This three-state "rolling classroom" was designed as an in-depth educational experience to increase knowledge and understanding of alternative land use tools.

Nearly fifty local and statewide businesses and organizations donated over \$40,000 to help reduce registration fees. A total of 48 people participated in the tour ; 28 from Waupaca County, 20 from ten counties around the state, and WI Secretary of

Agriculture, Rod Nilsesteun. The study tour was based on a highly successful program initiated in 1998 by the Michigan Rural Development Council and the American Farmland Trust Great Lakes regional office. The tour included sessions with farmers on property preserved for agriculture. It also included visits of residential developments in the same area. Participants heard how developers benefited from the same programs that the agriculture community used.

Financial Supporters included: Associated Bank; Bauer Electric, Inc.; Boll Insurance Group; Burr Oak Veterinary Service; Caroline Implement; Clintonville Elevator; Clintonville Veterinary Services; Converting; Dairyman's State Bank; Deluxe Plastics; Dupont Cheese; Farm Credit Wisconsin; First National Bank; Foth & Van Dyke; Fox Communities Credit

Union; Mahlik State Farm Insurance; Manawa FFA Alumni; Manawa Telephone; Marion Body Works; Marion Plywood; M&I Bank; Mill Stream Dairy; The Phoenix Group; Dave Loken & Chuck McDaniel, Rural Insurance; Schutt Industries; Seagrave Fire Apparatus; Serigraph Inc.; Spiegelberg Implement Inc.; Sugar Creek Farms; Tim Neuville; Tomorrow Valley Coop/ Land O'Lakes; Trega Foods; Utility Tool & Trailer Company; UW-Extension; Waupaca County Water Quality Committee; Waupaca FFA Alumni; Waupaca Foundry; Waupaca Publishing Inc.; Waupaca Retail LLC; We Care Animal Hospital; West Bend Mutual Insurance; WI Dept. of Ag., Trade & Consumer Protection; Wisconsin Counties Association, Wisconsin Towns Association. Other supporters asked to remain anonymous. *Greg Blonde*



## 4-H Ambassadors Receive State Award

Three Waupaca County 4-H Youth Ambassadors and Penny Tank, 4-H Program Assistant, were recognized with a state award for their Ambassador PowerPoint as a marketing effort. Sandra Kirchner from Clintonville, Kim Desens from Marion, and Tyler Danke from New London received the media presentation award from the Wisconsin Association of Extension 4-H Youth Development Professionals (WAE4-HYDP).

Sandra, Kim, and Tyler took the lead on the project, viewing examples of other presentations, visiting 4-H websites and creating the Waupaca County presentation. Penny worked on the slide show in the final stages adding pictures from county events and slides of 4-H research, critical elements of positive youth development, and community service. The PowerPoint highlights what 4-H is, 4-H statistics, community service, education, leadership, project work, county opportunities, and fun.

This presentation was used several times in 2005; for example at the Waupaca Middle School resource fair, Waupaca County Community Partner Advisory Group, and at 4-H

Achievement Night.

The Ambassador program is made up of 17 youth in grade 8 and above. Three 4-H graduates serve as advisors with Tank. They assist with numerous events during the year including 4-H promotion, emceeding events, and teaching at Day Camp or Officer Training. This year they are coordinating new club activities across the county.

*Penny Tank*



A 4-H Ambassador teaching at Day Camp

## Second Citizen Opinion Survey Results Reported

As part of the ongoing countywide comprehensive planning process, UW-Extension partnered with the Public Participation & Education Subcommittee to develop a second citizen opinion survey. The second survey focused more broadly on all "9 elements" of the comprehensive planning law; whereas, the first survey concentrated only on agriculture and natural resources. The first survey was sent to approximately 50% of Waupaca County landowners. The second survey was sent to the other half of landowners. This means everyone owning land in Waupaca County was provided with an opportunity to respond and give their opinions on comprehensive planning.

A tremendous return of over 4000 (42%) surveys was recorded. Between the two surveys, over 8000 surveys were returned, representing over 40% of landowners. Survey results show widespread agreement on many values and desires related to the environment, agriculture, transportation, and intergovernmental cooperation. Results also show a more divided response on how best to protect farmland and natural resources, while still promoting development. Landowners offered a range of specific strategies to address both farm and rural non-farm development, including desired lot sizes and the amount of land development or population growth they would like to see. The results were presented to each of the five regional clusters in February.

*Mike Koles*



### Free Safety Checks On May 20

Booster and Car Seats will be safety checked from 9 to Noon at Neville Motors in Waupaca. The Child Passenger Safety Program offered by Waupaca County Safe Kids Chapter also provides car seats and booster seats for Waupaca County children as available and within income guidelines.

Bike and Roller Blade Helmets will be fitted at the same time at Riverside Hospital, Waupaca. Youth up to age 12 will be fitted with a safety helmet, equipment checked or driving skills scored on the 'road test'. Photos courtesy National Highway Traffic Safety Administration.



*Marilyn Herman*

### Community Partner Advisory Group

The next CPAG meetings are scheduled for May 4 (6 pm) and June 8 (6:30 pm) at Manawa City Hall. Greg Blonde, Agriculture Educator, will be sharing program information on May 4 and Mike Koles, Community Development Educator, will follow on June 8 with a presentation about community development in Waupaca County. Before fall we will complete our last program presentation on Youth Development. Please feel free to join our CPAG and faculty during any of these meetings. Call Connie Abert, at the Extension Office for reservations.

*Connie Abert*

*For More Information or Questions about these articles, please contact the Extension Educator listed at: (715) 258-6230*



## *“Spills and Pills” lead causes for Senior health care costs*

*Issue: Healthcare costs for elderly or disabled cannot be controlled if falls are not prevented. Falls are a major cause of injury, hospital or*

emergency room visits, nursing home placement and death. In 1994 total cost of fall injuries for people 65+ was \$27 billion; in 2020, costs of falling will exceed \$43 billion! Falls are expensive—an estimated \$16,000 per person, per year in added health care costs.

*Issue: There are risks and benefits in controlling health conditions with medication. Chronic diseases account for about 70% of all US deaths and 75% of health care costs each year. Chronic diseases such as diabetes and arthritis cause disability with extended pain and suffering and decrease quality*

of life for millions of Americans. Chronic, disabling conditions cause major limitations in activity for more than one of every 10 Americans. The average 75 year old has three chronic conditions and uses five different prescription drugs.

A recent study estimates medication-related problems cost \$177 billion annually in the US, or about \$1 for each dollar spent on the cost of medications. In 2004, 63,678,035 retail prescription drugs were ordered in Wisconsin with total sales jumping to \$3.2 million. Retail prescription drug orders filled in 2004 statewide broke down to age 0-18= 3.7; age 19-64 = 11; age 65+= 29. Retail prescription drugs filled at pharmacies, per person in Wisconsin, in 2004 exceeded the national average (11.4 WI; 10.6 US). By gender, prescriptions for males totaled 8.9 and females 14.2.

A collaborative grant application was submitted to the Wisconsin Department of Health and Human Services by the Aging

and Disability Resource Center serving Calumet, Outagamie, Winnebago and Waupaca Counties; the Public Health and Extension Service Offices in the four-county area served by the ADRC, along with several pharmacies, emergency services and volunteer organizations.

*“Spills and Pills” is a capacity-building community outreach program for Calumet, Outagamie, Winnebago and Waupaca Counties to address Fall Prevention and Medication Management for Improved Quality of Life. The grant application was written by Extension Educator Herman with representatives of the Calumet ADRC and the Appleton Health Department. The three year program, if funded, would begin October 1, 2006. Key aspects of the program include; test of seniors for flexibility, balance and strength followed by home and local activity programs; assessment of medication for side effects, including dizziness; and home safety assessments.*

*Marilyn Herman*



**Weyauwega Fremont Service Club helps with pet rescue**

## **The Importance of Volunteers**

The Waupaca County Community Service and Service Learning Coalition has roots in Leadership Waupaca County and Wisconsin’s Promise. The local coalition’s mission is to connect volunteers with community service projects and opportunities locally.

Success in a service experience is directly related to the support and value placed on the opportunity. By actively involving young people in the operation of community sites and organization we build very important relationships and a better understanding of how communities work. Young people who volunteer learn job skills and research says are much more likely to give back to their communities as adults; nationally, an annual value of \$239 billion.

The coalition offers training materials or both organizations and volunteers to make the experience more valuable. They gather information about local volunteer opportunities and non-profit organizations. They are designing a system to document service hours for organizations and volunteers.

## **Working On Wellness (WOW): A Rural Health Initiative**



In 2002, obesity surfaced as a major health risk in our county. We know the health of our employees is directly related to the productivity of our companies and the health of our families and their children. Waupaca County employers as well as self-employed workers are concerned about health care issues and rising health care costs. Some companies have had the opportunity to conduct health risk assessments; but local businesses need more guidance on the most effective ways to support employees in making choices for a better quality of life for rural areas.

Recently a local collaboration including NuAct, the local medical community, Waupaca County Department of Health and Human Services, University of Wisconsin-Extension, the Medical College of Wisconsin and some rural employers received a Blue Cross– Blue Shield grant for a rural health initiative. Partners hope to gain a better understanding of health risks in our rural setting, provide relevant education on healthy lifestyle changes to encourage practical action that results in healthier outcomes.

Partners in this three year project will work to build capacity and partnerships to improve use and access of existing prevention and early intervention community resources; improve the health of our employees; and support community offerings. Particular effort will be given to collaborate with the new 2006 school/community wellness programs that are required by USDA for every school district in our county. We are excited about the opportunity to research and develop a practical rural worksite health model in our communities.

*Connie Abert*

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**We're on the web:**

<http://www.uwex.edu/ces/cty/waupaca/>

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### **Learning for Life**

**Our Mission:** To extend the knowledge and resources of the University System to the people of Waupaca County and Wisconsin.

**Our Vision:** To serve Wisconsin's educational network, engaging the people of Waupaca County and our communities in positive change.

*UW-Extension offers equal opportunity programs and employment.*

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### ***County Employees Enjoy 'Lunch and Learn' with UW-Extension***

The Waupaca County Employee Assistance Program (EAP) Committee for Waupaca County has implemented Brown Bag Lunch sessions held once a month. A variety of educational topics have been and will be covered during the year. All county employees are invited to bring their lunch and attend the sessions. Employees at WCI in Manawa have also sponsored lunchtime learning sessions.

Marilyn Herman led county employees through one of three February sessions "*Live Longer, Live Better—Heart Health*" focused on having heart-healthy fun, reading food labels to discover some healthy foods that aren't so heart healthy and the impact of super bowl snacking. Breakfast, lunch and snack ideas for people on the run, family-friendly, or cheap and easy were shared.

Penny Tank led the March session with a presentation entitled "*Communicating Across Generations*". The session highlighted characteristics of the four generations now present in the work force. When participants were asked to list one thing they would be able to do from the class some responses included: "relate better with other generations," "apply ideas for good feedback," and "know where different generations are coming from in their thoughts."

*Penny Tank*

## **Waupaca County Board Supervisors**

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### ***UW-Extension Committee Chair Eunice Lawrence Retires after 24 years of Service***

In 1982 Eunice Lawrence began a new job as a Waupaca County Supervisor. At that time she did not realize her journey would be so long and rich as a public servant. Over the years she served on Health and Human Services (before they were combined), Legislative and Judicial, Public Property, Information Systems, Finance and Personnel, Parks and Recreation, Land and Water, Resource Conservation and Development, Water Quality, Lakes District, Executive Committee, and UW-Extension. Eunice has been a positive voice for the committees she has represented. Thank you Eunice!



**UW-Extension Acting Chancellor Marv Van Kekerix and Central District Director Sue Buck present Eunice Lawrence with a certificate for significant contributions to UW-Extension**