



Extension Waukesha County

# 2020 **spotlight**

## Extension Waukesha County Educational Highlights

**This annual Spotlight focuses on how your Extension office continued to engage people in educational outreach despite the challenges of Covid-19.**

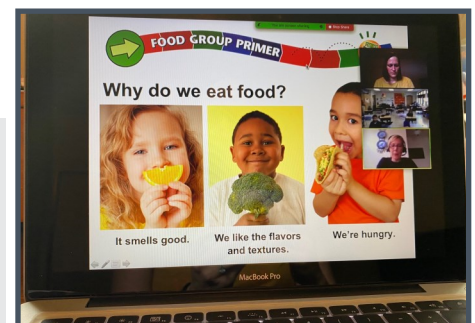
**NUTRITION**—FoodWise Nutrition Educators moved in-person *Eating Smart Being Active* (ESBA) lessons to virtual utilizing Zoom. These 9-lesson sessions focused on the same healthy eating and physical activity objectives as the face-to-face lessons, but additional tools such as cooking videos, polls, the ESBA free downloadable app and colorful visuals made these lessons very engaging and effective. A bonus of going virtual was that no travel time or child-care was necessary, as parents could join and interact with the group from the comforts of their own homes.

**HEALTH & WELL-BEING**—StrongBodies, an evidence-based strength training program for aging adults, was transitioned quickly to a virtual format when Wisconsin's stay-at-home order went into effect. This swift transition allowed participants to remain active when other community-based options disappeared. To help overcome barriers to participation, one-on-one Zoom training sessions were offered, and weights were delivered to participants' homes. Three 10-week virtual sessions have been offered since April. Virtual classes have been very successful, ranging from 33 to 44 participants registering for each session.

**4-H and YOUTH DEVELOPMENT**—Waukesha County 4-H youth found new ways to inspire in 2020. While Covid-19 prevented traditional 4-H meetings, youth developed online project demonstrations of skills they had learned in 4-H, teaching younger 4-H members those skills. The Waukesha County 4-H Teen Council members developed a presentation entitled "I Pledge My Hands to Larger Service" which was selected to be presented at the Wisconsin Annual 4-H Fall Forum. During the presentation, the youth shared information and examples of community service projects and the importance and benefits of giving back to the community.

**HORTICULTURE**—Extension educators held several statewide events teaching farmers how to establish safe places for both employees and customers. Wisconsin farmers who sell directly to their customers at farmers markets or on farm needed to continue growing and selling produce through a global pandemic. Educational sessions were held for farmers market vendors and managers, apple growers and berry growers during the spring and summer of 2020.

**COMMUNITY DEVELOPMENT**—Educators worked with three non-profit and/or government groups in 2020, assisting them in addressing a variety of community development needs. Educators facilitated a three-part organizational development process with the Village of Mukwonago department heads and the Board of Trustees. This process included a Real Colors training and a Strengths, Weaknesses, Opportunities and Challenges (SWOC) analysis. Participants defined and prioritized community and operational challenges and opportunities and then determined the top three strategic issues that provided direction for the development of their next two-year cycle budget. In addition, educators also assisted the Tower Hill Neighborhood Association with the creation of their two-year Strategic Plan and facilitated Real Colors training with the City of Waukesha.



Extension Nutrition Educators continued to provide nutrition lessons to classroom students by using Zoom as school exercised caution with visitors.

*"I appreciate you keeping these (Waukesha County Nutrition Coalition) meetings going during these challenging times as the updates are more necessary than ever. So thank you so very much for all your time on this!"*  
WC Nutrition Coalition Member



Kids in the Kitchen, a program teaching 3rd—6th graders about cooking and creating healthy habits, was held virtually three times in 2020 with different target audiences; 4-H youth, Waukesha County youth, and homeschoolers.

*"Waukesha County Extension played a key role in the development and instruction of a state-wide, online 13 week horticulture course, Foundations in Horticulture, educating 144 people; 45 from Waukesha County."*  
Mike Maddox, Program Manager, UW Master Gardener Program

*"The team of Steve and Ann, from the Extension, have been a great help to our organization. Especially during this year, troubled by the issues that the Covid-19 pandemic brought, they have both helped to keep our group focused and organized. The Strategic Planning Project that they have been working on will be a vital tool for our (currently) loose fit group to achieve the vision that we have set forth for our neighborhood. They both have shown their vested interest in helping us with our cause."* Bob Salb, President Tower Hill Neighborhood

While the Waukesha County Community Youth Garden was on hold for the summer due to Covid-19, Extension and Health & Human Services took advantage of the opportunity to redesign the garden with raised beds.



*"The Aging Mastery Program gave me an opportunity to expand my social network. By meeting virtually with others, I felt a social connection that I could not experience prior to the program due to the Covid-19 crisis. The interaction during the program also strengthened my knowledge of the various subjects addressed (health, finances, etc.)."* Participant

Extension staff build strong communities by engaging adults & youth in life-long learning, developing economic opportunity, and extending leadership capacity through educational programs and Extension-trained volunteers.

Extension Programs:

- 4-H Youth Development
- Health & Well-Being
- Horticulture
- Nutrition Education
- Community Development



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