

# 2019 **Spotlight**

## Extension Waukesha County Educational Highlights



### Extension

UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W. Moreland Blvd.

Administration Center Room G22

Waukesha WI 53188-3869

Phone: 262-548-7770; 711 (WI Relay)

Office Hours: M-F, 8 AM - 4:30 PM



Extension Educators worked with community groups of all ages to grow their own flowers and vegetables resulting in teamwork, social connections and building a stronger and safer neighborhood.

*“Partnering with Extension through the popular StrongBodies strength training class at Froedtert Menomonee Falls Hospital allows us to support our health network’s mission of taking care of the communities we serve.”*

-Andy D., Director of Community Engagement, Froedtert Health

**YOUTH DEVELOPMENT:** The Emerging Leaders program, funded by the Wisconsin DPI Pre-College Scholarship Program, was held at Les Paul Middle School in the fall and provided eight workshops, a State Capitol visit, and a college tour to UW-Madison. The tour included hands-on workshops with various departments such as the Biotechnology Center, Wisconsin Energy Institute, Stem Cell and Regenerative Center and the Neuroscience Department. The program developed 15 middle school aged leaders, 90 percent of whom are from low to moderate income families. The participants have developed strong leadership skills and participated in STEM programming and college and career readiness activities.

**NUTRITION:** Twenty-nine youth participated in FoodWise Teen Cuisine programs in 2019. Teen Cuisine, a teen-centered curriculum that teaches life skills through healthy food preparation, is a successful way to improve teens’ nutritional habits and skills so that they will be healthier as they transition to adulthood. According to pre/post surveys, 97 percent (28/29) of Teen Cuisine participants made positive changes to their eating habits; the most frequent being increased fruit, whole grain, and veggie intake.

**HORTICULTURE:** 266 Master Gardener Volunteers reported 10,057 hours of volunteer service reaching an estimated 15,652 individuals through various educational outreach projects. Through these outreach projects, Waukesha County residents gained the knowledge to make educated decisions about the care of their landscape and gardens.

**COMMUNITY DEVELOPMENT:** Real Colors® Training was provided to fifty-seven people in 2019. Real Colors® assists groups or organizations in dealing with departmental and generational divisions by helping people find common ground in communication and personality styles. Upon completion of the training, 84 percent of the participants agreed that their ability to modify their communication to connect with others increased.

**HEALTH & WELL-BEING:** Caring Connections workshops were offered by Extension throughout Waukesha County. Caring Connections, developed by Jane Basarich, provides tools and strategies for individuals visiting loved ones in residential care facilities. The goal of the workshop is to create better, more meaningful visits for both the resident and the visitor, thereby increasing the resident's quality of life. Waukesha County evaluation data was gathered to help further refine the workshop with the goal of being able to disseminate Caring Connections statewide.

*"I am very happy with the FoodWise program because my daughter is learning and now eats healthier. My daughter is more conscious about what she eats."*

-Parent of Elementary School Student

*"Thorough, concise, extremely informative. An excellent program! Very useful for future applications."*

-Landscape and Grounds Maintenance  
Short Course Participant



County Executive Paul Farrow presented educators with a commendation as the Expanded Food and Nutrition Education Program (EFNEP) celebrated 50 years of effective, evidence-based, nutrition education programming.

*"4-H has allowed me to feel a sense of community while spending time together with other youth. I have learned strong leadership skills as well as many different skills that will take me further in life."*

- Andrea, 4-H Participant



StrongBodies participants learn strength training to help stay fit, strong, and healthy.

*"Extension's assistance with updating our 2030 comprehensive plan was extremely helpful. Their assistance in updating various complicated datasets was critical to the overall plan. Much of the data they collected was also applicable in other reports, such as our Housing Affordability Report that was required by Wisconsin Statutes."*

-Kelly S., City of New Berlin



53 participants completed the 13 week Master Gardener Level One Training.



Waukesha County Fair offered an opportunity for 4-H youth to interact and engage in teamwork with State Representative Cody Horlacher.

Extension staff builds 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



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

**Stay Connected With Us**



[www.waukesha.extension.wisc.edu](http://www.waukesha.extension.wisc.edu)