

Message from the District Director



Michigan State University Extension continues to work for Osceola County youth, adults, businesses and communities providing outstanding research-based education and community development programs. With the ever-changing world and needs of the people we serve, MSU Extension ensures that everyone can participate in our programming. Considering participants and their needs, many of our face-to-face programs provide both an in-person and remote option to participate. Our mission remains providing the knowledge and resources of MSU's campus directly to individuals, communities and businesses to help improve lives around Michigan.

Eric Karbowski, District Director

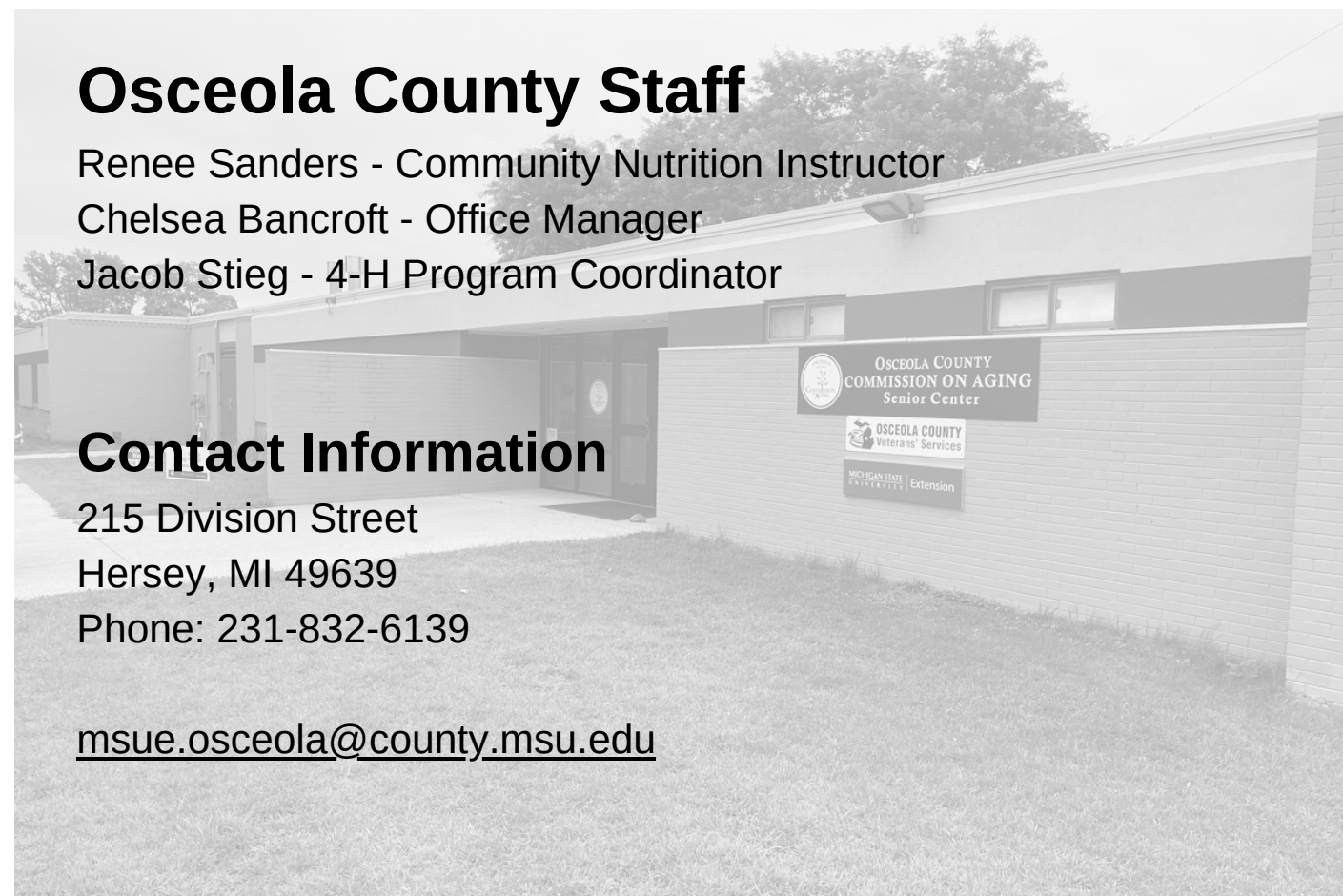
Osceola County Staff

Renee Sanders - Community Nutrition Instructor
 Chelsea Bancroft - Office Manager
 Jacob Stieg - 4-H Program Coordinator

Contact Information

215 Division Street
 Hersey, MI 49639
 Phone: 231-832-6139

msue.osceola@county.msu.edu



SNAP-Ed

122

residents served in SNAP-Ed Programming.



In lesson one of the series Cooking For One, taught by Renee Sanders, the class discussed water intake for improved health. As part of the lesson, each participant calculated their daily water intake. The class then compared their daily intake to the recommended amount of daily consumption. Sanders used water bottles to help the class visualize the amount of water they were consuming compared to how much they should be drinking each day. Through this process, one participant identified that they were not drinking enough water and increased their water consumption. After six weeks, the person lost ten pounds. They reported making no other lifestyle changes and attributed this weight loss to the lesson learned in class.

45

Extension programs hosted in the county
(up 65% since 2021)

1,154

Total participants that attended programs hosted in the county

1,504

Number of residents from county that attended MSU Extension programs



REPORTING

23

Program Activities

54

Volunteers

10,097

Facebook Reach

(65% increase from 2021)

386

Youth enrolled in county 4-H



18 USC 707

Our Staff Stories

Stieg provides leadership and management of local 4-H programs, volunteers, and youth participants in Osceola County. Through his work, Stieg creates opportunities for youth in Osceola County by developing programs and partnerships, evaluating 4-H programs, and recruiting and training volunteers. Stieg is also the liaison for the Michigan 4-H office and helps to ensure that statewide opportunities and information is available to local participants.



**Jacob Stieg,
4-H Program
Coordinator**



**Kara Lynch,
Food Safety
Educator**

Lynch is a Registered Dietitian working for Michigan State University Extension as a Food Safety Educator. In this role, Lynch provides valuable educational programs to the Osceola community including ServSafe.

A ServSafe examinee comment:

"I just want to say how much I appreciate your patience and help both in class learning and today by phone."



**Christi
Demitz,
Health
Educator**

Demitz provides education on a variety of health and wellness programs in Osceola County.

Below is a comment from a participant of Tai Chi for Arthritis and Falls Prevention, the class was provided at the Commission on Aging building:

"The class was great. I didn't want to drive 20 miles. It was convenient to where I live. Anything that gets you moving and gives you better balance, I'm all for it. Christy did a really, really good job. It was easy enough. Anybody can do it, and it would benefit anyone."

MSU Extension provides Financial & Homeownership training and resources, foreclosure prevention assistance, homeownership education, and money management for the residents of Osceola County. Lefere is a program instructor for the Financial & Homeownership group. She specializes in foreclosure prevention assistance and homeownership education.

A comment from Osceola County resident about Lefere's work:

"I appreciate all you do for the people of our counties! It was always so much easier to be able to send people to you for help, than to wonder how they would ever figure out how to complete an application like that. You truly make a difference!"



**Teagen Lefere,
Financial
Homeownership
Instructor**



Cora Okkema, Dairy Educator

Crisis preparedness is an often-overlooked area of farm risk management; yet the risk here is loss of reputation and potentially, loss of market.

Cora Okkema, dairy educator, serves Osceola County providing education on drafting a preparedness plan and crisis response education.

Sanders taught a Eat Healthy Be Active class to a group of ten adults. Due to interest in gardening and preserving, participants were directed to the Food Safety team's online canning classes. After safety discussions, many felt like they needed to learn how to can the right way, not the way their "grandparents had showed them." Renee was also able to direct many questions to Extension's Ask an Expert service, this is especially important because the information provided by MSU Extension is based on research with best practices a

A session participant received info on canning and water bath of proper techniques that will make the task easier and safe, according to session feedback.

Sanders provides direct education in the school settings, with newsletters, books and NERI (nutrition education reinforcement incentives) as well as a Garden PSE (Policy, System and Environment Change).



**Renee Sanders,
Community
Nutrition
Instructor**

Program Success: 4-H Agricultural Club

Osceola County 4-H program coordinator, Jacob Stieg, responded to the request by teaching (what classes did he teach) to the club. The agricultural club offers a variety of activities centered around teaching engaging educational classes to the club.

The first class that was presented was Pollinator Ice Cream Sundae. In this activity, students learned how bees help pollinate the plants used in ice cream. The second club meeting, Stieg presented a 4-H science curriculum called Fins, Tails, and Scales identifying Great Lakes Fish. Youth partnered up and identified Great Lakes Fish. Stieg used the Horse Learning-lab kit for students to learn about different breeds of horses as well as identifying grains, tools, and forages used for the health and well-being of horses. The final club meeting Stieg presented the Rock the Bike smoothie bike youth got to create their own smoothie by pedaling the bike and blending their smoothie.



Program Success: Pineview Homes Gardening Class

In 2022, Renee Sanders partnered with Pineview Homes to give new life and meaning an old and overgrown garden bed. As part of this unique educational opportunity, Sanders worked with members of the Osceola community to secure plants and seeds while the students from Pineview worked side-by-side to clear the weeds and debris from the garden cite.



Once completed, Sanders worked with the students to develop a schedule for weeding and watering. The results were positive. Not only did the students get to enjoy the "fruits of their labor," but the surplus produce was donated to a local church to support those in need.