



# Saginaw County 2022 ANNUAL REPORT



**\$34,437,604**  
economic impact



**410**  
enrolled students at MSU



**\$944,814**  
spending with local businesses



**3,508**  
MSU alumni in Saginaw County



**\$6,847,098**  
financial aid disbursed



**770**  
youth in 4-H

## Message from the District Director

Michigan State University Extension is proud to provide our state's residents with the knowledge they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to achieve successful futures.



As times change and new challenges arise, Extension is committed to meeting people where they are to make our programming and resources accessible to all. We now offer virtual, hybrid and face-to-face programming throughout the year depending on the needs, request, and preference of our partners and residents. Moreover, we ensure our customers – the residents of Saginaw County – are provided with the high quality, evidence-based curricula they are accustomed to.

MSU Extension provides hundreds of programs focused on youth development, mental health, nutrition, physical activity, mindfulness, business, agriculture, veteran's outreach, invasive species, farmers market, food safety, Saginaw Bay watershed and community food systems. We focus on the needs of youth, families, seniors, veterans, farmers, and the disadvantaged, while working with our partners in the communities that we serve.

On behalf of the MSU Extension team serving your County, thank you for your continued support. I would also like to thank all our partners, businesses, families, and youth that we serve. It is a pleasure and honor to work with you and meet your needs so we can make a positive difference in your community.

Mark Rankin, District Director

Serving Bay, Genesee, Midland, Saginaw and Shiawassee Counties



# Farm Management

Saginaw Valley farmers took advantage of an array of Farm Business Management Extension programs offered in 2022, both in-person and online. These programs provided relevant and timely educational resources in the areas of financial management and business planning.



The Farm Business Management Team offered a variety of programs on fundamental business management topics. Recordkeeping was a prime area of focus, with eight different seminars over the course of the year. They also continue to offer the farm recordkeeping book on paper and in spreadsheet form, as well as educational assistance on multiple recordkeeping software programs. Some farm management education was targeted to beginning farmers, including a webinar series on five different financial management topics, as well as an ongoing series of Extension bulletins on a variety of business planning topics.

Programming also addressed critical current issues. Annual meetings on Farm Bill program selection covered both standard and expanded program options. Concerns about high fertilizer prices were addressed with a seminar on strategies to manage input costs. The weekly Lunch Break series on Facebook Live continued with ongoing business management updates. In addition, they provided area lenders with an update on succession planning issues at the Michigan Agricultural Credit Conference.

The Farm Business Management team served a diverse audience, offering programs with both group and one-on-one education. The Farm Money Matters course covered a broad range of business management topics, while Recordkeeping for the Global Majority and the Accounting Learning Series focused on strategies for effective farm recordkeeping. Educational consultations continued to be offered by the Farm Business Management Team on financial management and business planning issues. Intensive assistance was provided to **10 families** across the region on issues of financial analysis, farm stress, succession planning, and tax management. An additional **26 Saginaw Valley families** took advantage of shorter, more targeted consultations.

## Saginaw County 4-H

### 4-H Program Offerings



Saginaw 4-H welcomed **21 new volunteers** and partnered with more than **100 4-H volunteers** in local communities to offer educational opportunities.

4-H collaborated with more than **30 community organizations** to provide fun and engaging educational experiences through Saginaw County.

**1,293 youth** participated in Saginaw 4-H school enrichment, short-term clubs, camps/workshops this year and **318 youth** enrolled in one of the **15 community-based 4-H clubs**.

- NEW County Wide Archery Program
- NEW Mindfulness for Teens
- 4-H Youth Fishing Academy
- Outdoor Survival Club
- 4-H Wild Spartans – Fisheries and Wildlife Series
- Animal Science – Agriculture Workshop Series
- Art, Crafts, Clothing, and Textiles Workshop Series
- Animal Science Career Quest/Skillathon
- Capitol Experience – Civic Engagement
- 4-H Spokesperson Training-Public Speaking
- 4-H Animal and Veterinary Science Camp
- Great Lakes Natural Resources Camp
- Saginaw Bay 4-H Fish Camp
- Citizenship Washington Focus
- Livestock Workshops and Shows

Saginaw 4-H taught a new science program called **Embryology** to more than **475 students** in 2022. Embryology is the study of the development of chicken eggs. Students learned about responsibility and caring for a living thing, the developmental process of chickens and about the scientific process. Saginaw 4-H collaborated with **10 NEW school partners** to bring this program to Saginaw County students.

- Big Rock Elementary School
- Carrolton Elementary School Atkins Elementary School
- Martin G. Atkins Elementary School
- St. Charles Elementary
- Thomas White Elementary
- North Elementary



### 4-H State Awards

A 4-H State Award is the highest honor bestowed on a Michigan 4-H member. 4-H State Award winners become part of an elite group of 4-H youth who have demonstrated the highest level of excellence in learning, leadership, and service. Noah H. from the Frankenmuth Pacesetters 4-H Club for receiving the 2022 State Award in the Junior Division for Rabbit and Cavy Science. Saginaw 4-H members Samantha H. and Elliana S. were selected as the 2022 Mark of Excellence essay contest award winners. The theme of the essay contest is: **“Because of 4-H, I can...”**

**OVERCOME:** “I learned I am capable of doing hard things.”

**PERSERVERE:** “I learned to keep trying even when I was tired, and the job seemed big.”

**LEAD:** “I learned that trying something new I wasn’t comfortable with gave me confidence.”

**BE RESPONSIBLE:** “Every mistake I made was okay because 4-H taught me we grow by learning.”

-Saginaw 4-H Award Winner



### Saginaw 4-H Member Attends National 4-H Congress

As one of the select Michigan 4-H member delegates, Zeke P. from the Frankenmuth Area Patriots Club traveled to Atlanta Georgia this last November to engage with 4-H members from across the country. This five-day conference offered workshops in leadership, team development, diversity, cultural experiences, healthy living, science, and had several guest speakers!

*“I have learned many leadership skills and activities that I plan on not only bringing back to my club but also my county and Michigan 4-H as a whole” --Zeke P.*

### 4-H Exploration Days

Saginaw 4-H youth attended 4-H Exploration Days in Lansing. This pre-college program gives youth the opportunity to try new things and experience college life! During this three-day event, youth gain confidence and independence through hands-on learning and make friends for a lifetime. Objectives include broadening horizons of the participants, introducing them to college, and building independence and leadership skills.

*“While I not only enjoyed increasing my knowledge surrounding my interests through sessions, I also enjoyed meeting youth from all around the state”. - Participant*

*“I learned how to read a map and use the bus system, manage my time to get ready be to classes on time”. - Participant*

*“The team building activities were interesting and showed us how we all have something in common with each other and how even if we are different - we tie together”. -Participant*





# Sugarbeet Advancement

Over the past year, Sugarbeet Advancement (SBA) has continued to partner with farmers to conduct on-farm research and grower education. Through this work, the goal of SBA is to improve the economic and environmental sustainability of the sugarbeet industry for farmers in the Michigan sugarbeet growing region.



Sugarbeet Advancement had a very successful year of research in 2022. The research SBA does is somewhat unique as compared to that of the other agricultural research programs in Michigan.

While other programs conduct small-plot research on sites dedicated to agricultural research, SBA does large plot research done in cooperation with local farmers. Aside from the specific variable that is being tested, each trial is managed just as the farmer manages the rest of their beets. Growers put a lot of value on this real-world testing which is done with the same challenges that local farmers face. There are two primary areas of focus for SBA's research, which include variety trials and agronomy trials. In the traditional variety trials, **SBA tests 12 different sugarbeet varieties** which were selected by the SBA committee. These trials are conducted in several different locations and environments to test the resilience of these varieties. The varieties are observed for various factors, including emergence, disease tolerance, and most importantly yield.

In all, SBA had **7 traditional variety trials** throughout the Michigan Sugar growing region. Along with the traditional variety trials, SBA also conducted 3 trials looking specifically at the new CR+ sugarbeet varieties. These varieties have a much higher level of Cercospora leaf spot tolerance than any other sugarbeet varieties, and may help farmers manage this devastating disease. In these tests, 4 CR+ varieties were compared to 4 traditional beet varieties, each group with their own recommended fungicide spray program. This allowed the SBA team to determine the disease management and economic benefits of these varieties. Growers use the information from these variety trials to make informed decisions when selecting sugarbeet varieties for the upcoming season. Aside from the variety trials, Sugarbeet Advancement also conducts agronomy trials. In these trials, the SBA team investigated a number of topics related to sugarbeet production.

These include comparing radish and clover cover crops, soil health, fertilizer products and additives, high speed planter accuracy, and disease management. In all, Sugarbeet Advancement had **24 agronomy trials** this past year. This work will be used to improve both economic and environmental sustainability on farms throughout the area in 2023.

In addition to having a productive year for research, Sugarbeet Advancement also had a successful year of educational programming. Last winter, one of the major events SBA participated in was the REACH Winter Agronomy Meeting series. At this meeting series, the SBA team presented the results of the previous year's agronomy trials to growers. In all, **6 regional meetings** were held, with **345 people** attending. Another major event which SBA was a part of last winter was the Bean and Beet Symposium. It was held at a new location, which was the Double Tree in Bay City. Several agribusiness vendors from throughout the growing area had booths at this meeting, and researchers from MSU and the USDA presented the results of their research from the previous year. Approximately **450 people** attended this event. In July, SBA took part in MSU Extension's virtual breakfast series by presenting on strategies for managing sugarbeet cyst nematode, which was viewed by **148 people**. In August, SBA was a host of the Dry Bean and Sugarbeet Diagnostic Day held at the Saginaw Valley Research and Extension Center. This program was designed to help the attendees learn



more about diagnosing biotic and abiotic problems these crops face. In all, around **160 people** attended. The final educational event for SBA in 2022 was Seed Week, which is where SBA presents their variety trial results. This event included **5 meetings** throughout the region, with a total of **325 people** attending.

This past year was a very successful one for the Sugarbeet Advancement team. The future for the sugar industry is bright, and the SBA team looks forward to another successful year ahead.





PROGRAM REACH



**5,898**

Total Adults and Youth Reached

**631**

Youth 6-Week Class Participants

**735**

Adult 6-Week Class Participants

Below is a summary of nutrition education youth programming impacts from 6-week classes in Saginaw County from January 1<sup>st</sup> to December 31, 2022.

Supplemental Nutrition Assistance Program Education (SNAP-ED): YOUTH GRADES 6<sup>th</sup>-12<sup>th</sup>

**45%** Increased vegetable consumption



**19%** Increased low-fat or fat-free milk consumption



**33%** Increased fruit consumption



**27%** Reduced sugary beverage consumption



**33%** Increased whole grain consumption



**K-2<sup>nd</sup> Grade Teacher Observation Form**

Teachers observed the following improvements in their student's healthy behaviors:

- 100% of teachers observed more handwashing behaviors
- 100% of teachers observed students being more physically active
- 82% of teachers observed their students eating more fruits and vegetables

PHYSICAL ACTIVITY



**43%**

Improved physical activity participation

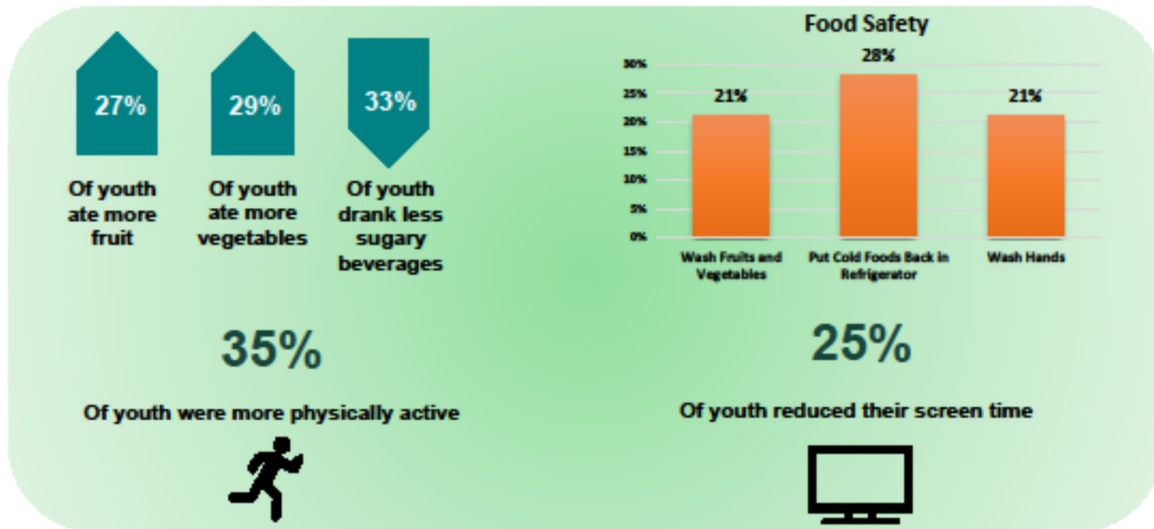
FOOD SAFETY

**24%**

Wash their hands more often



## Expanded Food and Nutrition Education Program (EFNEP): YOUTH GRADES 3<sup>rd</sup>-5<sup>th</sup>



## SNAP-ED: ADULT PARTICIPANTS

Below is a summary of **SNAP-Ed** nutrition education adult 6-week class impacts in Saginaw County from January 1<sup>st</sup> to December 31, 2022.

### Food Resource Management

- 37% of participants **planned meals in advance** more often
- 23% of participants **compare prices when shopping** more often
- 41% of participants reported **using a food budget** when shopping more often
- 41% of participants reported **using coupons while shopping** more often
- 59% of participants reported using a **grocery list** more often



### Food Safety Practices

- 37% of participants were less likely to **thaw frozen meat at room temperature**
- 15% of participants improved **hand washing** behaviors
- 20% of participants use a **meat thermometer** while cooking more often



### Diet Quality

- 41% of participants reported an increase in **fruit** consumption
- 30% of participants reported an increase in **vegetable** consumption
- 48% of participants reported consuming more **legumes**
- 15% of participants reported consuming more **milk or soymilk**
- 19% of participants reported consuming more **yogurt or smoothies**



### Physical Activity

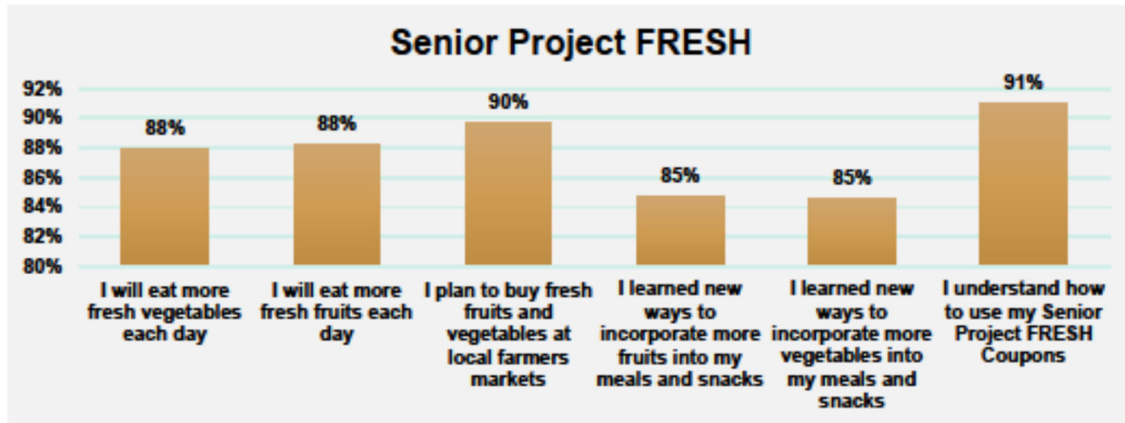
- 7% increased their participation in **moderate physical activity**
- 23% of participants increased participation in **muscle-strengthening activities**
- 56% of participants made **small changes in their daily routine** to be more active



### Senior Project FRESH

Senior Project FRESH is a nutrition education program designed to help older adults improve their fruit and vegetable consumption. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

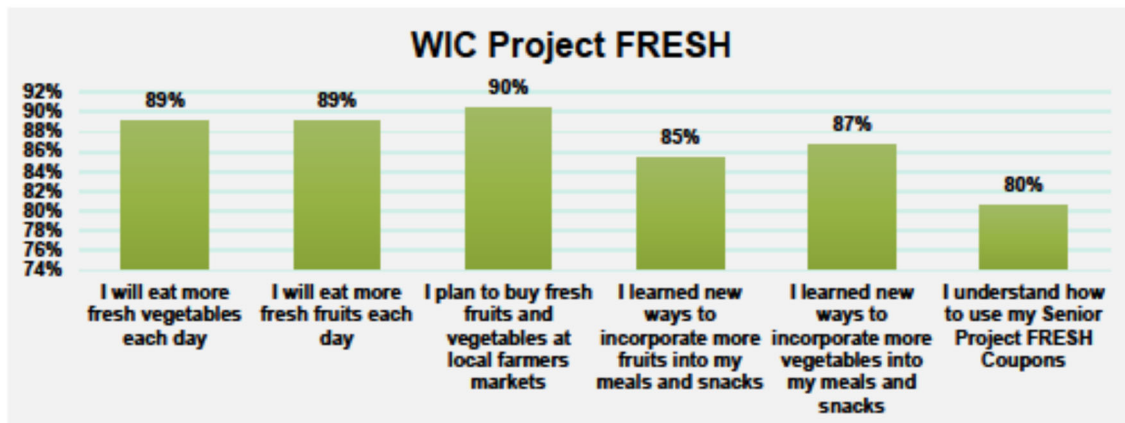
In FY22, 429 adults participated in the Senior Project FRESH program in Saginaw County. At the end of the presentation, participant were asked to complete a brief survey about their intentions to purchase and consume fruits and vegetables, as well as use their program coupons at their farmers market. Below is a summary of their responses.



### WIC Project FRESH

This program provides healthy and nutritious produce to Michigan WIC participants. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

In FY22, the program reached 83 participants in Saginaw County. At the end of the presentation, participant were asked to complete a brief survey about their intentions to purchase and consume fruits and vegetables, as well as use their program coupons at their farmers market. Below is a summary of their responses.



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# Michigan Sea Grant—Extension

Michigan Sea Grant Extension promotes research, education, and outreach to enhance the responsible and sustainable use of our diverse Great Lakes resources. Through MSU Extension, Michigan Sea Grant works with Michigan residents, industries, and coastal communities to encourage their use, benefits, and enjoyment of Great Lakes resources that positively influences our state's economy, environment and quality of life.

## Lake Huron Regional Fisheries Workshops

In the spring of 2022, Michigan Sea Grant Extension hosted two virtual Lake Huron Regional Fisheries Workshops – focuses on the open water and near-shore fisheries, including Saginaw Bay. These workshops engaged close to **200 anglers, charter captains, and others with fisheries researchers and managers from across Michigan** – more than **70 participants** learned about the Saginaw Bay fishery. Participants gained better understanding of Lake Huron fisheries ecosystem changes, and these stakeholders were connected with information, research and management activities relating to Lake Huron and local communities.

## Center for Great Lakes Literacy

Michigan Sea Grant Extension provides leadership for the Center for Great Lakes Literacy (CGLL), a collaborative effort led by Sea Grant educators throughout the Great Lakes watershed.

CGLL engages and inspires teachers, scientists and students to promote improved stewardship of our shared freshwater treasure. A Great Lakes literate person is someone who understands, appreciates, shares about and helps to protect the Great Lakes resources and the watersheds that feed them.

In 2022, Michigan Sea Grant Extension supported educator professional learning opportunities – including the Lake Huron Summer Teacher Institute and CGLL Shipboard Science Workshops, where educators explored Great Lakes topics and planned for ways to engage their learners through stewardship and place-based education. One Bay City educator participated in the Shipboard Science Workshop aboard the R/V *Laurentian* travelling from Muskegon to Alpena. While aboard, participants helped researchers collect data for a harmful algal bloom study in the Great Lakes. They also learned about boat navigation over the course of the travel.

To support their implementation of a place-based education project, each educator received a **\$500 project stipend** with support from CGLL and the Great Lakes Restoration Initiative. Northeast Michigan Great Lakes Stewardship Initiative network and its leadership partners also supported the Summer Institute.



[www.michiganseagrant.org](http://www.michiganseagrant.org)

# Got lawn and garden questions?

Contact MSU Extension's free hotline



MSU Extension invite any gardener to call the [Michigan State University Extension](#) lawn and garden hotline staffed by MSU Extension consumer horticulture

staff and specially trained [Extension Master Gardeners](#) from across the state. From plant identification to what is happening in your lawn to possible insect or disease problems, lawn and garden hotline responder teams from across the state are ready to assist.

Please visit [www.migarden.msu.edu](http://www.migarden.msu.edu) for current hotline hours, then call **888-678-3464** to have your questions answered by our hotline responder team members.

Extension Master Gardeners are available during the day, Monday through Friday to assist with your gardening questions.

As we gear up for the growing season, many gardeners often have questions related to their yards and gardens. Do not delay in getting your question answered.



**Ask Extension** offers one-to-one answers from MSU Extension experts and Extension Master Gardener volunteers on topics such as **lawns, gardening, agriculture, nutrition and physical activity, food safety, food preservation, natural resources, community development, youth programming** and more! <https://www.canr.msu.edu/outreach/ask-an-expert>

# Program Highlights



## Earn ServSafe certification with help from MSU Extension.

MSU Extension offers 8-hour ServSafe training, which is a national certification program.

This class is designed for anyone working in the foodservice industry, including non-profit organizations.

MSU Extension will be offering proctoring of the ServSafe Manager Certification Exam by appointment.



Contact your local MSU Extension Food Safety Educator for more information.  
<https://www.canr.msu.edu/servsafe/events>

Follow our [Think Food Safety Facebook](#) page.

View upcoming events, food safety tips, and recordings of our *Food Safety Q & A* and *Investigating Food with Science* Programs.

MICHIGAN STATE UNIVERSITY | Extension

### FOOD SAFETY HOTLINE

Operating Monday through Friday,  
9 a.m. - 5 p.m.  
Call 877-643-9882

Ask Extension <https://www.canr.msu.edu/outreach/ask-an-expert>

## Food Safety in Saginaw County

[MSU Extension Food Safety Team](#) programming works to provide educational programs for food workers, cottage food entrepreneurs, childcare providers, food pantry volunteers, and consumers, providing information about the five risk factors that contribute most to foodborne illness – personal hygiene and health, cooking temperatures, holding temperatures and cleaning of food contact surfaces. In 2022 the Food Safety team continued to reach multi-counties in Michigan and out of state with virtual programming and the return to live programming as well.

[Food safety](#) for childcare providers provides food safety education for staff who care for infants, toddlers, and preschoolers. The curriculum used is Safe Food = Healthy Kids, developed by MSU Extension educators. Learn what the best practices are for food safety to help keep kids safe.

[Cooking for Crowds](#) is a three-hour food safety training for volunteers working in a non-profit venue. Cooking for Crowds classes educate volunteers who offer fundraisers and events such as dinners and bake sales. This program aligns with the 2009 Michigan Food Code.

[Michigan Cottage Food Law](#) workshop classes offer a unique feature with a combination of presentations offered in this program with the Food Safety Team, teaching safe food handling concepts and the MSU Product Center sharing tips on building a solid business and marketing plan to sell the Cottage Food items. The program ends with a Q & A session featuring an inspector from Michigan Department of Agriculture and Rural Development (MDARD) to answer questions pertaining to food products.

[Pantry Food Safety](#) – It's Your Job! is another three-hour training offered for volunteers working in food pantries and food banks. After completing the Pantry Food Safety training, participants will receive a certificate of completion.

### Preserving MI Harvest (Online, Free Sessions)

Thursday's at 1 p.m. and 6 p.m. EDT

Learn the latest methods and research for preserving foods at home. Let us help you fill your pantry and freezer by preserving food safely at home.

To learn more and to register, visit: [Preserving MI Harvest](#)

Several other online programs are offered statewide, Emergency Preparedness Series, Food Safety for Food Service Workers (a D2L self-study course).



# Program Highlights



**MSU Extension** aims to improve the knowledge, skills, and behavior of how individuals view nutrition. Through promotion, planning and delivery our staff works with audiences at a local, county and state level to make changes to increase nutritional well-being.



Through MSU Extension's nutrition and physical activity programming, Michigan adults, families and children gained crucial knowledge about nutrition and healthy foods, increased their daily physical activity and reduced their food insecurity.



**Clear the table** and make way for learning! Children benefit from more than just five food groups when they share a family meal.

# Highlights

## Health and Nutrition

**MSU Extension Saginaw County** Health and Nutrition provides nutrition education to children, youth, adults, and families with limited financial resources and are eligible for Supplemental Nutrition Assistance Program (**SNAP**), Expanded Food and Nutrition (EFNEP), Senior Project Fresh, WIC Project Fresh.

**MSUE Community Nutrition Instructors and Educators** continually worked together to create a variety of engaging and impactful activities and material to increase our online participation. Classes such as Eat Healthy, Be Active (adults), Healthy Foods, Healthy Families (adults), Show Me Nutrition (youth), Today's Mom (adults), Peak Health Performance (youth athletes), Teen Cuisine (youth 6<sup>th</sup> grade to 12<sup>th</sup> grade), Cooking for One and Cooking Matters (adults) were reviewed, updated, and revised for improved facilitation. During this time MSU Extension also offered a variety of one-time-presentations such as Cooking Matters at the Store, Healthy Holidays, Hydration, Physical Activity, and Healthy Snacks to name a few. As we returned to face-to-face programming, MSU Extension continues to offer online, face-to-face, and hybrid classes in order to meet the needs of our participants.

**Senior Project FRESH** is a nutrition education program designed to help older adults improve their fruit and vegetable consumption. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

**WIC Project FRESH** provides healthy and nutritious produce to Michigan WIC participants. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

**The Expanded Food and Nutrition Education Program (EFNEP)** is designed to help children and families acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets. Michigan State University Extension delivers EFNEP in a group setting environment throughout 15 counties.

**Michigan State University Extension (MSUE)** partners with Michigan Department of Health and Human Services (MDHHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits.

**MSUE SNAP-Ed nutrition instructors** teach youth, teens, adults and seniors how to make health a priority through an instructional series. The goal of the SNAP-Ed program is to increase the likelihood that those eligible for SNAP benefits will establish healthy eating habits and increase their time spent involved in physical activity, while staying within their limited food budget.

# Program Highlights



**ServSafe** is a food manager certification course offered by Michigan State University Extension. Participants taking the course will gain food safety knowledge to protect against foodborne illnesses in their establishments. Michigan Food Code requires food service managers to have a Person in Charge in their operation, who has completed a certified food protection manager protection course, ServSafe meets these requirements.

**ServSafe** teaches about foodborne illness, how to prevent it and how to train employees about the latest food safety issues. The **ServSafe** Manager course uses proven techniques, provides new Food & Drug Administration food code rules and content related to the food industry. Topics taught include providing safe food, forms of contamination, the safe food handler, food safety management systems, safe facilities & pest management, cleaning & sanitizing.

In Saginaw County in 2022, there were several opportunities to take the 8-hour **ServSafe** class at either the MSU Extension office or SVRC Marketplace. **Sixteen participants took the course.** Managers who had previously taken the course and needed to recertify (this is done every 5 years) had the opportunity to just take the exam. **Thirteen participants opted to just proctor the exam.**

MSU Extension worked with the Great Start Collaborative, the Saginaw ISD and The CAN Council. We created the first annual "**Father's Count!**" conference for father's which took place on Saturday, September 10<sup>th</sup>, which 50 father's and male caregivers attended. Sessions included Nutrition and Fitness, Employment and Interview Skills, Entrepreneurship, Dealing with Legal Procedures and Understanding Child Development. MSU Extension is planning a second annual conference for November of 2024.

MSU Extension worked with Eastern Regional Resource Center which services Saginaw Childcare Providers (in-home, center based, relative care). Provided 13 one-time presentations to childcare providers as a means of them gaining professional development hours towards their licenses. Sessions included: Purpose of Play, Developing Early Literacy Skills, Positive Discipline, Parent/Provider Communication, Developing Language Skills, Importance of Outdoor Play, and Promoting Social/Emotional Health in Young Children.

Provided 2 Tai Chi classes for Arthritis and Fall Prevention in Saginaw. One at Hemlock High School and one at Saginaw Hoyt Public Library. Both classes had 20 participants.



# Program Highlights

**RELAX: Alternatives to Anger** – **RELAX:** Alternatives to Anger is a four-session series that helps individuals understand and manage anger and stress and develop the communication and problem-solving skills needed for healthy relationships.

- **Saginaw County**
  - COA kinship group (1/6-2/3) **to 9 community members**
  - First Ward Community Center (6/22-7/13) **to 8 community members**
  - Saginaw Odyssey House (6/20-6/23) **to 22 community members**

**Sleep Education for Everyone Program (SLEEP)**- A total of 6, 30-minute sessions were created; topics for sleep in order by session include: introduction to sleep and health with a focus on recommended duration guidelines; sleep hygiene best practices, Stimulus Control Therapy, mindfulness and relaxation, relationships between sleep and physical activity, and sleep myths.

- **Saginaw County**
  - Bayside Lodge Clubhouse with Sean Knurek (3/2-4/6) **to 16 community members**

**Stress Less With Mindfulness** – A five-class series for adults and seniors that introduces mindfulness concepts and practices to reduce stress and related symptoms.

- **Saginaw County**
  - Five-part series with Victorious Believers Ministries Life groups (1/14-2/11) **to 8 community members**
  - One-time-presentation with Jerome Elementary Parent group (4/13) **to 16 community members**
  - One-time-presentation with Center of Hope open house (5/20) **to 9 community members**

**Wellness Initiative for Senior Education (WISE)** is a program for adults aged 60 and older looking to stay healthy and meet new people. This educational program offers six lessons that cover a wide range of topics, including: Understanding the changes associated with aging, Aging sensitivity, Valuing cultural and generational diversity, Managing medications safely, Addressing addiction, alcohol, tobacco, and other drug use, Enhancing quality of life.

- **Saginaw County**
  - Victorious Believers Ministries Life group attendees (2/18-3/25) **to 8 community members**
  - Westchester E senior apartment complex (4/7-5/12) **to 13 residents/community members**

**Community Outreach** (Presented or shared MSU EXTENSION HEALTH BROCHURES/RESOURCES)

- **Kiwanis Club of Saginaw (3/17)**
- **Saginaw HSC Board meeting (5/2)**
- **Jerome Parent Club fair (5/18)**
- **Food Access Coalition of Saginaw County (FACTS) (7 individuals)**

**Veterans Outreach**

- **Veteran Benefits Fair** in Frankenmuth (7/23) – about 2,000 people attended



**MSU Extension Educators & Staff Serving Saginaw County**

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