



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WOOD COUNTY



Sowing Success is Underway in Wood County

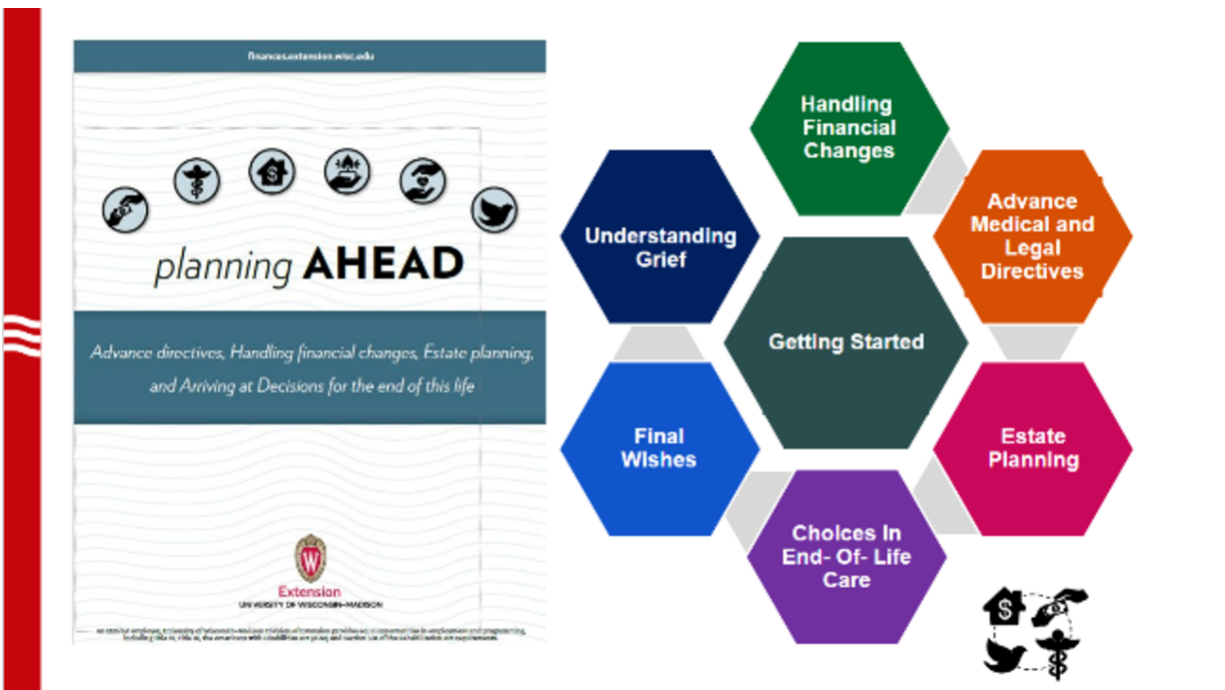
by Janell Wehr, Horticulture Educator

Sowing Success is a 12 week introductory course in horticulture. The Integrated Pest Management (IPM) course teaches participants how to link gardening practices and biology to prevent plant problems. Students learn how to select, grow, and maintain the health of plants, including lawns, woody and herbaceous ornamentals, fruits, and vegetables. Students learn how to apply the principles of IPM to pests, including insects, diseases, weeds, and wildlife. As they learn about how to grow plants in a way that helps them plan for gardening success, they will prevent plant problems before they start and

manage issues when they happen. They will leave the course with a combination of practical gardening skills to try plus the knowledge of why they work.

Six students are enrolled in Sowing Success this fall. Students prepare for each session by reading assigned chapters and watching videos hosted on the web. During the sessions, students work through hands-on activities designed to reinforce the concepts introduced in the readings and video lectures. Pictured here, students are familiarizing themselves with all the information available on a fertilizer label. Wood County Master Gardeners provide added support in mentoring students throughout the course.

Sowing Success is an approved learning opportunity for the Wisconsin Extension Master Gardener Program in preparation to become a Wisconsin Extension Master Gardener. The Wood County Master Gardener Association looks forward to adding these students next year.



Planning AHEAD

by Jackie Carattini, Human Development & Relationships Educator

Planning AHEAD: Advance directives, Handling financial changes, Estate planning and Arriving at Decisions for the end of this life

When you think about your own eventual death, what is the most important thing you would like to do to ease the transition for your loved ones? Have you done it? Research tell us that 92% of people think it's important to talk about end of life wishes but only 32% have done so and only 40% have signed a health care power of attorney.

Planning AHEAD is an end-of-life planning curriculum for adults age 18 and up developed by UW–Madison Division of Extension faculty and staff. This 7-session research-based program helps participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place. There are a total of 7 modules examining health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end of life decision, dealing with grief and last but not least, the emotional ramifications of all of the above. This program and workbook were designed for residents in Wisconsin and is specific to Wisconsin law.

Jackie Carattini, Wood County Human Development and Relationships Educator, was an author on this curriculum. It was created based on two basic needs: for individuals to share their wishes and ease family transitions after the loss of a loved one. The original curriculum was pilot tested in 2021 and launched in 2022. Carattini offered the 7-week series, four times in Wisconsin Rapids during 2022-2023. 62 individuals have completed the series. 98% of the participants found the workbook and checklists very helpful and indicated they learned enough to move forward with planning and 88% were more confident in having conversations with loved ones related to end-of-life planning. One participant stated "I didn't know where to start, I knew I needed to but the whole topic was so overwhelming. This course gave me both the organization and motivation to start and I already have. We are going to talk to our kids next weekend."

During the pilot test phase of the project in 2021, two Hmong partners in Wisconsin Rapids approached Carattini stating that they would be unlikely to use the curriculum because it wasn't relevant to Hmong traditions and beliefs. In 2022, Extension partnered with UW-Madison school of Nursing on a grant to make adaptations for the Hmong community. The new version went to the printer in September of 2023 and will be introduced to the Hmong community in Central Wisconsin in October of 2023. Carattini is excited to share this culturally relevant version to the community.

Upcoming Extension Programs

- **4-H: Juntos** | Marshfield | Thursdays - October 12 - December 7
- **4-H: VIP Training** | Marshfield Public Library | October 19 5:30-7:30pm
- **4-H: Art Gallery Opening Reception** | New Visions | October 20 - 4-6pm
- **Extension Horticulture: Houseplant Myth Busters** | October 31
- **Extension Horticulture: Adaptive Gardening Tools** | November 9
- **Extension Horticulture: Growing Adenium (*Desert Rose*)** | November 14
- **Money Matters Live: Credit and Debt Series** | October 17 & 24 - 7-8pm
- **Planning AHEAD** | McMillan Library | October 23, 30 - 6-7:30pm
- **Rent Smart** | McMillan Library | November 3 - 9:30am-12:30pm
- **Rent Smart** | Marshfield Public Library | November 10 - 9:30am-12:30pm
- **Sowing Success** | McMillan Library | 12 Sessions September - November
- **StrongBodies** | Nekoosa Community Center | T & Tr through Dec. 21