



Extension

UNIVERSITY OF WISCONSIN-MADISON  
TAYLOR COUNTY

## Taylor County July/August 2025 Highlight Report

**Extension Mission:** *We teach, learn, lead, and serve, connecting the University of Wisconsin, and engaging with them in transforming lives and communities.*

### Community Development/Strong Bodies

PROVIDES EDUCATIONAL PROGRAMMING TO ASSIST  
LEADERS, COMMUNITIES, AND ORGANIZATIONS REALIZE  
THEIR FULLEST POTENTIAL.

MICHELLE GRIMM, EDUCATOR



Michelle Grimm –  
.8 FTE CDI  
.2 FTE Strong Bodies  
Coordinator

### Communicate What Matters – Fall 2025 Web Series

Michelle Grimm, working with the statewide Nonprofit Team and with the Organizational and Leadership Development Program will launch the **“Communicate What Matters”** Webinar Series on **September 24, 2025**, running weekly through **October 29, 2025**. This five-part series is designed to help nonprofit and community-based organizations develop a **focused, strategic communication plan** that aligns with their mission and priorities.

#### Key Objectives:

- **Create a simple, annual communication action plan**
- **Analyze current communication strategies**
- **Identify organizational communication priorities**
- **Develop key messages** that reflect and reinforce those priorities
- **Target Audience:** Nonprofits, community groups, and other mission-driven organizations



Use the QR code to register



● ● ●  
**GRANT WRITING BASICS WEBINAR:**  
Join this informative, hands-on virtual training on grant writing September 22nd or September 23rd. **FREE**

● ● ●  
**COMMUNICATE WHAT MATTERS: WEBINAR SERIES - 5 PART SERIES**  
Learn how to create a simple, annual, and focused plan for your organization's communications.  
Wednesday's September 24th thru October 29th from 11:00 a.m. to 12:30 p.m.  
**\$75 per organization, up to 2 participants**

● ● ●  
**SIMPLIFIED ACTION PLANNING WEBINAR**  
Learn a simple action planning tool that you can use to think strategically about your organization's priorities October 29th from 11:00 a.m. to 12:30 p.m. **FREE**

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. To request an interpreter, materials in an alternative language or format, or other services to make this workshop more accessible, contact Michelle at michelle.grimm@wisc.edu or 715-748-3327 ext. 2 by Aug. 25.



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The **StrongPeople/Strong Bodies** Program, delivered through Extension in Taylor County, Wisconsin, is a research-based strength training initiative aimed at improving the health, wellness, and independence of adults, particularly older adults. Grounded in evidence from Tufts University and adapted for local communities, the program empowers participants to build physical strength, enhance balance, and reduce the risk of chronic disease through safe, accessible, effective exercise.

In Taylor County, StrongPeople/Strong Bodies has become a vital resource for our aging population and rural residents seeking to maintain active lifestyles. Led by trained Extension educators and community volunteers, the program offers structured group sessions that foster not only physical health but also social connection and emotional well-being.

The Taylor County Extension Office offers this class in 4 Taylor County locations and online. The program is offered three times throughout the year for 9 weeks, each session. In Taylor County, there is an **average of 100 participants per session**. Michelle Grimm, Strong Bodies Educator, provides overall leadership and support for the programming, ensuring volunteers have the resources needed.

**STRONGPeople™**  
**STRONG BODIES**

Register by September 5th

**Join us for the Strong Bodies Program!**

Strong Bodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions?  
Contact Michelle Grimm at [michelle.grimm@wisc.edu](mailto:michelle.grimm@wisc.edu) or 715-748-1494.  
<https://taylor.extension.wisc.edu>

In-person sign up at  
UW-Extension Taylor County  
925 Donald Street, Rm 103  
Medford

**Fall Class offerings start September 8th:**

**Monday & Wednesday**  
9:00a.m. Gilman Community Center  
9:00a.m. Goodrich Town Hall  
8:30a.m. Medford Multi-purpose Bldg.  
4:00p.m. Medford Multi-purpose Bldg.  
8:00a.m. Online

**Tuesday & Thursday**  
7:45a.m. Rib Lake Senior Site

Class runs for 9 weeks and cost \$20/\$10 for Online

**You can register & pay via our website!**

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## Agriculture

BUSINESS MANAGEMENT INFORMATION, RESOURCES AND  
DECISION-MAKING TOOLS TO FARMERS AND  
AGRIBUSINESSES.

SANDY STUTTGEN, EDUCATOR



Sandy Stuttgen – Faculty  
.8 FTE

### Sandy's Educational Outreach for Livestock Producers

While planning fall programs, Sandy wrote educational articles for beef producers and agri-business professionals. She focused on helping them understand emerging fly- and tick-borne diseases, along with practical biosecurity steps to keep these threats out of their cattle operations. She also tackled the topic of deworming, offering strategies that support herd health and farm profitability. Her goals for these articles included:

- Short-term: Boost awareness of biological threats and promote daily biosecurity and management practices.
- Medium-term: Encourage producers to implement biosecurity plans and adopt management strategies that improve their farm's economic viability.

By blending timely information from unbiased, scientific peer-reviewed sources, with actionable advice, Sandy is helping livestock producers stay ahead of disease risks while strengthening the long-term sustainability of their operations.

### Publications

WISCONSIN  
Agriculturist

## Thanks for your deworming mismanagement

Beef Column: Your cattle's parasites are grateful your control measures failed this summer.

July 24, 2025

<https://www.farmprogress.com/cattle-news/intestinal-parasites-thank-cattle-producers-for-summer-hospitality>

*Sandy's article appeared in the July online edition and will appear in the September print edition of the Wisconsin Agriculturist Magazine. Circulation is 22,000 and the magazine is part of the Farm Journal network that reaches multiple publications in multiple states.*



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Gastrointestinal Helminth parasites cause production losses for pastured cattle. Parasitologists report the current efficacy of the most used deworming products is 70% or less. Producers cannot rely on deworming treatments alone; effective deworming strategy involves identifying the level of Helminths in the herd, targeted selective treatments and pasture management. Sandy wrote this article from the perspective of the worm telling producers about the ways their deworming strategies failed, dewormer resistance continues and evolution favors the worm. This article draws on scientifically peer-reviewed university resources, including the Parasite Patrol programming developed by Carolyn Ihde, and Sandy's publication, Deworming Relationships, Resistance and Refugia and other deworming articles Sandy has written.

Sandy also wrote ***Ticks and Flies, Oh My*** for the WI Cattlemen's Association *Cattle Trails* September newsletter (126 households receive hard copies, and 917 receive electronic newsletters). Cattle producers have concerns about emerging tick and fly diseases. Asian Long Horned Ticks were identified in Iowa in July 2025, representing westward progression of the tick and the potential diseases it vectors from original cases identified in New Jersey in 2017. In July 2025, New World Screw Worm flies were found just 370 miles south of the US–Mexico border, prompting the US to restrict livestock entry from Mexico. Following interstate animal movement and biosecurity steps for the introduction or re-introduction of cattle to a farm can help prevent the spread of these insects into Wisconsin.

**cattleTRAILS**

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To promote the Wisconsin beef business through advocacy, leadership, and education.





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## Wisconsin 4-H

TAYLOR COUNTY 4-H HAS OVER 200 YOUTH AND ADULTS WORKING IN PARTNERSHIP TO PROVIDE YOUTH OPPORTUNITIES TO LEARN LEADERSHIP AND LIFE SKILLS.

JULIE DIEPENBROCK, EDUCATOR



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Julie Diepenbrock -  
.5 FTE

### Huey's Hideaway Summer 4-H Club

Huey's Hideaway Children's Museum provides 12 weeks of Day Camps Monday-Friday for local youth ages 5-12. They want to provide activities that are engaging for the youth. By presenting weekly hands-on activities, youth learn more about 4-H. Each week Huey's has a theme, and the summer 4-H Intern and AmeriCorps Member Assisted in planning hands on 4-H activities that tie into the theme and introduce youth to various 4-H projects. We also taught them the 4-H pledge. Youth at Huey's Hideaway Summer Day Camps are more familiar with 4-H. When I see these youth around town, they recognize me as the 4-H Educator. **They tell their parents about the activities that we do, and we have gained a few new members to our 4-H community clubs due to this exposure.** Other youth also benefit from the positive experiential learning that our staff provide.

### Summer 4-H Library Programs

The public libraries are always looking for fun, hands-on learning activities for their Summer Reading Programs. Our Summer Intern, Samantha Budtke, AmeriCorps Member, Katelyn Schult, and I presented programs at the Stetsonville, Gilman, Medford, Westboro and Rib Lake Libraries. The summer reading program theme at the libraries this year was "Color Our World". We led three activities - one was allowing youth to paint a rock that they could hide for others to find (or keep for their own use), learn about how milk, food color and dish detergent can make colorful designs, and decorate a biodegradable pot and plant seeds in it. The library programs have been a great opportunity to reach youth who are not traditional 4-H members and teach them 4-H projects as well as skills and activities the 4-H program offers. **This year we had approximately 130 youth attend and participate in our Summer Library Programs.**



## 4-H Day Camps

A series of day camps were held throughout the summer where youth learned more about 4-H projects. This effort is designed to engage youth in hands on learning to spark Taylor County youth interest in potential projects. **We had 16 youths participate in the all 4-H Day Camp Programs.** Youth were able to explore several areas of interest and could further explore their “sparks” by connecting with new friends and positive adults.



*Taylor County 4-H Day Camps - 2025*



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## FoodWise

ADVANCES HEALTHY EATING HABITS, ACTIVE  
LIFESTYLES, AND HEALTHY COMMUNITY  
ENVIRONMENTS FOR COUNTY RESIDENTS WITH  
LIMITED INCOMES.

SHARA ALLEN, FOODWISE NUTRITION EDUCATOR



**FOOD  
WISE**  
Healthy choices, healthy lives.

UW-MADISON EXTENSION



Shara Allen - .5 FTE

### Taylor House

Shara finished her programming at the Taylor House in mid-July. Programming consisted of informal discussions with the residents about food and concluded with prepping a dish together. Items made were centered around the food that was available at the house. To use up fruit that was available, smoothies and a peach cobbler were made. Another week, to show how staples such as canned meat, ramen, and frozen veggies can be used, a skillet meal was prepared. **Residents appreciated being able to learn new skills in the kitchen, as well as the time spent talking about their food history and what food means to them.**

### Senior Dining Centers

Shara held two classes in Taylor County this July focused on healthy snacks. Classes were at Rib Lake and Gilman Senior Dining Centers. **16 people attended in Rib Lake and 7 attended in Gilman.** Samples such as fruit infused water or juice mixed with seltzer water were offered as a substitute for high sugary drinks. Smoothies and trail mix were made to show how one can use up items in your refrigerator or cabinet to make fun, healthy snacks. A banana crunch roll-up was prepped in front of the groups to show how easy it can be to incorporate multiple food groups into one low-cost, healthy snack. Every participant went home with a new pitcher to encourage participants to make their own healthy drinks this summer.

### Medford Food Pantry

Shara and Michelle visited the Medford Food Pantry in July. **They had a stand with nutrition information and fresh produce from the Community Garden.** As participants came to the pantry, Michelle and Shara had conversations with them about fresh produce, offered them items from the Medford Community Garden, and encouraged them to apply for the Senior Farmers Market Nutrition Vouchers if eligible.

## ADRC

FoodWise was part of the ADRC at Taylor County's Fair Before the Fair on July 16th. Shara had nutrition literature, spin the wheel nutrition trivia questions, a food Mystery Box, and banana crunch roll-up samples for guests to try. **The event was very successful, with over 70 people in attendance.**

## Resource Fairs

FoodWise participated in 2 resource fairs held at St. Paul's Lutheran Church in June and July. The events were organized by the Taylor County Health Dept. In July, the fair was held in conjunction with St. Paul's monthly food pantry to provide resources for those in attendance for the food distribution. **The event was well attended, as more than 40 people stopped by the FoodWise booth for nutrition information, recipes, samples, and food access resources.**



*Michelle Grimm and Shara Allen at the Medford Health & Resource Fair on June 19, 2025.*

*Thank you to the Taylor County Board for your support of FoodWise in Taylor County. Unfortunately, due to the loss of federal funding for SNAP-Ed Programming, my time to serve our community has ended. I have enjoyed the past 2 years as the FoodWise Educator, partnering with fellow community organizations and meeting the amazing people of Taylor County. Feedback on FoodWise lessons and our outreach efforts showed we helped many Taylor County residents lead a healthier life, as they learned about nutrition and how to connect to community food resources. May these resources continue to enhance the health of our community in the future.*

*Shara Allen*

*FoodWise Educator for Taylor County*





## **Extension Taylor County's Primary Partnering Organizations**

- Huey's Hideaway Children's Museum
- Northcentral WI Cattleman's Association (NCWCA)
- Federation of Taylor County 4-H
- Medford Farmer's Market
- Taylor County Tourism
- Taylor County Department of Health
- WI Beef Council
- Equity Livestock Marketing Association
- FFA Colby High School
- ICAA Head Start
- ICAA Taylor County Food Pantry
- Taylor County Public Libraries
- Gilman School District
- Rib Lake School District
- The Taylor House
- Taylor County Fair Board
- Medford Area Public Schools
- Taylor County Solid Waste & Recycling Committee
- Taylor County Fair Board
- Taylor County Unit of WI Towns Association
- Aging Disability Resource Center (ADRC)
- Taylor County Broadband Committee



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## Office Administration



OFFICE MANAGER – KELLY PHILLIPS

### Support

Beyond administrative duties, Phillips provides on-going support to the educators at the Taylor County Extension Office. During the months of July and August Kelly provided coordination and support for the following programs: 4-H Email Fair Edition, Ag flyers and postcard mailings for upcoming Fall workshops, Fair display, Fall Strong Bodies via social media, website, and area clinics, Ag Informational Emails, Broadband website, and community connections. Moreover, she administered a range of services offered, including program registrations, insect identification, horticulture and agriculture inquiries and research, and general questions that may or may not be related to the services of Extension. Just in the months of July & August, Phillips has assisted over 70 Taylor County Residents via the phone, e-mail, and office drop-ins. She plays an important role connecting community members with UW resources and research.

### Professional Development

As Phillips provides strong administrative support, she strives to continue building and developing the needed skills to utilize best practices and resources. She is also committed to supporting other administrative professionals and serves on a statewide committee that organizes professional development opportunities for administrative professionals around the state. Phillips recently joined the county's Employee Fund/Wellness committee to promote health and well-being to county employees. Phillips continues to seek the latest and greatest tools to assist in her daily job responsibilities.



AREA EXTENSION DIRECTOR – AMBER REHBERG

*(Taylor, Price, Lincoln, Florence, Forest, Oneida, & Vilas)*

The Area 3 and Area 4 AED is actively working on the FY2026 budgets and continues to explore opportunities for Extension to partner and collaborate across both areas. She recently attended several county fairs, supporting 4-H volunteers and engaging with local programming efforts. Plans are underway for an end-of-summer/fall team meeting for Area 3 and Area 4 staff. Rehberg collaborated with AmeriCorps Members from Taylor and Lincoln Counties, as well as the Taylor/Price County 4-H Summer Intern, to plan and execute the Tri-County 4-H Expedition to Minocqua. This event was a fantastic opportunity for older youth, and the AmeriCorps Members and Summer Intern did an outstanding job preparing for and leading the program. Please feel free to reach out with any questions, concerns, or ideas related to Taylor County Extension or potential future programming and collaboration opportunities. You can contact Amber Rehberg at [amber.rehberg@wisc.edu](mailto:amber.rehberg@wisc.edu) or 715-784-1540.