**Home Alone: Are You Ready?** – Deckert, Fischer, Fisher, Johnson, Miller, Ziemann-Bolinske

In partnership with Bismarck/Burleigh Public Health, Bismarck Fire, Bismarck Police Department, Burleigh County Emergency Management, ND Public Health and Bismarck Parks and Rec we held a class for over 80 youth from around the area. This class focuses on helping youth gain skills to be healthy and safe when staying home alone. Youth rotated through sessions learning life skills including making a healthy snack, learning about home safety and physical activities they may do indoors safely when home alone.

**A Day to Know The Truth** – Westby

This Red Ribbon Week event was held on October 23, at the Bismarck Event Center. Well over 600 middle and high school students were registered and attended, plus extra community members were involved in this day of substance abuse prevention and education. As an educational exhibitor, I worked to show the impact of a positive lifestyle of family meals and time together as a means of positivity impacting the lives of young people.

The following important statistics are known - for example: Teens that have frequent family meals together have decreased risk of drug, alcohol and nicotine use; Teens that have frequent family meals together are more likely to have fewer emotional and behavioral problems; Teens that have frequent family meals are more trusting and have more helpful behaviors toward others. Some statistics learned that day include: 7 of 10 girls experience low self-esteem and 5 out of those 10 will engage in negative activities; 1 of 4 students will be abused by another student; in a class of
30, 6 students will experience depression; and 16% of those students will consider attempting suicide and 9% will actually follow through. This event involved both youth and adults presenting and sharing information to these young people in attendance.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Generations Program at Wilton Sr. Center – Westby
Whether one fits into the categories of the Silent, Builder, Boomer, Gen X, Millennial or Gen Z, we all need to work and fit together in our work place and the community. This program caused much discussion between the three generation groups that were present and wondering how the younger generation groups will carry on the important items as the older ones are no longer able to do what they have been doing.

Stepping On at Touchmark – Westby, Ziemann-Bolinske
Participants have learned and practiced balance and strength training exercises and have had the opportunity of hearing from some community experts as this 7-week workshop began on October 17. (Stormed out on October 10, the anticipated beginning date!) Through these weeks of October, hosted at the Touchmark facility, workshop participants have had the opportunity to work with a physical therapist as they refine their exercises.
and also had a presentation from Dr. Brian Beattie to discuss how our eyesight may be a factor in falls prevention. Officer Clint Fuller, Bismarck Police Department was also on the program to discuss community and pedestrian safety. The program continues through the month of November.

**Corpus Christi Health Fair – Westby**

I created a display on Healthy Bones and Joints with several NDSU Nourishing Boomers and Beyond pamphlets and publications on the topic that I discussed with those in attendance. This event gave much time for personal communication between our county clients and myself on this topic and others that they brought up. There are several that requested other information that I have responded to from contacts made at this well-attended event.

**Horticulture Contacts - Deckert**

With the weather getting colder, the horticulture contacts are slowing down. I fielded 27 calls, emails, and walk-ins relating to insect ID, garden produce, trees, and pests. I made two house calls this month.

**Agriculture & Natural Resources Contacts - Deckert**

In the month of October I had 4 calls related to haying, land rents, and cost-share programs.

**Eating Smart, Being Active – Johnson**

I started this eight-week program at the Women’s Care Center. Eating Smart Being Active is an Expanded Food and Nutrition Education Program (EFNEP) curriculum designed to teach healthy lifestyle choices to low-income families with young children. It includes lessons that teach the main messages of the Dietary Guidelines for Americans, MyPlate and Physical Guidelines for Americans. Four lessons were delivered in October including: Welcome to ESBA; Plan, Shop & Save; Fruits & Veggies: Half Your Plate and Make Half Your Grains Whole.

**On the Move to Better Health at Myhre - Johnson**

This Fall, I am back doing nutrition programming with students at Jeanette Myhre Elementary School. On the Move to Better Health is a five-week program for fourth-graders that aims to increase fruits, vegetables, whole grains and calcium-rich foods in the diets of children and improve fitness habits. Parents receive newsletters and participate in goal setting and other
family-based activities. Two classrooms of students are keeping track of their healthy activities as they progress around a map of North Dakota while earning rewards for meeting nutrition and fitness goals.

**Dan’s SuperMarket Recipe Demonstration**  
*Johnson, Westby*

The recipe of choice this month was **Crunchy Chicken Salad** served on a Triscuit©. This tasty Crunchy Chicken Salad combines fruits (grapes & apples) and vegetables (celery, green pepper, onion & cucumber) with chicken and a yogurt dressing. The Chicken Salad was a hit with all customers who tried it, so much so, that all the recipes were quickly snatched up.

**Menu Planning at Heartview Foundation**  
*Johnson*

Seven people at Heartview Foundation received a nutrition lesson on Menu Planning and how it can help you serve your family healthier meals and save you money at the grocery store. Smart food planning and shopping can often eliminate problems such as running out of food by the end of the week or wasting leftovers. Planning healthy meals ahead of time can help you stick to a healthy eating style. Participants each went home with a Grocery List Pad which they can use to jot down their menu ideas and grocery list.

**Mini (Little) Fall Festival at BECEP**  
*Johnson*

Approximately 22 families or 60 parents/family members and preschoolers attended a Mini Fall Festival event at BECEP. Participants filtered through various activities/booths in the gym such as Play Do Making, Child Yoga, and Making a Healthy Snack. Our bright display featuring healthy snacks for kids drew kids young and old to our booth. The cutie orange pumpkins with celery stems and fall trail mix were the highlight for the kids while the preschool nutrition information and recipes were favored by the adults.
Sustainable Agriculture Meets Mindful Eating Youth Day Camp – Ziemann-Bolinske

The BisMan Community Food Co-op; Inner Groundwork, a Bismarck mental health non-profit organization seeking to build community resilience, mindfulness, and prosocial behaviors on individual and community levels; NDSU Extension; and Bismarck-Burleigh Public Health partnered in creating a Sustainable Ag to Mindful Eating Youth Day Camp. The intention was to bring awareness and promote: sustainable agriculture practices, mindful eating, making healthy/seasonal choices to support our physical and emotional wellbeing, and the value of local food to eight children ages 5-12. We were granted funds from a SARE grant administered through NDSU Extension from USDA.

Co-op tour

Making pumpkin pudding and honey yogurt dip for locally grown apples.

Professional Development Opportunities

National Extension Association of Family and Consumer Sciences Annual Session – Ziemann-Bolinske

Annual session was hosted by Hershey, PA this year from Sept. 30-Oct. 3, 2019. This is the only opportunity for members to gather annually to discuss relevant programming, research and best practices from agents and specialists who work in Extension in other states across the country. To be involved on the national level brings information back to North Dakota Extension and Burleigh County to employ and share.

West district business

Tour of the Hershey plant where they make chocolate bars.

NDSU EXTENSION BURLEIGH COUNTY
NDSU Extension and REC 2019 Fall Conference – Johnson, Ziemann-Bolinske

This year we were visited by facilitators from eXtension to aid our organization on developing and implementing programs for our key concerns. NDSU Extension Leadership Team will invest $5,000 per team regarding the winning topics:

Team 9 - Mental Health
Team 11 - Pest Control Methods and Managing Pesticide Resistance
Team 17 - Public Disconnect from Agriculture
Team 18 - Public Perception of NDSU Extension (People’s Choice)
Team 21 - Recruitment and Retention of Qualified NDSU Staff
Team 22 - Regenerative Agriculture / Conserving and Improving Soil Health

Shaundra Ziemann-Bolinske was recognized for five years of service for Burleigh County with NDSU Extension.

If you are interested in receiving notification of any programs, events or newsletters provided by NDSU Extension Service - Burleigh County please sign up at tinyurl.com/NDSUBurleigh.

November 2019
- Diabetes Awareness Month – Lifestyle is Medicine at Natural Grocers on Nov. 13 at noon
- Legislators invited for lunch – Nov. 26

January 2020
- Nourishing Boomers lunch and learns at Touchmark 11am-12pm 2nd Thursday of the month. “Nourish Your Muscles” $5 for lunch

February 2020
- Nourishing Boomers lunch and learns at Touchmark 11am-12pm 2nd Thursday of the month. “Nourish Your Heart” $5 for lunch

Shaundra Ziemann-Bolinske was recognized for five years of service for Burleigh County with NDSU Extension.