

# 2023 - OCTOBER & NOVEMBER PROGRAMMING IN MACOMB COUNTY



## HOW TO USE THIS PROGRAM GUIDE

This month we categorize programs based on their genre such as programs for youth and young adults, mindfulness and healthy relationships, 4-H, business, parenting, food preservation and food safety, self-care, finances and agribusiness. Programs can be as short as (1) 30-minute session or they may meet for several hours. They may also be a series, meeting on multiple dates, covering a variety of related topics.

Preregistration is required for all programs. This guide has been designed so that all [Blue, underlined and bold text](#) is a hyperlink to the online registration page which will offer additional details about the program as well as an opportunity to register for the program.

## TEST YOUR KNOWLEDGE OF HORTICULTURE

Join us online Monday, October 23, 2023, at 7:00PM as MSU Extension hosts a 30-minute trivia contest on Michigan's gardens, plants and insects. This event is open to garden enthusiasts, trivia lovers, extension master gardeners and anyone else who wants to play is welcomed to participate. See page 7 for more details.

## HOLIDAYS ON A BUDGET

Join us online Thursday, November 3, 2023 at noon as MSU Extension hosts a one-hour webinar that provides financial tips to help us stay on financial track during the holiday season. See page 8 for more details.

## THE BEAUTY OF THE FALL SEASON

Pumpkins, squash and apples abound. What shall we do with the bounty of the harvest?

This month we have two sections in the program guide related to food preservation and food safety. Topics include freezing and canning, soups, pie filling, fruit butters, broths and stocks, baking and giving the gift of food. All sessions are online and range from a quick half hour up to three hours in length. Be sure to check them out to maximize your food safety and knowledge.

*Happy Fall to you all!*

**With Support from  
Mark A. Hackel, Macomb County Executive  
and your Macomb County Commissioners**

The staff of MSU Extension:

District Director – Richard Wooten  
Office Manager - Carolyn Doak

Program Assistants:

- 4-H Roberta Busquaert
- Public Policy and Consumer Horticulture Meghan Cassidy
- Home Ownership and Financial Education Mickie Boczkowski and Lisa McColeman

# Macomb County In-Person Events

(Pre-registration is required for all MSU Extension events)

## Clinton Township

### [GEOLOGY OF MACOMB COUNTY SOILS](#)

October 30, 2023, 7:00PM – 8:00PM

VerKuilen Building, Entrance E, Assembly Rooms A & B

21885 Dunham Road, Clinton Township, MI 48036

A lecture about soils in Southeast Michigan and the importance of soil health to the garden.

Course Fee: \$3.00

## Shelby Township

### [BEGIN WITH A BREATH](#)

October 26, 2023, 6:00PM – 7:00PM

Burgess-Shadbush Nature Center, 586-731-0300 or 586-323-2478

4101 River Bends Drive, Shelby Township MI 48317

Mental health includes our emotional, psychological, physical, and social well-being. It affects how we think, feel & act. It determines how we handle stress, relate to others & make choices. Begin with a Breath teaches and encourages the use of mindful self-care skills to help one feel better and enjoy life more, with a goal of reducing stress.

### [MINDFULNESS FOR BETTER LIVING SERIES: MINDFUL EATING](#)

November 5, 2023, 5:30PM – 6:30PM

Burgess-Shadbush Nature Center, 586-731-0300 or 586-323-2478

4101 River Bends Drive, Shelby Township MI 48317

Mindful Eating explores ways mindfulness can improve your relationship with food.

## Sterling Heights

### [BEGIN WITH A BREATH](#)

November 2, 2023, 5:00PM – 6:00PM

Sterling Heights Public Library, 586-446-2640

40255 Dodge Park Road, Sterling Heights, MI 48313

Mental health includes our emotional, psychological, physical, and social well-being. It affects how we think, feel & act. It determines how we handle stress, relate to others & make choices. Begin with a Breath teaches and encourages the use of mindful self-care skills to help one feel better and enjoy life more, with a goal of reducing stress.

## Warren

### [KEEP YOUR HOME 2023 \(MIHAF\)](#)

October 30, 2023, 2:00PM – 6:00PM

Thompson Community Center, Room 109

11370 Hupp Avenue Warren, MI 48089

Michigan Homeowner Assistance Fund (MIHAF) is a program with up to \$25,000 in financial assistance to homeowners who have experienced a Covid-19 related financial hardship.

Call 586-469-6430 to register for application assistance. *See flyer for additional details.*

# WITS Workouts

## WITS Workout

Holistic activities for older adults to challenge their memory, recall, and problem-solving skills in an online group setting.

### COMFORTS OF HOME

The activity themes in this session focus on the comforts of home. The training component covers memory and recall.

October 23, 2023  
10:00AM – 10:30AM

### STRONGERMEMORY

StrongerMemory is designed to help older adults alleviate symptoms of mild cognitive impairment and early-stage dementia.

October 25, 2023  
3:00PM – 3:30PM

### OUT WITH THE OLD IN WITH THE NEW

The activity themes in this session focus on things old and new. The training component covers short-term memory.

October 30, 2023  
10:00AM – 10:30AM

### CHILD'S PLAY

The activity themes in this session focus on childhood. The training component covers long-term memory.

November 6, 2023  
10:00AM – 10:30AM

### GIDDY FOR GREEN

The activity themes in this session focus on things that are green or associated with the color green. The training component covers focus and attention.

November 13, 2023  
10:00AM – 10:30AM

### BRIGHT IDEAS

The activity themes in this session focus on inventors and inventions. The training component covers tips and techniques.

November 20, 2023  
10:00AM – 10:30AM

## Programs for Youth & Young Adults

### ADULTING 101

Michigan State University Extension's Adulting 101 programs help teens and young adults demystify the obscure reality of being an “adult” through engaging educational sessions. Online. Free. Held monthly.

- October 18, 2023      6:00PM – 7:00PM      Wealth Building
- November 8, 2023      6:00PM – 7:00PM      Professionalism in the Workplace

# Mindfulness \* Mental Health \* Healthy Relationships

## Mindfulness, Mental Health, Healthy Relationships

Research has shown that mindfulness, good mental health and healthy relationships are effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

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### [MINDFUL LUNCH & LEARN - IMPORTANCE OF ADULT SIBLING RELATIONSHIPS & THEIR CAREGIVING JOURNEY](#)

Sibling relationships change as the years go by, one of the things that tends to bring siblings back together in later life is the need to care for aging parents.

October 18, 2023  
Noon – 1:00PM

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### [POWERFUL TOOLS FOR CAREGIVERS - ONLINE](#)

Powerful Tools for Caregivers is an evidence-based program designed to equip caregivers with a range of self-care tools to help them reduce personal stress and communicate effectively with family members and healthcare providers.

October 24, 2023  
10:00AM – 11:30AM

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### [MINDFUL LUNCH & LEARN - BE KIND TO YOUR MIND](#)

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

October 25, 2023  
Noon – 1:00PM

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### [MINDFUL MONDAYS: IMPORTANCE OF ADULT SIBLING RELATIONSHIPS 11/6](#)

Learn about how sibling relationships change as people grow older.

November 6, 2023  
11:30AM – 12:30PM

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### [MENTAL HEALTH FIRST AID – VIRTUAL](#)

The 11/7/23 Virtual Mental Health First Aid certification course is for adults 18 years and older who hope to learn how to assist other adults experiencing a mental health challenge or crisis. The course teaches participants how to identify, understand and respond to signs of mental health and substance use challenges.

[November 7, 2023](#)  
8:30AM – 4:30PM

[November 15, 2023](#)  
8:30AM – 4:30PM

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### [STRESS LESS WITH MINDFULNESS COFFEE HOUR ONLINE NOV 13-16 FROM 8-9AM](#)

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

November 13, 2023 –  
November 16, 2023  
8:00AM – 9:00AM

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### [WEDNESDAY LUNCH & LEARN - MINDFUL EATING](#)

This lesson will help participants learn benefits of eating with mindful awareness, create a personal hunger/fullness scale as a guide for sensing when and how much to eat and experience paying mindful attention to eating.

November 15, 2023  
Noon – 1:00PM

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# Parenting \* Working with Children

## Parenting, Working with children

MSU Extension offers numerous online workshops for parents, caregivers and those who work with children and youth.

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### [MATHEMATICS FOR INFANTS AND TODDLERS](#)

Mathematics for Infants and Toddlers helps parents and caregivers learn and practice ways to help children develop a strong foundation for important math skills.

October 24, 2023  
8:00PM – 9:30PM

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### [RELAX: ALTERNATIVES TO ANGER FOR PARENTS & CAREGIVERS](#)

This interactive workshop for parents and those who provide care for young children is designed to help adults increase their knowledge about anger and strong emotion in young children and the developmental stages of social emotional self-control.

October 30, 2023  
11:30AM – 12:30PM

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### [POSITIVE DISCIPLINE](#)

Discipline is a difficult topic for parents. How do you know what helps and what hurts? Learn techniques that focus on positive discipline and on learning while helping children develop self-control.

November 7, 2023  
8:00PM – 9:30PM

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### [ONLINE KINSHIP CAREGIVER WORKSHOPS: PARENTING STYLES](#)

Workshops that provide guidance for caregivers of children as they navigate the challenges, joys, and concerns of raising children.

November 8, 2023  
7:00PM – 8:30PM

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### [WORKING TOGETHER TO DEVELOP EARLY LITERACY SKILLS - INFANT/TODDLER](#)

Parents and caregivers can learn and practice ways to help infants and toddlers develop a strong foundation for important literacy skills.

November 14, 2023  
8:00PM – 9:30PM

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### [INTRODUCTION TO AUTISM SPECTRUM DISORDER AND NEURODIVERSITY](#)

This program will explain what Autism Spectrum Disorder (ASD) is and what it is not and ways you can support your family and your child with ASD.

November 21, 2023  
8:00PM – 9:30PM

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## Food Preservation

### Preserving MI Harvest Series

MSU Extension offers a variety of online educational resources and programs in food preservation.

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#### [APPLES, APPLES, APPLES](#)

What will we do with an overabundance of apples? Let's explore ways to freeze and can those apples.

October 19, 2023

1:00PM – 2:00PM  
or  
6:00PM – 7:00PM

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#### [NOT SO SCARY WAYS TO PRESERVE PUMPKIN AND SQUASH](#)

Discover how to easily and safely freeze and can pumpkin and winter squash.

October 26, 2023

1:00PM – 2:00PM  
or  
6:00PM – 7:00PM

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#### [SATISFYING SOUPS](#)

Warm up with us and learn how to preserve soup by canning or freezing. We will share safe methods, recipes, and helpful tips so you can start preserving soup at home.

November 2, 2023

1:00PM – 2:00PM  
or  
6:00PM – 7:00PM

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#### [PIE FILLING FOR HOLIDAY PIES](#)

With the holidays approaching, we always look for ways to make our special treats a little quicker. One of those ways is by preserving fruit pie filling in a jar. Join us while we explore how to preserve it safely.

November 9, 2023

1:00PM – 2:00PM  
or  
6:00PM – 7:00PM

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#### [THE GIFT OF PRESERVATION](#)

The season of giving is right around the corner! Join us for ideas on what you can preserve for gifts to give in the coming weeks. Ideas of gifting preservation equipment for safe home food preservation will also be shared.

November 16, 2023

1:00PM – 2:00PM  
or  
6:00PM – 7:00PM

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## Programs for 4-H Youth

### [WILD SPARTANS: NOVEMBER 2023](#)

November 14, 2023 6:30PM – 7:30PM

Join 4-H staff for the "Wild Spartans" monthly series for a look into life working with fisheries and wildlife! Follow along as we climb through bogs, peer into bear dens, mist net songbirds, snorkel for fish, or perhaps even tag deer. Each session will feature 1-2 guest researchers. Youth will be encouraged to ask questions to learn more through a live Q&A with scientists.

## Food Safety and Food Safety Q&A

### Food Safety

MSU Extension offers a variety of online educational resources and programs in food safety.

#### [COOKING FOR CROWDS](#)

Food safety information for volunteer food handlers like those in churches, school clubs, 4-H clubs and civic organizations. Participants receive a food safety participation certificate upon completion of the workshop.

October 18, 2023  
6:00PM – 9:00PM

#### [PANTRY FOOD SAFETY - IT'S YOUR JOB](#)

Food safety topics for volunteers and staff working in food pantries and food banks.

November 1, 2023  
6:00PM – 9:00PM

#### [SAFE FOOD = HEALTHY KIDS ONLINE CLASS](#)

Safe Food = Healthy Kids is an interactive food safety workshop for childcare providers.

November 7, 2023  
6:00PM – 9:00PM

#### [MICHIGAN COTTAGE FOOD LAW - NOV. 9, 2023](#)

The Michigan Cottage Food Law, Food safety practices related to producing cottage foods and how to start a cottage food business.

November 9, 2023  
10:00AM – Noon

### Food Safety Q&A

Join our food safety educators as they dive into food safety topics each week and answer your questions.

#### [BROTHS AND STOCKS](#)

October 23, 2023

#### [FRUIT BUTTERS](#)

October 30, 2023

#### [SHIPPING GIFTS](#)

November 6, 2023

#### [BAKING AND COOKING AHEAD FOR THE HOLIDAYS](#)

November 13, 2023

#### [COOKIE AND CONFECTIONARY INGREDIENT PRECAUTIONS](#)

November 27, 2023

All Food Safety Q&A sessions begin at 1:00PM and end at 1:30PM.

## Horticulture

MSU Extension hosts 30-minute online trivia contest on gardens, plants, and insects!

October 23, 2023 7:00PM – 7:45PM Zoom

Join MSU Extension for the first of our Winter '23-'24 monthly trivia series about gardening. Test your knowledge about plants, insects, and gardening in Michigan. 30 multiple choice questions/answers during this live event and a prize awarded to the top two scorers. Trivia night is open to gardening enthusiasts, trivia lovers, extension master gardeners, or anyone else who wants to play. Cost: \$5 [CLICK HERE TO REGISTER](#).

# Money \* Finances \* Retirement

## Money, Finances, Retirement

Best practices to help people at any stage in their financial lives.

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### [INFORMED RENTER](#)

Learn about the rental process, navigate the technicalities and avoid costly mistakes.

October 19, 2023  
Noon – 1:00PM

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### [EVERY PENNY COUNTS: SAVINGS STRATEGIES](#)

This one-hour webinar will discuss where to find the money to save and ten strategies to make savings happen.

October 25, 2023  
Noon – 1:00PM

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### [HOMEOWNERSHIP EDUCATION WEBINAR \(MSHDA\)](#)

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process. Cost: \$25

[November 2, 2023](#)  
1:00PM – 5:00PM

[November 9, 2023](#)  
4:00PM – 8:00PM

[November 16, 2023](#)  
9:00AM – 1:00PM

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### [ENJOY THE HOLIDAYS ON A BUDGET!](#)

This workshop will provide financial tips to help you stay on track during the holiday season.

November 3, 2023  
Noon – 1:00PM

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### [WHO GETS GRANDMA'S YELLOW PIE PLATE? - PASSING ON PERSONAL POSSESSIONS](#)

Learn strategies that will help you jumpstart conversations about inheritance issues.

November 3, 2023  
Noon – 1:00PM

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### [SAVVY TIPS FOR STARTING A SMALL BUSINESS](#)

The class provides financial tools to those who are considering starting a new business.

November 6, 2023  
Noon – 1:00PM

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### [WEALTH BUILDING](#)

This webinar will provide resources to help increase financial awareness.

November 7, 2023  
Noon – 1:00PM

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### [TOP 10 CREDIT TIPS](#)

This webinar will discuss ten credit tips. Learn about credit, credit reports, credit score and how to build good credit.

November 7, 2023  
Noon – 1:00PM

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### [FINANCIAL DISASTER PREPAREDNESS AND RECOVERY](#)

Prepare for disasters with steps that might affect your finances. Save time, money and stress if a disaster strikes.

November 14, 2023  
12:00PM – 1:00PM

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### [CASH CRUNCH - NAVIGATING MONEY CHALLENGES](#)

Dealing with sudden income loss is very stressful. Learn tools to help you manage your finances and debts.

November 16, 2023  
4:00PM – 5:00PM

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## Business \* Agribusiness

### Business, Agribusiness

MSU Extension works to increase people's success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.

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#### [INTERNATIONAL BIOCHAR INITIATIVE'S 2023 ANNUAL SYMPOSIUM – VIRTUAL 3-DAY SEMINAR](#)

Join the International Biochar Initiative's 2023 Annual Symposium on November 7th-9th. The program is designed for biochar producers, technology makers, carbon markets, researchers, and others active in the biochar industry.

November 7, 2023 –  
November 9, 2023

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#### [MICHIGAN COTTAGE FOOD LAW - NOV. 9, 2023](#)

The Michigan Cottage Food Law, Food safety practices related to producing cottage foods and how to start a cottage food business.

November 9, 2023  
10:00AM – Noon

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#### [FARM POLICY AND RISK MANAGEMENT SERIES - BEEF/SWINE](#)

This session will review the basics of insurance programs and present how their use can benefit beef/swine producers.

November 14, 2023  
6:30PM – 7:30PM

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#### [COMPUTER VISION IN PRECISION LIVESTOCK FARMING](#)

Learn and discuss computer vision – a non-invasive, low-cost technology that holds great promise for further advancing precision livestock farming.

November 21, 2023  
10:00AM – 11:00AM

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## Programs for 4-H Volunteers

### 4-H Volunteers Webinars

Volunteer with Michigan 4-H and help grow true leaders in your community by empowering young people with skills to lead for a lifetime.

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#### [HELPING YOUTH FIND THEIR SPARK](#)

Find out ways to help youth find their spark in their 4-H experience.

October 23, 2023

[Noon – 1:00PM](#)  
or  
[7:00PM – 8:00PM](#)

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#### [YOUTH ENGAGEMENT IN 4-H EXPERIENCES](#)

Increase youth engagement in your 4-H Club

November 21, 2023

[Noon – 1:00PM](#)  
or  
[7:00PM – 8:00PM](#)

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# Sleep \* Self-Care

## Sleep, Self-care

While everyone has different needs regarding sleep, everyone needs it. Sleep is important to overall good health. MSU Extension provides tools to help one maximize a good night's sleep.

### [RELAX: ALTERNATIVES TO ANGER \(Series\)](#)

How individuals handle their anger and stress affects the people around them. Learn ways to improve how you manage anger and stress.

[October 30, 2023 – November 2, 2023](#)  
8:00AM – 9:00AM

[November 27, 2023 – November 30, 2023](#)  
8:00AM – 9:00AM

### [SLEEP BASICS ONE TIME WORKSHOP](#)

A quick, 1-hour workshop that identifies basic strategies to improve sleep such as understanding the importance of sleep for both physical and mental health and recognizing the importance of sleep hygiene.

[November 1, 2023](#)  
Noon – 1:00PM

[November 13, 2023](#)  
11:30AM – 12:30PM

### [SLEEP EDUCATION FOR EVERYONE PROGRAM \(Series\)](#)

A 6-week series designed for those looking for more sleep or better quality of sleep. Topics include sleep basics, sleep hygiene, stimulus control therapy, activity and sleep myths.

November 7, 2023 – December 12, 2023  
9:00AM – 9:30AM

# Public Policy

## [2023 MASTER CITIZEN PLANNER LIVE WEBINAR SERIES](#)

This webinar series is designed to offer continuing education for Master Citizen Planners in a convenient online opportunity and is open to all planning and zoning officials.

- November 16, 2023 6:30PM – 7:30PM [Master Citizen Planner Showcase – Highlights of MCP success stories](#)

## [CRITICAL CONVERSATIONS IN MICHIGAN TOURISM LIVE WEBINAR SERIES-SEASONAL WORKFORCE HOUSING](#)

This webinar series is designed to explore trends and policy tools for communities.

- October 26, 2023 6:30PM – 8:00PM [Seasonal Workforce Housing](#)
- November 9, 2023 6:30PM – 8:00PM [Short-term Rentals \(STRs\)](#)

## [FISCALLY READY COMMUNITIES NUTS AND BOLTS: FEES, FINES, PURCHASING, AND RECEIPTING](#)

November 7, 2023, 10:00AM – 11:30AM

MSU Extension and the Michigan Department of Treasury will share why fees, fines, purchasing, and receipting are important for fiscal health.

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.



# KEEP YOUR HOME 2023

## Join Us! Application Assistance:

\*October 30th - 2 pm to 6 pm  
Thompson Community Center  
11370 Hupp Ave  
Warren, MI 48089

\*December 1st - 1 pm to 5 pm  
Verkuilen Building  
21885 Dunham Rd  
Clinton Township, MI 48036

Pre-registration is  
appreciated.

Call 586-469-6430 to register.

Lawrence Rocca  
Macomb County Treasurer



## Michigan Homeowner Assistance Fund (MIHAF)

A program with up to \$25,000  
in financial assistance  
to homeowners who have  
experienced a Covid-19  
related hardship.

- Property Taxes
- Mortgages
- Utilities
- Condo/HOA Fees
- Land Contract Payments
- Homeowner's Insurance

Please bring these items for ALL Adults  
in the household:

- **Proof of Identification** (Driver's License, Passport or picture Government ID)
- **Social Security Number** (card or tax form)
- **Proof of Income** (a month of recent pay stubs, Social Security Award Letter, income statement)
- **Proof of Delinquency** (past due bills/ statements)



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## Geologic History of Macomb County and Its Role in Gardening



**October 30, 2023**  
**7 - 8 p.m.**

**MSU Extension - Macomb office**  
**VerKuilen Building, Entrance E**  
**21885 Dunham Road**  
**Assembly Rooms A & B**  
**Clinton Twp, MI 48036**

Soil health is essential to all plants and trees, and the right soil conditions and nutrients allow gardens to thrive. Join MSU Extension for a 1 hour in-person lecture on the geology of Macomb County and its influence on our gardening successes and challenges.

Registration is open.

Cost: \$3, payable by credit card online

Register at <https://events.anr.msu.edu/soils/>

### About the Instructor

Jim Selegan, Ph.D. is an engineer with the U.S. Army Corps of Engineers in Detroit and lab director of their Sediment Lab. He also has faculty appointments at Wayne State University in the Geology and Environmental Science Department and the Civil and Environmental Engineering Department. He was a graduate of the 2006 Macomb County Master Gardeners program (advanced MG in 2009) and owner of Pasquale's Nursery in Clinton Twp.

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Adulting 101 Series

# PROFESSIONALISM IN THE WORKPLACE



Gain tips on how to better manage your time, workspace, relationships, and setting boundaries.

**Wednesday November 8, 2023**

**6:00 PM ET**

**FREE on Zoom**



Register: <https://www.canr.msu.edu/events/adulting10111-8-23>

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**Join Us Online:**

**MICHIGAN STATE UNIVERSITY** | Extension

**Preserving MI Harvest**  
**Every Thursday at 1 p.m. & 6 p.m. EDT**

**Oct 19 - Apples, Apples, and Apples**  
**Oct 26 - Not So Scary Ways to Preserve Pumpkin and Squash**  
**Nov 2 - Satisfying Soups**  
**Nov 9 - Pie Fillings for Holiday Pies**

**To join by phone, call in advance to register at 877-643-9882.**

