

August/September 2021

Sunnyviews



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President's Letter

Dear HCE members,

It was so good to see 24 of you at the HCE Picnic on Monday, August 9th at Clayton Park. A big thank you to Joan Bestler and Bernice Labus for making this happen. We had a chance to hear from/about our 2020 Scholarship recipients: Abigail Wuest (Kathy Wuest's granddaughter), Jakob Relien (Joan Radtke's grandson), and Evelyn Tollar (Carol Kaufman's niece) - who attended the picnic. *See p.4—5 for notes from our recipients.* Our afternoon entertainment was provided by Micah Sommersmith, who not only played accordion for us, but also educated us on how different countries play the accordion to adapt their own sound, i.e. Polka (German/Bohemian), Tango (Argentinian), and Norteño (Mexican/Texas), Zydeco (Louisiana), and many others. Joan Bestler presented the 50-year membership pin to Gloria Larsen. We also recognized Belvia Faust for achieving her 50-year membership in 2020.

Discussion of the 2021 Annual Meeting included Mandi's announcement that the JPCC is open for meeting room reservations (subject to change according to COVID-19). It was decided to meet at Oshkosh Town Hall. We will meet at 12:00pm for a potluck lunch with the meeting to follow at 1:00pm, followed by entertainment. The consensus from the last Executive Board Meeting is to have education/entertainment with each of our Executive Board Meetings going forward.

State Conference is at the Holiday Inn in Steven's Point, September 20—22nd. You can do 1, 2, or 3 days. I am looking forward to the River Cruise, King Veterans Home, and the Planetarium. Hope to see everyone soon!

Your President,
Sue Berg

HCE Dates to Remember

August 4 th - 8 th	Winnebago County Fair
August 9 th	Spring Banquet/Rally (Picnic)
August 15 th	WAHCE Conference registrations due
September 15 th	Submissions due for the Oct/Nov HCE Newsletter
September 20 th —22 nd	WAHCE State Conference
October 11th	Annual Meeting
October 31st	Due to Extension Winnebago County Office: <ul style="list-style-type: none"> • Club President Card • Updated Club Membership List (with Signatures for Photo Release Permission) • Affirmative Action Form (Civil Rights Form)



***** NOTE: Events may be cancelled, postponed, or relocated, pending direction from Winnebago County and/or Extension regarding staff at events or events on county property during the COVID-19 pandemic.**

Advisor's Letter

Dear HCE Members,

I feel so blessed to have been able to visit with you briefly during your banquet. It fills my heart to see you all healthy and together in person. I have learned many lessons during the pandemic, but the one I will carry forward with intention is that nothing beats an in-person gathering with people that you enjoy spending time with. Speaking of that, please know that our building is open and waiting for you. We welcome you back with open arms and the request for patience as we put our sea legs to use with the changing tides. I recommend you have a mask with you when you come as we are not certain if that will change.

On that note just as soon as we have some stability again, leader trainings will begin! IF that does not happen this fall, stay tuned for materials that will enable you to continue to share and learn while being safe.

Manli Danyiel

Human Development and Relationship Educator

WAHCE Policy for COVID-19

As of August 2021, the WAHCE Policy for COVID-19 is no longer posted on their website. Please consider guidance from the Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) and the Wisconsin Department of Health Services (<https://www.dhs.wisconsin.gov/covid-19/index.htm>).

While using Winnebago County buildings, guests will be expected to observe the policies set forth by the county. While partnering with Winnebago County staff, staff will observe the policies set forth by the county. While partnering with Extension staff, staff will observe the policies set forth by Division of Extension and the county. Updates will be provided as they become available.

Visit the WAHCE website at <https://wahceinc.org/> for more information.



Considerations for Events & Gatherings

Updated May 20, 2021 by the Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>

The CDC has guidance and resources available for anyone planning or considering attending events and/or gatherings. Visit their website (<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>) for specific information on:

- Gatherings
- Large gatherings
- Small gatherings
- Risk Factors to Consider
- Promoting Healthy Behaviors that Reduce Spread
- Maintaining Healthy Environments
- Maintaining Healthy Operations
- In Case Someone Gets Sick
- Contact Tracing
- Additional Resources

Key Points

- Avoid large events and gatherings, when possible.
- Consider the level of risk when deciding to host an event.
- Promote healthy behaviors and maintain healthy environments to reduce risk when large events and gatherings are held.
- Be prepared if someone gets sick during or after the event.

HCE Scholarship Recipient Abby Wuest's Update to HCE

Submitted by: Abby Wuest



Good afternoon,

I, Abby Wuest am writing to you all because I am unable to attend the HCE Picnic (Spring Banquet). I hope you are all enjoying yourselves and know that I am thinking of you.

I am currently attending the University of Wisconsin La Crosse and am ecstatic about pursuing a degree in Radiation Therapy

moving forward. On the completion of my freshman year, I can assure you that being a college student is a unique and incredible experience. Whether it was educational or developmental, there have been numerous opportunities to grow as a student and as an individual. It was a year of self-development in the present and for the future, and I wouldn't change it for the world.

As goes for my major, I am super passionate about helping others, and what better way to do that than curing patients and brining people back to their fullest potential. Nothing makes me feel more optimistic than helping others become healthier and full of life. During my youth years I was involved in the golden oak 4-H Club and I learned the importance of placing my attention on others. Every individual has a need for assistance at some point and if I can help, I will to the best of my ability.

Growing up I was involved in many different types of clubs and activities, from sport teams to music programs. These small opportunities have shown me the effect working with others has on humankind. Radiology has had a huge impact on the health community and has increased the quality of life for so many. The passion I have for working in a social environment, where I can form personal bonds with patients, is all I've ever wanted.

When I received this scholarship, I felt so blessed, as I was given aid to help me pursue these ambitions. With the help of all of you, I can begin the path to a better future. I am incredibly appreciative of HCE for presenting this opportunity and giving me the chance to show the world all that I have to offer.

HCE Scholarship Recipient Jakob Relien

Submitted by: Joan Bestler

Dear HCE members,

I'm very sorry I didn't make it to the picnic. With the rains and a very busy schedule, I didn't make it. More work to come.

I greatly appreciate this award and know it will be put to good use as I continue my college education.



THANK YOU!



JPCC Building & Meeting Rooms During COVID-19

The J.P. Coughlin Center is open. All departments are now open to the public but may be operating with limited in-office staff. To best serve you, customers are encouraged to call ahead to schedule an appointment.

Meeting rooms at the J.P. Coughlin Center have reopened to the public. Meeting room reservation requests from non-county department users can be submitted now for the remainder of the 2021 calendar year. Meeting room reservation requests for the 2022 calendar year will be available for scheduling beginning at 8:00am on November 1st.

We continue updating meeting room policies and procedures to better serve users while improving our management of reservations. All reservations must be made through the Extension Winnebago County office by calling (920) 232-1970. Visit our website for more information: <https://winnebago.extension.wisc.edu/meeting-rooms/>

Winnebago County continues to update guidance surrounding the COVID-19 pandemic according to current public health conditions. In the event of closures, meeting room users will be contacted regarding their reservations. If you have any questions or concerns, please do not hesitate to contact the Extension Winnebago County office at (920) 232-1970.



Winnebago County COVID-19 Recommendations

Updated 8/4/2021

https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/winnebago_county_recommendations_updated_8.4.21.pdf

The Winnebago County Health Department (WCHD) issues the following recommendations to serve as guidelines to control the transmission of COVID-19 throughout our communities.

Guidance varies dependent on your vaccination status based on the most recent CDC guidance. A person is considered fully vaccinated against COVID-19 if it has been two or more weeks since they received the second dose in a two-dose series (e.g. Pfizer or Moderna) or one dose of a single-dose vaccine (e.g. Johnson & Johnson).

Vaccination is the primary way to prevent spread of COVID-19. All the available vaccines are very safe and highly effective at preventing severe symptoms due to the illness, hospitalization, and death from COVID-19. Getting vaccinated is the best way to protect yourself, your family, and your community from the risks of COVID-19. Vaccines are widely available throughout Winnebago County. If you are eligible, get vaccinated. Employers and organizations are highly encouraged to promote vaccination. For assistance in setting up an on-site vaccination clinic, contact the health department at 920-232-3026 or health@co.winnebago.wi.us.

WCHD recommends following the most recent CDC guidance. The following recommendations apply to non-healthcare settings:

Fully vaccinated people can:

- Participate in many of the activities that they did before the pandemic.
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel.
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States.
- Refrain from routine screening testing if feasible.

For now, fully vaccinated people should:

- Wear a mask in public indoor settings in areas of substantial or high transmission.
 - Fully vaccinated people may choose to mask regardless of the level of transmission, particularly if they or someone in their household is immunocompromised or at increased risk for severe disease, or if someone in their household is unvaccinated. People who are at increased risk for severe disease include older adults and those who have certain medical conditions, such as diabetes, overweight or obesity, and heart conditions.

- Get tested if experiencing COVID-19 symptoms.
- Get tested 3-5 days after close contact to someone with suspected or confirmed COVID-19 and wear a mask in public indoor settings for 14 days after exposure or until a negative test result.
- Anyone with symptoms of COVID-19, regardless of vaccination status, should get tested and isolate until test results are known.
- Isolate if they have tested positive for COVID-19 in the prior 10 days or are experiencing COVID-19 symptoms.
- Follow any applicable federal, state, local, tribal, or territorial laws, rules, and regulations.
- Follow CDC travel requirements and recommendations.

These are the settings where everyone, even if fully vaccinated, should continue to wear masks.

- Healthcare settings
- K-12 schools, including school buses
- Places where masks are required by local or tribal laws, rules, and regulations, including local businesses and workplaces
- Areas with substantial to high community transmission
- Correctional and detention facilities and homeless shelters
- All forms of public transportation (including planes, buses, school buses, and trains) traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

For unvaccinated people, masking, distancing, and avoiding crowded indoor environments are the most effective ways to prevent spread and protect yourself. To help you determine the risk level and choose safer activities, use this CDC chart (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferAct.pdf>).

For businesses and organizations:

- Encourage all staff to mask up and consider if a masking policy is necessary. This applies to both staff and customers (via signage). Please visit the CDC guidance page for more information.
- Encourage vaccination among your staff. COVID-19 vaccines are effective at protecting you from getting sick. Offering paid time off, flexible scheduling, and incentives for staff to get vaccinated are all ways to boost your staff vaccination rate.
- Have a plan and be familiar with what to do if you have an employee who is sick or exposed to someone with COVID-19.
 - New CDC recommendation – Fully vaccinated people who have come into close contact with someone with suspected or confirmed COVID-19 need to be tested 3-5 days after exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result. Anyone with symptoms of COVID-19, regardless of vaccination status, should get tested and isolate until test results are known.

- Continue to offer customers and staff flexibility that works for your business. Earlier in the pandemic, you might have offered your customers new options, like carryout or curbside service. Your staff may have been able to work from home or have a more flexible schedule. Continue to offer customers and staff flexibility that works for your business.
- Host a vaccination clinic either for your staff or for the community on your premises. Consider anonymously polling your staff to determine how many are vaccinated. If you are a large employer, this can help you assess vaccination rates among different depts., which can aid in your planning.
- Retain policies for hygiene, employee illness, and cleaning. These policies prevent the spread of illnesses like COVID-19, flu, and whooping cough, as well as the spread of viruses like norovirus.
- Review and implement CDC's sector-specific guidance to reduce risk. This guidance for your sector may include things like increasing ventilation, specific cleaning procedures, etc.

Resources:

- CDC Choosing Safer Activities: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferAct.pdf>
- DHS Mask Guidance: <https://www.dhs.wisconsin.gov/covid-19/mask.htm>
- DHS Staying Safe in Your Community: <https://www.dhs.wisconsin.gov/covid19/community.htm>
- Winnebago County Vaccine Information: <https://www.wcvaccine.org>
- Equal Employment Opportunity Commission Guidance What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws: <https://www.eeoc.gov/wysk/whatyou-should-know-about-covid-19-and-ada-rehabilitation-act-and-other-eeo-laws>
- OSHA Guidance by Industry: <https://www.osha.gov/coronavirus/guidance/industry>
- Wisconsin Economic Development Corporation Vaccine Guidance for All Businesses: https://wedc.org/wp-content/uploads/2021/03/WEDC_DHS_COVID-19-Vaccine-Guidelines2.pdf
- For related information for healthcare settings, visit <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

Please see the Winnebago County Health Department website for the most up-to-date guidance and resources.

Thank you for your commitment to keeping our communities safe. Everyone can play a role in encouraging and helping others to get vaccinated—talking to your family, friends, and neighbors can make a difference in vaccine acceptance. Your efforts to limit the spread of COVID-19 are greatly appreciated by those who live, work, and play in Winnebago County.



Winnebago County

The Wave of the Future

UW-Madison Division of Extension Response to COVID-19

Summarized from August 4, 2021 Extension Communication to Staff

I know many have been keeping close tabs on the news with respect to COVID-19 and the delta variant's impacts on rates across the state. UW-Madison is undergoing some new steps to mitigate COVID-19 – specifically instituting an indoor mask mandate. Campus's decision is very much in line with the ever-evolving understanding of both the virus itself and where it's prevalent.

Effective 8/5/2021, all UW-Madison faculty and staff are required to wear masks indoors on all Campus properties, not just Campus proper. Staff and volunteers working in county facilities or other facilities not owned or managed by UW-Madison are expected to follow your county's policy with respect to masking and distancing. If you feel more comfortable wearing a mask, even if it is not required or advised, you are encouraged to do so. Individual masking choices should not be interpreted as an indicator of vaccination status.

UW-Madison's mask decision reflects an environment on Campus where the new semester is about to begin, bringing in a large group of people to one place from many different areas. For Extension, we want to be responsive to the many different situations across the state that we work in. Along with masks, keep in mind other steps you can take with respect to your social environments.

We can all acknowledge that the COVID-19 vaccines have done an amazing job at significantly reducing hospitalizations and deaths. Now we're faced with a situation in which the delta variant breakthrough cases, although still relatively rare in vaccinated individuals, can also result in potential spread of COVID-19, especially to those who are unvaccinated. That's why the CDC just updated its guidelines to recommend face coverings for vaccinated people in some indoor situations. You can read more about updated guidelines from Wisconsin DHS (<https://www.dhs.wisconsin.gov/covid-19/mask.htm>).

Yet in all this we should still have faith in the path we're on. Even in the midst of breakthrough infections, the vaccines have greatly reduced hospitalizations, deaths, and severe symptoms. To the extent that we can encourage and inform our neighbors and stakeholders, we should take the opportunities to showcase the effectiveness of the vaccines as a long-term strategy against an evolving threat. There is a list of outreach and educational materials regarding vaccines on our public website (<https://fyi.extension.wisc.edu/covid19/vaccines/>).

We continue to adapt to changing conditions. Thank you for your patience and dedication to supporting the Extension mission during these challenging times. Be sure to take some time to enjoy the last few weeks of summer.

Regards,
Karl Martin, Dean and Director
University of Wisconsin-Madison
Division of Extension



Study Shows Virus Abundant in COVID-19 Cases in Wisconsin, Even Among Fully Vaccinated

Originally published August 4, 2021 by University of Wisconsin Madison-Madison
<https://news.wisc.edu/study-shows-virus-abundant-in-covid-19-cases-in-wisconsin-even-among-fully-vaccinated/>

Some vaccinated people infected with COVID-19 in Wisconsin in June and July had just as much virus in their nasal passages as newly infected unvaccinated people, according to a new study published Saturday ahead of peer review on the preprint server medRxiv by researchers at the University of Wisconsin–Madison, Public Health Madison & Dane County and Exact Sciences.

The findings match a Centers for Disease Control and Prevention study released a day earlier describing an outbreak centered on a town in Massachusetts. Though they did not examine it directly in the study, the researchers say this suggests fully vaccinated people who get sick with COVID-19 could potentially infect others.

Analysis of nearly 300 COVID-positive samples collected in Wisconsin between June 28 and July 24 showed no significant difference in “viral load” between 79 fully vaccinated people and 212 unvaccinated people. Both the vaccinated and unvaccinated study subjects had high viral loads at the time of their positive tests — levels shown in previous studies to be substantial enough to make them contagious to others.

“This is what the CDC’s study showed last week in a single outbreak, but we are seeing the same in a more distributed sample across our state,” says Katarina Grande, co-author of the new study and public health supervisor and COVID-19 Data Team lead at PHMDC.

While only 50 of the samples underwent genetic testing to determine which strain of the SARS-CoV-2 virus was present, 42 of them (84%) were identified as the delta variant, a strain of the virus that now appears to be more transmissible. Nearly all new COVID-19 cases in Wisconsin involve the delta variant, including among vaccinated people. Nearly one-third of the study’s cases came from Dane County, home to the city of Madison and one of the nation’s highest vaccination rates.

However, in Dane County, unvaccinated people are being diagnosed with COVID-19 at a rate two-and-a-half times greater than vaccinated people. Some breakthrough infections are expected in vaccinated people since no vaccine is 100% effective.

Vaccination remains critical, the researchers say, since the available vaccines against the virus are effective, successful (even against the delta variant, according to recent research), and an important way for almost everyone to help prevent new, dangerous cases.

“They’re still working to keep people from becoming infected, though not necessarily as well as they were against earlier types of the virus,” says David O’Connor, a UW School of Medicine and Public Health professor, co-author of the new study and, with Thomas Friedrich, a scientist at UW–Madison’s AIDS Vaccine Research Laboratory, which has been collecting genetic samples from positive COVID tests since March of 2020. “As long as the vaccines are keeping people out of the hospitals, I would say they’re working spectacularly well.”

While the CDC study in Massachusetts focused on cases arising from a handful of large public gatherings, the new Wisconsin results came from more everyday circumstances.

“The predominant mode of transmission around here seems to be smaller gatherings and households,” says Friedrich, a study co-author and a professor in the UW School of Veterinary Medicine. “There’s nothing special about the particular circumstances, but we’re seeing vaccinated people can become infected. And when they do, they can pass the virus on to other people.”

The new results show that vaccinated people, who don’t have much to fear in terms of severe disease, must be mindful that they can still be a source of infection for others.

“If there are people in their lives who are vulnerable, they still need to take care to keep those people safe,” says Friedrich. “And so, we still need a community response to the pandemic that includes vaccinated people taking steps to prevent the unlikely — but not impossible — chance that they would transmit infection to others.”

As with the CDC at a national level, the findings in Wisconsin of high viral load even in vaccinated people led PHMDC to return to recommending face coverings indoors for vaccinated and unvaccinated people.

“Our understanding has really shifted in the last week,” Grande says. “We are always adjusting to emerging science, and delta is a different ballgame.”

**DO YOUR PART.
PROTECT AGAINST COVID-19.**



**WALK-IN
WEDNESDAY**

VACCINE CLINIC

**SUNNYVIEW EXPO CENTER
500 E CTY RD Y, OSHKOSH**

1:00 PM - 6:00 PM

EVERY WEDNESDAY

**FREE COVID-19 VACCINE. NO APPOINTMENT,
IDENTIFICATION OR INSURANCE REQUIRED.**

Visit www.wcvaccine.org for information on the type of vaccine administered, any age restrictions and additional vaccine locations in the area.

For free transportation, call 'Make the Ride Happen' at 920-225-1719.

**WWW.WCVACCINE.ORG
COVID-19 HOTLINE: 920-232-3026**



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

REGIONAL COVID-19 VACCINE TOUR



FREE COVID-19 VACCINE
NO APPOINTMENT NEEDED
NO IDENTIFICATION REQUIRED
NO INSURANCE REQUIRED
AVAILABLE TO ANYONE
12 YEARS & UP
PFIZER AND JOHNSON &
JOHNSON VACCINES



Public Health

BROUGHT TO YOU BY:
 Calumet County Public Health
 Outagamie County Health Dept
 Winnebago County Health Dept
 Wisconsin National Guard

TUESDAYS

9:30am-12:30pm

Nekimi Town Hall

3790 Pickett Road, Oshkosh

2:30-5:30pm

Fox Crossing Fire Department

1326 Cold Spring Road, Neenah

WEDNESDAYS

9:30am-12:30pm

Black Creek Fire Department

W5200 County Road B, Black Creek

2:30-5:30pm

Shiocton-Bovina Fire Department

W7740 Pine Street, Shiocton

THURSDAYS

9:30am-12:30pm

New Holstein Community Center

1725 Silver Moon Lane, New Holstein

2:30-5:30pm

Brillion Community Center

120 Center Street, Brillion

WWW.WCVACCINE.ORG/REGIONALTOUR



BECOME A MENTAL HEALTH FIRST AIDER

FREE Virtual Opportunity!

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6-hour, Instructor-led Zoom Meeting.

Sign up for one of the following:

September 20, 2021

October 6, 2021

November 8, 2021

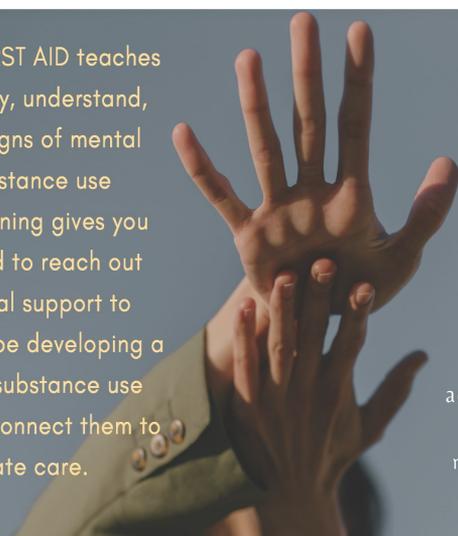
9 a.m. - 3 p.m.

Register at:

tinyurl.com/UW21MHFA

An EEO/AAE employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and educational programs. This program complies with the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

MENTAL HEALTH FIRST AID teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Questions?

Contact trainers:

Jackie Carattini
jcarattini@wisc.edu

Mandi Dornfeld
adornfeld@wisc.edu

Megan Suehring
msuehring@wisc.edu



WHY YOU SHOULD CONSIDER BEING A YOUTH MENTAL HEALTH FIRST AIDER

59.4%

of Wisconsin Youth
have experienced depression, anxiety,
self-harm, or suicidal ideation in the past
12 months

1 in 5

Youth live with
a mental health condition



Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

Sign up for a **FREE Youth MHFA Training**
at <https://wirose.wisc.edu/community-programming/>



Virtual Youth Mental Health First Aid

First Aiders will complete a **2-hour, self-paced online class**, and then participate in an Instructor-led Zoom Meeting. Limited to 25 adults.

Upcoming Trainings

9 am – 3 pm via Zoom

- [July 15th](#)
- [July 27th](#)
- [August 3rd](#)
- [August 24th](#)
- [Sept 2nd](#)

Who should be trained?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

FoodWise Farmer’s Market Tours!

Originally Published June 8, 2021

<https://winnebago.extension.wisc.edu/2021/06/08/foodwise-farmers-market-tours/>

Join FoodWise, this Summer, for a tour of the Downtown Appleton Farmers’ Market and the Oshkosh Farmers’ Market!

You will gain confidence in:

- Navigating the market to find the best prices
- Talking to local farmers and vendors
- Using food assistance benefits at the market
- Selecting healthy food that you and your family will enjoy

Oshkosh Farmers’ Market with Nutrition Educator Kris	Appleton Farmers’ Market with Nutrition Educator Miranda
<p>Saturdays:</p> <p>August 21</p> <p>September 25</p> <p>October 23</p> 	<p>Saturdays:</p> <p>August 14</p> <p>September 11</p> <p>October 9</p> 



Planning AHEAD

Originally published July 20, 2021 by UW-Madison Division of Extension
<https://www.facebook.com/HDRInstitute/posts/4311796362175010>

Extension is piloting a new program called Planning AHEAD to help individuals and families with tasks associated with end-of-life decisions. The 7 virtual sessions are free and cover health care wishes, financial responsibilities, legal requirements and documentations, distribution of personal property, and dealing with grief.

Two series dates/times available on Zoom:

Mondays & Wednesdays
 1:00pm—2:00pm
 September 13th—October 4th

OR

Tuesdays & Thursdays
 6:30pm—7:30pm
 September 14th—October 5th

To register visit: <https://go.wisc.edu/69unym>



Advance directives, Home finances, Estate planning, and Arriving at
 Decisions for the end of this life

What is Planning AHEAD?

A virtual 7-session series (one-hour each) that guides participants through examining health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life decisions, dealing with grief, and the emotional ramifications of all of the above

Who is the Program for?

Anyone interested in preparing for their own passing, to make things easier for family members, and for those who have, or are in the process of, losing a loved one and are dealing with the transition.

● When is the Program? ●

Two series dates/times available on [Zoom](#)

Mondays and Wednesdays -
 1:00pm -2:00pm,
 September 13th through October 4th

Tuesdays and Thursdays -
 6:30pm - 7:30pm,
 September 14th through October 5th

Register: <https://go.wisc.edu/69unym>
 Contact jenny.abel@wisc.edu for any questions.



2021 WAHCE Conference

Originally published <https://wahceinc.org/2019-wahce-conference/>

The stars are aligning to safely gather this fall to celebrate, spread good cheer, and create together. Central District and WAHCE will be hosting the 2021 State Conference:

September 20—22, 2021
Holiday Inn
1001 Amber Avenue
Stevens Point, WI 54481



Talk to each other and make a stellar plan to join in the fun. We will shine a light on our HCE achievements. Get ready to twinkle with your cultural arts entries. We have an all-star line-up of speakers, workshops, and county activity displays. Blast off the event with one of our tours or on-site, hands-on projects.

Hotel Highlights: The Holiday Inn Hotel and Conference Center will be our star base. Please make room reservations for yourselves. There are rooms reserved for Sunday night, September 19th, if you plan to arrive that day, plus Monday and Tuesday, September 20th and 21st. Our Conference Room Rate is \$99.00 for a Standard Room (2 queen beds or 1 King bed plus pullout sleeper sofa). Deadline for room reservations at our conference rate is August 20, 2021. After that the hotel will not be able to guarantee rooms or WAHCE pricing. You may call or book your reservation online 24/7 using the link on the WAHCE webpage.

Local: 715-344-0200, press #3 or online reservation

Room Block: WI ASSN FOR HOME AND COMMUNITY EDUCATION
Group Code: **WHC**

2021 WAHCE Conference Planning:

- Betty Kastenschmidt , Chair, bettykas@yahoo.com
- Marilyn Herman, Co-Chair, mjherman661@gmail.com

The following information can be found on the WAHCE website at
<https://wahceinc.org/2019-wahce-conference/>

- **Conference Information**
- **Registration Form**
- **Tours**
- **Workshop Descriptions**
- **Meal Plan**

Walk to End Alzheimer's

*Originally published August 2021 by Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/august_newsletter_2021.pdf*

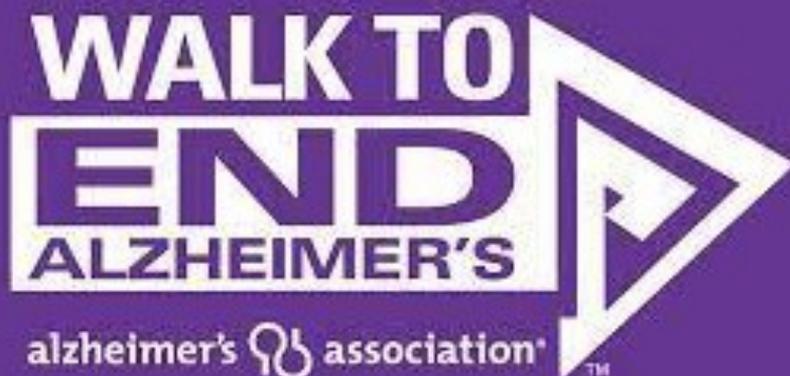
Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the worlds largest fundraiser for Alzheimer's care, support and research.

Plans are moving forward to have the walk-in person this fall. The walk will be held at **Menominee Park here in Oshkosh on September 25th**.

There is no fee to register for the walk, however all participants are encouraged to raise funds that allow the Alzheimer's Association to provide 24/7 care, support, and advance research toward methods of prevention, treatment and, ultimately, a cure.

Use of the funds: 78% goes to Alzheimer's care, support, research, awareness, and advocacy. 18% goes to Fundraising, and 4% goes to administrative.

How to sign up? Go to <https://act.alz.org/>, find your walk by entering your zip code, sign up with a team or as an individual, and then start fundraising.



Hope Fridge

*Originally published August 2021 by Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/august_newsletter_2021.pdf*

In the July ADRC newsletter, we shared this new resource in our county. It is currently located in Neenah. They have recently shared that they are opening another location in Oshkosh by Wagner Market (on Main St). Big thanks to Wagner Market and Beckett's for helping sponsor this project. It will be open 24 hours per day, 365 day per year. Getting food requires no paperwork be completed and there are no questions asked. The Oshkosh opening date is scheduled for Saturday, August 7th.

To learn more, check out www.hopefridge.com. They do daily updates on Facebook regarding what items are available in the fridge/pantry and what items are needed.

Contact person: Tj Hobbs- tj@hopefridge.com



How to Make Peace with What You Lost to the Pandemic

Authored by: Homaira Kabir

<https://my.happify.com/hd/how-to-make-peace-with-what-you-lost-to-the-pandemic/>



My friend's daughter met her sweetheart in high school. Their long-awaited wedding had been nine years in the making. The invitations had been sent. The bridal shower had taken place. And then the first lockdown happened.

Initially, they postponed the wedding day. With uncertainty still looming, they finally went ahead with a small gathering in my friend's garden, the "real" wedding saved for later. Now, a year later, the wedding day of their dreams is all but gone.

No doubt, this is one of the "lesser" losses of a pandemic that has left millions without the people they loved and depended on. But these losses, the jobs that evaporated, the new-business grand openings that never happened, the proms and graduations that were canceled, are also the very milestones that help us make sense of who we are and who we're becoming. They build coherence between our past, present, and future, and create a sense of identity. They become, eventually, the story of our lives.

When the story we'd planned and predicted is no longer true, nor in our control, how do we find the strength to forge ahead with integrity? Strange as it sounds, it begins by allowing ourselves to grieve the big and small losses that we've experienced. This can sound weak in a world that prizes a certain kind of strength that borders on denial. It can also sound negative when we believe that the right emotions are limited to the happy ones.

But numbing or suppressing our emotions has never led to anything good. As someone who struggled with an eating disorder in my youth, I know that it can only lead to an "emotional binge" that is the home ground of shame, blame, and eventually giving up.

If you've been carrying your emotions with you these past months, and feeling stuck, desperate, or hopeless, here are two essential steps that will shift you from fixating on the life that could've been to actually living the life that can still be. It's a process not a magic pill. You have to trust in it; like spring after winter, like sunshine after the rain, the heart follows nature's wisdom to renew itself.

Acknowledge Your Pain

Bring a compassionate image to mind, or sit with a comforting friend who doesn't try to make you feel cheerful or force you to see the silver lining in your pain. When we try and force positivity onto ourselves or someone else, it leads to secondary emotions we don't need like shame or guilt for feeling the way we do, or anger that others don't understand what we're going through.

Grant space for whatever thoughts come up. Let them move through you, without claspng onto them, like clouds moving through the sky. Allow images, stories, tears, tightness to flow, gently. If you wish, you may want to allow your emotions in by journaling, dancing, singing, or praying.

In time, and for some, it may be sooner than later, you'll notice yourself coming back to life. You'll notice the sun shining and the birds singing. You'll see possibilities emerge, the good in the bad. Compassion has paved the way for wisdom, where we can hold life's beauty along with its fragility, its joys along with its pain. You may still slip back, and that's okay. Remember, it's a process.

Envision What's Possible

Once you're ready, imagine yourself 20 years from now. You'll want to do this visualization exercise by disconnecting yourself from your day-to-day chores and busyness. Maybe go for a long walk, or set the stage by listening to uplifting music, or thinking about people you admire who are living lives that feel joyful and meaningful to you.

As you imagine this future you, go into as much detail as possible. What are you wearing? What does your home look like? What are some of your daily rituals? Who are you with? How do you relate to the people around you? What kind of work do you do? If you feel so inspired, you may want to get this vision down in a painting, or on a vision board.

As this image becomes real for you, here are some questions you can ask of it:

- *How did you pass this difficult time?*
- *What were some of the principles that guided you?*
- *What do I need to remember to get from where I am to where you are?*

You may have other questions, too—ask whatever else feels important to you.

Our greatest wisdom lies within ourselves. And we're more resilient than we give ourselves credit for. When you allow your heart to weep with compassion for your suffering, you move from fragility to agility. And your heart breaks open and not apart.

Extension Wellness Tip: Kindness

Shared by Mandi Dornfeld

There is this excellent article (<https://shop.projecthappiness.org/blogs/project-happiness/the-difference-between-being-nice-and-being-kind>) about the difference between being nice and being kind. In summary, being kind has planning and attention supporting it. There are a lot of benefits (www.mentalhealth.org.uk/campaigns/kindness/kindness-matters-guide) to being kind for you (the giver) and your beneficiary (the receiver).

Benefits include:

- Increased connection and belonging.
- Perspective taking.
- Creating purpose

Practical Strategies:

- First, recall a time that you were kind to someone and think about how that made you feel. Use those positive feelings to think about a future opportunity.
- Open your phone and pick a recent text, email, or call. Think about that person and do an act of kindness for them OR in their honor.
- Learn about how kindness benefits our community. Every day, record all the acts of kindness you witness.
- Challenge yourself to perform at least one act of kindness per day. Put it into your calendar until it becomes a habit.

Take good care!



Compassionate Care: Tips for Caring for Ourselves and Others

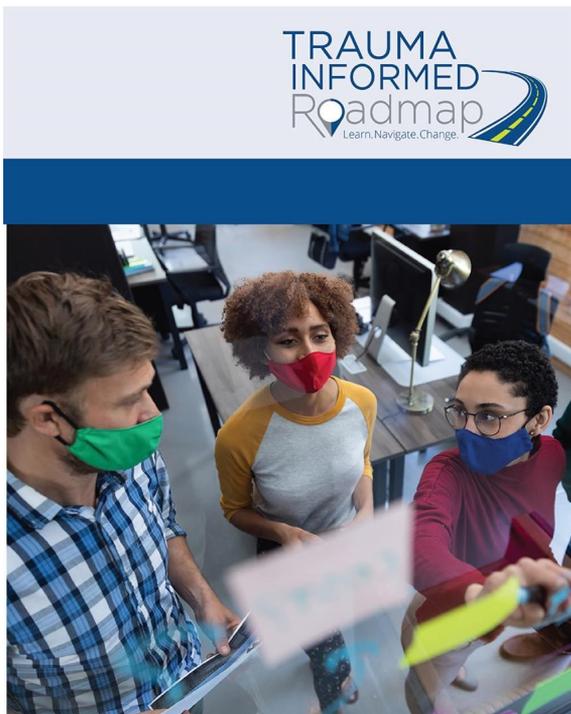
Originally published July 24, 2021

<https://www.facebook.com/winnebagoountywex/posts/4323662107672278>

Topic: Integrating Back Into Groups

Things to Consider:

- **There is a wide continuum of how folks feel about gathering again.** You may be ready for an in-person gathering, others may not. How can you meet both needs? If possible, seek middle ground so everyone can participate comfortably.
- **Take it slow and steady if you've been mostly in small groups or isolated;** right now you might find yourself both excited and exhausted by being with others.
- **Engage in self-compassion.** During this time of change, be patient, calm, and talk to yourself with the same care as you would with a friend, child, or another loved one.
- **Seek help if needed.** If you are feeling stuck, fearful, or do not know what your next step should be, reach out to a professional. This is likely a new experience for many of us, so don't feel bad about figuring out your "next normal" with some help.



People Who Embrace These 5 Simple Habits Have Very High Emotional Intelligence: 5 Questions, Straightforward Answers, and a Series of Simple Tricks

Originally Published June 30, 2021 by Inc.com; Authored by Bill Murphy Jr.

https://www.inc.com/bill-murphy-jr/people-who-embrace-these-5-simple-habits-have-very-high-emotional-intelligence.html?ls=Email&lsd=Street%20Team&ecid=CVSTG000005641663&utm_campaign=2021-08-01-Executive-Street-Team&utm_medium=email&utm_source=Eloqua

20Team&ecid=CVSTG000005641663&utm_campaign=2021-08-01-Executive-Street-Team&utm_medium=email&utm_source=Eloqua

The year is half over. So, if you've yet to achieve your emotional intelligence goals, I have two suggestions: First, download my free e-book *Improving Emotional Intelligence 2021*. Then, read on.

Below, you'll find five pointed questions about emotional intelligence, each of which asks whether you make habits out of certain behaviors. Figure out your honest answer to each one.

- If you answer yes for each item, and you're confident in your answer, great.
- If you answer no, or you're not sure, read a bit deeper for simple, practical habits that can help you develop each behavior, and thus improve your overall level of emotional intelligence.

Think of these exercises as behavioral scaffolding. If you apply the simple tricks they offer, I think you'll find that they develop your mental muscle memory to the point where they become automatic.

Then, you can cast aside the figurative scaffolding, and check off another box on your personal growth to-do list for 2021. Let's get started.

1. Do you know how to employ tactical conversational patience?

Tactical patience in conversations is the art of saying nothing. It's calculated unease with a purpose.

You've probably been advised to wait before speaking before, but many of us are socially conditioned to reject this advice. We're trained to fill silences to avoid seeming ill at ease, or uncharismatic, or awkward.

The easy way to train yourself to be patient is to make a habit of counting time silently before replying during fraught conversations. So:

- Imagine that an employee comes to you with a personal problem.
- Or a customer has a complaint.
- Or a loved one sends you a text with a difficult request.

You're likely a decisive, action-oriented person. So, the natural reaction is to respond immediately, and fix whatever is wrong. But what if you pause instead and think?

What if you count silently to five, or 10? If we're talking about texts or emails, what if you simply don't reply until you're ready?

You wind up doing two things:

1. You stop yourself from saying something in haste that you might regret later, and
2. You push all of those insecurities about silence that we talked about back to the other party in your conversation.

If someone has to feel the need to fill the quiet, let it be someone other than you.

I assume, of course, that you're not a heart surgeon being called to an emergency operation, or a firefighter being called to rescue someone from a burning building. In those cases, you should probably reply more quickly.

Most of our lives don't often involve quite that level of urgency. Yet, we're an anxious society, and we've been conditioned to treat things that way.

So, don't. Instead, think tactical patience. Watch how much better your replies become, simply because you count the length of the pause before giving them.

2. Do you learn and practice casual phrases with precise, calculated meanings?

This is one of my favorite tricks for developing emotional intelligence. It involves doing a bit of homework ahead that can help you in common, repetitive situations that otherwise lead to miscommunication.

Your job here is to think of situations in which you've said something reflexively in the past that later made you cringe in retrospect. Then, calculate why the language you used fell short, and what other go-to phrase you could memorize to achieve a better result in the future.

That sounds so abstract, so let's use a specific example: The *too-quick-to-apologize* reflex, where people find themselves saying they're sorry for things that don't really require an apology.

Sometimes, they feel a bit weak afterward; sometimes they wind up emboldening people to ask for more from them in the future.

So, for this specific example, you might memorize a verbal switch: Replace "I'm sorry" in your reflexive vocabulary with, "Thanks for understanding."

- Not: "I'm sorry, I can't do your work for you," but instead: "I can't do that. Thanks for understanding."
- Not: "I'm sorry, I don't want to go on a date with you," but instead: "Thanks for asking, but I'm going to decline. Thanks for understanding."

- Not: "I'm sorry, but we can't meet the price you're asking," but instead: "We're going to have to charge a little bit more. Thank you for understanding."

This is only one example, but it moves you away from unnecessary apologies, and replaces them with something that projects both control and gratitude.

You can find a few other tactical examples here (<https://www.inc.com/bill-murphy-jr/people-who-adopt-these-5-verbal-habits-in-2021-have-very-high-emotional-intelligence.html>). The bottom line is: Make a habit of making these habits, and you'll go into conversations equipped with better language that triggers the emotional responses you want, instead of ones you don't want.

3. Do you use convergent responses?

I suspect some people will answer this question with another question: *What the heck are convergent responses?*

They're responses that suggest you're going to do the work required to truly understand what someone else thinks or feels--to travel toward them, in a manner of speaking.

Contrast them with *parallel responses*, which suggest subtly that because of experiences you've had in the past, you think that you *already* understand how they think or feel (Spoiler alert: Very often, parallel responses reveal a mirage; you only think you understand, because you wind up short-circuiting the effort to achieve understanding.).

Before this gets wildly esoteric, let's demonstrate a few examples. The first of each of these is the parallel response; the second is the convergent response:

- "I know how you feel" versus "I'm listening, and I think I hear you saying [X]."
- "Yes, I understand" versus "I would really like to understand."
- "I'm right there with you" versus "Tell me how I can support you."

Or else, an example in context: Imagine a colleague confesses he or she had a very hard time during the pandemic.

- Convergent response: "I've had a hard time too. Tell me more about what's been going on."
- Parallel response: "I've had a hard time too. I understand exactly."

You can find a few more examples here (<https://www.inc.com/bill-murphy-jr/emotional-intelligence-empathy-communication-oprah-winfrey.html>).

The point is: True empathy is a sign of emotional intelligence, and it

requires work.

Choosing the right words not only signals your intent to try to understand, but it sets you up practically to do so.

4. Can you tell the difference between your needs and other people's needs?

This one is right out of Sales 101, but it's also highly effective in non-sales situations. It has to do with figuring out how things look through other people's eyes and adjusting what you have to say so that it fits their needs, not yours (which in turn can lead them to a result that fits your needs).

Classic example -- one of my favorites. It might be a little bit dated, given current market conditions, but it's illustrative:

Suppose you're desperate to sell your house. A young couple comes to look at it, beautiful children in tow.

"You have such a beautiful family," you say to them. "This house would be perfect for your children as they grow. You're exactly the type of people I would feel proud to help have this house. I would love to find a way to make that happen."

Everything you said might be true -- but you smartly leave out the part about being desperate to sell. That would not have been a compelling argument; at best it would have signaled to the other side that you were in a weak negotiating position.

But here, by focusing on their needs -- both the practical need for a beautiful house, and the more subtle emotional need to be told that they're raising a beautiful family -- you incrementally increase the likelihood that they'll take an action that could get what you want: an offer on the house.

The point is to offer support, not to shift the conversation back to yourself. It's more effective, and it's much more emotionally intelligent.

5. Do you always have another question?

I once worked as the assistant to a top executive in his field. A reporter spent weeks trying to get an appointment to interview him. When we finally found a mutually convenient 60 minutes, he showed up, but he ran out of questions and left after just half the time had expired.

I remember being aghast: *You work this hard to get an interview, but you don't use all of your time? You can't think of one more thing to ask?*

The best stuff in interviews almost always comes at the end. You almost always find the most insightful, interesting things after you've already asked

20 or 30 questions. And I am confident that that rule applies in negotiations and professional interactions--probably personal conversations, too.

I'm pretty sure this is also why studies show that negotiators who engage in small talk before getting to the substance of their negotiations are more likely to reach mutually acceptable agreements.

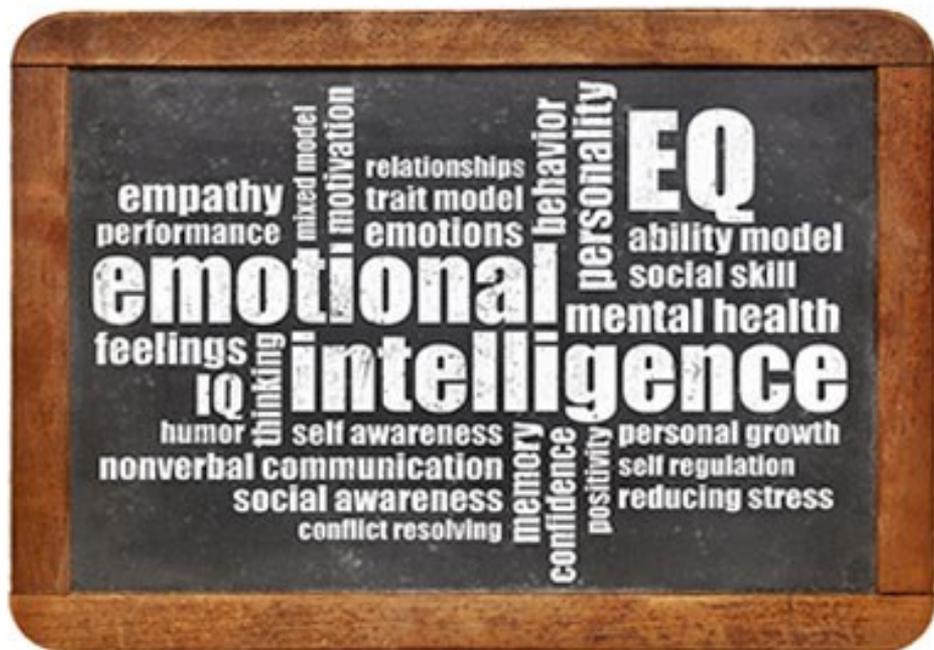
Asking questions exercises your emotional intelligence because it keeps conversations focused on the other people involved and signals interest. Frankly, it also reduces "bad opportunity cost"; if you're asking a question, you're probably not making any poorly thought-out assertions that you might later regret.

So, the shortcut: Count how many questions you ask in every conversation.

I'm not sure what the magic number is: Three questions? Eight questions? 10? But even making a habit of asking one or two extra questions will pay dividends.

Bonus trick? If you catch yourself not paying close enough attention, or if you just can't think of what your next question should be, your go-to phrase is: "Tell me more."

It's a magic statement: one that's actually a question, and that can be used in almost any situation.





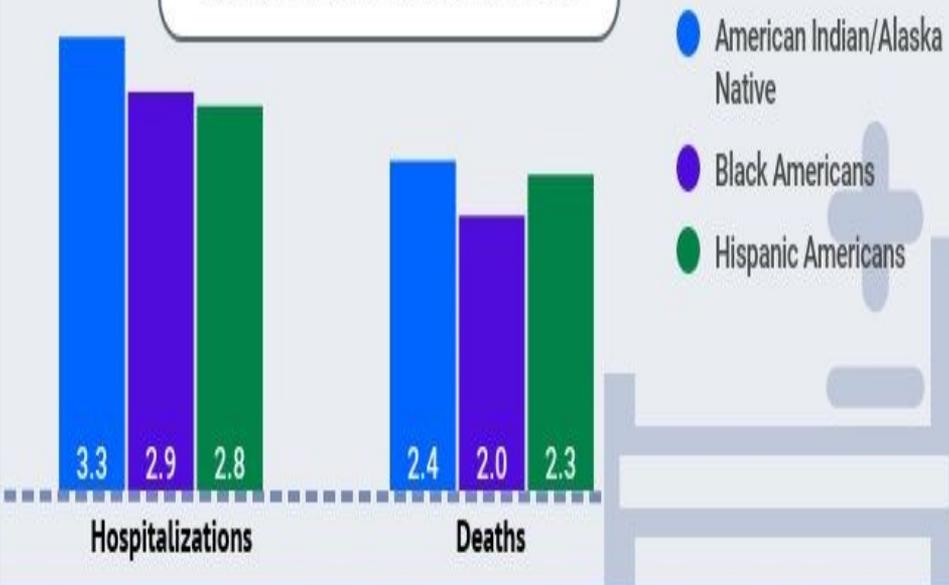
DATA INSIGHTS

Health Equity: What Did We Learn From COVID-19 and What is Next?

How were different racial & ethnic groups impacted by COVID-19?

Black, Hispanic and American Indian/Alaska Natives were more likely to be hospitalized or die from COVID-19 than their White counterparts

Rate ratios compared to White people:



What did we learn about the causes of disparities in the pandemic?

AMERICAN INDIANS

Economic

The Navajo Nation has an unemployment rate of **40%**

-\$20,000

Median household income is \$20,000 lower for American Indians than for White households

-\$4.4 billion

A 6-week shutdown of casinos in early March led to an estimated loss of over \$4.4 billion in economic activity

The Doctrine of Discovery was used to colonize and control lands occupied by American Indians and continues to impact land ownership and wealth

Social & Built Environment



Native Americans are more likely to live in multi-generational households



In the Navajo Nation:

1 in 3

residents do not have access to electricity



1 in 3

residents do not have access to running water

Lower broadband & technology access has impacted access to COVID-19 information & health care

Health

Native Americans have higher rates of *diabetes, obesity & heart disease*

23% of American Indian & Alaska Native adults are smokers compared to **14%** of the general population

23%

14%



Those living on tribal lands sometimes have to drive hours to get to a health care facility



Unrecognized tribes did not receive federal COVID-19 aid

BLACK AMERICANS

Economic



Black Americans are over represented in frontline & essential worker jobs

Black Americans have a higher unemployment rate compared to their White counterparts

Black-owned businesses were less likely to benefit from the federal Paycheck Protection Program than White-owned ones

Social & Built Environment



More likely to live in hypersegregated neighborhoods

Air pollution has worsened health outcomes from the pandemic

Black individuals living in neighborhoods with a history of redlining face greater environmental health risks

Health



Higher rates of pre-existing health conditions, including diabetes



Black Americans faced barriers that impeded early vaccine access & uptake

Black adults were more likely than White or Hispanic adults to report having been discriminated against or judged unfairly by a health care provider or their staff during a time period that covered part of the pandemic

HISPANIC & LATINO AMERICANS

Economic

Latinos are disproportionately represented in the essential workforce



They comprise 1/3 of the agriculture workforce

Hispanic

8.6%

White

5.7%

Latinos accounted for **23 percent** of the initial pandemic job loss and still have higher rates of unemployment at **8.6%**

Latino-owned businesses were less likely than White-owned businesses to benefit from the federal Paycheck Protection Program

Social & Built Environment



More likely to live in multigenerational households where infections could spread more quickly

Language Barriers

A Boston hospital found that primarily Spanish-speaking COVID-19 patients had a **35%** greater risk of death compared to other patients

Health

Latinos are less likely to have access to **health insurance**

19%

7.5%

The Latino uninsured rate is **2.5x** higher than the rate for Whites



Undocumented immigrant populations are even less likely to have access to health insurance



Immigration status may have deterred people from reporting infection or seeking care

What's needed to move toward health equity?

Address biases ingrained in health care systems & medical school education



Education and anti-racism training in academia and medical school



Address racial biases in algorithms and other tools



Incorporate incentives for improving health outcomes



Consider accountability standards for unmet metrics

Support & strengthen community resources



Invest in community health workers and centers



Build and maintain trust by working within the community



Health systems should link patients to existing community resources

Address factors that impact health outside of the health care system



Address social determinants of health, including food and housing security



Address equitable access to clean air, water and land



Establish initiatives & policies that prioritize equitable access to resources

Invest in infrastructure



Build capacity for equitable public health emergency preparedness



Increase broadband access



Expand tribal public health services



Improve transportation options to increase accessibility

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