

October/November  
2021

## Sunnyviews



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### President's Letter

Dear HCE members,

Central District hosted the State Conference in Steven's Point at the Holiday Inn Conference Center on September 20<sup>th</sup>—22<sup>nd</sup>. There were five of us who attended: Bernice Labus, Kathy Wuest, Joan Bestler, Sue Soule (Tuesday only), and myself. We assisted with tours, ticket-taking for several meals and presentations, and introduced some of the presenters. It was a busy three days while learning and having fun. Think about attending next year when conference will be hosted by West District in La Crosse, "Rolling Down the River with HCE".

On October 11<sup>th</sup> we will have our Annual Meeting at the Oshkosh Town Hall (230 County Rd. Y, Oshkosh). Please bring a dish to pass for a 12:00pm potluck, followed by our business meeting at 1:00pm, and at 2:00pm we will be entertained by Randy Domer—a local author/historian. Randy has a new book out on our local area. Please invite a friend or two. Remember to complete the following items and return them to the Extension office by October 31st:

- Club President Card
- Updated Club Membership List (w/ signed photo release permission)
- Affirmative Action Form

I hope we will have as good a turn out for the annual meeting as we did for the HCE picnic. See you on October 11th!

Your President,  
Sue Berg

### HCE Dates to Remember

October 11th	Annual Meeting
October 31st	Due to Extension Winnebago County Office: <ul style="list-style-type: none"> <li>• Club President Card</li> <li>• Updated Club Membership List (with Signatures for Photo Release Permission)</li> <li>• Affirmative Action Form (Civil Rights Form)</li> </ul>
November 7th—13th	HCE Week
November 15th	Submissions Due for Dec./Jan HCE Newsletter
November/December	Prepare 2022 Reach & Teach
December 31st	Due to HCE Treasurer: <ul style="list-style-type: none"> <li>• Updated Club Membership List</li> <li>• Member Dues</li> <li>• Pennies for Friendship</li> </ul>



**\*\*\* 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,

Today was the first day I noticed some color changes in the trees signaling the arrival of autumn. Every year I look so forward to crisp mornings and sunny days. Last year, we were in the midst of uncertainty and this year, I feel a little more weary but much more prepared to make decisions about my health and well-being. I know I need human connection and I know that with creativity, I can find ways to deepens relationships. I challenge you to think about what YOU need the most and find the safest opportunity to meet your needs.

I look forward to the day when we reflect on and tell stories about “that time” (long ago)...

*Human Development and Relationship Educator*

*Manli Danz*

JOIN US FOR THE

# Winnebago County HCE Annual Meeting



Monday, October 11, 2021

12:00pm Potluck

1:00pm Business Meeting

2:00pm Entertainment by Randy Domer

LOCATION:

Oshkosh Town Hall  
230 E County Rd Y  
Oshkosh, WI 54901

## 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.

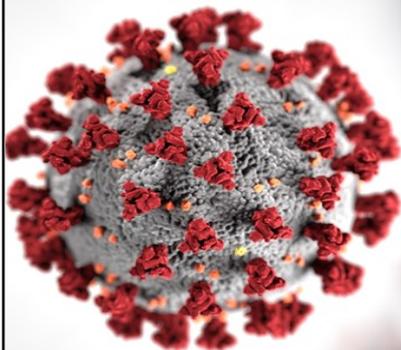
## Winnebago County COVID-19 Recommendations

No updates since the 8/4/2021 recommendations published in the August/September newsletter. For up-to-date COVID-19 information and resources from the Winnebago County Health Department, visit <https://www.co.winnebago.wi.us/health/divisions-program-areas/communicable-disease/covid-19-coronavirus/>.



**Winnebago County**

*The Wave of the Future*



**COVID-19**  
CORONAVIRUS DISEASE 2019

## UW-Madison Division of Extension Response to COVID-19

No updates since the 8/4/2021 summarized communication to Extension staff published in the August/September newsletter. For up-to-date COVID-19 information and resources from UW-Madison Division of Extension, visit <https://fyi.extension.wisc.edu/covid19/>.



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## JPCC Building & Meeting Rooms Update

The J.P. Coughlin Center is open. All departments are 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 JPCC 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 from non-county department users for the 2022 calendar year will be available for scheduling beginning at 8:00am on November 1<sup>st</sup>. All reservations must be made through the Extension Winnebago County office by calling Jody at (920) 232-1970. For more info regarding eligibility, policies, and amenities, please visit <https://winnebago.extension.wisc.edu/meeting-rooms/> or call (920) 232-1970.

We continue updating meeting room policies and procedures to better serve users while improving our management of reservations. 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.



# Questions about COVID-19 vaccines?



COVID-19 vaccines **protect** against severe illness and death.

+

COVID-19 vaccines are **free** for all people.



COVID-19 vaccines went through in-depth safety monitoring.



Everyone aged 12 and over can get a COVID-19 vaccine today.

You are fully vaccinated 2 weeks after your final vaccine dose.



+



+



Until then, wear a mask, wash your hands frequently, and stay 6 feet apart from others.



Health experts recommend getting vaccinated regardless of whether you already had COVID-19.



Serious side effects that would cause a long-term health problem are extremely unlikely.



The rapid spread of COVID-19 made developing these vaccines an international priority.



All COVID-19 vaccines are effective at preventing severe illness from the Delta variant.

Billions of dollars in funding were dedicated to developing a vaccine.



Getting infected after vaccination is extremely rare. No vaccine is 100% effective at preventing illness.



# REGIONAL COVID-19 VACCINE TOUR

**FREE VACCINE.**

**JUST WALK IN!  
NO APPOINTMENT.  
NO IDENTIFICATION.  
NO INSURANCE REQUIRED.**

**AVAILABLE TO ANYONE  
12 YEARS & UP.**

**PFIZER, MODERNA, AND JOHNSON  
& JOHNSON VACCINES.**

*(Vaccine is subject to availability.)*



**Public Health**

**BROUGHT TO YOU BY:**

Calumet County Public Health  
Outagamie County Health Department  
Winnebago County Health Department  
Wisconsin National Guard

## Tuesdays

9:30am-12:30pm  
Oshkosh Public Library  
106 Washington Ave, Oshkosh

2:30pm-5:30pm  
Fox Crossing Fire Department  
1326 Cold Spring Road, Neenah

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## Wednesdays

9:30am-12:30pm  
Black Creek Fire Department  
W5200 County Road B, Black Creek

2:30pm-5:30pm  
Shiocton-Bovina Fire Department  
W7740 Pine Street, Shiocton

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## Thursdays

9:30am-5:30pm  
St. Martin Lutheran Church  
717 Memorial Drive, Chilton  
*(Moderna not available at this location.)*

# To go or not to go?

Making decisions about activities and events during COVID-19



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## SITUATION

- What will the activity or event be like? Activities are lower risk when they are short, infrequent, outdoors, and involve fewer people.
- What safety measures will there be (masking, outdoor setting, enough space for physical distancing, vaccination against COVID-19)?



## LOCAL CONTEXT

- How much is COVID-19 spreading locally (high daily case count, high positive testing rate)?
- Are many people still unvaccinated in your area?



## POTENTIAL RISKS

- Does anyone involved have a higher risk of serious illness, such as older age or health problems?
- Is it likely that someone involved has been exposed to the virus, such as at school or work?
- If someone involved does get very sick, would nearby hospitals have space to care for them?



## POTENTIAL BENEFITS

- What are the possible benefits?
- Do the benefits outweigh the risks?



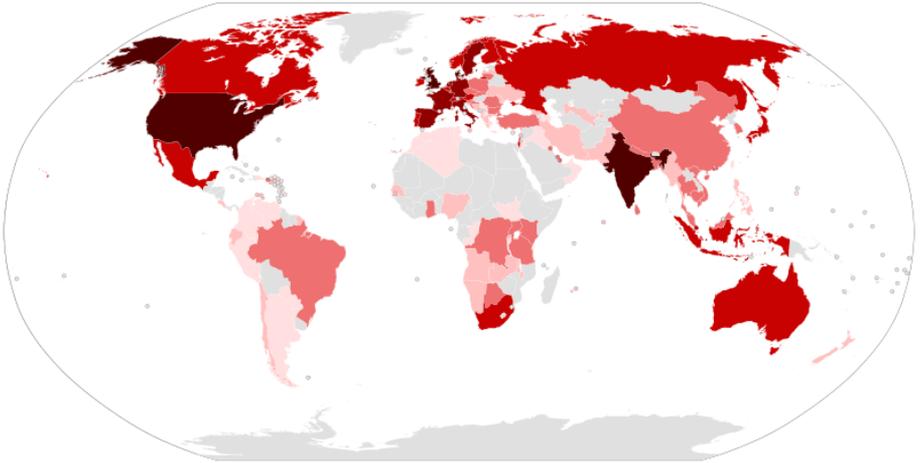
Need more help thinking this through?

Read the full [Extension Moving Forward](https://aging.extension.wisc.edu/files/2020/07/COVID-19_Decision_Guide_07-27-20.pdf) guide.

[https://aging.extension.wisc.edu/files/2020/07/COVID-19\\_Decision\\_Guide\\_07-27-20.pdf](https://aging.extension.wisc.edu/files/2020/07/COVID-19_Decision_Guide_07-27-20.pdf)

## What are the Top 5 Things I Need to Know about the Delta Variant?

Originally published Sept. 2021 by the Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september\\_newsletter\\_2021\\_0.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september_newsletter_2021_0.pdf)



*Information from the CDC:*

The Delta variant is more contagious than previously known variants and that requires us to change our recommendations.

1. Getting vaccinated prevents severe illness, hospitalization, and death; it also helps reduce the spread of the virus in communities.
  - We **STRONGLY** encourage everyone to get vaccinated.
  - Unvaccinated people should get vaccinated and continue masking until they are fully vaccinated (two weeks after 1 dose of Johnson & Johnson or two weeks after the second dose of Pfizer or Moderna).
  - With the Delta variant, this is more urgent than ever.
2. **Data show Delta is different than past versions of the virus:** it is much more contagious. The highest spread of cases and severe outcomes is happening in places with low vaccination rates and among unvaccinated people.
  - Some vaccinated people can get the Delta variant in a breakthrough infection and may be contagious.
  - Even so, vaccinated individuals represent a very small amount of transmission occurring around the country.
  - **Virtually all hospitalizations and deaths continue to be among the unvaccinated.**

3. CDC recommends universal indoor masking for all teachers, staff, students, and visitors of K-12 schools, regardless of vaccination status. Children should return to full-time in-person learning in the fall with layered prevention strategies in place.
4. In areas with substantial and high transmission (substantial or high: orange or red on the CDC map), CDC recommends that everyone (including fully vaccinated individuals) wear a mask in public indoor settings to help prevent spread of the Delta variant and protect others.
5. CDC recommends that community leaders encourage vaccination and masking to prevent further outbreaks in areas of substantial and high transmission.

**COVID-19 Funeral Assistance:** The COVID-19 pandemic has brought grief to many families. FEMA's (Federal Emergency Management Agency) mission is to help people before, during, and after disasters. Under the Coronavirus Response and Relief Supplemental Appropriations Action of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. For more information on how to apply, who is eligible, please see link below or call #844-684-6333  
<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>

## THE LARSEN WINCHESTER LIONS CLUB NEEDS YOUR DONATIONS!!!



The Larsen Winchester Lions Club needs wheelchairs and electric scooters. If you have any laying around and would like to get rid of them please consider donating.

They are open on Tuesdays 9am-11am or Saturdays 9am-11am. Donations can also be left outside the loading dock door during non-business hours. Please do not leave donations on rainy/snowy days.

## Medical Equipment Loans

*Originally published July 2021 by the Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july\\_newsletter\\_2021.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july_newsletter_2021.pdf)*

Need a Loan? Although a money loan would be nice, we're talking medical equipment loans. Our ADRC frequently receives calls about individuals needing some type of adaptive equipment. We most often we hear about people needing walkers, wheelchairs, shower chairs, canes, hospital beds, etc... We are blessed to have the Larsen-Winchester Lion's Club loan closet so close to us. Their mission is to help individuals and their families with medical equipment loans. They have been in operation since 1984.

Equipment can be borrowed for any period of time, whether it be for years or for short use after a hip replacement. There is no charge to using the equipment. Donations are accepted. They have a warehouse filled with donated items. There is a small amount of paperwork to complete after choosing an item and then the individual takes their item home that day. They request you return the item when you are done using it. It is recommended that individuals use their insurance benefits first to see if they are eligible for equipment and use this as a last resort.

If you have medical equipment items that you would like to donate, stop by to drop off. At this time, they are not picking up or delivering items. Their organization is operated by very dedicated volunteers.

The warehouse does not have an address, but the Clayton Town Hall is near it which is 8348 County Rd I, Larsen WI Rd I, Larsen WI 54947. Hours of operation are Tuesday's 9-11 and Saturday's 9-11.

Visit their website at <https://e-clubhouse.org/sites/larsenwinchester/page-6.php> or call 920-427-3244 to learn more. The Lion's Club also operates a ramp building program that we will feature in a future newsletter.

To find other loan closets in the State of WI, please visit <https://loan closets.org/wisconsin>



NATIONAL CENTER ON ELDER ABUSE

## 5 Things Everyone Can Do to Prevent Elder Abuse

Here are 5 things everyone can do to build community supports and prevent elder abuse.

- 1) **Learn the signs** of elder abuse and how we can solve the issue together.
- 2) **Prevent isolation.** Call or visit our older loved ones and ask how they are doing on a regular basis.
- 3) **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
- 4) **Sign up to be a friendly visitor** to an older person in our communities.
- 5) **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.



*It is up to all of us to prevent and address elder abuse!*

For more information on elder abuse prevention, please visit us online or call:

**ncea.acl.gov | 855-500-3537**

## **Wisconsin Eliminates Waitlist for Long-Term Care Services for Medicaid-Eligible Adults**

*Originally published September 2021 by Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september\\_newsletter\\_2021\\_0.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september_newsletter_2021_0.pdf)*

*Memo from the WI Dept of Health Services:*

Success achieved in decades-long effort to ensure Wisconsinites who are elderly or have physical or developmental disabilities can receive home and community-based services. On February 28, 2021, a 40-year-old individual with a physical disability from Adams County was referred to IRIS (Include, Respect, I Self-Direct), Wisconsin's self-directed long-term care program. This individual was the last person waiting to join one of Wisconsin's long-term care programs that provide home and community-based services to eligible adults who are elderly or have physical or intellectual disabilities.

“Wisconsin's long-term care programs embrace a person-centered approach that allows people to live their best life in their homes and communities,” said DHS Interim Secretary Karen Timberlake. “This achievement is the culmination of over four decades of work by advocates, state and county agency staff, tribal leaders, legislators, providers, stakeholders, families, self-advocates, and citizens. While we are proud to have reached this important milestone, we will continue to find new ways to keep our state at the forefront of long-term care.”

In 1999, Wisconsin took an important step forward on the journey to achieve a long-term care system that would ensure anyone who was eligible for Medicaid long-term care services, and wished to stay in their home or in a community-based setting, was able to do so. The then Wisconsin Department of Health and Family Services authorized the pilot of the Family Care program in five counties. IRIS (Include, Respect, I Self-Direct), the state's self-directed program for Wisconsin's frail elders and adults with disabilities, was created in 2008.

Over the years with subsequent budgets, Family Care and IRIS expanded throughout the state with the last county adopting Family Care on July 1, 2018. Currently, more than 77,000 individuals participate in Wisconsin's Family Care, Family Care Partnership, PACE, and IRIS programs.

## **Winnebago County: Long-Term Care Programs**

*Originally published September 2021 by Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september\\_newsletter\\_2021\\_0.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september_newsletter_2021_0.pdf)*

Winnebago County has two long-term care programs: Family Care and IRIS (Include, Respect, I Self-Direct). The ADRC of Winnebago County assesses eligibility for these programs.

**Family Care** is a program that provides a full range of long-term care services. Long-term care is any service or support that a person may need as a result of a disability, getting older, or having a chronic illness that limits their ability to do the things that are part of their daily routine. This includes things such as bathing, getting dressed, making meals, going to work, and paying bills. The Family Care Program is a Medicaid-based program that provides support to individuals who meet certain eligibility criteria. There are three managed care organizations (MCOs) in our county that administer the program: Community Care, Inc., Lakeland Care, Inc., and Inclusa. There is a care manager and nurse assigned to each member in the program that assesses the individual's needs and create a care plan to meet those needs. This may include services like in-home care, medication management, transportation, and possible residential placement in a facility if needed. The goal of this program is to help an individual to stay in their home or least restrictive setting.

**IRIS** is a program that allows you to direct your own services and supports. IRIS recognizes that you are the decisionmaker in your life, including determining your daily activities and the types of support or assistance you need to meet your long-term care needs. IRIS is a Medicaid-based program that provides support to individuals who meet certain eligibility criteria. There are four consulting agencies in our county that administer the program: MILC (Midstate Independent Living Choices), TMG (The Management Group), Advocates 4U, and Connections. The consultant can provide the individual with support on creating their own care plan using a budget of money that is based off the individual's needs. They may pay for things like in-home care, medication management, transportation, and possible residential placement in a facility if needed. The goal of this program is to help an individual to stay in their home or least restrictive setting

Both programs have a lot to offer. The ADRC helps provide you information on these programs and makes sure you know what options are available to you.

## Are You a Caregiver?

*Originally published September 2021 by Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september\\_newsletter\\_2021\\_0.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/september_newsletter_2021_0.pdf)*

Are you a friend, family member, paid caregiver, or a significant other that provides care to an individual that needs help with daily tasks such as medication management, financial assistance, transportation, or help with getting groceries?? If yes, then you can consider yourself a caregiver. A caregiver is someone that provides care to an individual that can no longer carry out some or many daily tasks without assistance. Many of us do not realize that we are caregivers. We think that we are simply doing what needs to be done for someone we care about. We all are caregivers at some point in our lives, whether it's your job to provide care to individuals, or caring for your children, parents, friends, or spouses. Sometimes caregiving can become very overwhelming and stressful. It can wear on us physically and/or mentally. As a caregiver you need to remember to take care of yourself before taking care of others. The ADRC has a great opportunity for those looking to learn about how to reduce stress, guilt, anger, and depression related to caregiving. The workshop is called **Powerful Tools for Caregivers**. It is a 6-week workshop that teaches you how to take care of yourself while caring for someone else. You will be given tools on how to manage your time, set goals, and solve problems. This workshop is free and when you register you will receive a book. The workshop will be held at the Senior Center in Oshkosh starting Thursday October 14th 10:30-12pm and will go through November 18th. If you would like to register or have any questions, please contact Alisa at 920-236-1227 or email [arichetti@co.winnebago.wi.us](mailto:arichetti@co.winnebago.wi.us)



## WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER



On average

**123**

people die by suicide each day

**1 in 5**

people live with  
a mental health condition



**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.

**Sign up for a FREE Adult Mental Health First Aid Training  
at <https://wirose.wisc.edu/community-programming/>**

### Virtual Adult Mental Health First Aid

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

#### Upcoming Trainings

All trainings start at 9am and end at 3:30pm

- [Oct 25, 2021](#)
- [Nov 5, 2021](#)
- [Nov 11, 2021](#)
- [Dec 10, 2021](#)



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements



## 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 Mental Health First Aid 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 20 adults.

### Upcoming Trainings

All trainings start at 9:00am and end at 3:00 pm

- [Oct 29, 2021](#)
- [Nov 30, 2021](#)
- [Dec 3, 2021](#)
- [Dec 17, 2021](#)

### Who should be trained?

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



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WIROSE is a project of the Extension Health and Well-being Institute. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements



**HCE Member Activities:**

*A special thanks to Bernice Labus for taking photographs at these events and sharing them for the newsletter!*

**Central District Meeting: June 16, 2021**

On June 16, 2021, the Central District annual meeting was held at the Holiday Inn in Stevens Point. Joan Bestler, Rosemary Pionke, and Bernice Labus represented Winnebago County.

Joan and Rosemary visit with Marilyn Holmes.



**50-Year Members Recognized at the HCE Picnic (August 9, 2021):**

Gloria Larsen



Belvia Faust



**2021 HCE Picnic (Spring Banquet): August 9, 2021**

Sue Soule,  
Joan Bestler,  
Kathy Wuest,  
Belvia Faust,  
Sue Berg, and



Rosemary Pionke

show up early to set the  
Winnebago County HCE Picnic  
on August 9, 2021  
at the Town of Clayton Park.



Our cake...mmmmm!



Carol Kaufmann introduced us to her granddaughter Evelyn, one of the 2020 scholarship winners.

Micah Sommersmith presented his program, "Accordion Around The World."  
It was outstanding!



About 24 people attended the event.  
It was good to see all of our HCE ladies and the gentlemen, too.



## Sun Protection Tips for Older Adults

*Originally published July 2021 by the Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july\\_newsletter\\_2021.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july_newsletter_2021.pdf)*

As summer approaches [or as it winds down, or as we travel to warmer climates this winter], it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not all old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.



\*For more information, visit:

[www.skincancer.org/blog/photoaging-what-you-need-to-know/](http://www.skincancer.org/blog/photoaging-what-you-need-to-know/) and [www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm](http://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm)



## Eight Ways to Wellness Social Well-Being

### SOCIAL - developing a sense of connection, belonging, and a well-developed support system

- Make a list of supportive family, friends, co-workers, and peers.
- Make at least one connection each day by calling, e-mailing, or visiting someone.
- Join a club, social group, or volunteer group.
- Get involved in a support group.



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Source: <https://store.samhsa.gov/product/SAMHSA-s-Wellness-Initiative-Wellness-Community-Power-Point-Presentation/sma16-4955>



## Eight Ways to Wellness Emotional Well-Being

### EMOTIONAL—coping effectively with life and creating satisfying relationships

- Be aware of your feelings.
- Express your feelings to people you trust.
- Seek support with upsetting emotions.
- Learn your strengths and things you want to improve.



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## Eight Ways to Wellness

### Spiritual Well-Being

#### **SPIRITUAL**—expanding your sense of purpose and meaning in life

- Make time for practices that enhance your sense of connection to self, nature, and others.
- Discover what values, principles, and beliefs are most important to you.
- Find a community whose spiritual outlook you share.
- Help others when they are in need.



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## Eight Ways to Wellness

### Intellectual Well-Being

#### **INTELLECTUAL**—recognizing creative abilities and finding ways to expand knowledge and skills

- See what kind of skills training might be available at the public library.
- Find a book or book series that interests you.
- Explore public events in your community.
- Befriend people who can stimulate your mind.



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# Eight Ways to Wellness

## Physical Well-Being

### PHYSICAL—recognizing the need for physical activity, diet, sleep, and nutrition

- Stay active; take the stairs instead of the elevator.
- Make healthy food choices.
- Get enough sleep.
- See your primary care doctor regularly.



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# Eight Ways to Wellness

## Environmental Well-Being

### ENVIRONMENTAL—achieving good health by occupying pleasant, stimulating environments that support well-being

- De-clutter, donate, and recycle things you don't need.
- Appreciate nature.
- Seek out calming experiences.



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## Eight Ways to Wellness Financial Well-Being

### FINANCIAL—finding satisfaction with current and future financial situations

- Be creative about budgeting and spending.
- Meet with someone who specializes in helping people with their finances at no or low cost.
- Explore ways to save for your future, from a piggy bank to a savings account.



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## Eight Ways to Wellness Occupational Well-Being

### OCCUPATIONAL—getting personal satisfaction and enrichment from one's work and hobbies

- Explore career or volunteer opportunities in an area you are passionate about.
- Consider taking breaks.
- Learn from mistakes-everyone makes them.
- Communicate with others regularly; get support when needed.



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# COMPASSIONATE CARE IN CRISIS

Tips for caring for others & ourselves during COVID-19

## TOPIC

### How to rest

How you rest is just as important as deciding to take a break. During the pandemic and remote work, our normal go-tos are not as easily accessible. Creativity and mindful planning will support critical restoration. You will come back stronger, more patient and able to meet the demands of your life.

## HAVE YOU CONSIDERED....

- ✔ Many people lament that work can pile up while taking a break. That can be true, however you will be **more resilient and able to effectively manage your work** with rest.
- ✔ Asking yourself, **"what kind of break do I need?"** Do you most need a mental break (unplugging from email or spending time in nature), emotional break (unplugging from the news or social media), physical break (taking a nap), or all three (a vacation)?
- ✔ Asking yourself what you need and spending time **brainstorming how you can achieve rest.**
- ✔ **Communicating clearly** what you have decided. Being transparent allows you to fully unplug and hopefully encourages others to do the same.

**Remember:** "It takes courage to say yes to rest and play in a culture where exhaustion is seen as a status symbol." –Brené Brown.



# COMPASSIONATE CARE IN CRISIS

TRAUMA  
INFORMED  
Roadmap  
Learn. Navigate. Change.

Tips for caring for others & ourselves during COVID-19

## TOPIC

### Go out of your way to be kind

Kindness comes in many forms. Collaboration is kindness. Forgiveness is kindness. Flexibility is kindness. Acknowledging others' struggles is kindness. Checking in is kindness. Patience is kindness.

## THINGS TO CONSIDER...

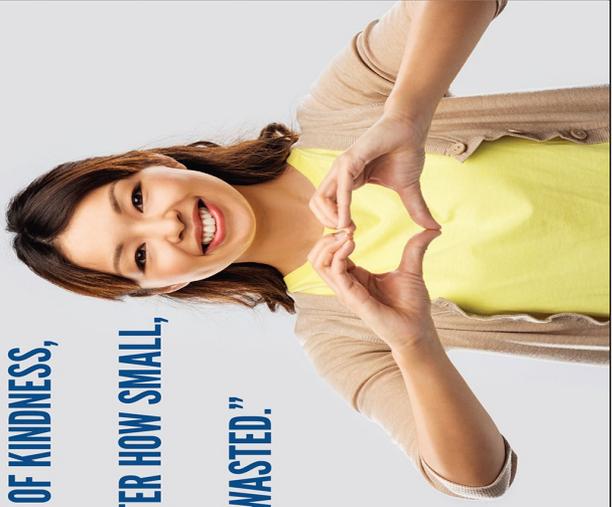
- ✔ Even small acts of kindness can make a big difference in someone's day. Write a note of encouragement, offer to take on an extra task when you have a free moment, deliver lunch to a coworker, recommend a great movie, book, or recipe, mow a neighbor's lawn, call someone "just because," or take a physically-distanced walk with a friend.
- ✔ Give people the room to feel what they are feeling. Take a moment before you react. Think about what to offer. Maybe they just need a listening ear, maybe offer to brainstorm a solution together, or maybe what's needed is to rethink a system that isn't working well.
- ✔ Save others from using extra brain power and experiencing unnecessary frustrations. Share solutions to problems, for instance, best practices for new policies or technology issues.
- ✔ Check in with others. Take an extra moment to ask someone how they are really doing.

**"NO ACT OF KINDNESS,**

**NO MATTER HOW SMALL,**

**IS EVER WASTED."**

**-AESOP**



## Weekly Wellness Moments: Self-Talk

*Originally shared June 8, 2021 by Mandi Dornfeld*

### ***Self-Talk***

Would you talk to someone you love the way you talk to yourself? For most of us, the answer is a definite NO. The way we talk to ourselves has a **direct and lasting impact** (<https://www.npr.org/sections/health-shots/2014/10/07/353292408/why-saying-is-believing-the-science-of-self-talk>) on how we relate to the world and our overall well-being. In fact, research shows that the most important relationship is the one we have with ourselves. It makes perfect sense for us to take some time to take care of (and challenge) the voice in our head.

### ***Ask yourself:***

- What are three of my strengths; write them down and post them somewhere.
- How can I be less critical of myself?
- Would I speak to someone else this way? Would I say this out loud?

### ***Changes to consider:***

- Start a mindfulness practice.
- Challenge the truthfulness of your thoughts.
- If you recognize something you want to change, make a plan to build skills in that area.
- Liking who you are is not arrogant, it's the first step to a healthy and full life. Additionally, you will encourage others to do the same.



## Weekly Wellness Moments: Gratitude

*Originally shared June 21, 2021 by Mandi Dornfeld*

Gratitude is an easy and powerful way to rewire your brain towards the positive. The science is so empowering and hopeful ([https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_you\\_and\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)) around this topic. Are you integrating the practice into your daily life? If not, I challenge you to give it a try. Here are some ideas to spark your start:

- 2 before 10—every day, before 10AM, send gratitude to anyone that you are feeling grateful for. The method of sending this out does not matter.
- Write down 10 things per day that you are grateful for, keep a journal.
- Write for 3—5 minutes per day about what you are grateful for.

Are you struggling to find anything to be thankful for in this period of your life? That is when it is even MORE critical for you to engage in this practice. Give yourself 60—90 seconds to recall a positive experience at any time of your life (even childhood). Recall the people, places, or circumstances that created the positive experience. Use that to record your gratitude.

As always, reach out to me with questions, comments or suggestions



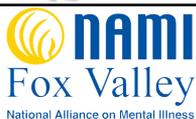


### **Beaming Inc.: Riding in the Moment**

*Originally published July 2021 by the Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july\\_newsletter\\_2021.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july_newsletter_2021.pdf)*

Beaming Inc. 'Riding in the Moment' is an adaptative equine program to enhance the quality of life for people with dementia, and other forms of memory loss. UW-Madison has partnered with BEAMING Inc. which is a non-profit organization in Neenah, that offers equine-assisted experiences for individuals with special needs and community members. Participants are provided a safe, supportive and dynamic environment where they can ride, groom and pet the horses as well as engage with staff, volunteers and other participants in the experiential ranch setting. If you are interested in participating in this 8-week program, contact Katie Samuelson, BEAMING Inc. Center Director at 920-851-6160 or [incbeaming@gmail.com](mailto:incbeaming@gmail.com).





be kind.

## NAMI Upcoming Virtual Peer-to-Peer Education Courses

*Originally published September 16, 2021 by NAMI Fox Valley*

Peer-to-Peer is a free, 8-session class for any adult individual living with a mental health condition. The program offers a relaxed, trusting, and safe environment for participants to learn about mental illness, strategies for self-care, healthy relationships, and positive coping skills. This structured course is taught by a team of trained instructors who are successfully managing their own mental health conditions.

Space is limited and registration is required. Once your registration is confirmed, the only things you'll need are a binder of materials that we will provide at no charge and an internet-connected computer, tablet, or mobile device to enter into the virtual classroom!

Upcoming Virtual Peer-to-Peer:  
Thursdays, September 30—November 18, 2021  
6:00—8:00 PM  
Held via Zoom

For more information, visit <https://www.namifoxvalley.org/p2p/>  
Or contact Vicki Rivera, Peer Program Coordinator, at (920) 740-4565  
or [yicki@namifoxvalley.org](mailto:yicki@namifoxvalley.org)

## NAMI Support Group Spotlight

*Originally published September 16, 2021 by NAMI Fox Valley*

**Parent & Caregiver Support Group:** NAMI Fox Valley offers an online support group open specifically for *parents/caregivers* of school-aged children living with mental health challenges.

**Teen Support Group:** NAMI Fox Valley offers an online support group open to *high school students* (ages 14-18) where teens can connect with other teens, learn from each other's experiences, share coping skills, and offer understanding and encouragement in a non-judgmental atmosphere. Parent/guardian permission is required.

For more information, visit <https://www.namifoxvalley.org/online-support-groups/>

## **Fire Safety**

Originally published September 2021 by the Oshkosh/Winnebago County Housing Authority  
<http://www.ohawcha.org/wp-content/uploads/2021/08/September-2021-newsletter.pdf>

### ***Home Fire Safety Checklist***

#### **Cooking Safely**

- ◇ “Keep an eye on what you fry.” Stay in the kitchen when frying, grilling, or using an open flame.

#### **Fireplaces, Space Heaters, Baseboards, etc.**

- ◇ “3 feet from the heat.” Furniture, curtains, dish towels, and anything that could catch fire are at least 3 feet from any type of heat source.

#### **Smoking Safety**

- ◇ Never smoke in bed.

#### **Electrical and Appliance Safety**

- ◇ Large and small appliances are plugged directly into wall outlets.

#### **Children Playing**

- ◇ Matches and lighters are locked away.

#### **Smoke Alarms**

- ◇ Make sure you have working smoke alarms. Different types of smoke alarms, ionization and photoelectric, detect fire in different ways. Experts recommend having both types in your home.
- ◇ Change smoke alarm batteries every year, unless it has a long-life battery.
- ◇ Replace smoke alarms every 10 years.
- ◇ A combination of working smoke alarms and fire sprinklers decreases the risk of dying in a home fire.

### ***Home Fire Escape Plan***

At least twice a year, use your home fire escape plan to practice your 2-minute drill with all your family members. Practice makes perfect!

After each fire drill, mark down our escape time.

#### ***Practice Your 2-Minute Drill***

Make sure everyone can escape in 2 minutes or less.

## Lifeline Cell Phone Program

Originally published September 2021 by the Oshkosh/Winnebago County Housing Authority  
<http://www.ohawcha.org/wp-content/uploads/2021/08/September-2021-newsletter.pdf>

Lifeline is intended to help individuals experiencing financial hardship stay connected to family members, schools, and childcare providers, as well as be reachable to potential employers and have a means of communicating in case of an emergency. The valuable service that Lifeline provides is designed to be a bridge for those striving for self-sufficiency.

### Receive a Free Phone and CURRENTLY PROVIDING:

- Unlimited Voice Minutes each month
- Unlimited Texts Every Month
- Free Smartphone (WiFi & Data Compatible)
- Unlimited Free Data for Internet Usage
- Voicemail/Caller ID/3-way Calling
- Nationwide Coverage on America's Best Networks

### **How Do I Qualify for the Lifeline Program?**

*Actual requirements vary by state, but in general to qualify for Lifeline, subscribers must either have an income that is at or below 135% of the federal Poverty Guidelines, or participate in one of the following assistance programs:*

- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Health Benefit Coverage under Child Health Plan (Federal CHIP)
- 135% of Federal Poverty Guidelines

### **What do I need to bring for the Lifeline Program?**

- Qualification proof of an above-mentioned program
- Approval Letter
- Statement of Benefits
- Proof of income if applying via Federal Poverty Guidelines
- Proof of identification
- Unexpired State or Federally issued ID
- Birth Certificate
- Social Security Card
- Proof of Address
- Mortgage Statement or Lease (First page and signature page)
- Addressed envelope with postage

Services to the public will be offered at Forward Service Corporation on the following dates/times. During this time, clients will also have the opportunity to apply for the FSET program:

Oshkosh Office: 2201 Oregon St., Oshkosh—Tuesdays 10:15am—12:00pm

Menasha Office: 1050 Midway Rd., Menasha—Thursdays 10:00am—12:00pm

Contact: Theresa Corcoran at (920) 573-5900 for more information.

## **Elderberries: Beautiful to Look at, Not for Canning**

Originally published July/August 2021 by University of Missouri Extension  
<https://extension.missouri.edu/hes141>

Although elderberry plants are beautiful, recent variety tests have indicated that elderberries are **low in acid** and **cannot be safely preserved using standard home-canning recommendations for fruits or berries**.

Researchers investigated various varietal characteristics of 12 different genotypes of elderberry (*Sambucus* spp.) grown in Oregon and Missouri. Over 400 samples were analyzed (n=429) for characteristics such as fruit pH, soluble solids, and titratable acidity, and research was published in *Acta Horti* ([www.ncbi.nlm.nih.gov/pmc/articles/PMC4859753/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4859753/)) in January of 2015. **The average pH of the fruit was 4.92** across all varieties and samples, with a range of 4.73 to 5.19. Assuming someone uses a research-tested recipe, **the maximum pH for safe canning of fruits and fruit products is 4.60**. This means that elderberries are low in acid and cannot be safely made into syrup or the berries canned using Extension-recommended recipes. **The one exception** is the canning of elderberry jam or jelly **as long as you weigh ingredients and follow these special precautions**:

- **For jam**, the **weight** ratio of elderberry pulp to sugar must be **no more than**:  $\text{weight of fruit} / \text{weight of sugar} = 47/55 = 0.85$ . **For every 16 ounces (1 pound) of fruit pulp for Jam, your recipe must include at least 18.9 ounces, by weight, of sugar**. It is not acceptable to use dry measure cups or assume that a 1-cup measure of fruit or sugar weighs 8-ounces, it will not. You must weigh ingredients.
- **For Jelly**, the weight ratio of elderberry juice to sugar must be **no more than**:  $\text{weight of fruit juice} / \text{weight of sugar} = 45/55 = 0.82$ . **For every 16 ounces (1 pound) of fruit juice for Jelly, your recipe must include at least 19.5 ounces, by weight, of sugar**. A lower ratio is acceptable; this means that you are adding **more than the minimum amount of sugar** and that is great for safety.
- **Lemon juice** added in some jam and jelly recipes is to help pectin form a gel; it cannot be relied on to provide a pH low enough to prevent botulism but is essential for a quality product. Besides fruit/juice and sugar, add lemon juice and pectin if you are making elderberry jam or jelly.

- Do **not** use honey as a sugar source.
- Do **not** use low-sugar or no-sugar added pectin or vary these weight proportions of fruit/juice to sugar, an unsafe product may result.

**What about adapting recipes for canning berries by adding acid, or perhaps pressure canning?** Extension-recommended recipes rely on laboratory research to ensure that recommendations produce products that are safe and of high quality. There are no research studies that have been conducted to indicate **how much acid, or what kind**, would be needed to safely can elderberry products using a boiling water or an atmospheric steam canner. Likewise, pressure canning methods have not been tested for elderberry products that would ensure a safe result (with or without added acid). If you wish to preserve **elderberry fruit or juice**, **Extension recommends freezing as a safe alternative**. Once thawed, the fruit or juice should be stored in the refrigerator and used within a few weeks.

Source: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4859753/\(opens in new window\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4859753/(opens%20in%20new%20window))

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## Save Herbs for Cooler Seasons

*Originally published July/August 2021 by University of Missouri Extension  
<https://extension.missouri.edu/hes141>*

Fresh herbs add flavor and presentation to different dishes during the summertime. Carry those great flavors past the lifespan of your plants by drying your excess herbs. Harvest the herbs in the early morning when they are at their maximum flavor, and prepare them by rinsing with cool water, and shaking off the excess moisture. Herbs can be dried in different ways:

- **Dehydrator** — The best practice to dehydrate herbs is with controlled temperature and air circulation. Preheat dehydrator to between 95- and 115-degrees Fahrenheit. Place herbs in a single layer on dehydrator trays and dry between 1 to 4 hours. Be sure to read the dehydrator instruction manual.
- **Air Drying** — To air dry, tie sturdy herbs like rosemary, thyme, parsley, and sage together into small bundles and hang them to air dry. Tender leaf herbs (such as basil, oregano, and mint) should be hung inside paper bags to dry due to higher moisture content since they can mold easier. Tear holes in the sides of the bag, suspend the bunch in middle, and close the top with a rubber band.
- **Microwave drying** — only use to dry 1 to 2 cups of herbs at a time. Herbs should be single layered in between two paper towels and dried for 1 to 4 minutes depending on the wattage of the microwave. Check every 30 seconds to prevent scorching.

Herbs are dry when leaves are crispy and crumble easily between the fingers. Store whole or crumpled herbs in an airtight container. They are good for up to 3 months in the cupboard and up to 1 year in the refrigerator or freezer. When substituting dried herbs for fresh herbs in recipes, use  $\frac{1}{4}$  to  $\frac{1}{3}$  of the listed amount.

Source: National Center for Home Food Preservation. 2014. “Drying.”  
<https://nchfp.uga.edu/how/dry/herbs.html>



## Dill Pickle Pasta Salad

Originally published July 2021 by the Winnebago County Aging & Disability Resource Center  
[https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july\\_newsletter\\_2021.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/july_newsletter_2021.pdf)

Recipe from <https://www.spendwithpennies.com/dill-pickle-pasta-salad/>

### Ingredients

- 1/2 pound dry shell pasta (about 3 cups)
- 3/4 cup pickles, sliced
- 2/3 cup cheddar cheese, diced
- 3 tablespoons white onion, finely diced
- 2 tablespoons fresh dill
- 1/2 cup pickle juice

### Dressing

- 2/3 cup mayonnaise
- 1/3 cup sour cream
- 1/8 teaspoon cayenne pepper
- 4 tablespoons pickle juice
- Salt & pepper, to taste



### Instructions

- 1) Boil pasta al dente according to package directions. Run under cold water to stop cooking.
- 2) Toss cold pasta with about 1/2 cup of pickle juice and set aside for about 5 minutes. Drain and discard pickle juice.
- 3) Combine all dressing ingredients in a small bowl and mix well.
- 4) Toss all ingredients in a large bowl. Refrigerate for at least 1 hour before serving.

Enjoy

## Extension Winnebago County Office

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OPEN

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