

August/September 2023



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## President's Letter

HCE Members,

I am still waiting for the much needed rain to fall in Fisk. Rain seems to be going around us.

At our July 10<sup>th</sup> meeting we learned that Katie Jaegly was recently hired as the Health & Well-Being Educator for Extension Winnebago County. She is willing to do lessons for anything related to her area of training. Welcome aboard Katie!

September 18<sup>th</sup>-20<sup>th</sup> is the WAHCE Conference at the Wintergreen Conf. Center in Lake Delton. Gillingham Club has offered to fill a “shoebox” with sewing items for the state Nicaragua Project. Thank you Gillingham!

October 9<sup>th</sup> is our Annual Meeting at the JPCC. Please join us at noon for a potluck, business meeting to follow, and presentation on the Orphan Train by Sandy Toland from the Oshkosh Public Library after the meeting. Joan Bestler would like to retire from the Treasurer position. Please consider taking the role. We have the Secretary and Vice-President positions open for election this year. Term of office is 2 years. I hope to see everyone October 9<sup>th</sup> for the Annual Meeting.

On October 16<sup>th</sup> at 10:00am, we are volunteering again to serve a meal with Double Portion at the St. Thomas Episcopal Church in Menasha. The meal will include chili, crackers, lettuce salad, fruit, and dessert for about 65-70 people. We need to have 6-7 people on-site to assist with serving, set-up, and clean-up. We also need people to make the chili. If you can help, please call Sue Soule at 920-558-4025.

P.S.—We are missing an oval ecru tablecloth from Spring Banquet. Please check your linens.

Your President,  
Sue Berg

### HCE Dates to Remember

August 15 <sup>th</sup>	State Conference Registrations Due
September 15 <sup>th</sup>	Submissions Due for Oct/Nov HCE Newsletter
September 18 <sup>th</sup> —20 <sup>th</sup>	WAHCE Conference—Lake Delton, WI
October 9 <sup>th</sup>	HCE Annual Meeting
October 31 <sup>st</sup>	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</li> </ul>
	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 from Amy

Hello everyone!

Our office is fully staffed! Katie Jaegly joined Extension Winnebago County as our Health & Well-Being Educator (see intro on next page). Stephanie Bowers joined the team as our Regional Dairy Educator (see intro on page 4). She is serving Winnebago, Outagamie, Shawano, and Oconto counties and will primarily be located in the Outagamie office. Please feel free to introduce yourself and welcome Katie and Stephanie!

Summer programming and fall planning continue in the Extension Winnebago County office. We have more upcoming programs and events than can fit in this newsletter, so sign up for our monthly office newsletter or check out our website for more info (<https://winnebago.extension.wisc.edu/>). If you're active on Facebook, send a friend request to **J.P. Coughlin (Center)** to start following our pages to see more educational content and upcoming programming/events! If you need help with this, call or visit the office anytime during business hours.

I'm enjoying the fleeting summer weather and looking forward to Fall!

**Meet Katie Jaegly**  
**Extension Winnebago County Health & Well-Being Educator**

Hello, all!

It is a pleasure to connect with you. As the new HWB educator, my work focuses on healthy eating, active living, and behavioral health in Winnebago County. I am currently training to provide courses on food preservation, mental health, well-being, and stress management, which I hope to share with you soon. In the meantime, please do not hesitate to reach out if there is anything I can do to support your work! I am available at [katie.jaegly@wisc.edu](mailto:katie.jaegly@wisc.edu) or 920-232-1979.

Here is a little background info about me. I have 3+ years of experience in healthy eating and active living, with a focus on community-based public health theory and practice. While I am originally from Toledo, Ohio, I look forward to exploring the area, networking with community partners, and creating equitable and accessible programs that promote health and well-being in Winnebago County. Fun facts:

- *Home:* Toledo, Ohio
- *Education:* Master of Public Health, Kent State University (2021); Bachelor of Science in Public Health, Kent State University (2020); Certified Health Education Specialist (NCHEC, 2022)
- *Hobbies:* Cross-Stitch, Cooking, Reading, Exploring the area
- *Favorites:* Tea (Earl Grey), Plants, Emerald Green, Dogs (Corgi), Koalas
- *Fun Facts:* I collect Starbucks cups and stickers. I can crochet. While I want to go to Switzerland, I've never been out of the country. I'd never been to Oshkosh, let alone Wisconsin, before applying for this position. I have unhealthy obsessions with golf carts and heeled shoes. My Starbucks order is either a London Fog or an iced matcha tea latte.
- *Dislikes:* Roundabouts, The Color Orange, Spiders, Heights
- *Goals for This Position:* Explore, Network, Connect, Grow, Learn



**Meet Stephanie Bowers**  
**Extension Regional Dairy Educator**

We're excited to welcome Stephanie Bowers as our new Regional Dairy Educator. Stephanie will be serving Winnebago, Outagamie, Shawano, and Oconto counties. Stephanie was born and raised on a dairy farm in Upstate New York. She earned her Bachelor's Degree in Animal Science / Dairy Farm Management at the University of Vermont, and her Master's Degree in Ruminant Nutrition at the University of Illinois at Urbana-Champaign. She moved to Wisconsin in 2008 and worked with a leading dairy nutrition consultancy for five years, then built a nonprofit from the ground up. She is also a graduate of the Young Dairy Leaders Institute Class VII.

She resides on a dairy farm in Wrightstown with her husband Jeff and two amazing boys. For fun and family adventure, they operate Goats on the Go-Green Bay®, a targeted grazing operation using goats (and sheep) to manage invasive species and nuisance vegetation. They're also actively involved with Wrightstown 4-H.

Please reach out to Stephanie with any dairy questions or just to say welcome. She'd love to hear from you!

Stephanie Bowers

[stephanie.bowers@wisc.edu](mailto:stephanie.bowers@wisc.edu)





**HCE Member Activities:**

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

**HCE Business Meeting: April 10, 2023**

*HCE members attended the business meeting and a brief presentation by Tara Zochert from UW Credit Union.*





**HCE Spring Banquet: May 11, 2023**

*HCE members and guests attended the Spring Banquet and enjoyed a presentation by Chris Kniep.*



**Friendship Club Meeting: June 2023**

*Friendship Club visits a peony farm in Beaver Dam and Rosendale Peony park for their June meeting.*



## HCE County Business Meeting Minutes: July 10, 2023

*Submitted by Sue Soule*

The meeting was called to order at 1:00pm by President Sue Berg followed by the Pledge of Allegiance, Homemakers Creed, and roll call. There were 5 members present including 4 officers and our new advisor Katie Jaegly.

There were no corrections or additions in the April minutes. They were accepted as read.

Joan our Treasurer went over the reports. We made \$211.00 at the auction we had at the Spring Banquet. Joan received a lot of positive remarks from those that attended. Sue made a motion to accept and was seconded by Bernice. Motion carried.

It was decided we will volunteer in October again at Double Portion. We will be making Chili.

### **COMMITTEE'S:**

- Cultural Arts – Rosemary was absent.
- International – Darr was absent.
- Scholarship – Bernice is the only chairperson on the Scholarship committee. We need two more people.
- Stitches of Love – Lynn was absent.
- President Sue said she has been trying to get a hold of the lady from the Oshkosh Library about speaking to our group with little success. She will keep trying.

We planned the Annual Meeting, which is October 9<sup>th</sup>. We are asking all those attending to please bring a dish to pass. We will have a potluck, meeting, and special speaker. Please consider attending. We need your support, and we value your input.

Katie our new advisor shared her duties and she will be focusing on nutrition, working with children, helping them to make better choices, mental and stress management, exercise. Katie will make up a display of good nutrition for our Annual Meeting.



Kathy suggested we have a police officer speak to us about scams next year.

Bernice shared at the Oshkosh Library on Aug 1<sup>st</sup> at 6:00pm there will be a talk on the Yellowstone Trail. If you are interested check it out and mark it on your calendars.

Meeting was adjourned at 2:15pm followed by the Homemakers Prayer.

Respectfully Submitted  
Secretary Sue Soule



## Connecting Community through Food

Originally published January 2023 by Winnebago County Aging & Disability Resource Center  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/02-2023.pdf>



Food often reflects our likes and dislikes, our cultures and ethnicities, and what our family or friends eat. By sharing food with others, we connect as humans and learn more about one another's lived experiences and identities. The sharing of food provides us greater opportunities to hold space for all to explore and share at the table. Join us the 1<sup>st</sup> Tuesday of each month to learn more about different cultures, values, and traditions by trying cuisines that you're unfamiliar with.

### **FOOD + DIVERSITY + COMMUNITY**

**September 5, 2023 (Dish TBA)**

**11:00am—12:30pm**

Downtown Oshkosh YMCA—Teaching Kitchen (324 Washington Ave.)

### **FREE and OPEN TO ALL!**

You do not need to be a member of the YMCA to join this FREE event. Stop in any time to sample a home-cooked dish from a different country.

### **Pre-registration is required.**

Sign up by Monday by calling 920-236-3380.

Join us to learn about and taste authentic recipes from different cultures. Come with an appetite and an open mind, and leave educated and with a new cultural recipe!

Interested in sharing your culture's cooking with your community? Please contact Nicole Davis-Dawald, ADRC Program Supervisor at 920-236-4668.

Interested in eating free delicious food? Come check this out!

### Connection Care: “Just for Me” Series

Originally published January 2023 by United Way Fox Cities Community Council  
<https://files.constantcontact.com/1519a248001/c03bbd17-70ab-4840-8995-3ef82c3507ad.pdf>

#### WHAT?

A monthly (virtual) offering to invest in your own healing and well-being. Karen Iverson-Riggers and Lynn McLaughlin, with Ebb & Flow Connections Cooperative, will lead the monthly sessions.

#### WHY?

Because remaining in a state of languishing and burnout is unsustainable, and we care about you and your well-being.

#### WHEN?

Monthly, on the 3<sup>rd</sup> Thursday, on Zoom

#### TWO OPTIONS:

7:30am—8:30am  
 or  
 11:30am—12:30pm

**Zoom link:** <https://us06web.zoom.us/j/96147135643?pwd=REk4NjA2M01yS1lLVtloVXBXMkd1Zz09>

Meeting ID: 961 4713 5643

Passcode: 791803

### **August 17—Both/And**

Break the binary! Our brains are conditioned to work in either/or and try to put things into boxes. This has served us as a survival instinct, but doesn't work well for most of our human experience. Come explore the practice of both/and in processing our experiences and honoring emotion.

### **September 28—Mistake Making**

Find the power in the vulnerability of mistakes! Our value does not come from being perfect. When we embrace our raw humanness and share vulnerably with others, we learn how to embrace mistakes and find courage to take risks.

**October 26—Healthy Boundaries**

We often hear about the importance of setting boundaries as a way of practicing self-care, but what about emotional boundaries? How do you intentionally create space for awareness of your emotions as well as recognizing how your body reacts to the emotions of others? This exploration of boundaries allows for individual awareness and intention.

**November 16—Supporting Others**

Brene Brown said “We cannot be more connected to others than we are to ourselves.” Over the past year, we’ve explored deepening connection within ourselves. Learn how this connection serves us in supporting others to connect within themselves.

**December 21—Connection is Prevention**

Connection within ourselves to hear our own voice can be life saving. Deep connection where we feel seen and heard is empowering and revitalizing. Connection is prevention, and continuing practice.





# WALK TO END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION™

Save the Dates:

Oshkosh Walk is on Saturday,  
September 23rd at the Lakeshore  
Park Pavilion

Fox Cities Walk is on Sunday,  
October 8th at the Fox Cities Stadium  
in Appleton

Walk details found on [alz.org](https://www.alz.org)

## Rebuilding Together Hosts: Finding Balance

Originally published August 2023 by United Way Fox Cities Community Council

# JOIN US

FOR THIS FREE  
FALL PREVENTION  
COMMUNITY CONVERSATION

## FALLS PREVENTION AWARENESS WEEK: FROM AWARENESS TO ACTION

**Wednesday, September 27, 2023**

**9:00am—10:30am**

**Oak Park Place (2205 Midway Rd., Menasha)**

### **Finding Balance**

*Keynote Speaker—Dr. David Schulz, ThedaCare Trauma Center Medical Director*

Dr. Schulz is a graduate of Rush University in Chicago and completed his surgery residency at Froedert/Medical College of Wisconsin in Milwaukee. Dr. Schultz understands first hand how traumatic falls can change a life in an instant and wants to help us plan to “age in place.”

### **Learn More with These Presentations:**

- Falls—Just How Big is the Problem?
- Tai Chi Benefits & Interactive Demonstration  
—*Calumet, Outagamie, Waupaca ADRC*
- Medication Management Strategies  
—*Morton LTC Pharmacy*
- Physical Therapist Tips & Interactive Demonstration  
—*Fox Rehabilitation*
- Laughter Yoga—Laughing Away the Stress  
—*Winnebago ADRC*
- Visit the Regional Resource Table

Please join us for this educational event that will make a difference in your life. Sponsored in part by Finding Balance Together and collaborating community partners.

### **Pre-Registration is Required.**

Quickly register online to reserve your space by visiting

<https://www.surveymonkey.com/r/>

[FALL PREVENTION WEEK REGISTRATION](https://www.surveymonkey.com/r/)





## **EMPOWERED CARE PARTNERS!**

### **Education for Individuals Caring for a Loved One with a Memory Disorder**

- Learn communication approaches and strategies
- Receive practical tips and information
- Problem-solve solutions for those tough situations
- Facilitated by a Licensed Clinical Social Worker who specializes in Memory Disorders

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**2<sup>ND</sup> AND 4<sup>TH</sup> TUESDAY OF EACH MONTH/1:30-3:00**

(8 SESSIONS: BEGINNING AUGUST 8, 2023)

**NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH**

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**Registration is required for this free series.** Contact Julie Feil, MSW, LCSW (920) 725-9373 ext. 6850 for more information and to register. Book and materials included.



I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

## There's a Powerful Tools for Caregivers workshop starting soon near you!

Mondays September 18<sup>th</sup> to October 23<sup>rd</sup> 2023

4:00pm-5:30pm

Oshkosh Public Library

106 Washington Avenue

To register and for more information

Contact: Alisa Richetti @ 920-236-1227

[arichetti@winnebagocountywi.gov](mailto:arichetti@winnebagocountywi.gov)

If you need for respite for your loved one to attend this workshop please contact Alisa

Registration deadline is September 15<sup>th</sup>



# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

## What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



**Report: One-Third of State Residents Struggle to Make Ends Meet**

*Originally published April 26, 2023 by Insight Publications*

[https://www.insightonbusiness.com/latestnews/report-one-third-of-state-residents-struggle-to-make-ends-meet/article\\_89a4ca22-e399-11ed-ad4f-3f265e9f9aa3.html](https://www.insightonbusiness.com/latestnews/report-one-third-of-state-residents-struggle-to-make-ends-meet/article_89a4ca22-e399-11ed-ad4f-3f265e9f9aa3.html)



United Way released its annual "ALICE" report that measures household income data and it found that in 2021, 34% of Wisconsin's 2.4 million households struggled to make ends meet.

ALICE are people who are Asset Limited, Income Constrained, Employed. According to United Way, they earn more than the Federal Poverty Level, but not enough to afford the basics where they live. United Way said that could force people to make choices between necessities such as food, health care and child care and decrease employment availability.

The New North region is largely ahead of state and national averages for the percentage of people who are considered ALICE, but there are places where incomes are not meeting living expenses for larger numbers of people.

The study looked at the costs of housing, utilities, child care, food, health care, transportation, and technology to conclude that for a family of four, an income of \$63,324 (after a child tax credit) would be required to meet those costs in Wisconsin. The study calculated the data for each county and by zip code. About 34% of WI residents are below the ALICE threshold. In the New North region, Brown, Marquette, Menominee, and Waushara counties had higher percentages of people below the Alice threshold than the state average. All other New North counties were at or above the state average.

“People in Wisconsin continue to work hard to make ends meet for their families, and far too many are struggling to make that a reality,” said United Way of Wisconsin President and CEO Charlene Mouille. “While the state of emergency has been lifted and pandemic assistance removed, the financial hardships of the COVID era remain a very real struggle—now and in the future—for over a third of Wisconsin households.”

In Wisconsin in 2021, Black households, young households, and single-parent households had the highest rates below the ALICE Threshold. White and Asian households, working-age households, and married-parent households had the lowest rates below the Threshold. Single parent households were most likely to be below the Alice Threshold.

**United Way shares the data to encourage organizations to plan responses and services for those in need in their communities. See the full report at <https://www.unitedwaywi.org/page/ALICE>**

## Financial Coaching

Financial Coaching is a unique approach for increasing individuals' financial capability, distinct from counseling, advising, or teaching. Our financial educators can help walk through ideas and options to create a budget, keep up with bills, pay down debt, plan for big expenses, and other personal finances topics — totally free of charge. Several of our financial educators are available to talk with anyone in Wisconsin.

For information on Financial Coaching Strategies, visit <https://fyi.extension.wisc.edu/financialcoaching/>

### **Want to meet with a financial coach?**

For Winnebago County/Eastern Wisconsin, contact:  
Todd Wenzel at [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu) or 920-232-1973

For other counties/areas in Wisconsin, visit:  
<https://finances.extension.wisc.edu/people/contact-a-uw-madison-division-of-extension-financial-educator/>

### **Interested in improving your own finances?**

Looking for general information about budgeting, credit, health insurance, and other personal money management topics? Be sure to check out the Extension Money Matters website at <https://fyi.extension.wisc.edu/moneymatters/>

Curious what your local Extension office offers? Check out the statewide map at <https://counties.extension.wisc.edu/> to get in touch with your local Extension office to find out what types of educational programming they are able to provide.



## 2023 WAHCE Annual Business Meeting and Conference Tours

Tours will be **Monday September 18, 2023.**

All tours will leave the hotel at 12:00 noon and return by 4:00pm. Tours will be transferable but not refundable. **If a tour is cancelled, guests will receive their next choice.**



**Tour # 1: Wisconsin Dells Ducks and Bowman House**  
~~— Cost \$30 — Maximum: 22 —~~ **TOUR FULL**

**Tour # 2: Upham Woods -- Cost \$35 – Maximum: 36**

Take a ride to Upham Woods, the Wisconsin State 4-H camp. Upham Woods was founded in 1940's by Ranger Mack. The camp offers outdoor education to 4-H youth and school groups for 80+ years. A tour of the new Education Center and a visit by a local turkey vulture will complete the afternoon.

**Tour # 3: Wollersheim Winery -- Cost \$50 -- Minimum: 40; Maximum: 55**

There will be a 45-minute presentation tasting 3 wines, a cocktail, and a snack plate. The guide will discuss the history of the property, ways to appreciate the wine, and share a short video.

**Tour # 4: International Crane Foundation -- Cost \$40 – Maximum: 55**

Visitors to the Crane Foundation may enjoy learning about the world's cranes – It is the only place in the world with all 15 species – taking a hike on the nature trails or browse nature-themed items from around the world in their gift shop. People can use wheelchairs on the walking path. *The Foundation has a few wheelchairs and mobility scooters, if requested in advance.*

### **Back at the Hotel:**

**Tour # 5: Aqua Fit (Wintergreen Hotel Pool) – Cost \$15**

**2:00 - 2:45PM – Minimum: 10; Maximum: 25**

Whether you're in an exercise rut or need a workout that doesn't hurt your knees and hips, water aerobics can add some spice and splash to your fitness routine. This water fitness class is designed to give participants an all-around great workout in a fun and safe environment. Not sure if water aerobics is right for you? Aqua Fit can be an excellent introductory class for exercisers of all skill levels. Your hair will only get wet if you want that to happen.

**Tour # 6: Paint a Penguin on a Gourd (Room TBD) – Cost: \$25**

**2:00 – 4:00 PM – Limit: 20 students**

Make a penguin out of a gourd using paint, spackling, and a gourd. You can bring any small toy ornament or jewelry to glue on to your scene. The instructor will supply: gourds, bases, Fun Foam, patterns for fins, paints, ice cubes, spackling, palette knives, brushes, glue, glitter, palettes, water tubs, and a stylus. The student can bring craft scissors and a pencil.

## 2023 WAHCE Conference Workshops

**\*\* Tuesday, September 19, 2023 \*\***

### **101 Annual Business Meeting “Starts at 8:00 AM”**

Reserved for: County President and WAHCE Board Members



#### **Session #1: 8:30 – 9:45 AM Session #1:**

- 102 Life of Frank Lloyd Wright
- 103 How to Care for Air Plants (\$15 fee paid to instructor)
- 104 Every Year for the Rest of Your Life Will be the Hottest
- 105 Badger Army Ammunition Plant
- 106 Sheep to Shawl

#### **Session #2: 10:15 – 11:30 AM**

- 201 How to Care for Air Plants (Repeat) (\$15 fee paid to instructor)
- ~~202 The Life & Heritage of the Cornish in SW Wisconsin - FULL~~
- 203 Geology & Natural History of WI Landscapes & Waterways
- 204 Wisconsin Bookworms
- 205 Chair Exercise for Active Aging
- 206 Education Program #1: Gratitude/Finding Joy

#### **Lunch: 12:00 PM**

#### **ACCW Triennial Conference to Malaysia Recap: 2:00 – 3:00 PM**

#### **Session #3: 3:30 - 4:45 PM**

- 301 Geology & Natural History of WI Landscapes & Waterways
- 302 Educational Program #2 – Living on a Fixed Income
- 303 Investing in Dreams – Helping Youth Get to College
- ~~304 Cooking with Modern Appliances - FULL~~
- 305 3D Ornaments (\$10 fee paid to instructor at class)
- 306 How to Make a T-Shirt Quilt

**\*\* Wednesday, September 20, 2023 \*\***

#### **Session #4: 8:30 – 9:45AM**

- 401 Cultural Arts
- ~~402 Funeral Planning - FULL~~
- 403 Want Funding? Write a Grant
- 404 Treasurer’s Workshop
- 405 Sheep to Shawl (Repeat)
- 406 How to Make a T-Shirt Quilt (Repeat)

#### **Session #5: 10:15 AM – 11:30 AM**

- 501 Get the Word Out – Writing Press Releases and Articles
- 502 International Program – “Orange the World”
- 503 Estate Planning
- 504 Heirlooms No One Wants
- 505 A New Era of Membership: Sharing Your Stories
- 506 How to Become an Intuitive/Mindful Eater





## 2023 WAHCE Conference Registration Information

### September 18-20, 2023

### Clarion Hotel & Suites and Wintergreen Conference Center

60 Gasser Road, Wisconsin Dells, WI

Make check payable to: WAHCE, Inc. Mail with registration form to:

Jane Grabarski, 996 Evergreen Avenue, Grand Marsh, WI 53936

E-mail [janegrabarski@gmail.com](mailto:janegrabarski@gmail.com) 608-547-2419 (c)

- Registration fee and tour fees are transferable, but not refundable. Only full conference or Tuesday registrations are accepted.
- WAHCE reserves the right to alter or cancel a class as necessary.
- There is a \$50 late fee after August 15.
- Extension Educators and County HCE Presidents are not required to pay the registration fee (which includes meals).

#### Registration Deadline: August 15, 2023

Registration Hours: Sunday, September 17.....	2:00 pm – 6:00 pm
Monday, September 18.....	8:30 am – 5:00 pm
Tuesday, September 19.....	7:00 am – 8:30 am

**Tours:** Six tours are scheduled. Please indicate your first (1), second (2), third (3), or fourth (4) choice. It is important that you indicate your tour preference choices. The maximum of 22 is for the Duck Ride and Bowman House. Maximum of 36 for Upham Woods. Minimum of 40 and a maximum of 55 for Wollersheim Winery and a maximum of 55 for the International Crane Foundation. If your first choice is cancelled, you will automatically be given your second choice. Include the tour fee for your first choice with your registration. If you need special bus accommodation, please indicate that on your registration form.

**Cultural Arts:** Items may be brought in Sunday (September 17) from 6:30 – 8:00 pm or Monday (September 18) from 8:00 am – 11:00 am. Judging will begin at 1:00 pm on Monday.



## 2023 WAHCE Conference Registration Information

September 18-20, 2023

Clarion Hotel & Suites and Wintergreen Conference Center

60 Gasser Road, Wisconsin Dells, WI

**New this year:** This form is available on the WAHCE website at [www.wahceinc.org/2023Conference](http://www.wahceinc.org/2023Conference) as a fillable PDF Form. Download the form, complete it, sign, enclose your money and send to Registrar Jane Grabarski.

Name: \_\_\_\_\_ Attach Mailing Label here →

County: \_\_\_\_\_ District: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Telephone (including area code): \_\_\_\_\_ E-mail address: \_\_\_\_\_

Officer or Committee Chair (circle one)  State  District  County  Specific Office held: \_\_\_\_\_

First Time Attendee?  Yes  No Special Dietary Needs: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Phone #: \_\_\_\_\_

*I grant the WAHCE, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of the WAHCE programs. PLEASE SIGN:* \_\_\_\_\_

Make check payable to **WAHCE, Inc.** and mail with registration form to Conference Registrar:

Jane Grabarski, 996 Evergreen Avenue, Grand Marsh, WI 53936. E-mail [janegrabarski@gmail.com](mailto:janegrabarski@gmail.com)

**Registration Deadline: August 15, 2023 – No Registrations Accepted after September 1, 2023**

### Workshops & Tours: Please number each section in order of preference 1, 2, 3, 4, 5, 6

#### September 18<sup>th</sup>, Monday Tours Noon to 4:00 PM

- \_\_\_\_ Tour #1 Dells-Ducks-and-Bowman-House—**TOUR FULL**
- \_\_\_\_ Tour #2 Upham Woods 4-H Camp 35.00
- \_\_\_\_ Tour #2 Wollersheim Winery 50.00
- \_\_\_\_ Tour #4 International Crane Foundation 40.00
- \_\_\_\_ **Need handicap access on bus**
- \_\_\_\_ Tour #5 Aqua-Fit (Hotel Pool) 15.00
- \_\_\_\_ Tour #6 Paint a Penguin Gourd (on-site) \$ 25.00

#### September 20<sup>th</sup>, Wednesday

##### Workshop Session #4: 8:30 – 9:45 AM

- \_\_\_\_ 401 Cultural Arts
- \_\_\_\_ 402-Funeral Planning—**CLASS FULL**
- \_\_\_\_ 403 Want Funding? Write a Grant
- \_\_\_\_ 404 Treasurer's Workshop
- \_\_\_\_ 405 Sheep to Shawl (Repeat)
- \_\_\_\_ 406 How to Make a T-Shirt Quilt (Repeat)

**September 19<sup>th</sup>, Tuesday****Workshops Session #1: 8:30 – 9:45 AM**

- \_\_\_ 101 WAHCE Annual Business Meeting (Note: 8:00 Start)
- \_\_\_ 102 Life of Frank Lloyd Wright
- \_\_\_ 103 How to Care for Air Plants (\$15 fee paid to instructor)
- \_\_\_ 104 Every Year for the Rest of Your Life Will be the Hottest
- \_\_\_ 105 Badger Army Ammunition Plant
- \_\_\_ 106 Sheep to Shawl

**Workshop Session #2: 10:15 – 11:30 AM**

- \_\_\_ 201 How to Care for Air Plants (Repeat) (\$15 fee to instructor)
- \_\_\_ 202 The Life & Heritage of the Cornish **CLASS FULL**
- \_\_\_ 203 Geology & Natural History of WI Landscapes & Waterways
- \_\_\_ 204 Wisconsin Bookworms
- \_\_\_ 205 Chair Exercise for Active Aging
- \_\_\_ 206 Education Program #1: Gratitude/Finding Joy

**2:00 PM ACWW Triennial Conference in Malaysia****Workshop Session #3: 3:30 – 4:45 PM**

- \_\_\_ 301 Geology & Natural History of WI (Repeat)
- \_\_\_ 302 Educational Program #2 – Living on a Fixed Income
- \_\_\_ 303 Investing in Dreams – Helping Youth Get to College
- \_\_\_ 304 Cooking with Modern Appliances **CLASS FULL**
- \_\_\_ 305 3D Ornaments (\$10 fee paid to instructor at class)
- \_\_\_ 306 How to Make a T-Shirt Quilt

**Workshop Session #5: 10:15 – 11:30 AM**

- \_\_\_ 501 Get the Word Out – Writing Press Releases and Articles
- \_\_\_ 502 International Program – "Orange the World"
- \_\_\_ 503 Estate Planning
- \_\_\_ 504 Hairfrooms No One Wants
- \_\_\_ 505 A New Era of Membership: Sharing Your Stories
- \_\_\_ 506 How to Become an Intuitive/Mindful Eater

**Full Conference Registration Fees:**

WAHCE Member or Spouse	\$	_____
Non-member	\$	_____
Extension or County HCE President	\$	FREE
<b>Late Fee (If sent after August 15)</b>	<b>\$</b>	<b>50.00</b>
<b>Tour Fee</b>	<b>\$</b>	_____

**TUESDAY only Registration Fee:**

Registration & Meals	\$	_____
<b>Total Enclosed:</b>	<b>\$</b>	_____

\*Craft class fees will be paid to instructor at start of class\*

**ALL REGISTRATION FEES ARE  
NOT REFUNDABLE, BUT TRANSFERRABLE**



**Business Meeting:** President Eileen Gottbeheat will preside at the WAHCE, Inc., Annual Business Meeting which is open to all conference attendees. Voting delegates (County Presidents and WAHCE Board members) are required to attend. All voting delegates will sit in assigned seating. This meeting begins at 8:00 am, (9/19).

**Workshops:** Indicate your first (1), second (2), third (3), fourth (4), and fifth (5) choice in each time period. Second, third, fourth and fifth choices are needed in case your first choice is filled. Omitting the second, third, fourth and fifth choice will not insure placement in your first choice.

**Education Program Workshops:** *Program #1 "Gratitude/Finding Joy"* (September 19, 10:15 – 11:30 am) and *Program #2 "Living on a Fixed Income"* (September 19, 3:30 – 4:45 pm). Every county should have their Vice President of Program or Vice President of Family and Community Life (or another county representative) attend these sessions. All are welcome.

**Meals:** The cost of the meal package is part of the registration fee and includes Monday night dinner, Tuesday breakfast, lunch and dinner, and Wednesday breakfast and lunch. Due to health restrictions, breakfasts are buffet style and all other meals plated. Please indicate any special meal requirements on the registration form.

**Room Reservations:** Call the conference hotel: Clarion Hotel & Suites and Wintergreen Conference Center, 60 Gasser Road, Wisconsin Dells, WI. Call 1-800-648-4765, press 1 to reserve and ask for the WAHCE Annual Conference Block. Room rates will vary from \$75 per night for a single, \$85 per night for a double, \$90 for a triple, and \$95 for a quad. A tax of 12.25% (subject to change) will be added until a tax exemption is provided. A credit card will hold your room and a 24-hour cancellation applies. Room types are double queens, double queens with a sofa, king with a pullout couch, king whirlpool with a pullout couch, and single kings. Room check-in time is 4:00 PM and check-out time is 11:00 AM. Deadline for room reservations is August 27<sup>th</sup>, 2023.

**Wisconsin Sales Tax Exemption:** Unless you are being reimbursed by your county HCE organization, you will be charged sales tax. Please ask your County President for the letter required by the hotel.

**Conference Chair:** Shirley Steinhorst, Chair at 1-608-477-0875 or [shirleysteinhorst@yahoo.com](mailto:shirleysteinhorst@yahoo.com).

Donna Kohnke, Co-chair at 1-920-210-5037 or [kohnke@centurytel.net](mailto:kohnke@centurytel.net)

## Winnebago County Health & Wellness Corner

Originally published August 2023 by Aging & Disability Resource Center of Winnebago County  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/08-2023.pdf>

# Health & Wellness Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

(SEE NEXT PAGE FOR LIST OF LOCATIONS AND CONTACT INFORMATION)



**Menasha Senior Center**

#920-967-3530

[https://www.menashawi.gov/departments/senior\\_center/index.php](https://www.menashawi.gov/departments/senior_center/index.php)

**Oshkosh Senior Center**

#920-232-5300

[www.ci.oshkosh.wi.us/seniorservices](http://www.ci.oshkosh.wi.us/seniorservices)

**Neenah-Menasha YMCA**

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

**Oshkosh YMCAs**

#920-230-8916

[www.oshkoshymca.org/programs/senior-programs/index.html](http://www.oshkoshymca.org/programs/senior-programs/index.html)

**Winnebago County Health Department –  
Wellness Plus**

#920-232-3000

[www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes](http://www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes)

**Omro Community Center**

Please call #920-685-0380 for current activities.



# TAI CHI

## FOR ARTHRITIS & FALLS PREVENTION

MENASHA SENIOR CENTER - 116 MAIN ST.

THURSDAYS, SEPT 7 - NOV 9

1:00 - 2:00 PM

**Focusing on improving stability, strength and mental health.**

Reduce falls and fear of falling.

Enhance balance and mobility.

Gain serenity through gentle, flowing poses and movements.

LEARN TAI CHI  
POSES IN A BASIC  
BEGINNER CLASS



Register with the  
Menasha Senior Center  
920-967-3530

Suggested Donation \$15



**Public Health**  
Prevent. Promote. Protect.  
Winnebago County  
Health Department

## BEAMING: Equine-Assisted Memory Café's

Originally published March 2023 by the Winnebago County Aging & Disability Resource Center  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/03-2023.pdf>

A horse experience for seniors with dementia and their caregivers.



**Mondays from 10:00am—11:30am**

**Held rain or shine at the**

**BEAMING Barn:**

2692 County Rd. GG, Neenah

or via Zoom at [bit.ly/3WMGvvD](https://bit.ly/3WMGvvD)



To register, please RSVP to 920-851-6160 or [incbeaming@gmail.com](mailto:incbeaming@gmail.com)

### 2023 Schedule:

- August 14
- September 11
- November 13
- October 9
- December 11

### *You're invited...*

We welcome community members with early-to moderate-stage dementia and their caregivers to enjoy horse experiences and other interactive activities at the BEAMING Barn every month at our no-cost Equine-Assisted Memory Cafés.

Participants can enjoy grooming, walking and riding horses, riding our Equicizer horse simulator, making and feeding horse treats, short educational presentations, live music, dancing, watercolor painting, arts and crafts activities, planting flowers, a scavenger hunt, “show and tell” sharing of memories, our Sensory Walking Path, socializing with snacks, listening to and identifying birds and butterflies in our gardens, and other outdoor and barn activities. All activities take place with BEAMING staff and volunteers to encourage participation and maintain safety.

Equine-assisted Memory Cafés are a wonderful way for participants and their families to engage in a social gathering and meet others for camaraderie and support.



## Winnebago County Fraud School

*Originally published July 2023 by Aging & Disability Resource Center of Winnebago County  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/07-2023.pdf>*

From the Winnebago County Sheriff's Office: "Winnebago County has seen a dramatic increase in fraud-related victimization. The steady rise in technology as well as its ease of access, creates a breeding ground for criminals to take advantage of others.

We are proud to offer the Winnebago County Sheriff's Office Fraud School to any community members interested in learning about what types of frauds/scams are currently being used, how to proactively protect yourself from these scams, and what someone needs to do if they fall victim.

Participants will be given a handout at class to utilize when they get home to take the steps necessary to avoid victimization." To see upcoming events, please visit:

<https://www.eventbrite.com/e/winnebago-county-fraud-school-tickets-662363215207>



**FRAUD PREVENTION**

## **Wisconsin Senior Medicare Patrol Fraud Alert**

Originally published July 2023 by Aging & Disability Resource Center of Winnebago County  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/07-2023.pdf>

*Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.*

Please feel free to share this publication with others who may benefit from its contents.

### **TO CONTACT WI SMP**

**Call:** (888) 818-2611

**E-mail:** [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

**Website:** [www.smpwi.org](http://www.smpwi.org)

**Facebook:**

@WisconsinSeniorMedicarePatrol



### **Surge of Unrequested and Unwanted COVID-19 Test Kits**

On May 11, 2023, the COVID-19 public health emergency ended, and with that, Medicare stopped paying for over –the-counter tests (though it continues to cover those provided in a clinic, doctor’s office, or other health care setting and processed by a laboratory).

The end of the public health emergency, unwittingly, initiated a surge of Medicare beneficiaries receiving test kits in their homes.

A recent NPR article pointed out that fraudsters are using testing sites, text messages, telemarketing calls, social media platforms, and door-to-door visits to perpetuate COVID-19 services in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers take advantage of COVID-19-related needs and services to benefit themselves, putting beneficiaries at risk of potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft. For more on the NPR article, view <https://www.npr.org/sections/health-shots/2023/05/18/1176815536/medicare-scam-covid-tests-more-fraud-possible>

According to Ingrid Kunding, Senior Medicare Patrol Project Manager, the toll-



free Helpline in Wisconsin has had a significant increase in the number of calls related to unwanted test kits. Medicare beneficiaries are receiving test kits that they did not order and do not want. These are then billed to the beneficiary's account with Medicare often paying \$94.08 per test.

### **Noted Concerns**

**How did the scammer get my Medicare number?** A scammer may have obtained your number through a previous unscrupulous situation that you were unaware of, or it may have been bought on the “dark web”. You may never know how the number was obtained, but it can be used fraudulently again.

**How will I know if this happens again?** You will need to review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB) to know if your number has been used again by the fraudster. You can check your MSN or EOB online when they are mailed (the MSNs are mailed quarterly).

**What do I look for on MSN or EOB?** When reviewing your statements, look for any tests or services that were not ordered by your health care provider, or that you did not receive. For a tutorial on how to read your MSN, go to Read Your Medicare Statements at [smpresource.org](http://smpresource.org)

**Do I need to get a new Medicare card?** You may need to contact Medicare to get a new number if your number has been used to falsely file claims to your Medicare account. You can call SMP at 888-818-2611 to discuss the process of requesting a new Medicare number.

### **What You Can Do**

- Refuse the tests, if possible, return to sender.
- If it has already been delivered, call the supplier, and ask for a return label (do not return if there is a cost to you).
- Be cautious of offers for “free” medical services.
- Contact Senior Medicare Patrol to talk about the steps you can take.

### **Learn More on How to Protect Yourself**

- The Senior Medicare Patrol website: [www.smpwi.org](http://www.smpwi.org)
- Contact your local Aging & Disability Resource Center (ADRC). To find the office in your area, visit <https://www.dhs.wisconsin.gov/adrc>

*Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers, and professionals, workshops, and exhibits at events. Please contact us at [www.smpwi.org](http://www.smpwi.org) for more information.*

## **Is it Safe to Put Money in a Bank or Credit Union Account?**

*Originally published May 9, 2023 by University of Wisconsin-Madison Division of Extension  
<https://finances.extension.wisc.edu/2023/05/09/is-it-safe-to-put-money-in-a-bank-or-credit-union-account/>*



Three banks, Signature Bank, First Republic Bank, and Silicon Valley Bank have failed in the first 4 months of 2023. Because these banks have failed, you may be worried about the safety of your money in bank or credit union accounts. First, know that no customer at these banks lost money thanks to insurance that protects the money you deposit at your bank or credit union.

When a bank fails, customers (also called depositors) at other banks or credit unions often worry about their money. However, bank failures have been very uncommon over time. In fact, in the last ten years, far less than 1% of banks have failed (USA Today). Additionally, the money held in most accounts at a failed bank is insured through the Federal Deposit Insurance Corporation (FDIC). Money held in credit union accounts is insured through the National Credit Union Administration (NCUA). Many types of accounts are covered by insurance, such as checking, savings, certificates of deposit, money market accounts, and others. Note that investments such as stocks, bonds, mutual funds, annuities, life insurance, crypto assets, and other investments are not insured by the FDIC or NCUA.

Most banks & credit unions are required to pay for insurance to protect the money you hold in their accounts. FDIC & NCUA insurance covers a maximum of \$250,000 of your money per customer per ownership category. Because of how FDIC and NCUA insurance is structured, customers may be able to insure a larger amount than \$250,000. To learn if your bank or credit union offers FDIC or NCUA insurance, look for these signs at your local branch (see next page):



Also, there are other ways to learn if insurance coverage is offered through your bank or credit union. You can:

- Use the FDIC's BankFind Suite search tool— <https://banks.data.fdic.gov/bankfind-suite/bankfind>
- Use the NCUA's Credit Union Locator tool— <https://mapping.ncua.gov/>
- Call your bank or the FDIC at 1-877-ASK-FDIC (275-3342)
- Call your credit union or the NCUA at 1-800-755-1030

You can also use online tools to explore your insurance coverage at your bank or credit union:

- The FDIC offers the Electronic Deposit Insurance Estimator (EDIE). EDIE allows you to input dollar amounts you have on deposit in an insured bank or use a hypothetical scenario to determine your coverage. EDIE can be found at <https://edie.fdic.gov/calculator.html>
- The NCUA offers the Share Insurance Estimator, which lets consumers, credit unions, and their members know how its share insurance rules apply to member share accounts—what's insured and what portion (if any) exceeds coverage limits. This tool can be found at <https://mycreditunion.gov/insurance-estimator>

Talk about the safety of money you hold at banks or credit unions—and other financial topics—with your county's financial educator. Visit <https://counties.extension.wisc.edu/> for more information.

## How to Create Resilient Communities in Wisconsin by focusing on Behavioral Health

Originally published by University of Wisconsin-Madison Division of Extension  
[https://behavioralhealth.extension.wisc.edu/files/2023/02/BehavioralHealth\\_2020.pdf](https://behavioralhealth.extension.wisc.edu/files/2023/02/BehavioralHealth_2020.pdf)

Excerpts from this document are included for the intended audience of this newsletter. To view the document in its entirety, visit the weblink listed above.



Everyone deserves an opportunity to thrive in Wisconsin. And to thrive, we need to be healthy and safe in our communities. The conditions of the places where we live, learn, work, and play influence overall health and impact the behavioral health of communities. Communities can prioritize behavioral health, which includes mental health and substance use disorders, through equitable practices and policies. These practices and policies can create more resilient and connected communities where there are opportunities for everyone to be healthy and feel connected to their environment. Resilient communities also offer a source of support during times of stress and a buffer from common effects of community-wide trauma or challenges. While the goal is to create better opportunities for all to persevere during times of stress and trauma, communities should make specific behavioral health considerations for priority settings or populations that are most impacted.

### **SUPPORTING SOCIAL CONNECTEDNESS & ENGAGEMENT**

Social support improves individual resilience and reduces mental health and substance use disorders. It also strengthens connection to the community and empowers individuals to care for others. This can be especially important after disruptive community-wide events such as a pandemic or natural disaster.

**What your community can do to build social support & connectedness:**

*Is your community socially inclusive and connected?* Socially connected and inclusive communities recognize the strengths that different people and groups have and provide opportunities for residents to interact in positive ways. You can build connectedness and inclusivity into your community by:

- Promoting opportunities for civic engagement, like volunteer participation, membership in civic organizations, and voting.
- Celebrating the diversity and culture of your community through events like county fairs, community festivals, community gardens, or community art projects/programs that can facilitate a sense of togetherness.
- Supporting neighborhood gatherings or neighborhood projects such as parades, chalk art contests, or neighborhood scavenger hunts, breakfasts on the farm, and park and recreation events.
- Creating a group like The Greater La Crosse Area Diversity Council to strengthen community connection by cultivating diversity, access, inclusion, and equity through collaborative projects and programs. They facilitate discussions or projects around diversity, racism, and equity in their local communities.
- Organizing and promoting community wellness activities.

**SPECIFIC CONSIDERATIONS: Older adults**

*Is your community providing additional efforts to connect with and provide social support for the elderly populations?* Group programs that are specifically for older adults can decrease social isolation and improve mental health. You can encourage older people to develop a social support network by:

- Providing places for adults to meet such as senior, neighborhood, or religious centers. UW-Extension La Crosse County partnered with ADRC and Parks and Recreation to host Wise Wednesdays, a social connection group for older adults at a building managed by the Parks and Recreation department.
- Organizing social gaming groups or book clubs, or exercise classes specifically aimed at older adults. For example, the StrongBodies™ program facilitates social support and physical activity through a series of strength-training classes.
- Providing opportunities to share their skills with others such as financial management, gardening, cooking or sewing.
- Promoting opportunities for intergenerational contact with activities like:
  - The Foster Grandparent program where adults aged 55 years and older volunteer to serve as mentors, tutors, and caregivers for children and youth with special needs.
  - Reading Buddies in Marathon County. Adult volunteers are matched with kindergarten youth who need extra help learning to read.



## **SUPPORTING A HEALTHY ENVIRONMENT**

Environment influences the community's ability to be resilient and healthy. Environment can refer to both the built, physical environment and the social or economic conditions that shape people's ability to thrive and be healthy. It is important to understand how social and economic factors can shape behavioral health and how they can be addressed through local practices and policies. Communities can use the following suggestions to consider how their environment is impacting the well-being of their community.

### **What your community can do to build healthy physical environments**

*Does your community provide access to safe, free spaces for residents to participate in physical activity or to spend time in nature?* Physical activity, greenspaces, and safe neighborhoods promote mental wellness and community well-being. You can encourage a physical environment that promotes behavioral health in your community by:

- Promoting use of local or state parks, community exercise programs, playgrounds, pools, sport courts, greenspaces, and affordable gyms.
- Creating safe routes for pedestrians and bikers for exercise, access to parks or green spaces, and everyday destinations.
- Promoting safe walking routes with landmarks or mile markers that residents can use to stay on the path such as story walks, painted crosswalks, and street art.
- Engaging community members to consider how they might repurpose existing space to create a park or green space.
- Hosting a community-wide campaign to encourage physical activity.
- Using the CDC's strategies to increase physical activity.

### **SPECIFIC CONSIDERATIONS: Older adults**

*Is your community easily accessed by older adults?* Accessibility can influence how residents are able to interact in the environment. Look for barriers and improve access for older adults in your community. Identify problem areas like:

- Parking that requires they cross a busy street
- Stairs to enter a building
- Lack of parking
- Lack of sidewalks or cross walks

### **What your community can do to support healthy economic and social conditions**

*Do residents in your community have access to safe and affordable housing?* Affordable housing decreases financial stress for community members and allows them to spend money on other basic needs that support healthy living. Establishing a housing coalition may be one way to identify local needs and advocate for change.

*Does your community have access to healthy and affordable food? Access to healthy food makes eating healthier easier, and evidence shows that fueling your body with healthy food positively influences mental health. Youth in Dane county addressed access to healthy food in their neighborhood by forming a relationship with their local co-op to increase use of food assistance programs at their store. This allowed families to stretch their food dollars and buy healthy food in their neighborhood. Other examples to address access to health food in your community are:*

- Conducting outreach and education to ensure all individuals eligible to participate in federal food programs like SNAP, WIC, and school meals are able to make use of these services.
- Subsidizing the cost of fruits and vegetables for individuals participating in federal food programs (i.e. SNAP, WIC) by supporting local incentive programs at farmers markets and food retailers.
- Implementing a fruit and veggie Rx program.
- Strengthening child nutrition programs and school lunch initiatives.
- Implementing universal school breakfast programs.
- Implementing Farm to School and Farm to Early Childhood Education, and expanding the number of sites offering the Summer Food Service Program (SFSP).
- Assuring availability of healthy foods at emergency feeding operations like food pantries and community meal sites.
- Implementing healthy food initiatives in food banks.

### **SUPPORTING ACCESS TO MENTAL HEALTH CARE & SERVICES**

Access to mental health care and services is an important factor influencing behavioral health. Communities can examine what care is available, who has access to receive care, and what other barriers exist in their community to receive services.

#### **What your community can do to support access to care and services**

*Do all individuals in your community have access to mental health care?*

*If you are in a community where mental health care is not readily available, are you advertising or supporting access to telecare mental health options? Telehealth care can be an effective alternative when in-person care is not an option.*

*Do you know what systems and programs exist in the community that connect individuals to services and/or support? Create a “where to get help” guide that includes services, contacts, and links that are useful to your community, like the Lincoln County Social Needs Resource list. Post it on a website and/or distribute hard copies.*

*Do you share national, state, or county helplines or crisis lines?* While not a substitute for local access, hotlines can help individuals deal with immediate behavioral health concerns:

- The Wisconsin Division of Health Services provides a list of suicide crisis hotlines for different populations.
- Prevent Suicide Wisconsin provides a list of county crisis lines.
- National Alliance of Mental Illness (NAMI) WI provides a list of crisis resources ranging from suicide, substance abuse, and domestic violence.

## **OPPORTUNITIES TO BUILD SKILLS**

Individual behaviors and actions are dependent on the environment in which people live. Resilient communities provide healthy opportunities for all residents to build stress coping skills. Coping skills help individuals effectively manage stress or other mental health issues on a day to day basis. Use the following suggestions to think about how your community supports healthy coping skills.

### **What your community can do to support healthy coping skills**

*Do you promote positive coping skills, taking mental rests, practicing mindfulness, or mindful movements like yoga?* Using these relaxation techniques have been shown to reduce stress for many audiences and reduce disruptive behaviors in youth. These activities could be encouraged in many settings like schools, workplaces, and community organizations.

*Do you require that members of your community/organization are trained in recognizing signs and symptoms of mental illness and substance use and how to appropriately reach out to refer to services?* This can help individuals understand their own mental health, but also gain skills to help others. One example of a training used in Wisconsin is Mental Health First Aid. There are many different adaptations for populations (youth, adults, teens, rural, etc.).

### **SPECIFIC CONSIDERATIONS Caregivers/care-giving professionals**

*Do you have a plan to address compassion fatigue?* Explore a compassion resilience toolkit with resources for schools, human service workers, and parents and caregivers.

## **STIGMA**

Stigma surrounding mental health and substance use is a considerable issue in communities and socially influences the health of the community. Stigma impacts how communities and individuals deal with behavioral health concerns.

Reducing stigma in the community can create more opportunities to share

experiences and build a shared sense of accountability for improving well-being. Communities can consider the following questions and program examples to encourage open discussion of behavioral health to decrease stigma.

### **What your community can do to reduce stigma**

*Do leaders in your community or organization openly discuss behavioral health or promote discussions to reduce stigma and to change current narratives surrounding mental health or substance use?* Leaders have power to start conversations in their community. Encouraging discussions can decrease the stigma and normalize the occurrence of behavioral health disorders. UW-Extension La Crosse County is on the collaborative board for the Campaign to Change Direction, an awareness group working to normalize discussions at the community level. Collaborators include leaders in health care institutes, La Crosse County, area businesses, school districts, circuit courts, NAMI, Suicide Prevention Initiative, and Veterans Affairs.

*Do community members have opportunities to hear from others who live with mental illnesses?* Providing messages of recovery from mental health disorders or sharing stories how people thrive while coping with mental health disorders can provide hope. Wisconsin Initiative for Stigma Elimination (WISE) is a coalition that works to raise the voices of people who are in recovery to eliminate stigma. NAMI Waukesha supports a program called Stories of Hope that works to reduce stigma by having speakers who live with mental illness facilitate the program.

*Do you share infographics about mental health disorders rates to show all residents that mental health disorders are common and treatable?* The National Alliance for Mental Illness has an Infographic and Fact Sheet library with a wide range of materials on various mental health related topics. Or, use state or local data to create your own infographics.

*Do you use person-centered language, which respects the consumer by separating the symptoms from the person with thoughtful language?* The Hogg Foundation for Mental Health provides an overview of how Language Matters in Mental Health.

*Do you have signage or messaging in your community that encourages residents to take care of their mental health like they would take care of their physical health?*

## Preserve It Fresh, Preserve It Safe: 2023, No. 4 (July/August)

Originally published July 2023 by the University of Missouri Extension  
<https://extension.missouri.edu/publications/hes153>



### Can I use my ceramic cooktop stove when canning?

A common question asked during canning season is, “*Can I use my glass or ceramic cooktop when canning?*” To answer this question, begin by contacting your cooktop manufacturer to find out what they recommend. Then ask yourself, “*Is it a good idea to use my ceramic cooktop when canning?*” Here are some fundamentals to help you make an informed decision.

**Cookware.** Kettles and pans should be flat with a smooth bottom to provide stability and, more importantly, allow heat to be disbursed evenly. The cookware should not have rounded-edge bottoms, as this may cause uneven heating, which can place unnecessary stress on the ceramic glass. Therefore, the traditional ridged aluminum or porcelain-covered steel pots used in water bath canners are not recommended for use on these cooktops. Always read and follow the canner manufacturer’s directions as there are many canners that should never be used on a ceramic cooktop.

Additionally, the diameter of the burner should be large enough to adequately allow for even heating throughout the pot. Unfortunately, ceramic cooktops may not be able to meet the maximum diameter needed for canners.

**Heavy or abrasive cookware.** Heavy or abrasive cookware can damage the surface of the cooktop. Pay close attention to the manufacturer’s weight restrictions for your cooktop.

A general rule of thumb for weight restrictions on these cooktops is fifty pounds. However, contact your manufacturer for specific information regarding your cooktop. Be mindful of the weight of the items placed on



the cooktop. You may exceed the weight recommendation depending on the type of canner used and the number of jars processed.

Additionally, use special care when moving canners. Avoid sliding or pulling the canner, which can scratch and damage the cooktop.

**Safety Features.** Most newer electric cooktops have built-in safety features with sensors that will cycle the burner off and on while on high to prevent damage from occurring due to extreme temperatures. If the cooktop remains on for an extended time, the sensors can turn off the burner after a set time. While this safety feature reduces the likelihood of damage to the cooktop, it may result in food being under-processed and unsafe.

The National Center for Home Food Preservation does not recommend ceramic cooktops for canning for good reasons, considering the many previously discussed factors. However, each brand and model of ceramic cooktops will be slightly different, so always begin by reading your manual and speaking with the manufacturer.

Source: National Center for Home Food Preservation, <https://nchfp.uga.edu/publications/nchfp/factsheets/smoothtops.html>





## Pecan Chicken Salad

Originally published May 2023 by the Winnebago County Aging & Disability Resource Center  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/08-2023.pdf>

### Ingredients:

- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- 2 teaspoons white wine vinegar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1/2 teaspoon pepper
- 2 cups chopped cooked chicken
- 2 stalks celery, sliced
- 1/3 cup chopped toasted pecans
- 2 tablespoons minced red onion

Enjoy!

### Directions:

1. Mix mayonnaise, Greek yogurt, vinegar, garlic powder, thyme, and pepper together in a bowl until well combined. Add chicken, celery, pecans, and red onions; stir well to incorporate.
1. Serve immediately or refrigerate for up to 3 days.



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