

**October/November
2023**



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President's Letter

HCE Members,

Joan Bestler and I are just back from the WAHCE State Conference in Wisconsin Dells. We reconnected with friends and had many interesting workshops. Two lessons we brought back are:

1. Living on a Fixed Income
2. Gratitude/Finding Joy

Coming October 9th is our Annual Meeting at the JPCC. Please join us at noon for a potluck, business meeting to follow. Up for election are Vice-President and Secretary. Term of office is 2 years. Also, a reminder that Joan Bestler, Treasurer, would like to retire. After our meeting, Sandy Toland from the Oshkosh Public Library will do a presentation on the Orphan Train, a part of Winnebago County history. Ask a friend to join us!

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

Your President,
Sue Berg

HCE Dates to Remember

October 9 th	HCE Annual Meeting
October 31 st	<p>Due to Extension Winnebago County Office:</p> <ul style="list-style-type: none"> • Club President Card • Updated Club Membership List (with Signatures for Photo Release Permission) • Affirmative Action Form <p>Due to HCE Treasurer:</p> <ul style="list-style-type: none"> • Updated Club Membership List • Member Dues • Pennies for Friendship
November 5—11 th	HCE Week
November 6 th	Stitches of Love Workshop
November 15 th	Submissions Due for Dec/Jan HCE Newsletter
November & December	Prepare 2024 HCE Reach & Teach



HCE NEWS

Author YOU Date NOW

Did You Know?

You can submit material you'd like to see in the Sunnyviews HCE Newsletter!

Send to Amy Hendrickson at ahendrickson@winnebagocountywi.gov or 625 E. County Rd. Y, Oshkosh, WI 54901

See below for ideas for content:

Breaking News

- Craft instructions
- Club lessons
- Club activities
- Event invitations/recaps

Fun Fact

- Articles
- Club meeting minutes



Superhero Story

- Officer/member recognition
- Officer/member highlights

HCE Advisor's Letter

Happy Fall, all!

I hope this message finds you in good health and high spirits. As the autumn leaves start to fall, it's a reminder that cold weather is just around the corner. I want to emphasize the importance of protecting yourself and staying informed about the many resources available to you.

****1. Flu Shots: Your Shield Against the Flu**

Fall and winter can be beautiful seasons, but they also bring the flu virus. Protect yourself by getting a flu shot. It's a simple, safe, and effective way to reduce your risk of illness. The flu vaccine is especially important for older adults, as they are more vulnerable to flu-related complications. Consult your healthcare provider or visit your local pharmacy to schedule your flu shot today.

****2. Time of Your Life Senior Expo: Explore Your Local Resources**

I'm thrilled to invite you to the upcoming Time of Your Life Senior Expo on October 3 from 9am-1pm at the Oshkosh Convention Center. It's an opportunity to connect with local organizations, discover services, and access valuable information on health, wellness, financial planning, and more. Free health screenings will also be available – so mark your calendars!

****3. WeCOPE: Connecting with Our Positive Emotions**

The changing seasons can be an opportunity for growth, renewal, and self-discovery. By prioritizing your mental health, you can find joy in every season. As the Health and Well-Being Educator, I am now trained to lead the WeCOPE program. This 6-week program teaches 11 skills that help adults cope with both short- and long-term stress, increase positive affect, and improve health behaviors. I'd love to plan sessions with you all.

Let's make this season one filled with wellness and joy. If you have any questions, please don't hesitate to reach out!

Warm regards,
Katie



Note from Amy

Over the next few months, many of us will be celebrating holidays in some form. If you will be responsible for part (or all) of a holiday meal and need a refresher or some resources on how to plan, prepare, cook dishes, or store the leftovers for a successful and safe meal, UW-Madison Division of Extension has various tips and resources available.

Planning ahead will help ensure an enjoyable holiday/event. **Check out these tips for starting the planning process** (*modified from an article originally authored by Barb Ingham, Extension Food Safety Specialist*):

- **Consider refrigerator and freezer space.** You will need cold storage for holding and/or thawing your meal ingredients. The weeks before an event may be a good time to clean out the freezer and warm up those leftovers so you have space for the event meal.
- **Purchase a meat thermometer.** The only way to tell for sure that your dish is ready is to check the internal temperature. Using a food thermometer will also ensure that the dish is cooked to perfection - not dry and over-done. Information on food thermometers is available in [English](#) and [Spanish](#) online.
- **Gather containers for storing leftovers.** You may look forward to eating or repurposing leftovers. To ensure that those leftovers are safely stored in the refrigerator, plan ahead and gather shallow containers for quick cooling in the refrigerator.
- **Enter the USDA Meat & Poultry Hotline number into your phone contacts: 1-888-MPHotline or 1-888-674-6854.** The Hotline has answered over 2 million calls as part of USDA's consumer food safety education efforts, and it's open Thanksgiving week and Thanksgiving day. Food safety experts who staff the Hotline (yes, there are **real** people answering the calls!) answer calls in both English and Spanish. And if your question arises after Hotline hours, you can listen to more than 50 food safety messages recorded in either English or Spanish, 24 hours a day.

Hotline hours: Monday through Friday from 9:00 a.m. to 5:00 p.m., Central Time (English or Spanish). Hours on **Thanksgiving Day** from 7:00 a.m. to 1:00 p. m., Central Time.

- You can also **Ask USDA (formerly Ask Karen)!** (ask.usda.gov/s/) the automated response system that provides food safety information 24/7 and a live chat during Hotline hours. Mobile phone users can access ask.usda.gov/s/



IS YOUR CANNER READY?

PRESSURE CANNER LID TESTING AVAILABLE

To schedule a test, contact
 Katie Jaegly
katie.jaegly@wisc.edu
 920-232-1979



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 UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA/504 requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.

TRUSTED RECIPES & RESOURCES FOR

Food Safety & Preservation

Brought to you by Safe & Healthy Food for Your Family
<https://fyi.extension.wisc.edu/safefood/>



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WeCOPE: Connecting with our Positive Emotions

Program Description

WeCOPE (Connecting With Our Positive Emotions) is a 6-week research-based program that helps adults cope with daily stressors. This program has been shown to reduce stress and symptoms of depression, increase positive affect, and improve health behaviors. WeCOPE is based on the work of Dr. Judith Moskowitz.

Program Format

The WeCOPE course is conducted in 1-hour sessions over 6 weeks at no cost. The program can be delivered in person or virtually depending on audience needs.

There are 11 skills introduced over the course of the program. Each week, participants will be introduced to a new skill. They will then participate in small group discussion and practice skills at home. Participants gain the most from WeCOPE when they are able to practice skills between sessions using the workbook and journal that are provided with registration.

Session Overview

- Session 1: WeCOPE Project Overview & Emotional Awareness
- Session 2: Gratitude & Noticing and Savoring Positive Events
- Session 3: Everyday Mindfulness & Mindfulness Meditation
- Session 4: Positive Reappraisal
- Session 5: Self-Compassion & Acts of Kindness
- Session 6: Personal Strengths & Attainable Goals
- Session 7: Wrap-Up & Continued Practice

Ready to learn more? Please direct all questions to Katie Jaegly, Health & Well-Being Educator at katie.jaegly@wisc.edu.



Strong Couples Program

Free Relationship Help For Couples in All Life Stages

Having a strong relationship with your romantic partner can be hard. And when you need help, finding trustworthy support can be difficult. The *Strong Couples Program* can help.

The Strong Couples Program is:

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and fun and friendship.
- Five brief video calls with a trained coach.

The *Strong Couples Program* is free! You can start any time.

This program is for couples together six months or longer in all life stages. This educational program is NOT counseling. The program teaches couples to use tools that improve their relationship.

Benefits to Couples

Why should you and your partner consider the Strong Couples Program?

- The Strong Couples Program is one of the most scientifically-supported online programs for couple relationships.
- It is supported by multiple research studies that show that couples who participate demonstrate improved relationship and individual well-being compared to couples who do not participate in the program.
- The program has helped thousands of couples to date.

For more information or to register, visit:

<https://parenting.extension.wisc.edu/strong-couples/>



It's The... Time of Your Life Senior Lifestyle & Healthcare Expo
Welcome to the only Retirement Expo & Marketplace in a 3 County Region!

Tuesday, October 3, 2023, 9:00 am to 1:00 pm.

Location: The Oshkosh Convention Center, 2 N. Main St., Oshkosh, WI 54901 is managed by the Best Western Premier Waterfront Hotel & Convention Center which is our host hotel. There will be a Concession open for attendees and exhibitors to purchase Lunch, if not purchased in advance with Registration.

Event Focus: This Expo offers the only direct access to the senior market in Winnebago, Green Lake, and Waushara Counties. If your profession or business depends upon the senior living, financial or healthcare sectors, this is your best opportunity to meet new clients face-to-face at an event designed specifically to reach hundreds of seniors.

Highlights: 80+ exhibitors with senior products and services. Extensive health screenings and flu shots. Informative program speakers. Senior non-profit and charitable organizations. Medicare, Social Security and Aging and Disability Resource Center (ADRC) assistance. City, County, and other Government agencies are also present.

Exhibitor Profile: Exhibitors will include representatives from retirement living communities, health care facilities, home healthcare agencies, financial planners, insurance companies, various medical professionals, travel, legal assistance, recreation & fitness, charities, DME, rehabilitation centers among many others.

Attendee Profile: Over 400 active adults 55+, retirees, veterans, caregivers and other concerned family members are anticipated to attend.

Market Area: We will be targeting a 3-county area: Winnebago, Green Lake, and Waushara counties.

Promotions: This Expo will be regionally advertised in newspapers, magazines, newsletters, senior event calendars, e-mail blasts, radio, and by local direct postcard circulation. We will also have many Door Prizes and a Grand Prize Drawing.

Admission & Parking: FREE
Screenings & Workshops: FREE
Lite Breakfast: FREE



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 1st Tuesday of each month to learn more about different cultures, values, and traditions by trying cuisines that you're unfamiliar with.

FOOD + DIVERSITY + COMMUNITY
October 3 & November 7, 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 (the day before the event) 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!

Planning AHEAD

Wednesdays, October 4th—November 15th
10:00 – 11:00 am

Program will be held virtually on zoom. Registration is required and link to connect will be sent before the first session. This FREE program is open to residents of Outagamie, Waupaca, and Winnebago Counties.

Register here: <https://bit.ly/PlanningAhead23>

For more information, contact:

Katie Gellings at katie.gellings@wisc.edu or 920-832-5121

What is Planning AHEAD?

Planning AHEAD is an end-of-life planning curriculum for all ages developed by UW–Madison Division of Extension faculty and staff. This 7-session research-based program will help participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place.

What are topics covered during the course of the program?

planning **AHEAD** PROGRAM TOPICS:



Handling Financial Changes



Advance Medical and Legal Directives



Getting Started



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief

Who should attend the Planning AHEAD program?

Anyone that is interested in planning for the end of life to make things easier for family members, have lost a loved one, are in the process of losing a loved one and are dealing with the transition.

Are you a community partner and interested in becoming a trained facilitator?

Please reach out to Jenny Abel (jenny.abel@wisc.edu) or Sara Richie (sara.richie@wisc.edu) for more information.



Walk in Our Shoes: Understanding the Latino Experience

Originally published September 15, 2023 by United Way Fox Cities Community Council



Saturday, October 7, 2023

9:00am—12:00pm

**Memorial Presbyterian Church
(803 E. College Ave., Appleton, WI 54911)**

*Jointly Sponsored by Memorial Presbyterian Church, First Congregation
United Church of Christ, and ESTHER.*

The event, which will be held at Memorial Presbyterian Church (803 E. College Ave., Appleton, WI 54911), will start promptly at 9:00 a.m. and end by 12:00 pm. The **Walk In Our Shoes** Latino simulation experience is designed to help participants understand what it's like to live as a Latino in our community. It is a simulation, not a game. The object is to focus and sensitize participants to the realities faced by area Latinos. In the simulation, 27 participants assume the roles of various Latino individuals. The experience lasts approximately three hours. It includes an introduction and briefing, the actual simulation exercise, and a debriefing period in which participants and volunteer staffers share their reactions and experiences.

Who Should Attend?

All who want a greater understanding of Latinos living in our community and the struggles they encounter. Walk in our Shoes is an excellent tool for diversity training.

Why attend a simulation event?

- To experience the power, impact, and benefits of Walk in our Shoes firsthand.
- To learn about the issues Latinos are facing in our community.
- To increase understanding, community conversation, cultural sensitivity, and awareness.
- To combat myths, stereotypes, and promote cultural understanding.
- To learn about opportunities to be a catalyst for change.

How Does the Simulation Work?

ESTHER provides a facilitator who has worked side-by-side with the Latino community and organizations that serve Latinos. They draw from diverse backgrounds and experience to present the most effective simulation possible. The hosting organizations provide volunteers who fill specific resource roles (school officials, employers, law enforcement personnel, social services staff, medical staff, etc.) during the simulation. If you have done a similar simulation in the past, please consider signing up to be one of these volunteers.

Is There a Cost?

The cost of the event is being covered by the three sponsors. There is no cost to individuals to attend, but a firm commitment is necessary because the simulation can't work if the required number of people are not in attendance.

How Can I Register?

Click on the following link to sign-up to be a participant or a volunteer. Space is limited, so please sign up early.

<https://www.signupgenius.com/go/10C0448A8A829A6FB6-walk>

WINNEBAGO COUNTY



2023 Annual Meeting

12:00pm, Monday, October 9, 2023

J.P. Coughlin Center: 625 E. County Rd. Y, Oshkosh

Invite some friends and join us for a potluck lunch, our annual business meeting, and a presentation by Sandy Toland from the Oshkosh Public Library about the Orphan Train, a part of Winnebago County history.



Kansas Historical Society (left); Children's Aid Society (right); Shutterstock.com (left); (right); Oshkosh Area Heritage Society of America (right)

Rent Smart: A Tenant Training Program

Rent Smart is designed to help those individuals who have little to no rental experience and those who have had difficulty obtaining rental housing. Participants may be first time renters as they graduate from school, homeowners transitioning to renting, individuals with poor rental or credit history, or individuals who have other issues that may cause potential landlords to perceive them as high-risk tenants. Rent Smart provides practical education to help people looking for rental housing find, get, and keep suitable housing. The program focuses on the knowledge and skills essential for a successful renting experience. It challenges participants to know and understand their rights and responsibilities as a tenant, as well as know and understand the rights and responsibilities of their landlord. Emphasis is on forming a strong partnership between the tenant and landlord. Establishing a positive rental history is much like having a positive credit report and Rent Smart starts participants on the right path for success.

Upcoming VIRTUAL Class Dates & Times:

- **October:** 9, 11, 16, 18, 23, 25 @ 7:00PM-8:00PM (Mon/Wed)
- **November:** 4, 11, 18 @ 9:00AM-11:30AM (Saturday)
- **December:** 4, 7, 11, 14, 18, 21 @ 1:00PM-2:00PM (Mon/Thurs)

Location: Live, online instruction via Zoom; links sent after registration.

Online Registration form: <https://go.wisc.edu/Rentsmartregister>

Cost: FREE

What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**
- **For more information, please contact Todd Wenzel at todd.wenzel@wisc.edu or (920-232-1982)**



Rebuilding Together and Beaming Fall Festival Celebrate Fall at the Barn

Originally published September 15, 2023 by United Way Fox Cities Community Council



Rebuilding Together Fox Valley and BEAMING cordially invite you to our



SATURDAY, OCT 14th
2-4pm

Come out to the barn to celebrate fall, y'all!

- ~ Meet the horses and groom our mini horses
- ~ Kids games & coloring contest!
- ~ Make and feed horse treats
- ~ Scavenger hunt
- ~ Ride Byers our Equicizer and EARL our horse simulator
- ~ Check out our Sensory Walking Path
- ~ Take fall photos on our hay backdrop

Event is complimentary

**WILL BE HELD RAIN OR SHINE
AT THE BEAMING BARN
2692 COUNTY ROAD GG, NEENAH**





FREE!



Bring broken items to Oshkosh's second REPAIR CAFE Event

Neighbors Helping Neighbors Fix Stuff

SMALL
APPLIANCES

COMPUTERS

SEWING &
MENDING



← The Repair Cafe event is free and organized by and for the community.

Follow us on Facebook: →
or send an email to:
RepairCafeOshkosh@gmail.com



BICYCLES



JEWELRY &
WATCHES

Downtown YMCA

Sunday, Oct. 15th @10am - 4pm

*Under 18, guardian required. No firearms or weapons.

Salvation Army Seasonal Assistance Programs

Originally published Sept. 2023 by Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.pdf>



The Salvation Army - Oshkosh
 Seasonal Assistance Program
 Sign - Up Information

There will be NO In-Person Sign-Up

Coats For Kids Sign - Up

For Birth - 18 yrs. (school age)

September 5th - October 23rd, 2023

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and
 click on the corresponding link

OR

Scan QR Code with phone camera & follow link



Toy Store (Toys For Tots) Sign - Up

For Birth - 18 yrs. (school age)

September 5th - November 27th, 2023

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link

OR

Scan QR Code with phone camera
 & follow link



If no online access, call 920-232-7660 ask for:

Al Rolph, Lisa Winkler or Patty Zastrow

To Register Over The Phone

Time to Review Your Medicare Plan—Prepare Early This Year!

Originally published Sept. 2023 by Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.pdf>

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2023! The plans' premiums, deductibles, and co-pays can also change each year.



What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15th—December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2023. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov).

Assistance is available through the following resources:

- 1-800-MEDICARE or [medicare.gov](https://www.medicare.gov)
- Medigap Helpline 1-800-242-1060
- Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

This information was gathered from GWAAR.

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 3rd 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

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.

FEED Summit
“Adding Value to Your Food or Farming Business”

November 13-14, 2023
Green Bay, WI



Who Should Come?



Producer



Processor



Food Service

Food & Farming Businesses

IDEATION Phase: Entrepreneurs in the ideation phase generally have a great idea, have a skill, or have a key resource or property, but haven't started selling their goods or services yet.

STARTUP Phase: Entrepreneurs in the startup phase are generally producing goods or services and selling them to customers. They might not be profitable yet, and might be trying to grow their business. This includes many food and farming businesses in their first 5-10 years in business.

Why Attend?



Learn, Connect, Promote

Learn Business FUNDAMENTALS: Entrepreneurs will learn how to start or grow their business through interactive, engaging sessions about business model success!

Speakers include business experts in the food and farming industry and dozens of successful Wisconsin food and farming entrepreneurs who will share their business stories.

Build Business CONNECTIONS: Entrepreneurs will connect with business consultants, service organizations, and other entrepreneurs through engaging workshops and networking activities.

MARKET Your Business:

Entrepreneurs have the opportunity to promote their business in the exhibition area of the conference, to provide any shelf-stable samples and promotional items.

For more information, contact:

Food Entrepreneurship Specialist

Jessica Jane Spayde

Spayde@wisc.edu, 608-225-5799

foodsystems.extension.wisc.edu



Extension

UNIVERSITY OF WISCONSIN-MADISON
COMMUNITY FOOD SYSTEMS

Families + Screens

Thursday, November 6, 2023
1:00pm—2:00pm OR 6:00pm—7:00pm
Virtual/Online

Decrease stress around screens and technology in your family. Learn how to identify your family values around screens and make a family media plan that works for you. Ideal for parents of 5-12 year olds, but all are welcome!

Registration is required. Register at: <https://uwmadison.zoom.us/join/register/tJMrd-itrj4jH9Sm0GXQVXDkSdAxGJT6A9kj#/registration>

For more information, contact:
Heidi Ungrodt at heidi.ungrodt@wisc.edu or 715-373-6104



The graphic features a man and a child on a skateboard, with the man wearing sunglasses and a grey hoodie, and the child wearing a hat and a backpack. They are both smiling and have their arms outstretched. The background is a light blue sky with mountains in the distance. In the top left corner, there is a logo for the University of Wisconsin Extension. A dark blue circle with the word 'FREE!' in white is positioned in the upper left. The bottom of the graphic has a dark blue wavy border containing the text 'Raising Wisconsin's Children Free Online Parenting Classes' and 'Thursdays at 1PM or 6PM'.

FREE!

Raising Wisconsin's Children
**Free Online
Parenting Classes**
Thursdays at 1PM or 6PM

Strengthen Family Bonds Through Traditions

Thursday, December 21, 2023
1:00pm—2:00pm OR 6:00pm—7:00pm
Virtual/Online

Explore how traditions can help your family connect and stay together.
Ideal for parents of any age child.

Registration is required. Registered at: <https://uwmadison.zoom.us/j/91234567890>
[meeting/register/tJwrf-GsrD4iGdSwiLz-m1BTWJf75n8_fKm7#/registration](https://uwmadison.zoom.us/j/91234567890)

For more information, contact:
Missy Bablick at missy.bablick@wisc.edu or 715-537-6254

Raising Wisconsin's Children 2023 ONLINE PARENTING CLASSES

Free classes to support dads, moms, grandparents, and other caregivers in their journey raising kids. Classes are based on child development and parenting research.



Online
@ 1 PM or @ 6 PM

Learn more & register at:
go.wisc.edu/parenting-classes



Extension
UNIVERSITY OF WISCONSIN-MADISON
FAMILY ENGAGEMENT & RELATIONSHIPS

Facebook: [aHDRInstitute](https://www.facebook.com/aHDRInstitute);
Instagram: [raisingwischildren](https://www.instagram.com/raisingwischildren)

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

Winnebago County Health & Wellness Corner

Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.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

Oshkosh Senior Center

#920-232-5300

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

**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

Omro Community Center

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

STEPPING ON

Falls prevention class
for men and women 55+



Strength and balance exercises.

Learn how to identify and remove fall hazards.

Learn how vision, hearing & more affect your risk of falling.

Learn how to get back on your feet if you fall.

September 19 - October 31 | Tuesdays 10:30 am - 12:30 pm

Oshkosh Seniors Center

200 N Campbell Rd. (South Building)

For more information or to register call the
Winnebago County Health Department
920-232-3000

SUGGESTED DONATION OF \$15 FOR THE SESSION



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



To register, please RSVP to 920-851-6160 or incbeaming@gmail.com

2023 Schedule:

- October 9
- November 13
- 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.



Looking to get back and forth from Oshkosh to Neenah?

Former Route 10 is now called Go Connect

HOW IT WORKS

- Request direct ride services between **Oshkosh and Neenah Transit Centers** with City Cab at 920-235-7001.
- **Schedule your trip in advance** and share the vehicle with other passengers, just like other ride-sharing services. **Returning trips must also be scheduled the day before.**

*Please be prepared to be picked up 15 minutes prior to the time you schedule a ride

QUESTIONS?

Please contact CO Transit for program details at (920) 232-5340 or visit rideCOtransit.org



HOW TO RIDE



1 SCHEDULE YOUR RIDE
THE DAY BEFORE: 920-235-7001

2 ARRIVE 15 MINUTES EARLY FOR
YOUR RIDE AT THE TRANSIT CENTER

3 PAY THE \$5 FEE WITH CASH
OR THE TOKEN TRANSIT APP

Winnebago County Scam Alert

Originally published 2023 by the Winnebago County Sheriff's Office
<https://www.co.winnebago.wi.us/sheriff/scam-alert>



Every year, citizens of Winnebago County lose thousands of dollars to the activities of scammers who bombard us with online, mail, door-to-door and telephone scams.

The Winnebago County Sheriff's Office has seen the devastating effects scams can have on people and their families. One of the best ways to combat this kind of fraud is to help you take measures to prevent yourself from becoming a victim.

Follow these top 10 tips to protect yourself!

1. Watch out for scams- scammers target you anytime, anywhere, anyhow.
2. Don't Respond—ignore suspicious emails, letters, house visits, phone calls, or SMS messages—press 'delete', throw them out, shut the door, or just hang up.
3. Don't agree to an offer right away—do your research and seek independent advice if it involves significant money, time, or commitment, and get the offer in writing.
4. Ask yourself who you're dealing with—scammers pose as people or organizations that you know and trust.
5. Don't let scammers push your buttons—scammers will play on your emotions to get what they want, including adopting a personal touch.
6. Keep your computer secure—always update your firewall, anti-virus and anti-spyware software, and only buy from a verified source.
7. Only pay online using a secure payment service—look for a URL starting with 'https' and a closed padlock symbol.
8. Never send money to someone you don't know and trust—it's rare to recover money from a scammer.
9. Protect your identity—your personal details are private and invaluable; keep them that way and away from scammers.

10. If you've spotted a scam, spread the word!—tell your family and friends, and report it to the Federal Trade Commission (FTC).

Just remember: if it sounds too good to be true, it probably is!

What to do if you get scammed:

1. Complete the Victim Checklist: https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/scam_2.pdf
2. Contact our non-emergency number to file a police report
Oshkosh: (920) 236-7300
Neeah: (920) 727-2888
3. Report possible fraud at ftc.gov/complaint or by calling 1-877-FTC-HELP

If you did not fall victim to a scam:

1. Share this information with family and friends.

Most Recent Scams in Winnebago County....

Impersonating a Police Officer Scam

Winnebago County has recently been experiencing calls regarding an individual impersonating a Sheriff's Deputy.

The individual calling will identify him/herself as a Deputy with the Winnebago County Sheriff's Office and inform you that there is a warrant out for your arrest and that if you do not satisfy the warrant immediately with them, Deputies will respond to your residence and place you under arrest. THIS IS A SCAM! Please do not respond to these individuals, as the Sheriff's Office would never call you on the phone and ask for money.

IRS Scam Alert

The Winnebago County Sheriff's Office has recently taken numerous reports of a caller alleging to be an agent of the Internal Revenue Service. During the conversation, the caller will explain that the recipient owes the IRS money and will threaten a negative outcome if this isn't paid immediately.

This is a scam! Please do not respond to these threats. If you receive correspondence from the government, it will come through official correspondence, or a phone call in which they are not requesting any personal information from you. If you are contacted by someone representing themselves from the IRS and are uncertain if it is a scam, ask to set up an official meeting at a local IRS office to address the issues at hand.

Please share this information with family and friends so they can avoid any potential victimization. Should you receive any of this questionable communication, please contact local law enforcement immediately!

WE Energies Scam Alert

Just recently, law enforcement agencies in Northeast Wisconsin have received reports of victims receiving calls from someone representing WE Energies. The caller will say that they have been trying to get in touch with the victim for several weeks regarding unpaid bills, and if the bills are not paid by a specific time later that day, their utility services will be disconnected. The caller then instructs the victim to purchase a pre-paid debit card and call them back and provide the debit card numbers.

The scammers appear to be making these calls from locations outside of the United States, and the victims often report the callers have a foreign accent. The scammers also have made audio recordings of a WE Energies customer service greeting and ask the victim to call a specific number for verification that the caller (the scammer) is in fact from We Energies. Similar scams have been reported targeting Cable TV services as well. If you receive a phone call from any service provider, please contact the utility company directly and DO NOT purchase the pre-paid debit cards or give any personal information over the phone unless you initiate the call. Also, report any such activity to your local law enforcement agency.

Social Security Scam

The Winnebago County Sheriff's Office is being inundated with complaints about scammers representing themselves as Social Security Administration (SSA) agents contacting individuals via phone or robo-calls in an effort to gather personal information. The **fake** SSA employees are calling people with warnings that their Social Security numbers have been linked to criminal activity and will be suspended.

The caller asks you to confirm your number so he or she can reactivate or re-issue you a new social security number for a fee. **This is a SCAM and no emergency, but a ploy to get money and personal data from you: Social Security does not block or suspend numbers, ever.**

If you receive such a call, do not respond to the caller or message. A very simple safety rule to follow is Do Not give any personal information or payment to anyone unless you have initiated the contact with the individual or group. By following this simple rule you will minimize your chances of being scammed.

Medicare Scam

Please be aware that a Scam involving Medicare participants has hit Winnebago County! Individuals on Medicare may receive a package shipped overnight to their residence. The package contains a DNA collection swab kit and a return envelope with an overnight delivery return paid shipping sticker. As soon as the package is received at the victim's address, the scammer is notified through tracking of the package and calls the victim to explain the package is outside their residence and it was a test ordered by their doctor. The scammer informs the victim they are "happy" to walk them through the swabbing process. The victim, whom is told this process is TIME SENSITIVE, follows the directions of the person on the phone, swabs the inside of their cheek, puts the swab back into the kit and SIGNS the form indicating it is indeed their signature for the test. Once the test is complete and the kit is signed, the victim is directed to place the materials into the prepaid envelope and the delivery company comes back and picks the package up and ships it to the scammer. Once the scammer received the information, they will excessively bill Medicare and they get paid quickly. When Medicare learns of the overcharge and fraudulent test, they bill the victim reportedly as much as \$10,000, and since the victim signed the form they either have to pay it or contest it. Please advise your loved ones to be aware of this and other similar scams and NEVER give out information or follow the direction of someone that may call them that they do not know. If they receive a similar call, have them ask the caller for a callback number and inform tell them to tell the caller that they will call them back later. This will give you time to check out the validity of the caller. If you feel you are potentially being scammed, please contact your local law enforcement agency to inform them of the situation.



Lawn & Garden Soil Analysis Kit

Kit includes:

- Information on how to take a soil sample
- Lawn & Garden Soil form
- Soil bag

\$25 / \$15 per sample
\$10 shipping
(covers 1 sample)

Extension Winnebago County

625 E County Rd Y, Suite 600
Oshkosh, WI 54901
(920) 232-1970
<https://winnebago.extension.wisc.edu/>



Extension
UNIVERSITY OF WISCONSIN-MADISON
WINNEBAGO COUNTY

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.

Diagnostic Labs & Identification Tools

Many county UW-Extension offices provide basic diagnostic services & information about plant diseases, insect pests, and weeds. In addition, UW-Extension Educators are supported by several state-based diagnostic labs that provide help with hard-to-identify disease, insect & weed problems.

SCAN ME



Weed Identification Tool

weedid.wisc.edu/weeid.php

The Wisconsin Weed Identification Tool is a self-service online tool to assist in the identification of weedy plants in Wisconsin, based on information entered about the weed.



Soil & Plant Analysis Lab (SPAL)

uwlab.solls.wisc.edu

The SPAL was established over 100 years ago to provide agricultural and environmental services to Wisconsin farmers, homeowners, & agribusinesses. Services include soil fertility testing, plant tissue analysis, and a wide range of other services. *Fees are associated with these services.*



UNIVERSITY OF WISCONSIN-MADISON

HORTICULTURE PROGRAM

Winnebago County UW-Extension
Plant Health Advisors
625 E City Rd Y, Suite 600
Oshkosh, WI 54901
920-232-1974
plantadvice@winnebagocountywi.gov

Plant Disease Diagnostic Lab (PDDC)

pddc.wisc.edu

The PDDC provides assistance with identifying plant diseases and provides educational information on plant diseases and their control. *Fees are associated with these services.*



Insect Diagnostic Lab (IDL)

labs.russell.wisc.edu/insectlab

The IDL specializes in identifying insects and insect-damaged plant material from around the state and processes over 2,000 cases annually. Online submissions are accepted by emailing idl@entomology.wisc.edu. Physical samples (insects or plant material) can be mailed into the lab or dropped off in person. *Fees may be associated with these services.*

Turfgrass Diagnostic Lab (TDL)

tdl.wisc.edu

The TDL provides diagnostic services and management recommendations for all turf health issues concerning both commercial turfgrass managers and homeowners. *Fees are associated with many TDL services.*



Preserve It Fresh, Preserve It Safe: 2023, No. 5 (September/October)

Originally published September 2023 by the University of Missouri Extension
<https://extension.missouri.edu/publications/hes148>

Best Practices for Storing Canned Goods

Research-tested recipes are available from Extension programs nationwide. After the effort of growing and/or preserving food, handle the jars of food according to these recommendations. These best practices can help your canned food remain high in quality and safe.



1. Allow jars to stand undisturbed out of air drafts for 24 hours after canning, then check if the lids sealed.
 - Food in unsealed jars can be reprocessed within 24 hours using research-tested methods.
2. Remove the ring bands, being careful not to disturb the sealed lid.
 - Removing the ring band allows you to see if the jars have become unsealed during storage. If you choose to reapply the ring bands, be sure the ring bands are clean and dry before applying.
3. Rinse and dry sealed jars. For example, if you canned fruits in syrup, some syrup may be on the outside of the jar. This could support the growth of mold or other microorganisms.
4. Wash and dry the ring bands, with hot soapy water, so they can be used in the future. Do not wash rings in the dishwasher as that will cause rust to form. Store the ring bands in a dry place.
5. Label and date the jars with the contents and canning date.
6. Store the jars in a cool, dark, dry place. The ideal temperature is 50° to 70° F. Do not store above 95° F. Keep jars away from hot pipes, a furnace, in direct sun or in an uninsulated attic.
7. If you choose to stack jars on top of each other during storage, avoid stacking more than two jars high. To avoid disturbing the seals, place the jars in a box that held jars or place a layer of cardboard or other support material between the layers of jars.

Reference: National Center for Home Food Preservation.

(Julie Garden-Robinson, julie.garden-robinson@ndsu.edu, 701-231-7187)

Drying Apples

Canning, freezing, and pickling are standard food preservation practices, and during Fall, dehydration is a common preservation method specifically for apples. Dehydration removes moisture from food to ensure bacteria, mold, and yeast cannot grow. Successful dehydration involves low heat and humidity and proper air circulation. Dried apples are delicious in salads and excellent snacks. Learn a few tips for ensuring dried apples are delicious and safe to eat.



All apple varieties can be dehydrated; however, some hold a firmer texture than others when dried. Gala, Fuji, Honeycrisp, Granny Smith, Empire, and Cortland apples tend to hold up better when dried for fruit leather or apple chips. Pretreating apples by soaking them in ascorbic acid or an antidarkening solution for 10 minutes is recommended to prevent the apples from turning brown and changing flavor while drying.

There are different methods for dehydrating fruit, such as the microwave, oven, electric dehydrator, or sun drying. Apples can take up to 25 hours to dry in an oven, and there is a greater chance of scorching or uneven drying in the microwave. Apples are suitable for sun drying, but only if the temperature is at least 85 degrees and less than 60% humidity, which is not a typical outdoor environment in the Midwest. An electric dehydrator is an excellent option for dehydrating apples.

The temperature for safely drying apples should be between 120° F and 140° F; temperatures above 140° F may lead to the hardening of the fruit. According to the National Center for Home Food Preservation, apple rings or slices cut into 1/8 to 1/4 inch pieces dry in six to ten hours in an electric dehydrator. The apples should be pliable and not stick together when adequately dried. For best quality, store dried apples in a dark and cool environment and consume them within one year.

Source: National Center for Home Food Preservation



A newsletter for those
who preserve food
at home.

Cowboy Caviar

Originally published Sept. 2023 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.pdf>

Dressing:

- 1/3 cup olive oil
- 2 Tbsp lime juice (fresh preferred)
- 2 Tbsp red wine vinegar
- 1 tsp sugar
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp garlic powder
- Tortilla chips for serving

Ingredients:

- 3 Roma tomatoes, seeds removed, diced
- 2 ripe avocados, diced
- 1/3 cup red onion, diced
- 15 oz black beans, rinsed and drained
- 15 oz black eyed peas, rinsed and drained
- 1 1/2 cups corn
- 1 bell pepper
- 1/3 cup cilantro, finely chopped



Enjoy!

Directions:

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, and cilantro in a large bowl.
2. Toss/stir well so that ingredients are well combined.
3. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
4. Pour dressing over other ingredients and stir/toss very well.
5. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Recipe and photo from <https://www.spendwithpennies.com/cowboy-caviar/>

Extension Winnebago County Office

J. P. Coughlin Center
 625 E. County Road Y, Suite 600
 Oshkosh, WI 54901-8131
 (920) 232-1973 or 727-8643
 FAX (920) 232-1967
711 for Wisconsin Relay (TDD)

HOURS: 8:00 AM - 4:30 PM, Monday through Friday

Website: <https://winnebago.extension.wisc.edu/>



Extension

UNIVERSITY OF WISCONSIN-MADISON

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