

December 2023/
January 2024



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President's Letter

HCE Members,

I hope everyone is enjoying our fall weather, with winter soon to follow. I am still doing yard clean-up and planting bulbs.

Our Annual Meeting on October 9th started with a potluck lunch followed by our business meeting and a talk by our Advisor, Katie Jaegly. Katie was nice enough to fill in at the last minute for our scheduled speaker (Sandy Toland) who was ill.

We rescheduled Sandy's presentation on the Orphan Train for November 13th at 2:00pm at the Oshkosh Public Library. It was very interesting, and we hope to utilize Sandy for more topics in the future. New officers for 2024 are President: Bernice Labus, Vice President: Rosemary Pionke (fill in), and Treasurer: Kathy Wuest.

18 Congratulations ladies!

19 On October 16th, we again prepared and served the noon meal with Double Portion at the St. Thomas Episcopal Church in Menasha. We actually had some chili left over. Thank you Sue Soule for organizing and to all those who cooked and helped serve. Many of the people served complimented us on the meal and thanked us.

24 Mark your 2024 calendars for next year's meeting dates: January 8th, April 8th, July 8th, and October 14th. Spring Banquet is May 10th with Friendship Club hostessing.

Please remember to send in your club membership list with photo release and affirmative action form to Extension and \$12 dues to Treasurer.

I have enjoyed my years as your president and will continue to be an active HCE member.

Your President,
Sue Berg

New President's Letter

Dear HCE members,

Wishing you a Merry Christmas and Happy New Year! We are looking forward to a new year of lessons, fun, and fellowship.

Our County meetings this year will be held at the J.P. Coughlin Center in meeting Room B or the Volunteer Room. Both of these rooms have the hearing loop available for those who need it. **The room will be available for use by special committees at 12:00 PM. We will have a program that is open to the public at 1:00 PM. Our board/business meeting is for members only and will be held from 2:00 PM to 3:00 PM.**

April is the deadline for scholarship applications. If you have questions about who is eligible, please call a Scholarship Committee member. We will have application forms available at the January meeting.

Looking forward to seeing you all in January.

Yours in Friendship,

Bernice Labus



HCE Dates to Remember

November & December	Prepare 2024 HCE Reach & Teach
January 9 th	12:00p Committee/Planning Meeting 1:00p Leader Training: Cooking for 1 or 2 People 2:00p County Business Meeting
January ??	WAHCE Communicator deadline to be sent
January 15 th	Submissions Due for Feb/Mar HCE Newsletter
February 12 th	Stitches of Love Workshop—JPCC Room A/B



In Remembrance of Dorothy Bonnin

Dorothy passed away September 19, 2023. She joined HCE in 1973 and was a member of Gillingham Club and Stitches of Love for many years. We send our heartfelt sympathies to Dorothy's family and friends.



With Heartfelt
Sympathy
 may your memories
 exceed
 your sorrow



HCE Advisor's Letter

Hello, all! I hope this letter finds you well and in good spirits.

As we approach the Thanksgiving holiday, I wanted to take a moment to express my gratitude for each one of you and the incredible work you do as part of our dedicated group of home and community educators.

Thanksgiving is a time for reflection, appreciation, and, of course, indulging in delicious meals with family and friends. While we all look forward to the festivities, I want to encourage each of you to prioritize your health and well-being during this holiday season.

Here are a few suggestions to ensure a healthy and joyous Thanksgiving celebration:

1. **Balanced Meals:** As you gather around the table, savor the traditional Thanksgiving dishes, but also make an effort to include a variety of nutritious options. Incorporate plenty of vegetables, fruits, and whole grains to create a well-balanced meal.
2. **Physical Activity:** Consider incorporating physical activity into your holiday plans. Whether it's a post-dinner stroll, a friendly game with your grandkids, or a family dance party, staying active can contribute to your overall well-being.
3. **Mindful Eating:** Take time to enjoy each bite and savor the flavors of the season. Mindful eating can help you recognize when you are satisfied, preventing overindulgence.
4. **Hydration:** Don't forget to stay hydrated, especially if your holiday celebrations include alcoholic beverages. Water is essential for maintaining good health, so be sure to drink plenty throughout the day.
5. **Rest and Relaxation:** Thanksgiving is also an opportunity to recharge and spend quality time with loved ones. Ensure you get adequate rest and relaxation to support your mental and emotional well-being.

As we come together to give thanks, let us also express gratitude for the gift of good health. I encourage you to share your own tips and strategies for maintaining a healthy balance during the holidays within our community.

May your Thanksgiving be filled with warmth, joy, and health. Thank you for your dedication to our group, and I look forward to continuing our work together in the coming year.

Warm regards,
Katie



You're Invited to the January 8, 2024 HCE Leader Training:
Meals for Me: Cooking for 1 or 2 People

Join us on January 8th for “Meals for Me: Cooking for 1 or 2 People”, led by Katie Jaegly, *Extension Winnebago County Human Development & Relationships Educator*.

Explore the joy of crafting delicious, nutritious meals for smaller households. Learn time-saving techniques, discover creative recipes, and pick up efficient meal planning strategies. From scaling down recipes to minimizing waste, we'll guide you through the art of cooking for cozy nights or solo dining. Elevate your culinary skills and savor the satisfaction of preparing meals perfectly suited for your lifestyle!

**MEALS FOR
ME:
COOKING FOR
1 OR 2 PEOPLE**





HCE Member Activities:

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

Winnebago HCE Annual Business Meeting: October 9, 2023

The 2023 Annual Meeting was held at the Coughlin Building. There was a potluck lunch and program on "Mindfulness" given by Katie Jaegly.



Gillingham & Friendship Clubs Activity: October 12, 2023



October 12th, members from Gillingham and Friendship Clubs attended a presentation about the history of our County Courthouses by Austin Frederick, President of the County Historical & Archeological Society.

**Oshkosh Public Library Orphan Train Presentation:
November 13, 2023**

The Orphan Train presentation originally scheduled for the October 9th Annual Meeting was cancelled due to illness. Sandy Toland offered a make-up presentation at the Oshkosh Public Library on November 13th.



HCE Annual Meeting Minutes: October 9, 2023

Meeting was called to order by President Sue Berg followed by Pledge of Allegiance, Homemakers Creed, roll call, and moment of silence for the loss of Dorothy Bonnin and Darr's husband. Thirteen members were present including four officers.

There were no corrections or additions on 2022 minutes. Motion was made by Bernice and 2nd by Rosemary and was accepted.

Treasurer's report was read over silently. Central District has raised dues from \$1.00 to \$2.00. Motion made by Dar and seconded by Carolyn. Motion was carried.

COMMITTEE'S:

Culture Arts – No report; will have something in January.

Scholarship – Gloria volunteered to be third person on committee.

Stitches of Love – Lynn was absent and turned in a written report.

International – not represented.

President – Sue Berg shared about the WAHE Conference that was held in Sept. The next conference will be in Appleton Sept. 16th – 18th 2024.

NEW BUSINESS:

There were several suggestions for programs for 2024. We will try to have extra classes during 2024.

Spring Banquet will be on May 9th in the evening. Friendship will organize the banquet.

Bernice was nominated as President. She accepted. Rosemary volunteered to take over as Vice President and will continue as Cultural Arts leader, and Kathy volunteered to be Treasurer. Sue made a motion to accept Bernice as President, Rosemary as Vice President, Kathy W. as Treasurer. It was seconded by Carol B.

Motion carried. Congratulations to all of our new officers. There will be a special program at the Oshkosh library on Nov. 13th at 2:00pm on the Orphan Train. Everyone is invited.

Rosemary made a motion to adjourn our meeting at 2:30pm. Motion carried followed by the Homemakers Prayer.

Respectively Secretary Sue Soule.

Everyday Tech: Drop-In Tech Help

Originally published by Oshkosh Public Library

<https://www.oshkoshpubliclibrary.org/events>

Sunday, December 3, 2023 - 1:30pm to 3:00pm

Sunday, January 28, 2024 - 1:30pm to 3:00pm

Sunday, February 25, 2024 - 1:30pm to 3:00pm

Drop in any time during the session for one-on-one help with computers, internet, email, social media, or other technology. Assistance provided on a first-come, first-served basis. Bring your smartphone, tablet, or whatever device has you stumped! This free session is provided by Bug Tusnel Wireless LLC.

Tech help takes place in the library's Lower Level.

EVERYDAY TECH

At Oshkosh
Public Library



The Hidden History & Mystery Behind Charles Dickens Writing 'A Christmas Carol'

Originally published by Neenah Public Library
<https://neenahlibrary.org/events/month>

Monday, December 4, 2023—2:00pm



The Hidden History & Mystery Behind Charles Dickens Writing 'A Christmas Carol' with Rochelle Pennington, Author, Speaker, and Award-Winning Columnist

This fascinating program takes a close-up look at the literary genius of Charles Dickens, England's most celebrated Victorian novelist, and explores the hidden history behind the author's 1843 Christmas classic.

What events inspired the *Carol* to be written? Who was it written for? How did Dickens' historical novel "single-handedly resurrect" Christmas at a time when factories were open and churches were closed on December 25th? By 1900, no other book in the world had sold more copies except the Bible.

Pennington's narrative will offer a factual perspective and behind-the-scenes insights into the epic influence of Dickens' immortal characters: Ebenezer Scrooge, Jacob Marley, and a trio of Christmas ghosts.

This program is dedicated in loving memory of Al and Harriet Long, who were committed to promoting the value and services of the Neenah Public Library and the community of the City of Neenah.

This program will last approximately one hour and will be held in the Shattuck Community Room on the first floor of the library. No registration necessary. Please contact the adult services desk with any questions at 920-886-6315.

The Adult Afternoon Program series is sponsored by the Friends of the Neenah Public Library and is free and open to the public.

Everyone is welcome. If accommodations are needed to attend, please contact the library administrative office at 920-886-6315 or by email at library@neenahlibrary.org at least 24 hours in advance of the program.

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 **December 5, 2023 (Pork Tamales by Wagner Market)** **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!

Dementia and the Holidays

Originally shared by Winnebago County Aging & Disability Resource Center
<https://www.facebook.com/photo/?fbid=665344039048376&set=a.122452246670894>

Dementia and the Holidays:



Tips for keeping the holidays fun and calm for those with cognitive difficulties

A VIRTUAL PRESENTATION

Wednesday, December 6, 2023 | 11:30 a.m. - 1:00 p.m. (CST)

The holidays are upon us and they can be hectic times—particularly for those with dementia. Join us for this no-cost presentation on making the holidays less stressful for people with Alzheimer's or dementia, as well as their caregivers. You'll get practical tips for travel and planning gatherings as well as ideas for holiday gifts for those with dementia. There will be plenty of time for discussion.



Presenters:

- Annette Goehring, North Dacoka Assistive
- Megan Dooley, Innovative Therapy Solutions
- Beth Olson, Alzheimer's Association MN-ND
- Sandie Nystrom, Caregiver

To register, call 1-800-272-3900 or register online at bit.ly/49md8Yj

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.

Open Enrollment for Marketplace Insurance

Originally published November 17, 2023 by United Way Fox Cities Community Council

Visit <https://coveringwi.org> for more information.



Need help with
health
insurance?

Get free local help with **applications,**
renewals, and **more.**

covering
Wisconsin

Forgiveness for Moving Forward

Forgiveness is a gift we give ourselves and others. Letting go of resentment and bitterness yields many benefits, including a better co-parenting relationship. Explore what forgiveness is - and isn't - as you learn the steps of the process.

The Resilient Co-Parenting program is a series of topic-specific classes for parents or caregivers raising children together while living apart. Classes are offered the 1st Thursday of each month via Zoom.

Register at <https://uwmadison.zoom.us/meeting/register/tJEoduiurD8pGNIGyMiS5PG0x0GoDJvQYi-F#/registration>

RESILIENT CO-PARENTING

A series of topic-specific classes for parents or caregivers raising children together while living apart.

Offered the 1st Thursday of each month via Zoom.

December 7th, 7:00-8:00 pm

Forgiveness for Moving Forward

Letting go of resentment and bitterness has many benefits - including a better co-parenting relationship!

Scan to register!



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:

- **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.



10 Warning Signs of Alzheimer's

Originally shared by Winnebago County Aging & Disability Resource Center
<https://www.facebook.com/photo/?fbid=661326532783460&set=a.122452246670894>



10 Warning Signs of Alzheimer's

Tuesday, Dec. 12 | 1:00 p.m. CT

ALZHEIMER'S  ASSOCIATION

Alzheimer's disease causes changes in memory, thinking and behavior that are not a part of normal aging. To learn what to watch for in yourself and others, join us for 10 Warning Signs of Alzheimer's on December 12 at 1:00 pm. This free, virtual Alzheimer's Association education program will guide you through common warning signs, the importance of early detection and benefits of diagnosis, and where to find resources and support.

Learn more and register today at <https://bit.ly/10SIGNSDEC12>

If You Give a Grandparent a Cookie

Originally published by Menasha Public Library

<https://www.menashalibrary.org/calendar>

Tuesday, December 12, 2023—1:00pm—3:00pm

Kids bring your elders/grandparents to decorate cookies, read holiday stories, and make holiday cards!

Menasha Public Library: Company E Room

All supplies will be provided. Ages 3+.

If you Give a
grandparent a
cookie...



December 12th from 1-3pm



Company E Room

**Kids bring an
elder / grandparent
with you to:**

- *Decorate Cookies*
- *Read Holiday Stories*
- *Make Holiday Cards*

All supplies will be provided. Registration required.



Librarian Learns: The Day They Gave Babies Away

Originally published by Oshkosh Public Library
<https://www.oshkoshpubliclibrary.org/events>

Friday, December 15, 2023 - 9:00am

Perfect for local history fans, this show features in-depth research and a unique perspective on Oshkosh's fascinating history. This month, Local History Librarian Michael is taking a deeper look at the 1956 film *All Mine to Give*.

Movie Info: In this fact-based drama set in the 1850s, the Eunsons move from Scotland to the American Midwest (Eureka, WI), where they live happily and run a successful business -- until the untimely deaths of both the father and the mother of the family. When the six Eunson children were left orphans the day before Christmas, 1868, the oldest, twelve-year old Bob, took the responsibility of finding homes for his younger brothers and sisters.



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

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.

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.

For the 1:00pm class, register at: https://uwmadison.zoom.us/meeting/register/tJ0tcemupjwiGtUE_wmwOPhHqumV84BTYkas

For the 6:00pm class, register at: https://uwmadison.zoom.us/meeting/register/tJwrf-GsrD4iGdSwiLz-m1BTWJf75n8_fKm7

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

Raising Wisconsin's Children **2023 ONLINE PARENTING CLASSES**

DEC 21, 2023

**Strengthen Family
Bonds Through
Traditions**

Online @ 1 or 6 PM

**Scan to
register**



go.wisc.edu/parenting-classes



Extension
UNIVERSITY OF WISCONSIN-MADISON

FREE

pds S.P.A.R.K Self-Love Workshops

Originally published November 24, 2023 by United Way Fox Cities Community Council



Are you ready to ignite your self-love and self-confidence? Join us for a dynamic workshop dedicated to strengthening the most important relationship in your life—the one with yourself!

The purpose of this workshop is to provide women with the knowledge, skills, confidence, and attitudes necessary to navigate the challenges of adolescence/adulthood and beyond, helping them become resilient, empowered, and self-assured individuals.



Confidence in Motion
Stephanie Pereira da Silva



Eating for Heart & Mind
Kate Harrell



Self-Love Yoga
Stephanie Duwe



Your Self-Care Plan
Katie Jaegly

Throughout the program, engaging facilitators will lead participants through thought-provoking discussions, interactive activities, and practical tools to empower self-love and discovery.

What's your s.p.a.r.k.?

These 3-hour workshops for women will provide practical strategies to boost self-esteem, develop self-compassion, and cultivate a deeper love for the mind, body, and spirit. There will be 3 pds S.P.A.R.K. workshops in 2024, each targeting a different subset of women.

Dates are as follows:

- **January 14, 2024: Workshop for Adult Women (18+)**
- **February 11, 2024: Workshop for Young Adult Women (12-18)**
- **March 3, 2024: Workshop for Mothers & Daughters**

All sessions will take place at the James P. Coughlin Center (625 E. County Rd. Y) from 1:00-4:00pm.

Participants may register for a workshop by visiting www.pdsfusion.org/self-love-workshop.

Indoor Plant Care During Winter

Originally published by Neenah Public Library

<https://neenahlibrary.org/events/month>

Wednesday, January 31, 2024—6:30pm

Join local Master Gardeners to learn how you can keep your indoor plants thriving through late winter. You will learn how to recognize common pests on indoor plants and management options. We will also discuss maintenance practices that you can use to minimize indoor plant problems and keep your plants growing healthy.

The program will be held in the 1st floor Shattuck Community Room.

Please contact Mike at the Reference Desk at 920-886-6315 for any questions.

Everyone is welcome. If accommodations are needed to attend, please contact the library administrative office at 920-886-6315 or by email at library@neenahlibrary.org at least 24 hours in advance of the program.



Shipwreck Detectives with the Wisconsin Maritime Museum

Originally published by Menasha Public Library

<https://www.menashalibrary.org/calendar>

Friday, February 2, 2024—1:30-2:30pm

Join staff from the Wisconsin Maritime Museum to learn about shipwrecks in Wisconsin. Learn how they happened, what they can teach us, and so much more! For all ages; no registration required.

Menasha Public Library: Company E Room



CASA of the Fox Cities: Volunteers Needed!

Originally published November 24, 2023 by United Way Fox Cities Community Council

Since 2012, CASA of the Fox Cities has been serving children who have faced abuse and neglect by providing them with a Court Appointed Special Advocate, or a community volunteer that is uniquely positioned to be the caring, consistent adult that a child deserves.

No special experience is necessary to become an integral part of creating a better tomorrow; we will train, guide, and support you through your service to this community. You can give the gift of hope and be the voice of children in the Child Welfare System.

Change a child's story! Learn more at casafc.org/volunteer or contact us at 920-257-4733 or info@casafc.org.



Our community
needs you!

Help is 3 Numbers Away

Originally published November 24, 2023 by United Way Fox Cities Community Council

In Wisconsin, Help is 3 Numbers Away



211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Substance Use / Mental Health Resources
- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare



988 provides support when a person, or someone they know, is experiencing a crisis:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

Referrals as needed, utilizing 211 WI's Resource Database.

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

Tip for Building Connections: How's Your Neighbor?

*Originally published by the Wisconsin Coalition to End Social Isolation & Loneliness
<https://www.facebook.com/WCESIL>*

Join the movement to reduce loneliness and isolation in your community. Commit a [#randomactofconnection](#) today!

Tip for Building Connections:

How's Your Neighbor?

Is there someone in your community who may be lonely and isolated? There are simple ways to help.

Stop by or call and say hello. Invite them to an event or over for coffee. **Reach out.**

Be a friend. Stay in touch!



Tip for Building Connections: Getting Around is a Game-Changer

Originally published by the Wisconsin Coalition to End Social Isolation & Loneliness
<https://www.facebook.com/WCESIL>

There's one simple way to help someone in your neighborhood who may be home bound or isolated - offer them a ride! Whether you invite them to join you when you go to the grocery store or can give them a ride to a place they need to go, you'll be helping them stay connected in the community.



Tip for Building Connections:

Getting around is a game-changer

Driving isn't just about getting to where you're going. Reliable transportation — riding with others or offering others a ride — helps everyone stay connected. Don't let a lack of transportation hold you back.

Reach out for a ride! Offer a ride!



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL
AGES 55+

FRIENDSHIP MAKES THE SEASON BRIGHT



Join your friends at the Y for a festive holiday party! Bring along your favorite side dish and dress in festive attire! Hot sandwiches and beverages will be provided Enjoy holiday music, fun games, and awesome prizes!

THURSDAY, DECEMBER 14 • Noon-1:30 p.m.
20TH AVE YMCA • MPR 1 & 2
FREE FOR MEMBERS! • \$5 for Non-Members

Registration is required. Please sign up at the Front Desk of either location. Questions? Contact Errah Wheel at 920-230-8916 or errahwheel@oshkoshymca.org!

SHARE THE HOLIDAY SPIRIT:

This holiday season we'd like to share what we can spare with the community and encourage anyone who is able to bring a non-perishable food item to our holiday party! All items collected will be donated to our local food pantry.

LUNCH SPONSOR
Helping Seniors Live Well at Home



(920) 966-6276

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown 920-236-3380 324 Washington Avenue
20th Avenue 920-230-8439 3303 W. 20th Avenue



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHARE THE JOY

COOKIES & CAROLS



Celebrate the holidays with cookies, candies, and snacks! Join us to mix and mingle, listen to holiday music, taste holiday treats and share your favorite holiday traditions. Please bring a homemade cookie, candy, or snack to pass. Prizes will be awarded to the best tasting and best looking cookie/candy/snack.

TUESDAY, DECEMBER 19

DOWNTOWN Y • TEACHING KITCHEN

11:15 A.M. - 12:15 P.M.

FREE FOR MEMBERS! • \$5 for Non-Members

REGISTRATION IS REQUIRED.

Please sign up at the Front Desk of either location or by calling
920-230-8439.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

DOWNTOWN 920-236-3380 • 324 Washington Ave



How to Prepare for the Holidays without Feeling Like Scrooge

Originally published by University of Wisconsin-Madison Division of Extension
https://finances.extension.wisc.edu/articles/how-to-prepare-for-the-holidays-without-feeling-like-scrooge/?fbclid=IwAR349wU8q6diJHdZZ-kkx0wP5L_UgLJS5XAe5Y6Y5lkNY7JKmNXHo42YnEs

Inflation and the costs of items seem to be on everyone's minds lately. Stress levels are high due to the impact that inflation has on groceries, fuel, heating costs, and credit card interest rates. This depressing news is making people feel that they have little control of their finances.

As we enter the holiday shopping season, it is easy to get "caught up" in the excitement of buying gifts for our loved ones. However, once the holidays are over and the bills arrive, we may find that we are in deep financial trouble. The pain outweighs the pleasure and steals the joy.

There are strategies that you can use now that will help you survive the upcoming holiday season without debt and without feeling like Scrooge.

Holiday Tip 1– If it is necessary to cut back on spending this year, communicate that with your family. It doesn't mean the holidays have to change dramatically. Families should discuss what is important to them this season and be willing to make changes if necessary.

Holiday Tip 2– Set a holiday budget and keep track of what you spend, including all expenditures, not just the cost of gifts. Figure costs of food, entertainment, decorations, travel expenses, holiday cards, and postage as well as the costs of new clothes for the season. If possible, look at how much you spent last year to help set your budget.

Holiday Tip 3– Set spending limits for each person on your list as well as for the other items in your holiday plan. Write your limit on an envelope and keep it handy. When you make a purchase, subtract the amount from the limit and place the receipt in the envelope.

Holiday Tip 4– Decide how you are going to pay for holiday spending. If you plan to use only cash, leave your credit cards at home when shopping. If doing on-line shopping, stick to one credit card.

Holiday Tip 5– Avoid impulse shopping. Start shopping far enough in advance that you will not be pressured to buy the first item you see in a store or online. This allows you to compare similar items and take advantage of sales. To avoid impulse online purchases, place the item in the shopping cart and wait 24 hours to decide if you really need it.

Holiday Tip 6– Talk with family and friends about drawing names for a gift exchange, setting dollar limits on gifts, or not exchanging among adults. Make gifts by hand or give gift certificates promising your time or talents. Offer gifts for such things as babysitting, car washing, or a particular talent, such as photography. Give family keepsakes or pictures as gifts to create memories as well.

Holiday Tip 7– If entertaining family and friends consumes a large part of your holiday budget, consider pitch-in dinners instead of shouldering all the work and expense yourself. You could also invite people for dessert and coffee or a small luncheon, brunch, or breakfast.

Holiday Tip 8– It is never too early to start planning for next year. Think ahead and take advantage of after-holiday sales. Good budgeting should take place all year long, not just the holidays.

The holiday season is an exciting time for everyone. With a bit of planning, your 2022 holiday spending does not need to make you feel like Scrooge. It's a time to be with loved ones and enjoy the holiday celebrations. Ba humbug to letting debt create stress and steal the joy.

HOW TO PREPARE FOR

Holidays Without Feeling Like Scrooge

Holiday Tips:

- Set spending limits for each person on your list as well as for the other items in your holiday plan
- Decide how you are going to pay for holiday spending. If you plan to use only cash, leave your credit cards at home when shopping.

Learn more:

<https://finances.extension.wisc.edu/>



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Financial Education

Preserve It Fresh, Preserve It Safe: 2023, No. 6 (November/December)

Originally published November 2023 by the University of Missouri Extension
<https://extension.missouri.edu/publications/hes155>

Pumpkins Galore!

Pumpkin bread, muffins, soup, desserts and beverages are very popular in the fall and winter. Pumpkins technically are a type of squash in the *Cucurbitaceae* family, which includes cucumbers, melons and about 800 other “plant cousins.” They are botanically considered “fruits” even though some are used as vegetables on menus. Pumpkin and winter squash have long shelf lives of two to three months, or longer, if kept in a cool, dry place.



Pumpkin pie is the dessert featured at many Thanksgiving meals.

Can you preserve your own canned pumpkin pie filling?

If you like to use commercially canned mashed pumpkin in recipes, be aware that tested recipes are not available for home-canning mashed pumpkin, including pumpkin butter. Pumpkin cubes (1 inch squares) can be pressure-canned safely following current guidelines.

Can I freeze mashed pumpkin?

Yes, freezing mashed pumpkin can be done safely.

- Select full-colored mature pumpkin with fine texture. Wash, cut into cooking-size sections, and remove seeds. Cook until soft in boiling water, in steam, in a pressure cooker, or in an oven. Remove pulp from rind and mash. To cool, place pan containing pumpkin in cold water and stir occasionally. Package, leaving ½-inch headspace. Seal and freeze.

How do I prepare pumpkin seeds?

Pumpkin seeds are rich in fiber and make excellent snacks.

- To dry, carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in the sun, in an electric dehydrator at 115 to 120°F for 1 to 2 hours, or in an oven on a very low, warm temperature only, for 3 to 4 hours. Stir them frequently to avoid scorching. Dried seeds should not be stored with any moisture left in them.

Source of recommendations: National Center for Home Food Preservation



Canning Frequently Asked Questions—Can You Reprocess Food if the Lids Do Not Seal?

This is a common question from many home food preservers. If you processed the food correctly, using a research-tested recipe and using a research-tested process, then you may reprocess any jars that do not seal within 24 hours, repeating all the original instructions associated with the recipe and using new lids. This means that you need to empty the jars, check the jar rim for any nicks that may impair the lid from sealing, and refill and reprocess the jars according to the instructions provided.

If you do not want to reprocess the unsealed jars, you can also freeze or refrigerate those jars. Refrigerated jars should be used within several days. To freeze the jars, readjust headspace to 1½ inches before placing the jar in the freezer. It is best to freeze food in wide-mouth canning jars with straight sides, this includes wide mouth pint (16-ounce), quart (32-ounce), 12-ounce, and 24-ounce jars. Regular mouth jars with a rounded shoulder just below the screw-band area, tend to break during freezing as food expands.

Source: https://nchfp.uga.edu/questions/FAQ_canning.html#1



A newsletter for those
who preserve food
at home.

White Chicken Chili

Originally published Nov. 2023 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/11-2023.pdf>

Ingredients:

- 1 Tbsp neutral oil
- 1 medium yellow onion, chopped
- 1 jalapeno, seeded, finely chopped
- 2 cloves garlic, finely chopped
- 1 tsp dried oregano
- 1 tsp ground cumin
- 3 boneless, skinless chicken breasts, cut into thirds
- 5 c. low-sodium chicken broth
- 2 (4.5 oz) cans green chiles
- Kosher salt
- Freshly ground black pepper
- 2 (15 oz) cans white beans, drained, rinsed
- 1 1/2 c. frozen corn
- 1/2 c. sour cream
- 1 avocado, thinly sliced, for serving
- 1/4 c. chopped fresh cilantro, for serving
- 1/4 c. crushed tortilla chips, for serving
- 1/4 c. shredded Monterey Jack cheese, for serving



Enjoy!

Instructions:

1. In a large pot over medium heat, heat oil. Add onion and jalapeno and cook, stirring, until softened (about 8 minutes). Add garlic, oregano, and cumin and cook, stirring, until fragrant (about 1 minute). Add chicken, broth, and chiles; season with salt and pepper. Bring to a boil, then reduce heat and simmer, uncovered, until chicken is tender and cooked through (10-12 minutes). Transfer chicken to a plate and shred with 2 forks.
2. Add beans to pot and bring to a simmer. Cook, smashing about 1/4 of beans with a wooden spoon, until slightly thickened (about 10 minutes). Add corn and shredded chicken and cook, stirring, until heated through (about 1 minute more). Remove from heat and stir in sour cream.
3. Ladle chili into bowls. Top with avocado, cilantro, chips, and cheese.

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