

April/May 2024

Sunnyviews

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President’s Letter

HCE Members,

The spirit of Easter is all about hope and joy. I am so thankful for friends like you! Now, bring on the springtime.

Our quarterly Board meeting and ADVOCAP program, along with the Central District meeting, should be on your calendars for April.

On May 9th, yes I said Thursday May 9th, we will be having our Spring banquet at the Delta Restaurant in Oshkosh. The committee is working on invitations, and they should be out in a timely manner.

May 20th we will be making lunch at St. Thomas Episcopal Church. It is such a worthwhile project. I hope you can lend a hand. Hope you had a wonderful Easter.

Yours in friendship,

Bernice Labus



HCE Dates to Remember

- April 1st Winnebago HCE Scholarship Applications Due to any Scholarship Committee Member or Bernice Labus
 Email: bernice.labus@gmail.com
 Phone: 920-312-8822 (text or call)
 Or mail: 5716 County Road R
 Oshkosh, WI. 54902
- April 8th 12:00pm Committee/Planning Meeting
 1:00pm Program: ADVOCAP
 2:00pm County Business Meeting
- April 17th 9:00am Spring Central District Meeting
 —The Woodland in Gresham, WI
- Contact any HCE board member to attend
 - We can carpool from the James P. Coughlin Center
- May 3rd Spring Banquet Registrations due to Kathy Wuest
- May 6th 9:00am Stitches of Love Workshop
- May 10th Spring Banquet—James P. Coughlin Center
 5:00pm Gathering Time
 6:00pm Dinner
 7:00pm Entertainment
- May 15th Submissions Due for June/July
 HCE Newsletter
- May 20th Volunteer at Second Portion
 10:00am Set-Up
 12:00pm Serving
 2:00pm Clean-Up Ends
- Contact Sue Soule to sign up
 - We can carpool from the James P. Coughlin Center
- June 1st “Impact of HCE” Hours Begins for 2024-2025
- June 1st Ardith McDowell Scholarship Applications Due (State)
- June 30th Memorial Leadership Scholarship Applications Due (State)



HCE Advisor's Letter

Dear HCE Community,

As nature begins to stir with the promise of new life, it is with great joy that we welcome the arrival of spring. In this season of renewal and growth, I invite each of you to join me in embracing a mindfulness practice.

Mindfulness is the practice of being present in the moment and fully engaging with our thoughts, feelings, and surroundings. It offers us the opportunity to cultivate a deeper sense of awareness and appreciation for the beauty and wonder that surrounds us, both internally and externally.

In the hustle and bustle of daily life, it can be easy to get caught up in the whirlwind of tasks and responsibilities, losing sight of the present moment. However, by practicing mindfulness, we can learn to quiet the noise of our busy minds and reconnect with our surroundings.

I encourage each of you to take some time this spring to immerse yourselves in mindfulness practices that resonate with you, whether it be through meditation, mindful walking, or simply taking a few moments each day to pause and breathe deeply. By nurturing our inner selves with mindfulness, we can cultivate a sense of calm and clarity that will not only benefit ourselves, but also ripple outwards to positively impact those around us.

As we witness the earth coming back to life, let us take inspiration from nature's resilience and adaptability. Just as the flowers unfurl their petals in the warm spring sun, may we too open ourselves up to the possibilities of growth and transformation.

May this spring be a season of growth, renewal, and mindful living for us all. Please do not hesitate to reach out if you have any questions about mindfulness practice.

With Mindfulness,

Katie



Get the Extension Winnebago County E-Newsletter

Would you like to know more about the work Extension Winnebago County is doing and the programs that are available for you? Sign up to receive our monthly office newsletter!

Program opportunities and information is shared from each of our educators' program areas: 4-H & Youth Development, Human Development & Relationships, Health & Well-Being, Agriculture, Horticulture, and Community Development.

Sign up to receive the
monthly e-newsletter at
<https://go.wisc.edu/uv61fr>



Volunteer Opportunity

Monday May 20, 2024
10:00am—2:00pm

VOLUNTEERS NEEDED for Second Portion at St. Thomas Episcopal Church in Menasha!

10:00am Set-Up
12:00pm Serving (Hot dogs, Baked Beans, and fixings)
2:00pm Clean-Up Ends

Chairperson of the event is Sue Soule.

Contact Sue for more information
or to sign up:
920-558-4025
soules@new.rr.com

We can carpool from the
James P. Coughlin Center



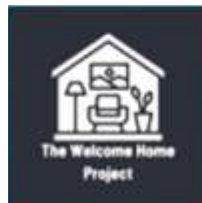
Welcome Home Project

Originally published by the Fox Cities Community Council

<https://files.constantcontact.com/1519a248001/4a0b7400-ce9d-4aca-b5b7-3cda9cf10214.pdf>

The Welcome Home Project is looking for help!

A partnership with Leadership Fox Cities, Appleton Housing Authority, and Neighborhood Housing Inc! This partnership is looking for help with Welcome Home Kits containing vital essentials for youth in foster care.



These kids will feel a sense of relief, security and stability knowing many of the essential basic needs for their new apartment have been taken care of for them, giving them time to focus on all the other things that will cultivate their success.

OUR WHY

In the United States, about 23,000 youth exit foster care each year and are left to fend for themselves. 20% of foster care youth will become homeless the day they age out. Which means approximately 4,000 kids per year leave foster care into homelessness. In Outagamie County alone, 1 out of every 5 youth aging out of the foster care system is facing homelessness.

OUR HOW

We are partnering with The Appleton Housing Authority who recently received a HUD grant for 25 FYI Vouchers for youth between the ages of 18-24 who have been in foster care. The Welcome Home Kits containing vital essentials will be delivered at the time the FYI Voucher recipient moves into their new housing.

OUR MISSION

Fund, procure, & assemble 25 Welcome Home Kits for the Foster Youth to Independence (FYI). We hope this provides them a sense of relief, security and stability knowing many of the essential basic needs for their new apartment have been taken care of for them, giving them time to focus on all the other things that will cultivate their success.

Have questions or want to donate?

Send an email to:

welcomhomeprojectwi@gmail.com



WAHCE International Programs

Originally published February 2024 by Wisconsin Association for Home and Community Education's UPDATE Newsletter

White W/NP Boxes or a Shoebox:

- **Sewing Project boxes:** scissors, thread, needles, pins, measuring tapes, bias tape, etc. Also, one yard or longer lengths of cotton or lightweight fabric is appreciated.
- **Gardening boxes:** trowels, clippers, cultivators, gloves, string, row markers, etc.
- **Cooking boxes:** measuring cups and spoons, wooden spoons, whisks, spatulas, turners, tongs, meat forks, pairing knives, etc.;
- **Hair Care boxes:** scissors, clippers, combs, mirrors, brushes, curlers, etc.

Pack boxes with a list of contents taped on the outside. Inside put a note with the county and group you are from and if you can, a picture of the members who participated. You can decorate your box if you want to.

Zero Hunger:

Bonnie Teeples, our ACWW USA Area President's project for this Triennial is Food Security and the United Nation's millennium goal of zero hunger by the end of the 21st century. That goal says, "It is the right of all people to always have sufficient healthy and culturally appropriate food available." We have hungry people in every nation on earth.

My challenge to all WAHCE members is that each one donates two extra cans of food (such as chunky soup, pork and beans, beef stew, or spaghetti sauce with meat) in 2024. Include them in a donation to a food pantry in your area. That means that when there is a food drive in your area, contribute at least two extra cans or boxes of food sometime during this year. Then at your monthly meetings, report to your international chair how many you donated. Report the number of cans your county contributed at the Spring Area meeting during the area International Chair's report. These totals will then be included in the President's report at the 2024 NVON annual conference in July and to Bonnie Teeples for her reports to ACWW.

Central District Meeting

The Shawano County Home and Community Education Association invites you to the HCE Central District Meeting. It will be held on Wednesday, April 17, 2024 at the Woodland in Gresham.

2024 Spring Central District Meeting “Life is About the Journey”

Date: Wednesday, April 17, 2024

Location: The Woodland
420 S. Main St.
Gresham, WI 54128

Schedule:

9:00—9:30am	Registration and Breakfast Snacks
9:30—2:15pm	Meeting (General Session for all attendees; no breakout sessions)

Our lunch menu is a lasagna dinner including salad, breadsticks, desserts, and beverages.

On the program for this meeting will be Kay Reminger speaking on “Life is About the Journey”.

Cost for each person is \$20. Registrations are transferable but not refundable. If you have any questions, please contact Helen Raddant at 715-853-2049 or the Shawano County Extension office at 715-526-6136. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program by calling the Shawano County Extension office at 715-526-6136.

A “live auction” will be held to raise funds for our district treasury. Each person attending is asked to bring one quality item. Items may include baked goods, maple syrup, honey, garden/plants, herbs, books, seasonal decorations, etc.

2023 Stitches of Love Annual Report

The HCE Stitches of Love project began in January 2002 and is proud to be completing its 22nd year of service. The mission of Stitches of Love is to make headwear, free of charge, for local cancer patients and distribute them through local treatment centers. In 2023, four regional cancer centers were supported:



- ThedaCare Cancer Center in Appleton
- ThedaCare Cancer Center in Oshkosh
- The Vince Lombardi Cancer Center at Aurora Medical Center in Oshkosh
- The Agnesian Cancer Center in Fond du Lac

In the past, we have also donated hats to the Michael Wachtel Cancer Center at Ascension Mercy Hospital in Oshkosh but other groups have been supporting them over the past few years. Stitches of Love holds four workshops each year at the at the Coughlin Center in Oshkosh. Twenty-five dedicated volunteers regularly attend workshops and/or sew or knit at home. In past years, a workshop was held every six months in Chilton at the Calumet County Courthouse but those workshops have been cancelled due to life changes of the volunteers.

Stitches of Love revenue this past year has come from donations, donations from walker caddies available at ThedaCare at Home, and gift cards from Thrivent. In 2023 we made and donated over 2,300 hats to the four cancer treatment centers listed above. This was done with over 4,500 hours of volunteer time.

Finally, we are also very thankful for the support given to us by the staff at the Coughlin Center – Amy, Ashley, and Robin along with a wonderful facility for our workshops.

And finally, a big Thank You to Winnebago County Home and Community Education for supporting this most worthwhile cause!!

Lynn Mozingo, Coordinator
Stitches of Love
LynnMozingo@gmail.com
(920) 428-6947

Westhaven Circle HCE Meeting Minutes: February 15, 2024

The February 15, 2024, meeting of the Westhaven Circle HCE was held at the home of Elizabeth Fisher. Present were Carolyn Barthel, Elizabeth Fisher, Vernita Green, Sue Meyer, and Vickie Savinski.

Treasurer's Report: The Pennies for Friendship container was passed around.

New Business: Sue Meyer and Vernita Green both went to the Paine for the program on Hmong art. They brought back some information and thoughts about their visit.

Members discussed the following program ideas:

Thursday, March 7, 12:00 p.m. lunch at Pilora's and then to Paine Art Center to see the Hmong exhibit. Note that the March event is not on our regular meeting date. It is still on a Thursday but Rooms and Blooms is only for a couple of weeks so we are going the first Thursday in March. Sue Meyer is doing the preparation for the meeting which involves reservations at the Paine and at Pilora's. We will eat before going to the Paine. The program is called Rooms and Blooms where florists coordinate flowers with the Hmong art (Vernita will bring free tickets to any of us who are not members of the Paine. Please let Vernita know if you need one so she brings the correct number. There are plenty so don't worry. With the tickets there is no cost to go to the Paine).

Mao Lor: A Journey through Hmoob Paj Ntaub

February 10–May 26, 2024

Journey through 40 years of Hmong art, history, and culture with dozens of intricately hand sewn and embroidered artworks by artist Mao Lor, whose pieces use traditional methods and patterns and reflect contemporary innovations used for storytelling.

Thursday, April 18, 1:00 p.m. the meeting will be at Vickie Savinski's home. She will be showing some of her Grandmother's hand stitched quilts. Members who wish to bring their quilts to share are encouraged to do so.

Thursday, May 9, 5:00 p.m. [updated] will be the Spring Banquet.

Thursday, June 20, 10:00 a.m. we will go to the Hearthstone House, eat lunch at the Appleton Fratello's, and tour the Paper Discovery Museum (The June meeting has a cost. Hearthstone tour is \$9/person and the Paper Discovery Museum is \$4 according to their websites. Vernita noted that the tours are different during different months so we may want to change our months depending on our desired tour).

July will be our annual picnic at Vernita Green's home, however, no date is set until Vernita will have more information on a family reunion.

Thursday, September 19, 12:00pm lunch at Evergreen. We will discuss with Carol Fox about a speaker idea from Evergreen for a discussion on retirement communities.

October 14, Annual meeting. The Annual meeting is on Monday, October 14th and starts with lunch at noon and meeting at 1 p.m.

Thursday, October 17, Sheboygan, tour the John Michael Kohler Arts Center. Elizabeth will look for ideas on places to have lunch (Vernita just added the following information: the visit to the John Michael Kohler museum on October 17 is free for self-guided tours and \$10 each for a docent-led tour but a minimum of 8 people are required).

November 21, we will be working on a craft project – a log cabin made out of pretzels. Vernita Green will see about having our meeting and working on our project at Wesley United Methodist Church. She will also bring supplies. She will let members know about the cost. Sue Myer will bring refreshments. Please bring your own beverage.

Saturday, December 14 (change from our normal Friday night time), Christmas Party at Vernita Green's home.

January, 2025, we will be sharing a book we have read.

Old Business: Members were reminded that we are going to attend the program about the Underground Railroad at the Oshkosh Public Library, under the dome. Sandra Toland will present the program. Meeting time is Monday, February 19, 2:30 p.m.

Program: Vernita Green brought some samples of Hmong art which have been given to her. She also brought beautiful samples of clothing given to her and her daughter, Sarah. There were interesting stories about

each piece of fabric and the stitches used. The art showed stories of their life. Here are some of the samples of Vernita's Hmong fabric and clothing art:



*Top left photo:
Carolyn Barthel, Vernita Green,
and Elizabeth Fisher*



*Bottom left photo:
Sue Meyer, Carolyn Barthel, and
Vernita Green*

The meeting was adjourned,
Vickie Savinski, Secretary

Gillingham HCE Meeting Minutes: March 18, 2024

Club: Gillingham Date: 3-18-2024 Time: 1:00pm

Place: Home of Linda Evenson No. Members Present: 6 Visitors: 0

Newsletter Discussed? Yes Pennies for Friendship Collected? Yes

This month's lesson/program (topic and brief summary): Description of Gourmet Meal prepared by Chef of FVTC culinary department.

Presented by: Dar Schuff

No. of members who plan to use lesson information: All

What did members do as a result of last month's project lesson?
Sustained awareness of protecting our hearing with ear protection against elevated decibels.

Leader(s) attending next project lesson:

New member(s):

Member(s) lost: Reason:

Minutes of regular business meeting:

Prayer recitation preceded the meeting. Called to order by President, Gloria Larsen. Roll call response to any witnessing of early spring flower was recorded. Secretary and Treasurer reports were revealed, approved, and filed.

Gloria shared and reviewed upcoming events for the club; the Business meeting and program, Central District Meeting, Spring Banquet, Second Portion community outreach project, and deadlines for Scholarship applications.

Linda shared insight into referendums in the April elections.

Plans for our April club meeting concluded the meeting.

Secretary,
Joan Bestler



HCE Member Activities:

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

Underground Railroad Presentation

Submitted by Bernice Labus

On February 19th, Sandy Toland taught our HCE members and guests about the Underground Railroad. It was an excellent, well-attended event at the Oshkosh Public Library.



*Pictured left:
A tunnel below the Milton House used as a part of the Underground Railroad, in Milton, WI
Credit: Angela Major/WPR*

*Pictured below:
The Oshkosh Public Library*



Visit with Keepsake Homemakers Club

Submitted by Bernice Labus

In February I visited Keepsake Club. What an impressive group of seamstresses! They make projects for our county's needs, and what they make is absolutely beautiful!

Pictured here: Micki Rohan, JoAnn Drake, Judy Fleck, & Wendy Schafer



Upcoming Local Library Events

Neenah Library: <https://neenahlibrary.org/events/adults/month>

4/18/2024—7:00pm History Program: Orville Babcock: For nearly 150 years historians have portrayed Orville Babcock as one of the principal actors in the corrupt Ulysses S. Grant administration. This narrative has left Babcock to be seen as only a classic villain beside a naive and sometimes simple-minded Grant. Local historian, Peter Adams, has approached the subject by studying Babcock and Grant not just as historical figures, but as men.

4/19/2024—9:15am Fitness Friday: Balance & Strength: Nicole, with Absolute Wellness, will guide you through an hour-long active stretching with balance exercises. This class is for all abilities. Remember to bring a towel or yoga mat and a water bottle. We will meet in the Shattuck Community Room. Free, open to the public, and no registration necessary. Everyone is welcome. If you have questions or need accommodations 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.

4/19/2024—10:30am Chair Yoga: Come join Nicole from Absolute Wellness in a relaxing yet powerful 30-minute chair exercise experience! Learn how to engage your core while doing full body movements all while sitting down. Some standing exercises will also be offered with modifications for using the chair. We will meet in the first-floor Shattuck Room. Free, open to the public, and no registration necessary. 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.



6/10/2024—6:30pm Free Pressure Canner Gauge Testing: Bring in the lid of your pressure canner for a free test! In just a few minutes, you can make sure your dial gauge is accurate and functioning properly. This program will last approximately one hour and will be held in the 1st floor Shattuck Community Room. No registration necessary. Please contact the adult services desk with any questions at 920-886-6315. Tests conducted by Katie Jaegly, Extension Winnebago County Health & Well-Being Educator.



Menasha Library: <https://www.menashalibrary.org/calendar#/events/>

4/18/2024—6:30pm Meet the Artist & Mixed Media Demonstration: View



this collection of mixed media oil paintings and visit with librarian & artist, Liz Tubman. Her paintings are created using lots of layers that begin with fluid acrylics, inks, and drawing tools before being finished with oils. During the program Liz will have a demonstration of mixed media techniques. Light refreshments will be served.

Location: Miron Fireside Room

Duration: 1 hour 30 min

About the Exhibit: During the months of March and April the library is honored to showcase the work of librarian and artist, Elizabeth Tubman. Her creative spirit moved her to pursue more seriously a fine art practice. Since 2022 she initiated a yearlong studio art program through the Milan Art Institute. The paintings on display were created through her exploration of mixed media techniques that include charcoal, inks, acrylic, & oil. Her work has been shown at the Richeson Gallery in Kimberley and the Art Garage in Green Bay.

4/20, 5/19, & 6/19/2024—9:00am Family Roots Genealogy Club:



George Hesselberg, a former reporter for the Wisconsin State Journal for forty-three years, and author of *Dead Lines: Slices of Life from the Obit Beat*, will be speaking today.

Everyone is invited to join the Family Roots Wisconsin when they hold their monthly genealogy meeting on the third Saturday of each month at 9:00am. Meetings include a time to share news, a time to share genealogy research techniques, and sometimes a speaker.

There are no dues to belong to Family Roots Wisconsin. (There is a charge if you would like to receive the newsletter.)

Meeting will be held in the Co. E Room on the lower level of the library, or you may join the meeting virtually via Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/86582094721?pwd=SHhNcExIRHhGb2dGWGtqTGxhTEZBdz09>

Meeting ID: 865 8209 4721

Everyday Tech: Drop-In Tech Help

Originally published by Oshkosh Public Library

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

Sunday April 7, 2024 1:30—3:30pm

Sunday May 5, 2024 1:30—3:30pm

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 Tussel of Wireless LLC.

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

EVERYDAY TECH

At Oshkosh
Public Library



Free Legal Assistance Clinics

Menasha Library: 4:30pm—6:30pm on the 1st Tuesday of each month

Neenah Library: 4:30pm—6:30pm on the 2nd Tuesday of each month

Oshkosh Library: 4:30pm—6:30pm on the 3rd Wednesday of each month



Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civil legal issues. Each of the clinic locations operate on a first-come, first-served basis. The services

provided are limited and may include: a brief legal consultation with an attorney (or referral to an attorney if one is not available); assistance with legal forms; assistance with legal procedures; and guidance to additional resources. When attending a clinic, please bring any paperwork that is relevant to your case so the volunteers can better assist you.

Volunteers at the library can help you out whether you are proceeding pro se (without an attorney) or if you need the help of an attorney free of charge. The clinic can offer help with the following types of cases:

- Family law
- Small claims
- Domestic abuse/Harassment
- Probate/Will or Guardianship
- Property disputes

You may be already suing someone else. Maybe someone is suing you. You may need to modify an order such as child support or placement of your children. You might need the protection of a restraining order. Or maybe you are feeling that you have been wronged and do not know what you can do about it.

There will be volunteer attorneys available to evaluate your problem and in most cases give you advice about how you should proceed. Get advice on how to represent yourself or get a referral to an attorney who can possibly represent you without a fee. Please note, the Free Legal Assistance Clinic cannot help you if you already have an attorney representing you for that legal problem.



Wisconsin Association for Home & Community Education, Inc
Cultural Arts & Textiles Contest & Show - 2024 Entry Requirements (* explanations)



1. **Painting (1A,1B,1C,1D,1E):**
 Artwork Must be framed or canvas wrapped.
2. **Drawing (2A,2B,2C):**
 Artwork Must be framed or wrapped. Please spray charcoal or pencil drawings with fixative to avoid rubbing off onto other artwork.
3. **Photography (3A,3B,3C,3D,3E,3F,3G):**
Size Requirement: Must be an 8" x 10" print. (Unmatted and Unframed and placed in an 8 1/2" x 11" sheet protector.)
4. **Craft (4A and 4B only):** Up to 6 cards without envelopes must be mounted as a group on a flat, sturdy display board.
Size Requirement: No larger than 14" x 22".
6. **Poem (6)**
 The writer must have Two Copies typed (12 pt font) which must accompany the registration form.
 Entries must NOT be framed or in book form.
 Staple a cover sheet with the category/title which is to be centered on the page.
 The name and county should appear on the back side of the entry.
- 7C: Other
 This must be original piece of writing written and/or published in the current year (Aug 2023 to Aug 2024)
 Written piece must be 3000 words or less.
 The writer must have two copies typed (12 pt font) which must accompany the registration form.
 Entries must NOT be framed or in book form.
 Staple a cover sheet with the category/title which is to be centered on the page. The name and county should appear on the back side of the entry.
8. **Original Published Book (8):**
 Copy of Book must Accompany the Entry
 Book must have been published in the current year. (8/2023 to 8/2024)
16. **Bed Quilt (16A,16B,16C,16D,16E,16F):**
Size Requirement: Must be Larger than 60" x 80"
 (4800 Square Inches) Measurement must be written on entry form and be confirmed by County Cultural Arts Chair.
 A 4x6 picture is required for this category. (The picture must be placed inside of a plastic bag along with the entry form and then attached to the right, bottom corner of quilt with a safety pin)

Wisconsin Association for Home & Community Education, Inc. Cultural Arts and Textiles Contest & Show – 2024 Categories		State Registration Deadline: August 1, 2024	
1* - PAINTING	9 - HERITAGE SKILL	15 - SEWING	
1A* Oil	9A Hardanger	15A Children's Wear	
1B* Acrylic	9B Tatting	15B Adult Wear	
1C* Watercolor	9C Woodworking	15C Useful Item	
1D* Alcohol Ink	9D Basketry	15D Purse or Tote	
1E* Other	9E Spinning/Weaving/Dreideling	15E Pillow	
2* - DRAWING	9F Felting	15F Item made from Recycled Mats	
2A* Pencil	9G Wool Applique	15G Wearable Access (apron, hat, etc)	
2B* Charcoal	9H Rug Making	15H Other	
2C* Other	9I Rug Hooking	16* - BED QUILT	
3* - PHOTOGRAPHY	9J Quilting	16A* Tied Quilt	
3A* Color – Landscape	9K Other	16B* Hand Quilted	
3B* Color – Waterscapes	10 – CONTRUCTED ORIGINAL ITEM	16C* Pieced-Machine/Computer Pattern Design	
3C* Color – Plants	10A Clay/Pottery	16D* Other-Machine/Computer Pattern Design	
3D* Color – Animals/Creatures	10B Wood	16E* Pieced-Machine Freehand Design	
3E* Color – People	10C Fabric/Felt	16F* Other-Machine Freehand Design	
3F* Color – Skyscapes	10D Other	17* - SMALL QUILT	
3G* Other	11 – PAINTED OBJECT	17A* Tied Quilt	

4* - CRAFT		11A	China		17B*	Hand Quilted
4A*	Cards – Paper Only – 6	11B	Glass		17C*	Pieced-Machine/Computer Pattern Design
4B*	Cards – Mixed Media – 6	11C	Fabric		17D*	Other-Machine/Computer Pattern Design
4C	Scrapbooking	11D	Wood		17E*	Pieced–Machine Freehand Design
4D	Craft Made from Recycled Matl	11E	Ceramic/Kiln Fired		17F*	Other-Machine Freehand Design
4E	Handcrafted Doll/Toy	11F	Other		17G*	Not Quilted
4F	Glass Craft	12 - KNITTING			18* - QUILTED WALL HANGING	
4G	Diamond Dot (Full)	12A	Wearable Item		18A*	Hand Quilted Fabric
4H	Diamond Dot (Part)	12B	Wearable Access (hat, scarf, etc)		18B*	Machine Quilted Fabric
4I	Other	12C	Afghan		18C*	Other (ie . Embellishments)
5 – JEWELRY		12D	Other		19 – QUILTED TABLE TOPPER/RUNNER	
5A	Bracelet	13 - CROCHETING			19A*	Hand Quilted
5B	Necklace/Pendant	13A	Wearable Item		19B*	Machine Quilted
5C	Set	13B	Wearable Access (hat, scarf, etc)		19C*	Not Quilted
5D	Earrings	13C	Daily/Dresser Scarf		20* - BONUS CATEGORY "The Magic of HCE" (Open to Artist Interpretation)	
5E	Other	13D	Afghan		Please see Entry Requirement Criteria Sheet for size restrictions and entry requirements for categories marked with an (*). All entries that do not meet the entry requirements criteria will be disqualified!	
6* - POEM		13E	Other			
7* - PROSE		14 – HAND STITCHING				
7A*	Non-fiction	14A	Needle Point			
7B*	Fiction (Short Story)	14B	Embroidery			
7C*	Other	14C	Cross Stitch			
8* - ORIGINAL PUBLISHED BOOK		14D	Other			

7. Prose (7A,7B, 7C):

(7A): This Must be an original **Non-Fiction** piece of writing written or published in the current year. (Aug 2023 to Aug 2024)

Written piece must be 3000 words or less.

The writer must have **Two Copies typed (12-point font)** which must accompany the registration form.

Entries must **NOT** be framed or in book form.

Staple a cover sheet with the category/title which is to be centered on the page.

The name and county should appear on the back side of the entry.

(7B): This must be an original **Fiction** Short Story which has a beginning, middle, and end.

Piece will need to be written or published in the current year. (Aug 2023 to Aug 2024)

Written piece must be 3000 words or less.

The writer must have **two copies typed (12-point font)** which must accompany the registration form.

Entries must **NOT** be framed or in book form.

Staple a cover sheet with the category/title which is to be centered on the page.

The name and county should appear on the back side of the entry.

bottom corner of quilt with a safety pin)

17. Small Quilt (17A,17B,17C,17D,17E,17F,17G):

Size Requirement: Smaller than 60" x 80" (4800

Square Inches) Measurement must be written on entry form and be confirmed by County Cultural Arts

Chair.

A 4x6 Picture is required for this category. (The picture must be placed inside of a plastic bag along with the entry form and then attached to the right, bottom corner of the quilt with a safety pin)

18. Quilted Wall Hanging (18A,18B,18C):

Size Requirement: Must be no Larger than 50" square.

One Item only allowed. Must be submitted WITHOUT frames.

20. Bonus Category (20):

Bonus Category Theme: "The Magic of HCF"

Directions: This

category is open to the artist's interpretation. Artists are encouraged to collect ideas from fellow club members.

People can use any medium to create their one-of-a-kind pieces. Only one entry per county can be chosen to enter at the state level. This category will be judged on originality and how unique and creative the concept is along with how well it has been crafted and designed.

Size Restrictions: 10" L x 10"W x 20"H. Sizes must be measured by the County Cultural Arts Chair and then written on each entry before it will be judged at the state level.

Join us and begin

planning **AHEAD** *for the end of this life*

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the following topics:

- Getting Started
- Handling Financial Changes
- Advance Medical and Legal Directives
- Estate Planning
- Choices in End-of-Life Care
- Final Wishes
- Understanding Grief

This course features a free workbook to help people with the tasks and decisions associated with end-of-life

Who is the program for?

This program is for people who:

- Are 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

When is the program?

Thursdays

April 4 – May 16, 2024

Virtually on Zoom

11:00am – 12:00pm

Please register at <https://go.wisc.edu/2509pv> by Monday, March 25th.

Connection information will be sent to registered participants. Space is limited.

Contact us for more information:

For more information, contact Lift Span Program Manager, Sara Richie, by email at sara.richie@wisc.edu

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 cultures and ethnicities. By sharing food and our culture with one another, we connect as humans and learn more about one another's experiences. Sharing of food provides us greater opportunities to hold space for all to explore and share at the table.

JOIN US every month with a new special guest to learn more about a culture and their traditions, customs, and recipes! Come with an appetite and open mind, and leave educated and with a new cultural recipe.

FOOD + DIVERSITY + COMMUNITY

The first Tuesday of every month

11:00am—12:00pm

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!

Email Lindsey McMullan at lindseymcmullin@oshkoshymca.org to find out what is on the menu or to present and share a cultural dish/meal of your own!

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.

Originally published April 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202024.pdf>



FOREVERWELL
LIFELONG LEARNING EVENT
FOR AGES 55+



Join Dr. Bryan Royce, Orthopedic Surgeon at OSMS as he discusses the most common pickleball injuries. Learn practical strategies to prevent strains, sprains and overuse injuries. Empower yourself with knowledge to stay active and injury free on the pickleball court.

ENJOY & PLAY PICKLEBALL – SAFELY!

Pickleball is one of the fastest growing sports currently. It is easy to learn and fun to play, but requires balance and agility. Join us and make sure you are on top of your pickleball game!

TUESDAY, APRIL 30 • Noon-1:30 p.m.
20th Avenue • Multi-Purpose Rooms 1 & 2
FREE FOR MEMBERS! \$5 for Non-Members



THANK YOU TO OUR LUNCH SPONSOR:



Originally published April 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202024.pdf>



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL

IMPROVE STABILITY, BALANCE & CONFIDENCE!



MONTHLY POLE WALKING WORKSHOPS • ATTEND ONE OR ATTEND THEM ALL

WEDNESDAYS • 9:30-10:30 a.m.

Join us for our NEW walking workshops to discover the benefits of this low impact exercise! Andrea Van Dyn Hoven from Care Patrol is experienced in fitting poles and leading dynamic pole walking sessions! If you're looking to increase your cardiovascular activity, want to improve walking posture or improve stability, balance and confidence this workshop is for you.



WORKSHOP LEADER:
Andrea Van Dyn Hoven

POLE WALKING WORKSHOPS

20th Ave Y Garden Area
Downtown YMCA Multi-Purpose Room

FREE FOR MEMBERS!

\$5/Workshop for Non-Members

Please sign up at the Front Desk of either location!

- April 24 | Downtown
- May 29 | 20th Ave
- June 26 | Downtown
- July 31 | 20th Ave
- August 21 | 20th Ave

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



Originally published April 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202024.pdf>

Oshkosh Traveling Memory Cafe



The "I am fabulous" class, focuses on emotional well-being. Demonstration on applying oils to Chakra energy points throughout the body.

Areas of focus: overwhelmed, self-esteem, clarity & vision, and projection.

Jeanne Gehrke

Owner | Dreams of Jeanne LLC - Wellness Advocate

PLANET PERK COFFEE HOUSE IN THE PLANET PURRRK CLUB APRIL 17TH @ 1:30PM

100 CITY CENTER C
OSHKOSH WI

ALLERGY Note: This location has cats for customers to love



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Feb%202024.pdf>



Lyrics & Laughter

A **FREE** program for people with Alzheimer's or other dementias and their care partner.

Wednesdays from 1:30 pm - 2:30 pm

February 7 - February 28

March 20 - April 10

May 1 - May 22



Music is a road to memories and helps those with dementia.

Valley VNA Senior Care's Lyrics & Laughter™ Community Program is a lively, fun group activity designed around the benefits of music and singing for individuals with dementia and their caretakers. Through music, participants are able to engage and socialize in ways that they normally cannot do. **To register or for more information, call (920) 727-5555.**

Lyrics & Laughter™ is a Valley VNA Senior Care Life Enriching Program.



In-Home Care | Independent Living | Assisted Living

1535 Lyon Dr. Neenah | ValleyVNA.org

Originally published April 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202024.pdf>

Powerful Tools FOR Caregivers

**A FREE 6 WEEK EVIDENCE-BASED WORKSHOP
THAT CAN HELP CAREGIVERS:**



- Reduce stress
- Improve self-confidence
- Set goals and problem solve
- Make tough decisions
- Communicate effectively with family, doctors, and paid caregivers

6 week class held every Monday
May 13th through June 24th
(no class held on Memorial Day)

12:30 - 2:00 pm

Goodwill Community Campus
1800 Appleton Road, Menasha

Respite is
available!



For Registration and Questions: Alisa Richetti | 920.236.1227
arichetti@winnebago.wi.gov

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/January%202024.pdf>

CHANGING LIVES,
ONE RIDE AT A TIME.



EQUINE-ASSISTED MEMORY CAFÉS

A horse experience for adults with dementia & their caregivers

2024 DATES

All Memory Cafés are
free 1.5-hour sessions



JANUARY 8 1:30pm

FEBRUARY 12 1:30pm

MARCH 11 1:30pm

APRIL 8 1:30pm

MAY 13 1:30pm

JUNE 10 1:30pm

JULY 8 10am

AUGUST 19 10am

SEPTEMBER 9 10am

OCTOBER 14 10am

NOVEMBER 11 10am

DECEMBER 2 1:30pm

**DECEMBER 7 Seniors
with Santa at noon**

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

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.



HELD RAIN OR SHINE AT THE BEAMING BARN

2692 County Road GG, NEENAH

Originally published April 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202024.pdf>

Welcome to Medicare

Presented by Winnebago County Elder Benefit Specialists

The Aging and Disability Resource Center of Winnebago County invites you to attend a 'Welcome to Medicare' presentation. Current or future Medicare beneficiaries and their loved ones are invited to join us to learn more about Medicare options and benefits.

Oshkosh

May 16th - 10:00 am
July 9th - 2:00 pm
September 10th -
10:00 am

Neenah

April 9th - 10:00 am
June 11th - 2:00 pm
August 13th - 10:00 am

To RSVP Call 1-877-886-2372 or email us
at adrc@winnebagoctywi.gov



Money Matters Program

Money Matters is an online program designed to improve financial habits. The course can be completed through online self-study only or online self-study with financial coaching by an Extension educator.

Money Matters includes 16 self-paced modules of personal financial learning.

Topics covered include:

- Explore Credit Scores and Credit Report
- Make a Spending Plan
- Managing Student Loans
- Money and Relationships
- What is Credit and How to Build It
- Debt Management

Five modules have been translated into Spanish. After finishing each module, Wisconsin residents can receive a certificate of completion if you meet the requirements.

Participants can pair their Money Matters activities with one-on-one financial coaching with an Extension educator. 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.**

The Money Matters website can be reached at:

<https://fyi.extension.wisc.edu/moneymatters/>

Contact Todd Wenzel,
Human Development &
Relationships Educator, to
schedule an individual and
confidential financial
coaching session.



Hospice Care Myths

By the GWAAR Legal Services Team

*Originally published April 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202024.pdf>*

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual, and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and

reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be on hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed. For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

- leadingage.org/common-myths-of-hospice-care-debunked
- npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life



Preserve It Fresh, Preserve It Safe: 2023, No. 7 (January/February)

Originally published March 2024 by the University of Missouri Extension

<https://extension.missouri.edu/publications/hes157>

Why is Dry Canning Not Safe?

You may have heard about “dry canning” shared on social media. Maybe you heard acquaintances talking about it. “Dry canning” is not really “canning.” The practice of sealing flour, nuts, beans, oats, or other foods in jars after heating them in some way, such as in an oven, is promoted as a way to extend the shelf life of foods.



Sometimes the lid and ring are placed on the jar before heating, and sometimes, after heating. While the jars may “seal” due to the heat, a true vacuum seal is not created.

Why is dry canning unsafe? All foods contain some amount of water. Moisture pockets could remain in the food in a sealed jar. The moisture level may be great enough to support the growth of spores from bacteria such as *Clostridium botulinum*. By heating nuts or other fat-containing foods, you may be promoting rancidity and its off flavors and smells. You may, in fact, be decreasing the shelf life of foods.

- Best practice: Store dry goods in a sealed container in a cool, dark and dry place. Refrigerating or freezing flour and other grains and nuts will extend their shelf life. Beans have a long shelf life, but it can be extended with freezing.

More recently, you may have heard about **dry-canning vegetables**, such as raw or cooked potatoes, without any added liquid. This is followed by processing in a pressure canner. Dry canning vegetables is especially risky and could result in the production of the toxin that causes botulism.

Safe canning of vegetables requires liquid to allow for heat transfer throughout the jar during processing, followed by pressure canning according to the current guidance. The vegetables without added liquid, therefore, are not heated evenly during processing and the



bacterial spores are not destroyed. Procedures have been developed to ensure that food in jars remains safe. Low-acid foods, such as vegetables, must be pressure canned (or frozen) following research-tested procedures to ensure safety.

- Best practice: Contact your Extension office or website for research-based information about safely canning a wide range of vegetables, fruits and other foods. This website: www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen provides links to Extension resources in the 12 states of the North Central region.

Why is Pressure Important in Pressure Canning?

Correct pressure is important when canning low-acid foods such as meats and vegetables. As water boils in a canner, it expands to steam and pressurizes the canner. Pressure in the canner affects the temperature at which water boils. At sea level and 0 pounds on a pressure gauge (0 psig), water boils at 212°F. As the canner heats and pressure builds, the boiling point of water increases and the temperature of circulating steam and water also increases.



The high temperature due to pressure allows us to can low-acid foods for a relatively short period. Before the widespread introduction of home pressure canning appliances, canning instructions advised the consumer to process green peas in a boiling water canner at 212°F for 3 hours. Now, the approved recipe recommends consumers process green peas in a pressure canner at 10 or 11 psig (roughly 240°F) for 40 minutes. The high temperature dramatically reduces the time needed to destroy the spores of *Clostridium botulinum* and improves the quality of the final product. Approved safe recipes for pressure canning can be found at the National Center for Home Food Preservation: nchfp.uga.edu and at local Extension programs.



A newsletter for those
who preserve food
at home.

Bee-utiful Treats—Cooking with Honey

Originally published in the Waupaca HCE Newsletter

The November study lesson featured honey; including tricks to switch honey for other sweeteners in baking, cooking, freezing fruit, or making jam. We taste tested several recipes to round out the program.

Some Amazing Bee Facts:

- Honey Bees can fly up to 6 miles in search of nectar
- Nectar from 2 million flowers is needed to make 1 pound of honey
- Honey Bees beat their wings 200 time per second
- Female honey bees have stingers
- One bee will produce 1/2 of a teaspoon of honey in its lifetime
- Honey never spoils
- World Bee Day is May 20th
- Like Bees— “Work Hard and Stay Bumble”

Honey Substitution Rules

1. Reduce liquid when substituting honey
 - 1/4 cup less liquid if substituting half the sugar for honey
 - 1/2 cup less liquid if substituting all honey
2. Combine honey and liquid before blending into recipe
3. Reduce oven temperature by 25 degrees
4. Honey is an equal substitute for Molasses
5. Add 1/2 to 1/2 teaspoon baking soda if substituting honey
6. Add an extra dash of salt
7. Measure honey carefully

Honey is an Equal Measure Substitute in:

- Puddings and custards
- Pie fillings
- Candied and sweet or sour vegetables
- Salad dressings
- Baked apples
- Cinnamon, raisin, and yeast bread or muffins

What if Honey Crystallizes?

- Cloudy honey is more likely to crystalize.
- Cloudiness is often pollen
- Place honey container in pan of warm water, away from direct heat. Honey will re-blend as it warms.



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

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