



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Health & Well-being

Ever feel stressed or want to better your overall well-being? **WeCOPE** can help!



WeCOPE (Connecting With Our Positive Emotions) is a 6-week, evidence-based program that helps adults cope with daily life stress. From parents to first responders, this program is ideal for anyone looking for strategies to help cope with negative or challenging events.

We COPE

Join us on Fridays from 12-1pm, February 23-March 29 for a FREE virtual **WeCOPE** program! We will learn:

- February 23: **WeCOPE** Overview, Emotional Awareness
- March 1: Gratitude, Noticing and Savoring Positive Events
- March 8: Everyday Mindfulness, Mindfulness Meditation
- March 15: Positive Reappraisal
- March 22: Self-Compassion, Acts of Kindness
- March 29: Personal Strengths, Attainable Goals

[Sign up today](#), and contact Katie with any questions. See you there!

Katherine (Katie) Jaegly
katie.jaegly@wisc.edu



Community Development

We have a few spots left! [REGISTER TODAY](#) for this FREE Grant Writing Basics Virtual Workshop!

Learn:

- The outline of a common grant proposal.
- Where to look for funding for your organization.
- The most common grant writing mistakes.
- And MORE!

Mia and other experienced Extension Educators will co-lead the workshop to make it informative, fun, and interactive!

Mia Ljung
mia.ljung@wisc.edu
920-470-4645

4-H News

Soon, spring will be here and our brand new UW Extension Outdoor Classroom will be filled with veggies, flowers, and chickens!

Winnebago County 4-H is recruiting a group of youth interested in joining our **4-H Growers Club**.

Youth will learn how to sow, tend, and harvest vegetables and flowers, be able to enter their produce or flowers at the county fair, create delicious recipes with their fresh produce, or create floral arrangements with their fresh-cut flowers.

Interested? Complete this form: <https://bit.ly/47LMTZd>

4-H for all!
Dana Berger

A recruitment poster for the 4-H Growers Club. It features a cartoon farmer in a hat and overalls standing in front of a basket of fresh produce. The text on the poster includes:

Winnebago County 4-H

JOIN 4-H GROWERS!

...a gardening club for youth.

We are looking for 8-10 4-H youth interested in growing, tending and harvesting produce and flowers in our brand new Extension Outdoor Classroom at JPCC.

- Learn how to plant, care for and harvest fresh produce and/or flowers.
- Enter your produce / flowers at the county fair!
- Create delicious recipes with your fresh produce or create floral arrangements

Interested? Complete the form :
<https://bit.ly/47LMTZd>

Logos for UW-Madison Extension and 4-H are at the bottom right.



With **POWER UP** **SWEET POTATO**



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



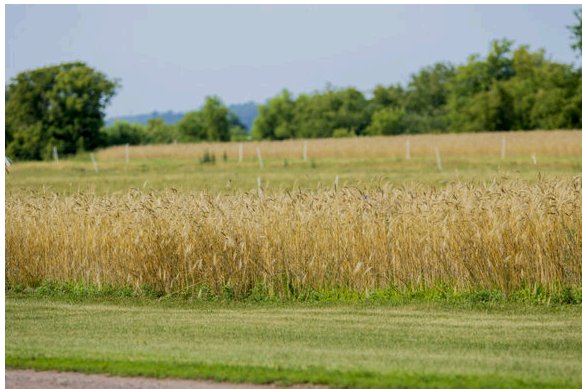
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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Crops & Soil

Focus on Forage is a FREE, 4-part webinar series highlighting research-based information and farmer strategies to optimize forage yield, quality, and profitability in Wisconsin.

Webinar speakers will include forage industry experts, UW-Madison Specialists, and Extension Educators.



Certified Crop Advisor CEUs and ARPAS credits are available for each webinar.

The 2024 **Focus on Forage** series is from 12:30p - 1:30p

Thursday, February 22

Wednesday, February 28

Wednesday, March 6

Wednesday, March 20

To read more about each webinar and register, visit go.wisc.edu/FoF2024.

If you have questions or are in need of accommodations, please contact Scott Newell at

[Subscribe](#) to our email list.



Human Development & Relationships

A father's role is critical to a child's healthy development. This connection builds a strong foundation in language, critical thinking, physical skills, social and emotional learning, and so much more. Join us and other fathers and father-figures for the **Focus on Fathers**

online series to explore parenting tips and learn ways to strengthen your relationship with your child. We will discuss parenting, family, and coping successfully during stressful times. **Focus on Fathers** provides a variety of family-friendly topics and opportunities for dads to be part of parent-to-parent support in a safe and inviting environment. We ask you to bring your willingness to listen, share, and be part of a fatherhood community of support and learning together. Our sessions include:

- Building strong relationships through communication
- Strategies to teach children about feelings
- Helping children stand up for themselves

Focus on Fathers is based on the CASEL framework of social and emotional learning. You can learn more about social and emotional learning in childhood via our [Raising Caring Kids articles](#).

Focus on Fathers sessions are held once a month beginning September 12 and continue through April, 2024.

Registration is Required: <https://forms.gle/nBxN4eYFC6Cd2qgR6>

Todd Wenzel
todd.wenzel@wisc.edu



Happy Valentine's Day!!

Take Your Health To Heart!

6 Tips for a Healthy Valentine's Day

This Valentine's Day, shift the focus inward and celebrate the most important love of all – self-love. Treat yourself to a day of health and self-care with these empowering tips:

[Subscribe](#) to our email list.

Dark Chocolate Delight: Swap traditional candies with dark chocolate for a sweet treat that's rich in antioxidants and beneficial for heart health.

Active Romance: Plan an active and enjoyable activity, such as a scenic hike or a dance class, to combine romance with physical activity.

Heart-Healthy Feast: Nourish your body with nutritious meals and treats that make you feel good from the inside out. Use a variety of colorful vegetables, lean proteins, and whole grains.

Speak Self-Love: Take a moment to reflect on your strengths and accomplishments. Affirmations like "I am enough" and "I love and accept myself" can boost your self-esteem and set a positive tone for the day.

Mindful Moments: Take a break from the hustle and bustle to practice mindfulness. Whether it's a brief meditation, deep breathing exercises, or a mindful walk, being present in the moment can help cultivate a sense of self-awareness and tranquility.

Digital Detox: Consider taking a break from social media and technology for a few hours. Disconnecting from external pressures and comparisons can create a space for self-reflection and appreciation.

We hope your Valentine's Day is a truly heartwarming experience!

shared by *Katherine (Katie) Jaegly*



MONEY MATTERS LIVE: CREDIT AND DEBT SERIES

Whether you are looking to get out of debt or learn how to improve your credit, this FREE online series is for you! Each session will include a short presentation and lots of time for discussion and questions.

On February 1st, there will be a pre-series check-in that takes less than 5 minutes. At this check-in, you will be asked to check your microphone, check your camera, and type your name and address in the chat (privately to the host) so we can verify where you would like your packet of materials to be sent. For the other 4 sessions, you can attend all sessions or as many as your schedule allows.



REGISTER NOW

<https://go.wisc.edu/6r0cu0>



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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.

Sessions:

Thursday nights on Zoom
from 7 pm-8 pm

Pre-Series: February 1

Tech. Check (check-in anytime 7- 8 pm)

Session 1: February 8

How to Get & Read A Credit Report

Session 2: February 15

Credit Score Basics

Session 3: February 22

How to Build Good Credit

Session 4: February 29

Strategies for Getting Out of Debt



Raising Wisconsin's Children

Online Parenting Classes



Join free online parenting classes.
Connect with other parents.
Get practical, positive, research-based parenting ideas. Help children grow.

Raising Wisconsin's Children online parenting classes are the 3rd Thursday at 1 PM unless otherwise noted. Classes are for any parent or caregiver.

Scan or visit to register!



<https://parenting.extension.wisc.edu/online-parenting-classes/>

February 15, 2024: Speaking Your Child's Love Language
Clear communication helps us connect. Learn how to speak your child's love language. All parents are welcome. Register for 1PM.

March 21, 2024: Playful Parenting
Play helps us learn and build relationships. Learn why play matters for kids. Ideal for parents of 0-8 year olds but all parents are welcome. Register for 1PM.

April 18, 2024: Teens, Screens, & Social Media
Decrease stress around screens with your teen. Learn how to use your family values to set a media plan that works for you and your teen. Ideal for parents of 13 - 18 year olds but all are welcome. Register for 1PM.

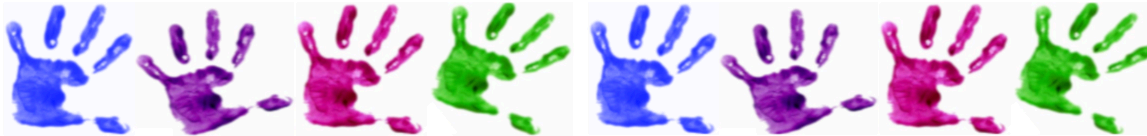
May 16, 2024: Learning Life Skills Through Household Chores
Chores are shown to benefit kids. Learn more about setting age-appropriate chores and helping kids stay motivated. All parents are welcome. Register for 1PM.





NOW RECRUITING
**CHILDCARE
PROVIDERS**

2024 Dates:
February 22nd
March 21st
April 24th
May 23rd



We are looking to create a qualified pool of 4 – 6 caregivers (adults, age 18 years and older) to work as part of a team of professionals supervising and interacting with several children (ages 0 – 16 years) while the children’s grandparents/caregivers are attending their support group meeting. We are seeking candidates with experience working with children with diverse needs in group-based environments.

Time commitment is 3 hours, one evening per month, 8 months per year. Pay is \$17.00 per hour.

Interested candidates may email introduction, experience, and other information to:
Amy Hendrickson,
Administrative Associate, at
ahendrickson@winnebagoountywi.gov
or call 920-232-1973 for more information.



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Feedback, questions or accessibility issues: info@extension.wisc.edu | © 2023 The Board of Regents of the University of Wisconsin System
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