



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



May is Mental Health Awareness Month

Established in 1949, Mental Health Awareness Month has focused on addressing the mental health conditions that millions of Americans face. Organizations across the country use this month to promote awareness and engage communities in ways to recognize and accept techniques for better mental health.

Here at Extension Winnebago County, we promote mental health of our community through programming such as [WeCOPE](#), [the Strong Couples Program](#), [parenting classes](#), [4-H projects and camps](#), and so much more!

Positive mental health is intrical as it promotes happiness, vitality and a well rounded individual. Mental health not only affects each of us as individuals, but our community as a whole.

Are you or is someone you know at risk of a mental health crisis? Contact the Winnebago County Crisis Intervention Hotline at 920-233-7707.

Health & Well-Being

Get Fit With StrongBodies!

Did you know that regular physical activity reduces the risk of chronic illnesses?

StrongBodies can help you get started!

StrongBodies is a strength training program that has been shown to increase strength, muscle mass, and bone density. Classes are designed for mid-life and older adults and

STRONG People™
STRONG BODIES

Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Spring 2024 Session
Dates: April 9 through June 27
Time: Tuesdays and Thursdays, 9:00 – 10:15 am
How to Sign Up: Register online at <https://go.wisc.edu/252evv>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after April 1st

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include progressive resistance training, balance training, and flexibility exercises.

Free, virtual **StrongBodies** classes are held twice weekly on Tuesdays and Thursdays from 9:00-10:15 AM. [Sign up today](#) and see what **StrongBodies** can do for you!

[StrongBodies Website](#)

[StrongBodies Impacts and Research](#)

Katherine (Katie) Jaegly

920-232-1979

katie.jaegly@wisc.edu



2024 WISCONSIN 4-H WINNEBAGO COUNTY
KEY AWARD & SCHOLARSHIP WINNERS

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Crops & Soil

One of the main goals of the Outagamie Forage Council is to help farmers and agricultural professionals on a regional level maximize the dry matter yield and Relative Forage Quality of their first cutting alfalfa. This mission has been accomplished through the cooperation of the host farm sites and the agricultural professionals who volunteer time

and effort to support this project.

Samples will be collected on Mondays and Thursdays (beginning on May 9, 2024) with results being posted no later than Tuesdays and Fridays. View data at [here](#) or call the Scissors Clip Hotline at (920)-832-4769. Alfalfa results will also be posted [here](#).

Thank you to Knigge Farms and Remer Farms for being host sites for Winnebago County again this year and to Tilth Agronomy for this assistance in collecting samples.

Kevin Jarek

kevin.jarek@wisc.edu

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The newest edition of the Agriculture Report is now available! Click the button below to get all the latest information!

May Agriculture Report

Human Development & Relationships

Are you a renter or landlord in Wisconsin? Extension offers fact sheets on rental codes, covering areas like application fees and eviction processes, clarifying legal limits and requirements for both parties. You can find both documents on [Extension Winnebago County website](#).



Extension's **Rent Smart** program offers tenant education to foster strong landlord relationships and ensure renters understand their rights and responsibilities. The class targets individuals with little rental experience or difficulty securing housing, teaching skills for successful renting. Participants learn to build positive landlord and neighbor relationships, gain confidence in housing search and maintenance, understand application and screening processes, and grasp tenant and landlord rights.

Recent participants highlighted key takeaways, including timely rent payment, honesty with landlords, and legal awareness.

Rent Smart classes are FREE and hosted online via Zoom.

See the schedule and register for online **Rent Smart** classes at <https://go.wisc.edu/Rentsmartregister>

Todd Wenzel

todd.wenzel@wisc.edu



Harvest of the Month

It's good - It's in season - It's local

This month, FoodWise is highlighting Sweet Peas! Stop by the Extension Office for more materials and recipes.

[Subscribe](#) to our email list.



Select – Choose sugar snap peas that are bright green and firm.

Store – For the sweetest flavor, serve peas as soon as possible. Refrigerate in a perforated plastic bag and use within 2 days.

Prepare – Rinse and trim both ends.

Sweet Peas are the Harvest of the Month!

Add sweet peas to your favorite family meals:

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

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

Did you know?

Peas are seeds! There are three main kinds of peas that we eat: green (or garden) peas, sugar snap peas, and snow peas. With sugar snap peas and snow peas you can eat the whole pod!



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth




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.

CLICK HERE 

For more information about FoodWise or to contact a local FoodWise Educator:

Hannah Phillips
Health Communities Coordinator
hannah.phillips@wisc.edu

Kris Soper
FoodWise Nutrition Educator
kristine.soper@wisc.edu

Miranda Dawson
FoodWise Nutrition Educator
miranda.dawson@wisc.edu

Christi Gabriliska
FoodWise Coordinator
christi.gabriliska@wisc.edu

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4-H News

Winnebago County 4-H Cloverbud Camp is scheduled for Monday, July 15, 2024, 8:00 am - 4:00 pm.

This is a day camp for students K-2. Camp will be held at Winnebago County Park Shelter #1.

Registration fee includes activities, t-shirt,

lunch and snacks.

It will be a day of games, songs, crafts, and fun. Registration forms can be found [here!](#)

4-H for all!

Sarah Thompson

sarah.thompson@wisc.edu

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