

August/September 2024

# Sunnyviews



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## President's Letter

*"You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way."*  
 - Golfer, Walter Hagen. As I sit here listening to the airplanes flying overhead, I'm reminded that time certainly does fly by. August is just around the corner! I hope that you're enjoying all that summer has to offer.

At our July business meeting we were introduced to Horticulture Educator, Jacob Kluz. He told us about himself, black walnut trees, and box elder bugs. It was very interesting. Our advisor, Katie Jaegly, offered her Strong Bodies and Mental Health First Aid programs for us to use for future lessons. Sue Berg offered to fill the open Scholarship Committee position. Thanks Sue.

14 people attended our International presentation: Paris and the Summer Olympics. Sandra Toland researched and put together another great program for us. The Olympics' motto this year is "games wide open," and I was thinking that "library wide open" describes our library, too. They educate across the city and county so that many people benefit. We enjoyed apple tart and cheese puffs with juice. Thank you to our Cultural Arts Chair, Rosemary Pionke, for showing us how to create beautiful and fun soap decorations.

Annual Meeting is October 9<sup>th</sup> at the Coughlin Bldg; Gillingham Club hosting. It will be a noon potluck; bring a dish to pass. Up for election: Vice President and Secretary. Think about lessons for next year: topics? following our business meeting or on a different day? I am going to try to get someone from the County to show us how to fill out and return an absentee ballot. We are having a business card design contest. Create an eye catching card for members to give to potential members. We have excellent educational and social gatherings that others might like to attend. Bring your entries to our Annual Meeting. Cards should have your name and contact info and/or Extension's contact info.

Thank you for all you do throughout the year in your clubs, our county, and communities.

Yours in Friendship,  
 Bernice Labus

### HCE Dates to Remember

July 31 <sup>st</sup> —August 4 <sup>th</sup>	2024 Winnebago County Fair—Oshkosh
August 5 <sup>th</sup> 9:00am	Stitches of Love Workshop
August 15 <sup>th</sup>	WAHCE Conference Registrations Due
September 15 <sup>th</sup>	Submissions Due for Oct/Nov Newsletter
September 16—18 <sup>th</sup>	WAHCE Conference Registrations Due
October 14 <sup>th</sup> 12:00pm	Annual Meeting
October 31 <sup>st</sup>	Due to Extension Office: <ul style="list-style-type: none"> <li>• Club President Card</li> <li>• Updated Club Membership List (with Photo Release Signatures)</li> <li>• Affirmative Action Form</li> </ul>
	Due to HCE Treasurer: <ul style="list-style-type: none"> <li>• Updated Club Membership List</li> <li>• Membership Dues</li> <li>• Pennies for Friendship</li> </ul>
November 3—9 <sup>th</sup>	HCE Week
November 4 <sup>th</sup> 9:00am	Stitches of Love Workshop
November 15 <sup>th</sup>	Submissions Due for Dec/Jan Newsletter
November & December	Prepare 2025 Reach & Teach



## HCE Advisor's Letter

Dear HCE Members,

I hope this letter finds you well. Recently, I had the opportunity to watch an insightful video from the U.S. Department of Health and Human Services' Office on Women's Health, which focused on a condition known as sarcopenia. This video provided a clear and compelling explanation of how sarcopenia, the gradual loss of muscle mass and strength that can occur with aging, impacts our health and well-being.

As we age, it's crucial to recognize the significance of staying active—not only for our own health but also for the well-being of our families and loved ones. The video highlighted how regular physical activity is one of the most effective ways to counteract the effects of sarcopenia. Engaging in activities like walking, strength training, and other forms of exercise can help maintain muscle mass, enhance mobility, and reduce the risk of falls and other health issues.

For many of us, staying active is not just about maintaining our independence; it's about being there for our families and participating in the activities we love. Whether it's playing with grandchildren, traveling, or simply managing day-to-day tasks, keeping our bodies strong and agile helps us live a fuller, more vibrant life.

Remember, the benefits of staying active extend beyond physical health, too. Regular exercise can boost mood, improve mental health, and enhance overall quality of life. It's an investment in your future and a gift to those you care about.

As we brainstorm ways to increase physical activity, I encourage you to explore this month's self-study lesson and become familiar with sarcopenia and its effects. Being active is just one way to take proactive steps for our health and well-being.

I also encourage you to watch the video, titled "You Are Stronger than Sarcopenia," on YouTube. A link is included in your self-study lesson.

Please do not hesitate to reach out if you have any questions - I'd love to hear from you!

Warm Regards,  
Katie



**2024 WAHCE State Conference**

**September 16<sup>th</sup>—18<sup>th</sup>, 2024**  
**Hilton Appleton Paper Valley, Appleton**  
**Registration Deadline: August 15<sup>th</sup>**

Come “Experience the Magic of HCE” at the Wisconsin Association for Home and Community Education Annual Business Meeting and Conference in Appleton, Wisconsin September 16<sup>th</sup> – 18<sup>th</sup>, 2024. The conference center has been newly remodeled and features great meeting rooms and very nice guest rooms. We have a great line up of speakers and workshops. There will be tours and some on-site, hands-on projects for those who wish to be creative. Learn more at:

<https://wahceinc.org/2024-wahce-conference-information/>



**SAVE THE DATE!**  
**2025 WAHCE State Conference**  
**September 15<sup>th</sup>—17<sup>th</sup>, 2025**  
**Tundra Lodge, Green Bay**

### In Remembrance of John Mozingo

John Marshall Mozingo passed away unexpectedly on June 8, 2024 at Aurora Medical Center in Oshkosh. John was born on January 22, 1943, in Winterset, Iowa, to John E. and Esther Mozingo. He graduated from Winterset High School, attended Iowa State University, then entered the U.S. Army where he was stationed in Germany and Vietnam. He returned home to complete both an undergraduate degree in business and an MBA from Arizona State University.

For 32 years, he managed business outreach programs first at UW Stevens Point, then at UW Oshkosh. He also taught Intro to Business and Marketing courses at UW Oshkosh.



John married Lynn (Will) Grancorbitz on December 20, 2005, in Las Vegas. They were together for 15 years before “tying the knot.”

John was a really smart guy with a sometimes self-deprecating and punny sense of humor. He and Lynn were best of friends, traveled throughout the world, enjoyed spending time together, and there was never an angry word between them. He loved and appreciated his family and was truly a one-of-a-kind guy.

View John’s full obituary at: <https://www.legacy.com/us/obituaries/oshkoshherald/name/john-mozingo-obituary?id=55310700>

With Heartfelt  
*Sympathy*  
may your memories  
exceed  
your sorrow

A decorative graphic consisting of several stylized, light-colored flowers or daisies arranged in a cluster at the bottom left of the sympathy message.

**HCE Executive Board Meeting: July 8, 2024**

The quarterly meeting of Winnebago County HCE was held on July 8, 2024.

President, Bernice Labus called the meeting to order at 1:00 PM.

Vice President, Rosemary Pionke led the group in the Pledge of Allegiance, followed by the Homemakers' Creed.

**Roll Call:**

Gillingham 1, Friendship 3, Westhaven 1, Independent 1

**Reports:**

Treasurer—Kathy Wuest's report was read. It was moved to be accepted by Joan Bestler and seconded by Rosemary Pionke.

Cultural Arts—Chair, Rosemary Pionke, reported that entries for the state are due on August 1. She will have a craft for all to do at the International Program.

International—Our program about Paris and the Olympics is next week, July 16<sup>th</sup> at Coughlin. 12:30 gathering time and the program beginning at 1:00 presented by Sandra Toland of the Oshkosh Public Library. There will be snacks, a craft, and as always it is open to the public.

Scholarship—Gloria Larson reported that scholarships were awarded to Ainsley Kness, granddaughter of Sue Berg, and Keenan Rahn, grandson of Michelle Rohan. Sue Berg volunteered to take the spot on the committee vacated by Bernice Labus. Next years Scholarship Committee will be Bernice Post, Gloria Larson, and Sue Berg.

Membership /Marketing—Volunteer for The Time of Your Life Senior Expo, Oct. 1<sup>st</sup>; we are having a *Create an HCE Business Card* contest .

Stitches of Love—Lynn Mazingo was not present. Her husband passed away, and the obituary was read.

Advisor report—Katie Jaegly said she is available to do lessons for Strong Bodies and Mental Health First Aid. She introduced us to Jacob Kluza, the new Horticulture educator.

Unfinished Business:

Thanks to all who attended and put on the Spring Banquet.

The annual Meeting will be hosted by Gillingham Club. It will be a potluck at 12 noon.

We need nominations for Vice President and Secretary and lesson ideas.

New business:

Volunteer opportunities at Cloverbud Day Camp and Time of Your Life Senior Expo. The Annual HCE Conference is in Sept.

Other Business:

Members requested a list of acceptable recycles in Winnebago County.

Meeting was adjourned and Homemakers' Prayer given.

# EXECUTIVE



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# BOARD MEETING

**“You Are Stronger Than Sarcopenia”**  
**August 2024 HCE “On Your Own” Study Lesson**

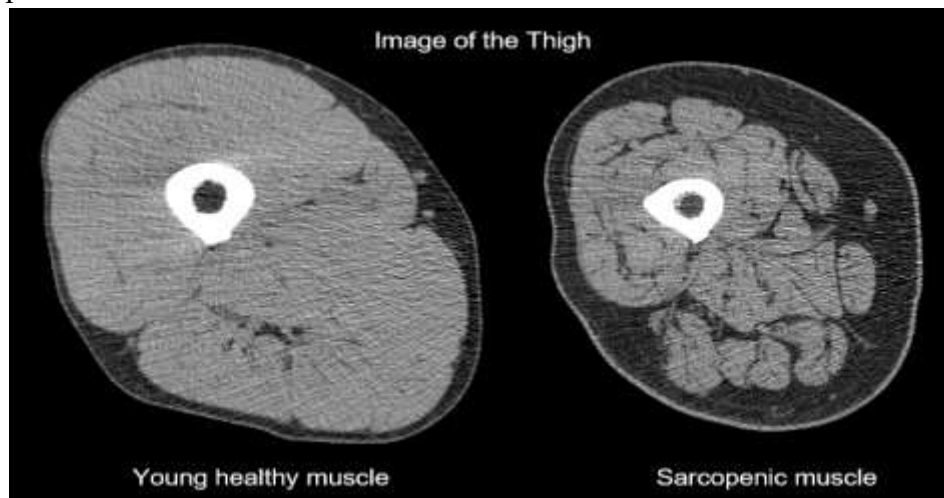
As we age, staying active can become more challenging due to changes in our physical abilities. This can lead to various health conditions that make it harder to perform everyday tasks and maintain independence. One condition that significantly impacts older adults, particularly women, is sarcopenia—the gradual loss of muscle mass and strength. This self-study lesson will help you understand what sarcopenia is, how it affects your body, and how you can take steps to manage and prevent it.

### **What is Sarcopenia?**

Starting around the age of 30, the body naturally starts to lose 3-5% of muscle mass per decade. This loss accelerates around the age of 60. If muscle loss worsens, it can advance to a condition called sarcopenia.

Sarcopenia is the gradual loss of muscle and strength that can happen when someone gets older and does less physical activity. This may cause trouble with daily activities like standing from a chair, walking, twisting the lid off a jar, or carrying groceries. Over time, loss of strength can lead to falls or other injuries.

While everyone naturally loses muscle with age, this does not mean that everyone will develop sarcopenia. In fact, it is currently estimated that only 10–20% of older adults have this condition. However, it is important to recognize and address sarcopenia early to maintain your independence and overall health.





*The photo features MR images of two thighs, shown side by side for comparison. On the left, the MRI depicts a young thigh with healthy muscle mass, showing a well-defined and robust muscle structure. On the right, the MRI shows an older thigh with visible muscle deterioration due to sarcopenia, characterized by reduced muscle density and thinning of the muscle tissue. The contrast highlights the impact of aging on muscle health. Source: [Deakin University](#) (2019).*

### **What should I be watching for?**

The main symptom of sarcopenia is muscle weakness. Muscle weakness is a condition where muscles are less able to generate force or power, making it difficult to perform everyday activities. You may be experiencing muscle weakness if you find it increasingly difficult to perform routine tasks, such as lifting objects or climbing stairs, and notice a general decrease in your muscle strength or endurance.

Another symptom of sarcopenia is slow walking speed. You may be walking at a slow speed if it takes noticeably longer to cover a set distance compared to others your age, or if you find yourself frequently lagging behind during regular walks. Additionally, you may be more prone to falls.

### **Should my healthcare provider screen for sarcopenia?**

There are different ways to determine your risk of sarcopenia. The important thing to remember is that if you are finding everyday activities difficult, like opening a jar or getting up from a seated position without using your arms, or if you notice increased muscle weakness, a conversation with your health care professional about these changes is important to preserve health and independence and to prevent falls.

While there is no universal test for sarcopenia, the **SARC-F Questionnaire (see end of this article)** can be helpful to take as a self-assessment. The results can be used to talk about your concerns or changes with your healthcare provider.

### **How do I prevent sarcopenia?**

Fortunately, there are many ways to prevent or slow the development of sarcopenia:

**Stay Active:** Regular physical activity is crucial. Incorporate both aerobic exercises and resistance training into your routine. Activities such as walking, swimming, and using resistance bands can help maintain and build muscle strength.

**Strength Training:** Strength training shows the most promise in preventing sarcopenia. Doing exercise that moves and uses your muscles, like lifting weights or doing push-ups, can improve muscle strength and mass.

***Did you know?*** Extension offers *FREE* strength training classes through our StrongBodies program! Contact Katie at [jaegly@wisc.edu](mailto:jaegly@wisc.edu) or 920-232-1979 to learn more or sign up.

**Balanced Diet:** Nutrition plays a key role in muscle health. Ensure your diet includes adequate protein, which is essential for muscle repair and growth. Foods like lean meats, fish, eggs, legumes, and dairy products are excellent sources of protein. Additionally, include a variety of fruits, vegetables, and whole grains to support overall health.

**Supplements:** While there is no medication to cure sarcopenia, some supplements may help. Although more research is needed, protein, amino acids, fish oil, vitamin D, selenium, magnesium, and omega-3 supplements have all shown promising effects to prevent muscle loss—especially in combination with diet and exercise.

**Regular Check-Ups:** If you have questions about nutrition, exercise, or your muscle health, talk with your health care professional. Your health care professional can help you plan for a healthy future for your muscle health and well-being.

### **Where can I go to learn more?**

The U.S. Department of Health and Human Services' Office on Women's Health (OWH) has recently launched the *Stronger than Sarcopenia* campaign with additional resources and support.

As part of this campaign, the OWH released a new video, "You Are Stronger than Sarcopenia." The video defines sarcopenia and discusses how women and health care providers can work together to address it. The video also highlights a story from a lived experience advocate who discusses her loss of muscle and strength as she aged and how strength

training helped her regain independence. To watch the video, please visit <https://www.youtube.com/watch?v=Y72jJNx6X60>.

To learn more about sarcopenia and the Stronger than Sarcopenia campaign, visit [womenshealth.gov/sarcopenia](https://www.womenshealth.gov/sarcopenia).

## Conclusion

Understanding and managing sarcopenia is essential for maintaining a high quality of life as you age. By incorporating regular exercise, a balanced diet, and staying hydrated into your daily routine, you can combat the effects of muscle loss and promote overall health. Talk to your healthcare provider for more tips and tricks to prevent sarcopenia.

*All information included in this self-study lesson was gathered from the U.S. Department of Health and Human Services' Office on Women's Health website. Visit <https://www.womenshealth.gov/sarcopenia> to learn more about their "You Are Stronger than Sarcopenia" campaign.*

**\*\*\* For SARC-F Questionnaire, see next page \*\*\***



**SARC-F Screen for Sarcopenia**

Read the questions below and fill in the number that best reflects the level of difficulty you experience. Once you have answered all the questions, tally your points.

**S: Strength**

How much difficulty do you have in lifting and carrying 10 pounds?

- None (0 points)
- Some (1 point)
- A lot or unable (2 points)

**A: Assistance in Walking**

How much difficulty do you have walking across a room?

- None (0 points)
- Some (1 point)
- A lot, use aids, or unable (2 points)

**R: Rise from a Chair**

How much difficulty do you have transferring from a chair or bed?

- None (0 points)
- Some (1 point)
- A lot or unable without help (2 points)

**C: Climb Stairs**

How much difficulty do you have climbing a flight of 10 stairs?

- None (0 points)
- Some (1 point)
- A lot or unable (2 points)

**F: Falls**

How many times have you fallen in the past year?

- None (0 points)
- Less than 3 falls (1 point)
- 4 or more falls (2 points)

**My Points:** \_\_\_\_\_

Response totals range from 0-10. If your score is 4 or more, talk to your healthcare professional for further, more comprehensive evaluation.



**HCE Member Activities:**

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

**Special Interest Presentation: Olympics in Paris**

HCE members and guests gathered at the Coughlin Center on July 16<sup>th</sup> for a presentation on the Summer Olympics in Paris.



*Pictured top left and right:  
Sandra Toland from the Oshkosh  
Public Library presents on the  
Summer Olympics in Paris*



*Pictured bottom right:  
Elizabeth Fisher and  
HCE Advisor, Katie Jaegly*



*Pictured left:  
Joan Bestler, Dar Schuff,  
Tom Bayer, Kathy & Louie  
Wuest, Rosemary Pionke, and  
Steve Labus*

*Pictured right:  
Elizabeth Fisher, Vernita Green  
and Bernice Labus*

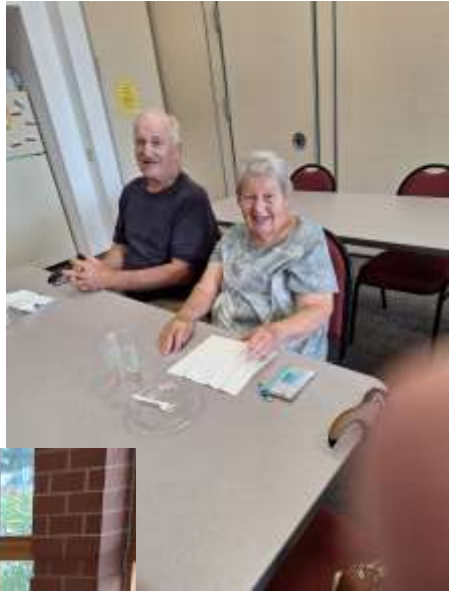


*Pictured left:  
Rosemary Pionke,  
Steve Labus, Louie Wuest,  
and Kathy Wuest*

*Pictured right:  
Tom Bayer, Dar Schuff, Joan Bestler,  
and Joan's guest.*



*Pictured top right:  
Louie and Kathy Wuest*



*Pictured left:  
Sue Berg and friend*

*Pictured bottom right:  
Cultural Arts project—soap decor*



## 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](https://www.menashawi.gov/departments/senior_center/index.php)

**Oshkosh Senior Center**

#920-232-5300

[www.ci.oshkosh.wi.us/seniorservices](http://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](http://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](http://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.

# Winnebago County Waste & Recycling Guide



## Winnebago County Solid Waste

100 W. County Road Y

Oshkosh, WI 54901

920.232.1850 – 920.727.2896

[www.WinnebagoCountySolidWaste.com](http://www.WinnebagoCountySolidWaste.com)



**Winnebago County**

*Solid Waste Management*



A proud partner of  
*Tri-County Recycling*  
[www.RecycleMoreTriCounty.org](http://www.RecycleMoreTriCounty.org)



## Additional Items to be Recycled:

- Anti-freeze
- Appliances
- Electronics
- Lead Acid Batteries
- Scrap Metal
- Tires
- Used Oil
- Oil Filters
- Yard Waste



These items are banned from landfills and may be recycled at Winnebago County Solid Waste. Charges may apply.

## Waste Reduction Tips:

- Avoid disposable, single-use products
- Reuse paper & plastic bags
- Buy in bulk
- Avoid over-packaged products
- Borrow or rent items
- Buy or sell used clothing
- Donate clothing & household items
- If it's broken, first try to fix it

Consider using less. Waste reduction is key to a successful waste management system. Waste that is never created doesn't take up space in a landfill or have a cost to recycle.

## Help Recycled Materials Complete the Loop

Look for products and packaging made from recycled materials! The higher the % of post consumer content, the better.

# Curbside Recycling Guide

## Plastic



### ACCEPT:

ALL Plastic bottles & containers

- Household bottles, jars & jugs
- Dairy containers & lids
- Produce, bakery & deli containers & lids

### DO NOT ACCEPT:

- Plastic bags, wrap or film
- Motor oil bottles
- Styrofoam

*empty, rinse and replace caps & lids*

## Paper



### ACCEPT:

- Newspapers & inserts
- Cardboard & paperboard (food boxes)
- Milk, juice & soup cartons
- Office & school paper
- Junk mail & catalogs
- Phonebooks, books & magazines

### DO NOT ACCEPT:

- Shredded paper
- Tissue paper
- Pet food bags

*Take confidential papers to shred events for shredding and recycling  
flatten & cut boxes to 2ft by 2ft*

## Metal



### ACCEPT:

- Aluminum bottles & cans
- Steel & tin cans
- Empty aerosol cans

### DO NOT ACCEPT:

- Aluminum pans or foil
- Empty paint cans
- Scrap metal

*empty and rinse*

## Glass



### ACCEPT:

- Food and beverage bottles & jars

### DO NOT ACCEPT:

- Window glass
- Ceramics, china
- Drinking glasses

*empty and rinse*



**Recycle items loose.  
No bags in cart.**



*Recycle plastic bags, film and wrap at grocery stores. Learn how at [PlasticFilmRecycling.org](http://PlasticFilmRecycling.org).*

## **NEVER PUT MEDICAL SHARPS IN YOUR TRASH OR RECYCLING CART!**

### **Guidelines for Sharps Users:**

- Place used or discarded sharps in an acceptable sharps container.
- Take used sharps to a designated collection facility for proper disposal
- **DO NOT** place used sharps in coffee cans, plastic milk jugs, plastic bags, aluminum cans or soda bottles. These containers mistakenly end up in recycling collection trucks and burst open.

To find a sharps disposal location search *sharps collection station* at [www.dnr.wi.gov](http://www.dnr.wi.gov).



## **Missed pickup? Questions about your residential service?**

Advanced Disposal Services, 920-685-6666 collects residential trash and recycling for the following communities:

**Town of Algoma**  
**Town of Black Wolf**  
**Town of Clayton**  
**Village of Fox Crossing**  
**Town of Nekimi**  
**City of Omro**  
**Town of Vinland**  
**Town of Winchester**  
**Town of Winneconne**  
**Village of Winneconne**

**Town of Neenah** - Residential trash and recycling routes are serviced by Harter's Fox Valley Disposal, 888-804-8556.

**Town of Wolf River** - Residential trash and recycling routes are serviced by Graichen Sanitation, New London, 920-982-4116.

**City of Menasha** - Residential trash and recycling routes are serviced by Menasha Department of Public Works, 920-967-3620.

**City of Neenah** - Residential trash and recycling routes are serviced by Neenah Department of Public Works, 920-886-6240.

**City of Oshkosh** - Residential trash and recycling routes are serviced by Oshkosh Department of Public Works, 920-232-5383.

**Winnebago County Solid Waste** - accepts bulky materials, overflow curb-side recyclables, yard waste and special wastes/recyclables at Sunnyview Landfill & Transfer Station in Oshkosh. Fees may apply. Call 920-232-1800 or 920-232-1850 for more information.

**All other communities contact your local municipal office.**

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<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/August%202024%20%285%29.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

September 10<sup>th</sup>  
10:00 am

Neenah

August 13<sup>th</sup>  
10:00 am

To RSVP Call 1-877-886-2372 or email us  
at [adrcc@winnebagoctywi.gov](mailto:adrcc@winnebagoctywi.gov)



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<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/August%202024%20%28S%29.pdf>



# CREATE LEARN. CELEBRATE.

## The Great Wisconsin Quilt Show Bus Trip

FOREVERWELL

LIFELONG  
LEARNING  
EVENT  
FOR AGES 55+



Take a trip with us to the Alliant Energy Center in Madison to celebrate the art of quilting!

Explore exhibits of truly stunning quilts, shop for the latest offerings from our wonderful vendors and discover new ideas from leading quilt educators.

### THURSDAY, SEPTEMBER 5

Departing from the 20th Ave Y

**DEPART** • 8:00 a.m.

**RETURN** • 7:30 p.m.

**FEE:** \$52 Members • \$57 Non-Members

Price includes admission to quilt show, bus transportation and driver tip.

*Workshops, lectures and food are not included.*

**REGISTER** at the front desk, by calling 920-230-8439, or online!



**MEET NEW PEOPLE, SOCIALIZE + TRAVEL WITH FRIENDS!**



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](mailto: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

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<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/August%202024%20%285%29.pdf>




# DEMENTIA SUPPORT GROUP

Join Us on the First  
Tuesday of Every Month

COFFEE AND PASTRIES PROVIDED

 **BELLA VISTA PRIVATE DINING ROOM**

 [www.bellavistaofeden.com](http://www.bellavistaofeden.com)

 **920-393-9998**

 **BELLA VISTA**  
— A SENIOR LIVING COMMUNITY —



631 HAZEL ST.  
OSHKOSH

**START AT**  
9:30 AM



**TUESDAYS**

2024



MAY 7	SEP 3
JUN 4	OCT 1
JUL 2	NOV 5
AUG 6	DEC 3

Open to the public.  
Please RSVP

Originally published August 2024 by the Winnebago County Aging & Disability Resource Center  
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/August%202024%20%285%29.pdf>



# MEMORY SCREENING



A quick memory test can help determine your baseline or detect early memory loss!

Our Dementia Care Specialist will be available each month at the following locations to complete memory screenings and answer questions regarding memory loss, dementia, and caregiving.

**OSHKOSH SENIOR CENTER**  
200 North Campbell Road  
Oshkosh

3<sup>rd</sup> Wednesday of the month  
10:30am—Noon

Call to set up your appointment  
(920) 232-5300

**MENASHA SENIOR CENTER**  
116 Main Street  
Menasha

3<sup>rd</sup> Tuesday of the month  
8:30am - 10am

Call to set up your appointment  
(920) 967-3530

**\*New**

## 2024 Upcoming Local Library Events

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

**8/14—6:00pm Strolling Photo Workshop with Photo Opp:** A walking photography workshop series with Appleton's Photo Opp. Bring any camera (smartphone, digital, analog, instant, etc.) and take a casual stroll outside the library's premises while snapping photos and learning photography tips from Photo Opp representatives. You do not need to attend the sessions in order. These are relaxed drop-in workshops meant to instruct and inspire. No reservations necessary. The workshop will last approximately one hour. Participants should meet outside the library's front entrance at 6:00 pm.

**8/19—6:30pm Introduction to Home Canning:** Join us to learn about food preservation safety and equipment, the difference between water bath and pressure canning, as well as where to find resources and recipes. This class is purely informational; no actual canning will be done on-site. With Katie Jaegly, Extension Winnebago County Health & Well-Being Educator. This program will be held in the 1<sup>st</sup> floor Shattuck Community Room. No registration needed. Please contact the adult services desk with any questions at 920-886-6315.

**8/19—1:30pm Memory Café—Virtual Visit with Mote Marine:** Biologists from Mote Marine will join us virtually to talk about Manatees. When a manatee sings, what does it mean? Using planes, drones, and hydrophones, Mote scientists are tuning in to decode the hidden message of these marine mammals. It's part of an urgent mission to save manatees from unusual mortality events caused by severe declines in seagrass, toxic algal blooms, and increasing human disturbances. Through innovative research, Mote is using science to power conservation to help manatees survive and thrive in our changing seas.

**9/6 & 10/4—9:15am Fitness Friday—Boot Camp:** Nicole, with Absolute Wellness, will guide you through an hour-long, full-body workout (cardio, core, upper and lower body.). This class is for all abilities. Remember to bring a towel or yoga mat, and a water bottle.

**9/6, 9/27, 10/4, & 10/18—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.

**9/10 & 10/8—4:30pm Legal Assistance Clinic:** 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 civic legal issues. The clinic operates on a first-come, first-served basis from

4:30 p.m. - 6:30 p.m. 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.

**9/16—1:30pm Memory Café: Lyrics & Laughter:** Music is a road to memories. Listen and join in song during a “Lyrics and Laughter” program facilitated by Christy Feuerstahler, Valley VNA Senior Care's, Music Director. This event is for those experiencing early-stage dementia, mild memory loss, or cognitive impairment, and for family and friends of those affected.

**9/19—6:30pm History Program: The Homefront—Neenah Efforts During WWII:** In a follow up to the March 2024 program on the Neenah Red Cross Chapter and WWII, join presenter Kara Rothkegel to learn more about Neenah's support of the war effort in the 1940's. Civilians mobilized in dramatic and effective ways, supporting troops worldwide. Local industry shifted its focus to what it could make and produce for the United States Armed Forces. Every household adhered to ration cards and were encouraged to plant Victory Gardens. This presentation will give an overview of the numerous ways Neenah and its residents helped win the war.

**9/23—2:00pm Money Safety for Seniors:** Charles Olson, Relationship Banker, at Old National Bank will present. This presentation is designed to help you learn to protect yourself from financial abuse – not only scams but also “friendly fraud” and identity theft. We will help you identify signs of financial exploitation and how to protect yourself and those you love.”

**9/27 & 10/18—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.

**9/30, 10/7, 10/14, 10/21, & 10/28—6:00pm Mindful Living:** The Neenah Public Library, in collaboration with Deb S kyrms, will offer a free five-week course on “Mindful Living” held at the Neenah Public Library from 6:00 – 8:00 p.m. The class is free; registration is required. Participants are required to attend the first night. Class size is limited. Class participants will explore the many benefits of living mindfully – resulting in a less stressful life. You'll learn how to meditate, manage emotions, and challenge negative thoughts. Throughout the class, the book, *Slowing Down to the Speed of Life*, by Richard Carlson and Joseph Bailey, rev. ed. 2009, will be used in discussions. The class will be taught by Deb S kyrms, a Licensed Professional Counselor.

**10/10—6:30pm Menasha Historical Society Program—Peanuts & Crackerjacks:** Join Adrian Martin, *Menasha Historical Society* Board of

Director member, as he presents Peanuts and Crackerjacks. This program will take a slice of Menasha's baseball history - the players, the teams, the parks and more! Due to the remodeling at the Elisha D. Smith Public Library in Menasha, we will take our program on the road to the Shattuck Community Room at the Neenah Public Library.

**10/21—1:30pm Memory Café: Laughter Yoga:** Laughter Yoga with Joanne Murphy Spice from Winnebago County Health Department. Memory Cafés are for those experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun thrown in! We have a gerontology professional on hand to answer questions and an enormous wealth of experience among participants to be shared.

**10/24—6:30pm History Program—Oak Hill Cemetery: Uncovering 175 Years of History:** Oak Hill Cemetery is one of the oldest municipally owned cemeteries in the United States. It serves as a final resting place for thousands of Neenah residents. Join Executive Director, Erica Suchyta for an evening exploring the 175-year history of this beautiful cemetery.

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

**8/13, 9/3, & 10/1—4:30pm Legal Clinic at the UWO Fox Cities Campus:** 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.

**Oshkosh Public Library:** <https://www.oshkoshpubliclibrary.org/events>

**8/6, 9/10, 9/24, 10/8, & 10/22—1:00pm Drop-In Tech Help:** Drop in to the lower level meeting room 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!

**8/13—6:00pm Adult DIY—Wooden Barn Quilt:** Craft with us at the library! Call (920) 236-5205 to reserve your seat and supplies for the in-person, instructor-led workshops. These classes are free and do not require a library card to attend.

**8/20, 9/17, & 10/15—4:30pm Winnebago Free Legal Assistance Clinic:** 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

**9/3—10:00am Genealogy Club—DNA I:** A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

**9/9—6:00pm Bizarre History of Wisconsin with Chad Lewis:** Join us under the Dome as Chad Lewis, author and researcher of the strange and unusual, showcases over 100 bizarre newspaper stories from Wisconsin that have not been seen in over 100 years. These unbelievable stories were not lost, they were simply hidden. Journey back to the early days of the state when it was filled with strange deaths, ghosts, sea serpents, peculiar people, medical anomalies, oddities, psychic phenomena, and UFOs This will change the way you view the Good ol' Days of Wisconsin.

**9/10 & 10/8—6:00pm Adult DIY:** Craft with us at the library! Call (920) 236-5205 to reserve your seat and supplies for the in-person, instructor-led workshops. These classes are free and do not require a library card to attend.

**9/10 & 10/8—6:30pm Stitch Together:** Are you looking for a craft community, camaraderie, or conversation? Join our new craft circle! Bring your work-in-progress and join us under the Dome. All tidy crafts are welcome (sorry—no chainsaw carving or ice sculptures at this time)! No registration required. Beginners are welcome and we'll have practice tools available for those who'd like to try a new craft. Show off your creations, share tips and tricks, and join in our community projects!

**9/11—6:00pm Exploring with a Pilgrim's Heart—Wisconsin's Shrines, Chapels, & Grottos:** Join us as author Michael Cooney speaks about his new book documenting 186 sacred sites, from internationally known shrines, ethnic roadside chapels, hunter shrines to backyard chapels located throughout Wisconsin. Part Religious Anthropology, part spiritual quest, Cooney explores the history and beauty of these physical manifestations of faith.

**9/12—9:00am Emotional CPR (eCPR):** Emotional CPR is a public health education program that teaches people how to assist a person experiencing emotional crisis or distress. Coffee and light pastries will be provided in the morning and a snack in the afternoon. Lunch will be on your own. This eCPR certification is FREE for folks who live or work in Winnebago County. If you are outside of Winnebago County, please contact [lynn@dandalliance.com](mailto:lynn@dandalliance.com)(link sends e-mail) or [kiversonriggers@gmail.com](mailto:kiversonriggers@gmail.com)(link sends e-mail). Register at <https://www.ebbandflowcooperative.com/trainings-events>.

**9/17—10:00am Genealogy Club—DNA II: The Next Step:** A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

**9/24—6:00pm Everyone Has a Story to Tell:** In this interactive workshop, aspiring writers will develop their storytelling skills, discover their unique voice, and craft the first draft of a new piece, whether it is a short story, poem, or nonfiction. Local authors Bill Gillard and Tom Cannon will lead fun exercises and group discussions to help participants to learn about plot development, character creation, showing vs. telling, creating tension, and how to engage a reader. Bill and Tom will provide advice to aspiring writers on their projects and share their experiences in the publishing world.

**9/28—11:00am What it's Worth—Antique Appraisals by Mark Moran:** An antiques and collectibles appraisal event featuring author and antiques expert Mark F. Moran. Former senior editor of Antiques and Collectibles Books, Mark Moran has been a contributing editor for Antique Trader magazine, served as editor of Antique Review East magazine, a producer of Atlantique City, an antique show held in Atlantic City, N.J., and was a guest expert on the PBS program Antiques Roadshow for 9 seasons. Pre-registration is required. Additional information and details coming soon.

**10/1—10:00am Genealogy Club—Basics of Genealogy:** A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

**10/15—10:00am Genealogy Club—Using Online Databases:** A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

**10/29—10:00am Genealogy Club—Building Family Trees:** A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

**11/19—10:00am Genealogy Club—Finding Local Documents:** A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.



## Planning AHEAD

*Planning AHEAD* is a 7-session research-based program that will help participants understand how to prepare for the end of life for themselves or a loved one and understand the importance of having a plan in place. This program is for anyone that is interested in planning for the end of life to make things easier for family members, have lost a loved one, or are in the process of losing a loved one and are dealing with the transition.

Program topics include Getting Started, Handling Financial Changes, Advanced Medical and Legal Directives, Estate Planning, Choices in End-of-Life Care, Final Wishes, and Understanding Grief.

## *planning* **AHEAD** PROGRAM TOPICS:



Getting Started



Choices in  
End-of-Life Care



Handling Financial  
Changes



Advance Medical  
and Legal Directives



Estate Planning



Final Wishes



Understanding  
Grief

## **Rent Smart Classes Available for Summer/Autumn 2024!**

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

### **Upcoming VIRTUAL Class Dates & Times:**

August: 12, 15, 19, 22, 26, 29 @ 1:00PM – 2:00PM (Mon/Thurs)

September: 10, 13, 17, 20, 24, 27 @ 9:00AM – 10:00AM (Tues/Fri)

October: 9, 10, 16, 17, 23, 24 @ 11:00AM – 12:00PM (Wed/Thurs)

November: 2, 9, 16 @ 9:00AM – 11:30AM (Saturday)

December: 3, 5, 10, 12, 17, 19 @ 7:00PM – 8:00PM (Tues/Thurs)

**Location:** Live, online instruction via Zoom; links sent after completing registration. Register at: <https://go.wisc.edu/Rentsmartregister>

**Cost:** FREE

### **What you will learn:**

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants



Participants must complete all 6 modules to earn the Rent Smart certificate.

For more information, please contact Todd Wenzel at (920)-232-1982 or [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu).



## MONEY MATTERS

**FREE** online program designed to improve financial habits. Gain money management skills and build knowledge to share with family and friends.

### **Money Matters Consists of a Series of 14 Modules Including:**

- Your Financial Strengths
- Explore Credit Scores and Credit Reports
- When You Can't Pay Your Bills
- Making a Spending Plan
- Staying Organized
- Retirement Planning Basics
- Health Insurance Options for WI
- How Health Insurance Works
- Debt Management and Managing Student Loans
- Credit Unions, Banks, and Other Financial Institutions
- Money and Relationships
- Saving Money
- What is Credit and How to Build It

Complete all modules, or choose those most important to your needs.


Wisconsin residents can receive a certificate upon completion of program recruitments.

### **Interested in Taking the Course?**

The online program can be completed in partnership with an Extension educator.

 **Option 1:** Online Self Study

 **Option 2:** Online Self Study with Financial Coaching

 **Option 3:** Program Partnership (contact your county educator for requirements of Program Partners)

For more information, contact Extension Winnebago County Human Development & Relationships Educator, Todd Wenzel, at 920-232-1982 or [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu)

## Financial Coaching



*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. Several of our financial educators are available to talk with anyone in Wisconsin.

For information on *Financial Coaching Strategies*, visit <https://fyi.extension.wisc.edu/financialcoaching/>.

### **Want to meet with a financial coach?**

For Winnebago County/Eastern Wisconsin, contact:  
Todd Wenzel at [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu) or 920-232-1973

For other counties/areas in Wisconsin:  
<https://finances.extension.wisc.edu/people/contact-a-uw-madison-division-of-extension-financial-educator/>

### **Interested in improving your own finances?**

Looking for general information about budgeting, credit, health insurance, and other personal money management topics? Be sure to check out the Extension Money Matters website (<https://fyi.extension.wisc.edu/moneymatters/>).

Curious what your local Extension office offers? Check out the statewide map (<https://counties.extension.wisc.edu/>) to get in touch with your local Extension office to find out what types of educational programming they are able to provide.

**Preserve It Fresh, Preserve It Safe: 2024, No. 3 (July/August)**

*Originally published April 2024 by the University of Missouri Extension  
<https://extension.missouri.edu/publications/hes159>*

**Preserving Flowers**

One of the best parts of summer is watching the seasonal flowers bloom. However, sometimes they come and go faster than we'd like. To enjoy your favorite flowers year-round, try preserving them at home! Many can be dried to make tea flavors. There are two common ways to dry flowers easily at home: air drying and pressing.

**Air Drying**

Air drying is one of the simplest methods to preserve flowers. Before the flowers begin to wilt, pull them out of the vase, or pick them from outside, and allow the stems to dry, for about 3-4 hours, or pat them dry with a towel. Then, secure them with a string or wire, and hang them upside down in a location with air circulation. Allow them to dry, unbothered, for at least a week. It is best to keep them out of direct sunlight to preserve the color.

**Pressing**

Pressing flowers works best for smaller, and limited petal flowers with just a few petals, such as pansies, geraniums and daisies. Cut the flower(s) to the desired length and remove the leaves if desired. This method works great using a book, but other flat objects that can compress the flowers will also work. If using a book, line both pages with wax paper. Lay the flowers on the wax paper and close the book, the flowers should be sandwiched with wax paper. Lay a heavy object on the closed book for better results. Leave flowers to dry for at least one week. Dried flowers can be used for many styles of decor. They can be framed, cured in resin, or even put in a vase. Preserving flowers can also be a great keepsake to remember important and special events.

**Learn more about edible flowers from the** University of Minnesota Extension (<https://extension.umn.edu/flowers/edible-flowers>) and Iowa State University Extension and Outreach (<https://store.extension.iastate.edu/Product/Edible-Flowers-PDF>).

## Try Preserving Food for Hiking and Camping Season

During the summer months, many people venture into the great outdoors to explore nature while getting exercise. Checking out nearby parks and trails provides quality time whether you are alone or with others.

The fresh air and exercise might whet your appetite; however, you probably do not want to carry a heavy cooler and ice along with you. When packing food for a hiking trip, choose items that fit in a backpack and are lightweight, nutritious, and do not require refrigeration. Peanut butter and jelly sandwiches, nuts and seeds, fresh whole fruit, dried fruit (such as banana and apple chips), and crackers are excellent choices. Be sure to bring a bottle of water to stay hydrated.



## You can put your food preservation skills to work when you prepare for hiking trips.

- Consider making jerky, fruit leather, and dried fruits at home. The North Central Food Safety Extension Network (<https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen>) has many Extension food preservation resources from the 12-state region.
- For example, Kansas State Extension (<https://www.rrc.k-state.edu/preservation/drying.html>) has a page with dehydration information and links, and North Dakota State Extension (<https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/food-preservation-wild-game/dry>) provides online printable handouts about making fruit leather, dehydrating fruit, jerky and more. University of Minnesota Extension (<https://extension.umn.edu/food-safety/preserving-and-preparing#drying-1960961>) has information about drying strawberries, jerky and other foods.



A newsletter for those  
who preserve food  
at home.

## Food Preservation Resources



Are you curious about food preservation, a beginner preserver, or a seasoned veteran of home food preservation? Whatever your experience level, there are a variety of resources available to help you learn new things and try new recipes/methods for safely preserving food at home!

While you can find many food preservation resources online, not all of them are research-tested and safe. Be sure to follow trusted resources from the **University of Wisconsin, Division of Extension** (<https://healthyliving.extension.wisc.edu/topics/food-safety-and-preservation/>) or the **National Center for Home Food Preservation** (<https://nchfp.uga.edu/#gsc.tab=0>).

**For more resources and information, visit**  
<https://winnebago.extension.wisc.edu/hwb/food-preservation-and-safety/>

### **Get your pressure canner gauge tested annually!**

The Extension Winnebago County office offers free testing of pressure canner lids! At this time, our office can only test gauges for Presto, National, Magic Seal, and Maid of Honor brand canners. Please contact Health & Well-Being Educator, Katie Jaegly, at [katie.jaegly@wisc.edu](mailto:katie.jaegly@wisc.edu) to schedule an appointment.



**LET'S PRESERVE TOGETHER**

**PROVIDING GUIDANCE IN  
HOME FOOD PRESERVATION**

Boiling Water Canning  
Pressure Canning  
Vacuum Sealing  
Dehydrating

**PRESTO**  
Test Kitchen

## Extension Winnebago County Office

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

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

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



Extension

UNIVERSITY OF WISCONSIN-MADISON

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