

December 2024/  
January 2025

# Sunnyviews

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**President’s Letter**

Greetings to our HCE Members,

I want to thank all who attended our Annual Meeting in October. Gillingham Club did an awesome job organizing the potluck and decorating the meeting room. Our Winnebago County Clerk, Julie Barthels, joined us for lunch and spoke to us about her job. Thanks to the Office staff at the Coughlin, especially Amy and Robin for their help and all who joined us at our potluck.

Katie Jaegly and I went over the program preference sheets that were returned. We chose the top vote getters. “Strong Bodies “ will be our first lesson on January 13<sup>th</sup> at 1PM. Please wear comfortable clothes, bring water and weights( I to 5 lb.) if you have them. The exercises are geared to our abilities. Katie will explain more in her advisor letter in this newsletter. We are asking each of you to bring two cans of food to donate to a food pantry.

Our executive board meeting will follow the program. We will be deciding what we would like to contribute to our shoebox to Nicaragua this year and where we would like our County Club property to go if something should happen to our clubs. Make sure to have two members from your club in attendance to vote. I will bring the cards with the three designs submitted at the annual meeting.

Happy Thanksgiving and Merry Christmas to All!

Bernice Labus



### HCE Dates to Remember

December	Prepare 2025 Reach & Teach
January 13 <sup>th</sup>	Leader Training: Strong Bodies County Business Meeting Sprint Banquet Planning Meeting
January 15 <sup>th</sup>	Submissions Due for Feb/Mar HCE Newsletter
January 25 <sup>th</sup>	Wear ORANGE to speak out against violence
January 29 <sup>th</sup>	Stitches of Love Workshop
February 25 <sup>th</sup>	Wear ORANGE to speak out against violence
March 15 <sup>th</sup>	Ruth Sayre Scholarship Applications Due (State)
March 15 <sup>th</sup>	Submissions Due for Apr/May HCE Newsletter
March 25 <sup>th</sup>	Wear ORANGE to speak out against violence



## HCE Advisor's Letter

Dear HCE Members,

### **You're invited!**

As we welcome a new year, it's the perfect time to try something new and set intentions for a healthy, active start! I'm excited to personally invite you to join us at our January 13<sup>th</sup> meeting for a StrongBodies session - a gentle strength-training class that's suitable for all fitness levels.

StrongBodies is a low-impact exercise program designed for people of all ages and abilities. If you don't regularly work out, have physical limitations, or have never tried strength training before, don't worry—this session is for you, too! We'll go through the movements together, and there's no pressure to do more than you're comfortable with.

To make it even more fun, bring a friend along for moral support! Sharing this experience with someone special can make trying something new feel even more rewarding.

If you have light hand weights at home, feel free to bring them—but know that using weights is optional. Just come dressed comfortably and bring a water bottle to stay hydrated as we explore this new activity together. You may also learn more about strength training and its benefits in this month's "On Your Own" study lesson.

I can't wait to begin the new year together, embracing 2024 with a spirit of strength, friendship, and trying new things for a healthier, happier you!

Warm Regards,  
Katie



# HCE NEWS

Author YOU Date NOW

Did You Know?

You can submit material you'd like to see in the Sunnyviews HCE Newsletter!

Send to Amy Hendrickson at

[ahendrickson@winnebagocountywi.gov](mailto:ahendrickson@winnebagocountywi.gov) or 625 E. County Rd. Y, Oshkosh, WI 54901

See below for ideas for content:

## Breaking News

- Craft instructions
- Club lessons
- Club activities
- Event invitations/recaps

## Fun Fact

- Articles
- Club meeting minutes



## Superhero Story

- Officer/member recognition
- Officer/member highlights

## 2024 HCE Annual Meeting Minutes

October 14, 2024

On October 14, 2024, Winnebago County HCE Annual Meeting, hosted by Gillingham Club, was held at the Coughlin Building. After Dar Schuff said grace, we enjoyed a pot luck lunch. Julie Barthels, our guest speaker, explained her job as our County Clerk. She shared information on elections and said that her favorite part of being Clerk was issuing marriage licenses .

Our Annual Meeting followed the speaker. The meeting was called to order 1:15 PM. The Pledge to the Flag and Homemakers Creed were led by VP Rosemary Pionke. A moment of silence was held for members who passed away in the last year. Eleven members and one guest were present. Friendship-3, Gillingham-3, Westhaven-4, Independent -1 and guest-1.

Treasurer's Report was given by Kathy Wuest. Dar Schuff made a motion to accept, Sue Berg seconded, and members voted to accept the report.

President, Bernice Labus read a report about the years activities, including Cultural Arts, International, and Scholarship.

HCE advisor and Stitches of Love reports were handed out to members present. Members were given reminders of items due on October 31 to Extension and County Treasurer.

Members circled Leader Training and special interest program preferences for future meetings. The Spring Banquet will be on May8, 2025.

We will have a program on January 13, 2025 at 1 PM followed by the meeting of the County Executive Board.

Rosemary led us in the Homemakers' Prayer to close the meeting.

Respectfully submitted, by  
Bernice Labus, President.



**BOARD MEETING**

## “On Your Own” Study Lesson:

### Stronger Every Year: The Power of Strength Training for Older Adults

Strength training, also known as resistance training, is any exercise that improves muscle strength by making your muscles work against a weight or force. The goal is to gradually increase the weight or resistance your muscles work against, leading to stronger muscles over time. It can be done using weights, resistance bands, or even your own body weight.

Read on to discover more about the benefits of strength training, and join us in January to try it out for yourself!

#### **The History of Strength Training**

*Source: History of Resistance Training (Stojiljkovic et. al, 2013)*

While the practice of strength training has evolved significantly over time, its roots can be traced back to ancient civilizations. The Greeks, for example, were known for their emphasis on physical fitness, and their athletes used various forms of resistance to build strength. In the 19th century, the modern concept of strength training began to emerge with the invention of barbells and dumbbells. These devices became a staple in fitness routines, especially in competitive weightlifting.

Strength training for older adults, however, is a relatively new focus. Research over the past few decades has increasingly shown that strength training isn't just for bodybuilders or athletes—it's a critical component of healthy aging. As a result, fitness programs tailored specifically for older adults have become more popular and accessible.

#### **Why is Strength Training Important for Older Adults?**

*Source: National Institute on Aging (2022)*

As we age, our bodies naturally lose muscle mass and strength, a process known as sarcopenia. This can lead to decreased mobility, balance problems, and an increased risk of falls. Strength training helps combat these effects by building and maintaining muscle mass, improving bone density, and enhancing overall physical function. The benefits extend beyond just physical strength and include:

- **Improved Balance and Coordination:** Strengthening muscles helps support better balance, reducing the risk of falls.
- **Better Bone Health:** Weight-bearing exercises like strength training can help prevent osteoporosis and increase bone density.



- **Increased Flexibility:** Regular strength training can help improve flexibility by stretching and lengthening muscles as they become stronger.
- **Mental Well-Being:** Exercise releases endorphins, which can improve mood and reduce the symptoms of anxiety and depression.
- **Independence:** By improving strength, older adults may find it easier to perform daily activities, such as carrying groceries, climbing stairs, and getting up from a chair.

### Case Study: Edith Murway-Traina

At 100 years old, Edith Murway-Traina made history by earning a Guinness World Record as the world's oldest competitive female powerlifter.

Edith started powerlifting at the age of 91 after her long-time friend, Carmen Gutworth, encouraged her to become more fit and active. Since then, Edith completed deadlifts of 140 pounds, proving that age is no barrier to strength.

Her remarkable achievements highlight the incredible potential for seniors to stay active and strong, demonstrating that perseverance, dedication, and a commitment to health can lead to extraordinary accomplishments at any life stage.



*Source:  
Guinness  
World  
Records  
(2023)*

## How does it work?

Strength training works by causing small tears in muscle fibers. As the body repairs these tears, the muscles become stronger and more resilient. When you perform strength exercises, your body uses the energy stored in muscles (called glycogen) to fuel the movement. Over time, this leads to improved muscle endurance and strength. Additionally, when muscles are worked, they release hormones that help increase the production of proteins necessary for muscle repair.

These tiny tears may cause you to feel sore, but you shouldn't be in pain, notes UNC Health Wellness Services manager and certified personal trainer Kathy DeBlasio, MA. They'll heal within 24 to 48 hours. "That's why it's important to do strength training every other day instead of every day," she says. "That gives your muscles time to recover and get stronger."

The impact on bones is also significant. When muscles pull against bones during strength exercises, it stimulates bone growth and helps maintain bone density, which is important for reducing the risk of fractures.

**When you do resistance or strength training, very important chains of molecules that relay signals between cells are affected, and these changes linger in the body for hours after exercise, building up a cumulative, positive effect. Even a low-intensity strength and walking program has substantial benefits.**

—Roger A. Fielding, Ph.D., associate director, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University

## Getting Started with Strength Training

If you're new to strength training, it's important to start slow and focus on proper form. Even bodyweight exercises can be challenging at first, so don't be discouraged if it feels difficult in the beginning. A good starting point is to perform 2-3 sessions a week, allowing a day of rest between workouts. As you progress, you can gradually increase the weight, resistance, or the number of repetitions.

Before beginning any new exercise routine, especially if you have any existing health concerns, consult with your healthcare provider to ensure that strength training is appropriate for you.



## Strength Training Terms

When starting strength training, it's helpful to understand some common terms that will come up during workouts. **Repetitions** (or **reps**) refer to the number of times you perform a specific exercise in one set, such as 10 squats. A set is a group of repetitions performed consecutively, for example, doing 3 sets of 10 squats.

**Resistance** refers to the weight or force you are working against, which can be dumbbells, resistance bands, or even your own body weight. Form is the proper way to perform an exercise to avoid injury and maximize effectiveness.

As you progress, you might also hear the term **progressive overload**, which means gradually increasing the weight, reps, or sets to challenge your muscles and continue making gains. Understanding these terms will help you feel more confident and knowledgeable as you begin your strength training journey.

*Source: Encyclopedia Britannica, "Weight Training" (2023)*

FIND A LOCAL  
PROGRAM



Virtual programs now available

### Extension's StrongBodies Program

The UW-Madison Division of Extension offers a StrongBodies strength training program specifically designed for older adults. This program includes 1-hour workout sessions led by a trained instructor who guides you through a series of full-body exercises. The sessions focus on building strength, improving balance, and boosting overall health, all in a

supportive, community setting. Whether you're new to exercise or looking to maintain your strength, StrongBodies provides a safe and effective way to stay active and feel strong at any age.

There are seven StrongBodies classes across Winnebago County:

- **Bridge of Faith Baptist Church**, 124 E. Main Street, Omro (Mondays & Thursdays 9:30-10:30a)
- **Briarwood Oshkosh**, 1118 W 20th Avenue, Oshkosh (Tuesdays 10:00-11:00a, Thursdays 9:00-10:00a)
- **Marian Manor**, 600 Merritt Avenue, Oshkosh (Mondays & Thursdays 2:00-3:00p)
- **Winneconne Senior Center Highlands**, 424 Cleveland Street, Winneconne (Mondays & Thursdays 10:30-11:30a)
- **Neenah Highlands at Mahler Park**, 1555 Lyons Drive, Neenah (Mondays & Thursdays 11a-12p)
- **YMCA Fox Cities**, 110 W North Water St, Neenah (Tuesdays & Thursdays 10-11a)
- **Menasha Senior Center**, 116 Main Street, Menasha (Tuesdays & Thursdays 9:30-10:30a)

To find more information or sign up for a virtual class, please visit the StrongBodies website:

<https://healthyliving.extension.wisc.edu/programs/strongbodies/>

## Conclusion

Strength training is a powerful tool for maintaining and improving health as we age. By incorporating regular strength exercises into your routine, you can enhance your balance, prevent bone loss, increase muscle strength, and maintain your independence for years to come. Whether you're lifting weights, using resistance bands, or working with just your body weight, the key is consistency and progress at your own pace. So, don't wait—start today and enjoy the lifelong benefits of a stronger, healthier body!





### HCE Member Activities:

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

### HCE Annual Meeting: October 14, 2024

Thank you Gillingham Club for organizing our Annual Meeting potluck. The food was so good and the decorations were festive. Thank you to Amy and Robin, our helpers in the office: Amy for creating name tags, agendas, and packets for our members; Robin for our audio assistance. Thank you Julie Barthels for explaining the role of our County Clerk and election information.

*Pictured below and right:  
Fall Décor at the meeting*



*Pictured right:  
Julie Barthels , Winnebago County  
Clerk, was our guest speaker.*



*Pictured below left:  
Dar Schuff & friend*



*Pictured above right:  
Kathy Wuest & Sue Berg*



*Pictured above left :  
Gloria Larsen, Joan Bestler,  
& Rosemary Pionke*



*Pictured above right:  
Caroline Barthel?, Vernita Green,  
& Bernice Post*





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Outagamie County  
Winnebago County

# planning **AHEAD**



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief

End-of-life planning is the ultimate gift you can give your loved ones. Join us for a multi-session program that gives you the tools and resources to help begin or continue the end-of-life planning process. This type of planning, including advance care planning, is not just for people who are very old or ill.

At any age, a medical crisis could leave you unable to communicate your own health care decisions.

Plan ahead. Don't leave a mess, leave a legacy.

Tuesdays for 7 weeks (must try to attend all sessions)

**Dates: January 14 - February 25**

**Times: 10:00 - 11:30 am**

Westgor Funeral Home, 1140 Appleton Road, Menasha

Cost: \$20 includes workbook, materials, and guest speakers

\*Scholarships available to cover the cost if you are unable to pay

Register: <https://bit.ly/PlanningAheadWestgor> | 920-832-5121

Katie Gellings

Human Development & Relationships Educator  
Outagamie County

[Katie.Gellings@wisc.edu](mailto:Katie.Gellings@wisc.edu) | 920-832-5126

Todd Wenzel

Human Development & Relationships Educator  
Winnebago County

[Todd.Wenzel@wisc.edu](mailto:Todd.Wenzel@wisc.edu) | 920-232-1982

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# planning **AHEAD**



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At any age, a medical crisis could leave you unable to communicate your own health care decisions.

Plan ahead. Don't leave a mess, leave a legacy.

**Wednesdays, January 22 - February 26**

**9:00 am - 10:00 am**

Online via Zoom

Register by calling 920-832-4763 or  
online <https://bit.ly/2025PlanningAheadVirtual>

Todd Wenzel | Human Development & Relationships Educator Winnebago County  
[Todd.Wenzel@wisc.edu](mailto:Todd.Wenzel@wisc.edu) | 920-232-1982



Originally published by the Oshkosh/Winnebago County Housing Authority's  
Family Self Sufficiency Program

<http://www.ohawcha.org/wp-content/uploads/2024/12/December-2024-newsletter.pdf>



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## MONEY MATTERS

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

### 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 County Educator for  
requirements of Program Partners

Scan for more information



or visit your  
local Extension Page



Todd Wenzel  
Human Development &  
Relationships Educator

920-232-1982  
todd.wenzel@wisc.edu

[winnebago.extension.wisc.edu](http://winnebago.extension.wisc.edu)

### 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 requirements.

Originally published by the Oshkosh/Winnebago County Housing Authority's  
Family Self Sufficiency Program  
<http://www.ohawcha.org/wp-content/uploads/2024/12/December-2024-newsletter.pdf>



## Managing life's challenges in healthy ways allows us to take better care of ourselves and others.

WeCOPE is an evidence-based program that helps adults cope with daily life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

**Mondays, 12 - 1 PM, January 27 - March 3 (6 Sessions)**  
Virtual Class on Zoom

- January 27: WeCOPE Overview, Emotional Awareness
- February 3: Gratitude, Noticing and Savoring Positive Events
- February 10: Everyday Mindfulness, Mindfulness Meditation
- February 17: Positive Reappraisal
- February 24: Self-Compassion, Acts of Kindness
- March 3: Personal Strengths, Attainable Goals

**Sign up today for this FREE, virtual program!**

Register at: <https://forms.gle/8uK8JavLebKUZ36o7>

Please register by January 3, 2025. A Zoom link will be emailed to you prior to the first session.

**Questions? Contact Us!**

Waukesha County: Jillian Smith, [jillian.smith@wisc.edu](mailto:jillian.smith@wisc.edu)

Winnebago County: Katie Jaegly, [katie.jaegly@wisc.edu](mailto:katie.jaegly@wisc.edu)



## Aging Mastery Program

The Aging Mastery Program (AMP) is an engaging, comprehensive, and fun program that empowers older adults to take key steps toward positive behavior change, created by the National Council on Aging (NCOA).

These classes address topics such as patient/physician communication, memory, home safety, malnutrition, and bucket lists. Aging Mastery is a comprehensive approach for modest lifestyle changes to empower and cultivate health and longevity.

### **Topic Overview**

The Aging Mastery Program core curriculum combines evidence-informed knowledge sharing with goal-setting and feedback routines, daily practices, peer support, and small rewards. It covers 10 – 11 topics:

- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Advanced Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention
- Caregiving (optional)

### **Outcomes**

Over the course of the program, participants set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships. Program results have shown that older adults in the program participants significantly increased their:

- Social connectedness
- Physical activity levels
- Healthy eating habits
- Use of advanced planning
- Participation in evidence-based programs
- Adoption of several other healthy behaviors

The Aging Mastery Program is offered in a number of counties across Wisconsin, as well as offered virtually. For more information, contact:

- ***Sara Richie, MS***  
***Outreach Program Manager, Life Span***  
[sara.richie@wisc.edu](mailto:sara.richie@wisc.edu)

or

- ***Angela Flickinger, MPH, RD, NETA-PT***  
***Outreach Program Manager, Healthy Eating, Active Living***  
[angela.flickinger@wisc.edu](mailto:angela.flickinger@wisc.edu)



### Caregiver Support

It is our goal to support family caregivers by providing the tools and resources they need to be successful in their own self-care, provide them opportunity to connect with other caregivers and the knowledge to utilize the community resources they need to be care for their loved one.



View classes and resources at

<https://aging.extension.wisc.edu/programs/caregiver-support/>

# CAREGIVERS ARE DIVERSE



**36% of caregivers**  
are taking care of their parents / in-laws

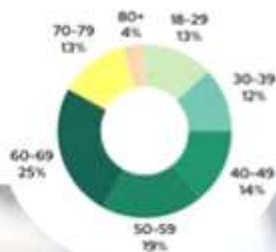


**18% of caregivers**  
are taking care of their spouse



**10% of caregivers**  
are taking care of their child

## CAREGIVERS PROVIDE CARE AT ALL AGES:





# CAREGIVERS HELP WITH A VARIETY OF CARE TASKS

## 78% of caregivers

reported managing household tasks



Helping with housework or chores



Managing finances



Preparing meals



## 46% of caregivers

reported assisting with personal care tasks



Helping with eating, bathing, and dressing



Managing medications and health care



Extension  
UNIVERSITY OF WESTERN AUSTRALIA



Driving a loved one for their errands



Managing finances for a loved one



Sitting in on health appointments



Helping with housework or chores



Helping with personal care tasks (such as showering or eating)



Encouraging a loved one to take care of themselves



Picking up groceries or bringing a meal



Providing emotional support



## **Your Voice Matters: Shape the Future of Community Health**

*Originally published December 13, 2024 by Fox Cities Community Connections*

Area Public Health Departments, health systems, and nonprofit organizations are doing a survey to understand the health and well-being of our communities and hear from people about what they think are some of the greatest health concerns and opportunities. This information will be used to help shape what community health improvement efforts health organizations and other partners focus on over the next three years. You will not be asked for any personal information such as your name and address...just for your opinions. Would you be willing to take a few minutes to share your perspectives?

**Here are the links for quick access to the survey in English:**

<https://www.surveymonkey.com/r/RZDZKSB>

# WELL-BEING SURVEY

Help us understand and improve the well-being of Winnebago, Outagamie, Calumet, Shawano, Menominee, Waupaca, Waushara, Green Lake, and Marquette counties. Tell us what you think!



10 minutes!



Your voice!



Your community!



<https://www.surveymonkey.com/r/RZDZKSB>

Questions? Contact Paula Morgen ([paula.morgen@thedacare.org](mailto:paula.morgen@thedacare.org)) or  
Chuck Sepers ([charles.sepers@appleton.org](mailto:charles.sepers@appleton.org))

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



Winter is on it's way!

Let's talk about Energy Assistance....

The Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. Regular energy assistance is a once-a-year benefit available between October 1st and May 15th each year. You can apply online at:

[energybenefit.wi.gov](https://energybenefit.wi.gov)

Please call the statewide Customer Care Center at 1-800-506-5596 with questions about your online application. Due to the high volume of applications, it may take up to 10 business days for an online application to be processed.

If you're disconnected or without heat, or will be disconnected soon, please call the Customer Care Center at 1-800-506-5596.

To view income limits or get a paper application, visit

[energyandhousing.wi.gov](https://energyandhousing.wi.gov)



## 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.



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

**UNIVERSITY OF WISCONSIN OSHKOSH**  
**CENTER FOR COMMUNITY DEVELOPMENT, ENGAGEMENT**  
**AND TRAINING (CCDET)**



**WISCONSIN DEMENTIA CARE PROJECT**

<https://www.uwosh.edu/dementia>

**20% off all registrations between Nov 15-Dec 31, 2024!**

Interested in learning more about dementia, including Alzheimer's Disease? Are you a family or professional caregiver or do you play another role in the life of someone who is living with dementia? The Wisconsin Dementia Care Project offers dementia courses, developed for, and approved by the Wisconsin Department of Health Services.

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**Introductory Courses for Family Caregivers**

**Free Online Community Member Course**

20-minute video is available in English and Espanol at no cost. Available at <https://www.uwosh.edu/dementia>.

**Dementia Care Generalist for Family and Friends**

Online course offering general information about the different types of dementia, warning signs, risk factors, and more from the perspective of friends & family of people with dementia. Register at <https://ccdet-uwosh.nbsstore.net/dementia-generalist-for-family-and-friends>.

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**Introductory Courses for Professional Caregivers**

**Dementia Care Generalist for Crisis Responders**

Online course for law enforcement personnel, judiciary/court officials, fire/EMS personnel, dispatchers, county adult protective services personnel, hospital ER Staff, spiritual leaders, and other crisis team members. Register at <https://ccdet-uwosh.nbsstore.net/dementia-generalist-template>.

**Dementia Care Generalist for Healthcare Providers**

Online course for professional caregivers in any behavioral or health care setting including long-term care, assisted living, in-home care, and outpatient settings. Register at <https://ccdet-uwosh.nbsstore.net/dementia-generalist-for-healthcare-providers>.

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

# YMCA BOOK CLUB

## ForeverWell Age 55+

Third Thursday of each month  
11:00 AM–NOON

NEENAH-MENASHA YMCA  
Meets in the Conference Room



Reading with a purpose! A new book will be chosen each month. Meetings will provide regular opportunities to read, unwind and have thought-provoking conversations with others who share the love of reading.

### Monthly Book Choices

- October 17: The Art of Racing in the Rain by Garth Stein
- November 21: A Man Called Ove by Fredrik Backman
- December 19: Redbird Christmas by Fannie Flagg
- January 16: Raft of Stars by Andrew Graff
- February 20: Water for Elephants by Sara Gruen
- March 20: Lessons in Chemistry by Bonnie Garmus
- April 17: Thursday Murder Club #1 by Richard Osman

Pick up your book at Member Services today! You may also get your own copy of the book if you choose not to borrow.

\*Books available one month prior to the book club discussion

**Cost: Members: Free, General Public: \$3**

For more information contact Luann Luehring at  
920.954.7643 or [lluehring@ymcafoxcities.org](mailto:lluehring@ymcafoxcities.org)





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2025



**BEAMING**  
EQUINE-ASSISTED SERVICES

**Changing Lives,  
One Ride at a Time**



**Stable Minds Support, 1:00pm**

For those living with dementia and their loved ones: Spend quality time in an uplifting setting, meeting and supporting one another through the power of horses. With a physician's release, select candidates and their caregivers have the opportunity to ride. *Barn is partially heated*

March 3	April 7, 14, 21	May 5, 12, 19
June 2, 9	July 7, 14, 21	August 18
September 8, 15, 22	October 6, 13, 20	November 3, 10
December 1, 8		

Where does Santa cash  
his checks?

At the snow bank



## 2024 & 2025 Upcoming Local Library Events

### Neenah Library:

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

Call 920-886-6315 or email [library@neenahlibrary.org](mailto:library@neenahlibrary.org) to register for events.

### **Memory Cafés:**

- **12/20 @ 1:30pm—Holiday Party**

**12/20 @ 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.

**12/20, 1/10, 1/24, 2/7 & 2/21 @ 10:30am—Chair Yoga:** 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.

**1/7 & 2/4 @ 6:30pm—Powered by Yarn:** Bring your own project and tools. We supply the company, as well as moral and technical support in knitting and crocheting. This is an open crafting group.

**1/7 & 2/11 @ 4:30—6:30pm—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, on a first-come, first-served basis. 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.

**1/10, 1/24, 2/7 & 2/21 @ 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.

**1/16 @ 6:30pm—History Program—Neenah Neighborhoods:** Join local realtor and Neenah Historical Society Board Member, Sara Laabs to learn about Neenah's neighborhoods. Sara will touch on the unique characteristics of some of Neenah's most well known and loved areas.

**1/21 & 2/18 @ 6:30pm—Cookbook Book Club:** Join our deliciously new book Club! Try some new recipes, share a dish, talk about cooking. Check out our display on the Lucky Day Shelf or browse our stacks to find a cookbook on our theme. Try a few recipes, & feel free to bring in samples of your favorite!

- 1/21—Indian Cuisine
- 2/18—Cookie Love

**1/22 @ 2:00pm—Identity Theft Protection:** In today's world with so much if not all of our personal information stored digitally, identity theft is a major concern and fear. Charles Olson of Old National Bank will discuss the following topics: What is Identity Theft? How can I protect myself from Identity Theft? What if Identity Theft happens to you?

**1/27 @ 6:30pm—Climate Reality:** Jeff Steuer, a retired water engineer from the USGS Geological Survey presentation will cover: 1) The science of climate change: its causes and impacts, including: the latest developments in climate science, how the crisis is impacting the world today, and the urgency of shifting from fossil fuels to renewables. 2) How climate change is transforming daily life for communities around the world. 3) Solutions available today. Following the presentation Jeff will open the discussion to questions and concerns.

**2/4 @ 6:30pm—Maple Syrup:** Jimmy Brochtrup of Smoky Lake Maple Products will share how to get started with backyard hobby maple syrup production. Learn the basics of tree identification, tapping, boiling, & filtering.

**2/20 @ 6:30pm—History Program—Faces Behind the Names:** Join local historian, Kara Rothkegel while she uncovers the people behind some of Neenah's most well-known landmarks like Pickard Auditorium, Mahler Farm Subdivision, Shattuck Park and Kimberly Point Park.

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### **Menasha Library:**

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

*Register for events online or call 920-967-3690.*

**12/21 @ 9:00am—Family Roots Genealogy Club:** 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. Meeting will be held at the Neenah Police Station in the Community Room, 2111 Marathon Ave., Neenah, or join the meeting virtually via Zoom.

**2/27 @ 6:00pm—Live Cooking Demonstration with Chef Ace Champion:** Chef Ace Champion will be offering a live cooking demonstration. Chef Champion has been on many television programs and will be sharing his skills to the public in Menasha.

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**Oshkosh Public Library:**

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

*Call 920-236-5205 to register for events.*

**1/7 & 2/4 @ 6:00pm—Storytime for Grownups:** Why should kids have all the fun? Join librarian Sarah Read at Planet Perk for a monthly grownup storytime. Color, work on a puzzle, craft, or cuddle with a cat while Sarah reads you a short story. Stories will be a mixture of genres, classics and contemporary, with time for discussion afterwards. It's like listening to an audiobook, but with friends!

**1/7, 1/21, & 2/4 @ 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!

**1/9 @ 6:00pm—Probate Records for Genealogy:** Joshua Ranger, University Archivist at UW Oshkosh, will talk about probate records as a source of genealogical research and will detail how probate records are preserved and accessed in the State of Wisconsin, including via the Area Research Centers (ARC). He will also introduce an opportunity for WGS members to help the ARC index Winnebago County probate records to assist in the discovery of these important materials.

**1/14 & 2/11 @ 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.

- January: Beaded Macrame Lanyard
- February: Valentine Pocket Cards

**1/14 & 2/11 @ 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!

**1/16 & 2/20 @ 6:00pm—Not Your Classic Book Club:** No assigned reading here! You choose the book, whether it's a favorite or a flop. Discuss what you're reading and get new ideas from fellow readers. Share your thoughts, recommendations, and an appreciation for good stories. We meet in the library's Lower-Level Conference Room.

**1/21 & 2/25 @ 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.

**1/22 @ 6:00pm—AI at Your Fingertips: Transforming Home Management with Smart Technology:** Discover how artificial intelligence is transforming the way we live, work, and manage our homes. From smart thermostats that learn your preferences to AI-powered security systems that keep your family safe, AI is making home management easier, more efficient, and even more fun. Whether you're curious about automating daily tasks or looking for ways to optimize your energy use, this presentation will open your eyes to the smart solutions available today—and give you a sneak peek into the home of the future. Don't miss out on this exciting glimpse into the AI-powered home revolution!

**1/28 & 2/18 @ 6:30pm—Banned Book Club:** Each month we explore banned and challenged books guided by Librarian Sarah. Discover the reasons behind censorship and engage in safe and thought-provoking discussions with fellow readers. If you value your freedom to read, this is the book club for you.

- January: *The Handmaid's Tale* by Margaret Atwood
- February: *Lawn Boy* by Jonathan Evison

**2/13 @ 6:00pm—Genealogy & Local History Acquisitions 2025:** Librarian Michael McArthur will showcase the latest materials and resources acquired to help genealogists and local history researchers find the stories their ancestors and the past.

**Preserve It Fresh, Preserve It Safe: 2024, No. 6 (November/December)**

Originally published April 2024 by the University of Missouri Extension  
<https://extension.missouri.edu/publications/hes160>

**Helpful Hints for Gifting Home-Preserved Goodies**

Many home-perservers share their products with others. Holiday gifts might include a basket of home-canned foods such as jelly or salsa. However, remember that you are responsible for the safety of the foods you are sharing. That safety starts with a tested recipe from a trusted, reliable resource.



If you are canning specifically for gifting, consider using jars in interesting sizes or shapes. It is important to make sure the jars are safe for canning – meaning Mason-type, with two-piece lids. There are many jars that look like canning jars that are not treated for the heat and temperature changes of home canning. These jars could still be used for packaging dried foods, just not for canning. If your jars are between traditional sizes, always process them at the same time for the next larger size jar that has canning guidelines to ensure safety. You certainly don't want to under-process anything!

Once you have your foods prepared, now it's time to package and label them. Here's where you can get really creative! You can purchase or download/create and print decorative labels in so many shapes and styles. There is a lot of important information to include: the date the food was prepared; how long the food will last unopened and opened; storage instructions; and ingredients (especially if the product contains allergens). Add fabric or ribbon to the jar lids. Put it all in a reusable basket. If you happen to be shipping your goodies, the biggest concern is including plenty of padding in the shipping package, so no containers break. Remember to mark the package as "Fragile".

Here are some ideas of cozy feeling home-canned products that make good gifts:

- Apples – [Spiced Apple Rings](#), [Apple Butter](#), [Apple Marmalade](#), [Apple Chutney](#)
- Cranberries – [Cranberry Sauce](#), [Cranberry Marmalade](#), [Cranberry Conserve](#), [Cranberry Orange Chutney](#)
- Pumpkin – [Pumpkin Leather](#), [Pumpkin Seeds](#)

Happy Homemade Holidays!



## Canning Soup for Cooler Seasons

When autumn arrives and the weather cools in many areas of the U.S., people may opt for bowls of hot soup more often on their menus. Can soup made with this year's fresh produce be canned in preparation for a cooler season?



The answer is yes, soups made with vegetables, dry edible beans, meat, poultry, and seafood can be canned safely. We need to closely follow the guidance from the U.S. Department of Agriculture's "[Complete Guide to Home Canning](#)" and other information available from the [National Center for Home Food Preservation](#).

We cannot, however, make the same type of thick canned soup with noodles and rice as you might buy at the grocery store in cans. In order to make a safe product, soup and other foods must be processed for the correct amount of time at the recommended pressure. Be sure to remember some tips.

- Follow the pressure canning recommendations for making [soup](#). Do not thicken the soup with flour, rice, or pasta because the thickness of the soup can affect the heat penetration during processing and the safety of the soup.
- When filling jars to make homemade canned soup, fill the jars only halfway with the solids. Add the liquid ingredients and leave one inch of headspace, then process as directed.
- Try making your own [chicken, turkey, or beef stock](#). This involves the simmering process of the bones with water, with the time dependent on the type of meat, followed by pressure canning. The broth can be combined with other ingredients for delicious stews, chili, and soup.
- One exception: When properly acidified with citric acid or bottled lemon juice, [tomatoes](#) can be canned in a boiling water bath canner. After opening the jars, the resulting tomatoes can be used to make tomato soup with added thickeners, milk, cream, and other ingredients.
- If you prefer not to can soup, remember that you can freeze the food in meal-sized containers.



A newsletter for those  
who preserve food  
at home.

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## Parmesan Roasted Broccoli with Balsamic Drizzle

- 1 pound (16 ounces) broccoli florets, cut into bite-sized pieces (from 2 pounds or about 1 ½ bunches of broccoli)
- 2 tablespoons extra-virgin olive oil
- Salt
- ½ cup grated Parmesan cheese\*
- 1 to 2 tablespoons thick balsamic vinegar\*\*
- Lemon zest from ½ to 1 lemon
- Pinch of red pepper flakes (omit if sensitive to spice)
- Pinch of flaky sea salt or kosher salt



1. Preheat the oven to 400 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper so you don't end up with cheese stuck to your pan.
2. On the prepared baking sheet, toss the broccoli with the oil until all of the florets are lightly coated. Arrange them in an even layer across the pan, then sprinkle salt lightly on top.
3. Bake for 15 minutes, then remove the pan from the oven. Toss the broccoli with a spatula and arrange it in an even layer across the pan again. Sprinkle the Parmesan over the broccoli, then return the pan to the oven. Bake for 10 more minutes, or until the florets are turning deeply golden on the edges and the Parmesan is golden and bubbly.
4. Drizzle balsamic lightly over the broccoli and grate lemon zest on top, to taste. Sprinkle with a pinch of red pepper flakes and flaky salt. This side dish is best served warm, but you can store leftovers in the refrigerator for several days. Gently reheat in the microwave before serving.

# Honey Brown Sugar Ham Glaze

## How to Make Honey Brown Sugar Ham Glaze?

1. Wrap the ham in aluminum foil. Transfer the ham from its packaging to aluminum foil and wrapping tightly to seal in the moisture.
2. Begin baking the ham. Place the ham in the oven and bake until the ham reaches 120°F on an instant-read thermometer.
3. Make the glaze. Simmer honey, brown sugar, Dijon mustard, unsalted butter, and apple cider vinegar until reduced, darkened in color, and thickened.
4. Brush the glaze onto the ham. Unwrap the ham, and brush the glaze onto and in-between the ham slices.
5. Finish baking. Continue baking the ham, uncovered, until it reaches an internal temperature of 120°F to 140°F.

## Do You Put Glaze on Ham Before Cooking?

No, you should brush the glaze onto the ham toward the end of cooking. When the ham has about 30 minutes remaining, use a pastry brush to apply the glaze (making sure to drip some glaze between the slices for extra flavor). Return the ham to the oven, uncovered, to finish cooking.

## How Long Does it Take to Cook Spiral-Cut Ham?

To serve a spiral-cut ham warm, use the following guidelines:

1. Start with the ham wrapped in foil to keep it moist, then glaze and finish cooking, uncovered. The ham is ready when it has reached an internal temperature of 120°F to 140°F.
2. At 275°F: Bake for 20 minutes per pound (about 2 to 2 ½ hours total)
3. At 350°F: Bake for 10 minutes per pound (about 1 to 1 ½ hours total)

## Ingredients

- 1 (8- to 10-pound)
- bone-in, spiral-cut ham, with no added water or juices
- 2 cups
- packed light brown sugar
- 1 cup
- honey
- 1/2 cup
- Dijon mustard
- 2 tablespoons
- unsalted butter
- 2 tablespoons
- apple cider vinegar



## 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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