

February/March 2025

Sunnyviews



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President's Letter

I heard someone say that February is short and sweet. Short in the number of days and sweet in the treats we love on Valentine's Day. Speaking of Valentine's Day, don't forget—The Oshkosh Public Museum open house is on February 15th from 9—4. Admission is free and there will be treats. Later in February, there will be an event of interest at the Convention Center in Oshkosh. Bridging Past and Present: Exploring Native American Cultural Heritage, will be held on Sunday, February 23rd at 2PM. It is free and begins with the recent Menomonee Park archeological work. I know we had talked about that as a possible lesson. The free registration is at: <http://oshkoshwi.gov/SeniorServices/> Contact Anne Schaefer at 920-232-5306 for questions.

The 2025 HCE Scholarship Application is in this newsletter. If you have questions about the scholarship, please check with one of the committee members. The Banquet is scheduled for May 8th at 5:00PM @ JPCC. April dates to remember: April 1st scholarship applications are due; April open house @ JPCC (info in this newsletter), April 24th Central District Meeting at Waupaca FVTC (RSVP with Kathy Wuest). This year, we will be collecting canned goods at each HCE event for the St. John's Lutheran pantry. Your donations are appreciated. Our next County meeting is on April 14th. Katie will have our lesson at 1:00PM with the Board meeting at 2:00PM. Enjoy the longer days. I hope to see you at some of the events in February.

Yours in Friendship,
Bernice Labus



HCE Dates to Remember

- 25th Monthly Wear ORANGE to speak out against violence
- March 15th Ruth Sayre Scholarship Applications Due (State)
- March 15th Submissions Due for Apr/May HCE Newsletter
- April 1st Winnebago HCE Scholarship Applications Due
- April 14th 12:00p Spring Banquet Planning Meeting
1:00p Leader Training: Social Isolation & Loneliness
2:00p County Business Meeting
- April 24th Spring Central District Meeting



HEALTH.EXTENSION.WISC.EDU

Health & Well-Being Institute

Your hub for resources, programs, and support to enhance well-being across Wisconsin.

WEBSITE NOW LIVE!



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

The Health and Well-Being Institute has launched a new website to connect community leaders and Wisconsin residents with resources, programs, and success stories that advance health and well-being across the state. Explore opportunities to collaborate, access tools for building healthier communities, and learn more about our impact. We encourage you to share this resource with your networks and anyone who could benefit from our work. Together, we can advance health and well-being throughout Wisconsin.

Visit the website: go.wisc.edu/7zzvqh

HCE Advisor's Letter

Dear HCE Members,

Happy New Year! As we welcome 2025, I'm excited for the opportunities this year brings to work together and strengthen our community. One of my goals this year is to better understand and address food access in Winnebago County—and I'd love your help.

Did you know the Winnebago County Health Department regularly conducts **Community Health Assessments (CHAs)**? These assessments provide a snapshot of factors affecting our health, such as housing, education, and food security. By gathering input from residents and analyzing local data, the CHA helps identify areas where we can grow as a community.

The findings from the CHA inform the **Community Health Improvement Plan (CHIP)**, which outlines strategies to address priority areas like food access. This year, we're supporting the CHIP by launching a **food mapping process**. Mapping will help us pinpoint barriers to accessing healthy, affordable food across the county and identify opportunities for improvement.

In February 2025, we'll be conducting **community interviews** to better understand residents' experiences with food access. As we create our map, we'd love to hear from you! If you're willing to participate in a 30-minute interview, please call me at **920-232-1979** or email me at **jaegly@wisc.edu**. Your stories are essential, whether you've faced challenges like transportation and affordability or have success stories about local resources.

Please do not hesitate to reach out if you have any questions about food mapping, or if you'd like to be involved in other ways. I look forward to hearing from you!

Best,
Katie



“On Your Own” Study Lesson:
“Exploring Your Legacy—Writing a Personal Memoir”

What does “legacy” mean to you? For many, it’s not just about the material things we leave behind, but the memories, values, and lessons that carry forward through generations.

Writing a personal memoir can be a deeply fulfilling way to capture your unique story while creating a gift for loved ones that will be treasured for years to come. Whether you’ve thought about writing your memoir before or this idea is entirely new to you, this simple guide is here to inspire and support you on the journey of exploring your legacy.

What is a Memoir?

A memoir is a story about one’s life that is based on their memories. In essence, it is a personal narrative that reflects on significant experiences, relationships, and events that have shaped the author’s life. Unlike an autobiography, which aims to provide a chronological account of an entire life, a memoir typically focuses on specific themes, periods, or aspects, offering the writer’s insights and emotional truths. It combines storytelling with reflection, allowing readers to connect with the author’s unique perspective and the universal emotions behind their experiences.

Why Write a Memoir?

A memoir is more than a collection of dates and events; it’s a chance to share your experiences, reflections, and the wisdom you’ve gained throughout your life. Writing your memoir can:

- Help you reflect on and process your life’s journey.
- Provide a way to share your values and insights with future generations.
- Highlight your personal growth and the resilience that shaped you.
- Serve as a historical record for your family and community.

Getting Started

You don’t need to be a professional writer to create a meaningful memoir. Begin by jotting down thoughts, stories, and moments that stand out to you. To spark your creativity, consider the following prompts:

Early Years

- Describe your childhood home and the neighborhood you grew up in. What are some of your fondest memories from that time?
- Who influenced you most during your childhood?

- Share a story about a memorable family tradition or holiday celebration from your childhood.
- Reflect on your favorite hobbies, pastimes, or activities as a child. How did they shape your interests and personality?

Defining Moments

- What events or decisions have shaped who you are today?
- Write about a mistake or failure that taught you an important lesson. How did you grow from that experience?
- Write about a major life decision you made and the impact it had on your life.
- Describe a challenging experience you faced and how you overcame it. What did you learn?
- Share a story about a moment that changed your perspective or outlook on life.

Relationships

- Who have been the most important people in your life, and why?
- How did you meet your partner or closest friend?
- What's a favorite memory with your family or friends?
- What qualities do you value in a friend?
- Reflect on a romantic relationship that played an important role in shaping who you are today. What lessons did you learn from that relationship?
- Share a story about a mentor or role model who has had a positive influence on your life.

Values and Beliefs

- What values have guided you throughout your life?
- Is there a quote, song, or saying that has special meaning to you?
- How have your beliefs changed or grown over time?
- Can you recall an experience where your values and beliefs were challenged? How did it change the way you approach life?

Everyday Life

- What was a typical day like during a memorable time in your life?
- How have you celebrated life's milestones?
- What steps are most important in your daily routine?

Travel and Adventure

- Describe a memorable travel adventure you had. What made it unforgettable?

- Reflect on a trip that exposed you to a different culture or way of life. How did it broaden your perspective?
- Write about a place you've always wanted to visit and why it holds significance for you.

Legacy and Hopes

- What are you most proud of?
- How would you like to be remembered?
- Share a piece of advice or wisdom that you would pass on to future generations.

Tips for Success

A memoir doesn't have to be flashy or filled with dramatic twists to be meaningful. The beauty of a memoir lies in its authenticity—it's about your voice and your perspective. Think of it as capturing moments and reflections that matter to you, no matter how simple they seem.

To get started, focus on small, vivid memories or specific themes that resonate with you. Jot down ideas as they come, don't worry about perfection, and write like you're telling a story to a friend. Remember, your memoir is a personal gift to yourself or others—it's all about heart, not hype.

As you're writing your memoir, remember to...

1. **Start Small:** Focus on one story or moment at a time. You don't have to write everything all at once.
2. **Be Honest:** Share your truth, including challenges and triumphs. Authenticity makes your story relatable.
3. **Involve Others:** Talk to family members or friends to jog your memory or gain their perspectives on shared experiences.
4. **Keep It Simple:** Write in your natural voice—don't worry about being "literary." What matters most is that your story comes from the heart.
5. **Celebrate Progress:** Every word you write is a step toward preserving your legacy.

Sharing Your Story

Once you've written your memoir—or even just a part of it—consider how you'd like to share it. Some may choose to create a printed book, while others may prefer sharing stories through more casual means: a scrapbook, audio recordings, or even video messages. Whatever medium you choose, remember that your story is a priceless gift - and your experiences matter.

Tips for Writing to Publish

Source: Adair Lara, *“The Key Elements of Writing a Good Memoir”* (2010)

Writing a personal memoir doesn't have to be a monumental task, and you don't need plans to publish it for it to hold value. In fact, a memoir can be as simple as jotting down a few meaningful anecdotes, lessons learned, or snapshots of life that shaped who you are.

However, if you do have a desire to publish your writing, author Adair Lara suggests you start by crafting a desire line - a sentence that describes what you, as the narrator, wanted to achieve in the story you're telling. The struggle to achieve this desire is what drives your writing, and it's what makes for a good book. You should be able to state the desire line in a single sentence. For example:

I wanted to be a psychiatrist.

I wanted to stay in the police department.

I wanted to love my stepson.

I wanted to make a new life in Uganda after the death of my wife.

I wanted to be a model though I weighed 160 pounds.

Note that this desire may change over the course of your story.

Once this desire is identified, Lara recommends using the following prompts to guide the rest of the story. Ask yourself, what did you do to get what you wanted? What got in your way?

I wanted _____ (the desire line).

To get it, I _____ (action).

To get it, I then _____ (action).

But _____ (obstacle) got in my way.

So, I _____ (action).

“A memoir is an emotional journey,” writes Lara. “The events in the story are there not because they happened, but to show the shifts in emotion the narrator (you) goes through, event by event, over the course of the story.”

Conclusion

Exploring your legacy through a personal memoir can bring both joy and meaning to your life. It's a chance to celebrate where you've been, reflect on who you are, and inspire those who come after you. So, grab a pen and paper, and let your story unfold—your legacy awaits!



HCE Member Activities:

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

HCE Meetings: January 13, 2025

Pictured below: HCE members attending the meetings (Kathy Wuest, Carolyn Barthel, Bernice Labus, and Gloria Larsen.)



December 2024 Friendship Club Activity

Friendship Club visited Santa at The Festival of Lights in Oshkosh for their December meeting. Three husband's joined us. We drove through the light display at EAA grounds. Very impressive! Had a meal at Perkins following the drive.



*Pictured left:
Rosemary Pionke, Kathy Wuest,
Bernice Labus, Sarah Winkel,
Jenny Stadtmueller (with
husbands Steve Labus, Louie
Wuest, and Jim Stadmueller),
and Santa.*



*Pictured right:
Bernie Labus, Kathy Wuest,
Rosemary Pionke, and Jenny
Stadtmueller with Santa.*

Meeting Minutes: January 13, 2025

At 1PM, six members of the County HCE met at the Coughlin Bldg. Advisor Katie Jaegly led our group in an exercise program called Strong Bodies. She showed us how to do many stretching and muscle-building exercises. We also had a visit from the County Horticulture instructor, Jacob Kluz, who told us of his upcoming events and ideas for a future program.

HCE Executive Board Meeting: January 13, 2025, 2PM

Pledge to Flag/Homemakers Creed

Roll Call. Friendship-2, Gillingham-2, Westhaven-1, Independent- 1

Pennies for Friendship collected. Sue Berg told friends at St. John's Lutheran about Pennies for Friendship, and they collected lots of pennies to donate. Thanks Sue!

Kathy Wuest presented the Treasurer's report; it was moved by Carolyn Bartels, seconded by Sue Berg, and voted by members to accept. Kathy reported that our cd can be renewed at a better interest rate. She will renew it for two years. 33 members have paid. She said that Keepsake Club lost 1 member but gained 3.

Gloria Larsen said that Scholarship forms will be included in the next newsletter.

Bernice Labus gave each member a Winnebago County HCE business card to give to potential members.

Stitches of Love report was handed out to members.

We collected food for the pantry at St. John's Lutheran Church in Oshkosh. Sue Berg told us that a Boy Scout made them an outdoor pantry sharing box for his Eagle project.

We decided to go with kitchen items for our Nicaragua Shoebox this year.

The Central District Meeting will be on April 24th in Waupaca. Kathy Wuest will take RSVPs from members wanting to attend.

Carolyn Bartels reported that the Spring Banquet will be on May 8th at the Coughlin Bldg. Catering will be by LaSure's. Cost will be around \$20 with entertainment by the Senior Center Ukulele Club. Postcards with RSVP information will be sent to members.

We discussed plans for our club property if we should disband. It was moved by Sue Berg, seconded by Gloria Larson, and voted by members that it should be left to the County.

Carolyn invited all to the Museum Open House on February 15th from 8AM to 4PM; it is free and there will be refreshments.

Our meeting was adjourned and prayer read.

Respectfully Submitted,
Bernice Labus, President

EXECUTIVE



BOARD MEETING

2024 Stitches of Love Annual Report

The Home and Community Education Stitches of Love outreach project began in January 2002 and is proud to be completing its 23rd year of service. The mission of Stitches of Love is to make headwear, free of charge, for local cancer patients and distribute the hats to patients through local treatment centers. In 2024, five regional cancer centers were supported:



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

Stitches of Love holds four workshops each year at the at the Coughlin Center. We have 25-30 very dedicated volunteers who regularly attend workshops and/or sew or knit at home. One of our former Chilton volunteers regularly receives fabric from us and cuts out and sews hats in her home.

Revenue this past year has come from donations, memorial donations, donations from walker caddies available at ThedaCare at Home and gift cards from Thrivent. In 2024 we made and donated 2,750 hats to the five cancer treatment centers listed above utilizing over 5,550 hours of volunteer time.

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

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

Lynn Mozingo, Coordinator
Stitches of Love

LynnMozingo@gmail.com
(920) 428-6947

ORANGE THE WORLD

*“Wear Your Orange, Orange the World,”
what’s with the orange?*



The global theme of this year's 16 Days of Activism against Gender-based Violence, which runs from 25 November to 10 December, 2024 is “UNITE! Invest to prevent violence against women

and girls.” In September of 2023, the International workshop at our conference was on violence. Lynn Marcks spoke to us about her son who was murdered, because he objected to what a group of young men were saying about a woman he knew. One of those men followed him out of the coffee shop and proceeded to beat him until he was unconscious and died. She also spoke about the young girl from the same area of our state who was abducted, molested, and killed. These were both real people from our neighborhoods.

NOW...in 2024 the United Effort is to wear orange on the 25th day of every month in 2025. Speak out about gender-based violence. Speak out about domestic violence. Speak out about gun violence. SPEAK OUT AGAINST VIOLENCE. From Lylene Scholz, WAHCE State International Chair.

Submitted by Marcelline Protheroe

2025 Central District Meeting/Educational Day

Save the Date!
“Ain't We Got Fun!”
Thursday, April 24, 2025
9:00 am to 2:30 pm
@ Fox Valley Tech College (Waupaca)

Waupaca County is hosting the meeting/educational day. We will have a live auction. More details will be shared in mid-January.

2025 WAHCE Conference

Save the Date!
“Going Wild with HCE”
September 15—18, 2025

We are in the process of planning and confirming some exciting tours, sessions, presenters, and speakers for the 2025 conference at Tundra Lodge in Green Bay.

You can book rooms at Tundra Lodge by calling 1-877-886-3725. Reserve by mentioning Wisconsin Association for Home and Community Education. All rooms are suites and are \$99.95 per night

Terra Malama & Louise Dahlke
2025 Conference Chairs





Human Development &
Relationships Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

WISE WISCONSIN

Virtual Learning Series



Join us on Wednesdays at 9am from February 5th - March 12th! This free series will have sessions on the following topics:

- **February 5:** Renovate Today, Stay Tomorrow:
How to Successfully Age in Place
- **February 12:** The Master Naturalist Program
- **February 19:** Inflation's Impact on Finances
- **February 26:** 8 Dimensions of Wellness
- **March 5:** The Art of Caregiving
- **March 12:** Edible Landscaping

To register, go to:
<https://go.wisc.edu/85171v>

Contact, Sara Richie,
Life Span Program
Manager, at
sara.richie@wisc.edu
with questions about
the series.



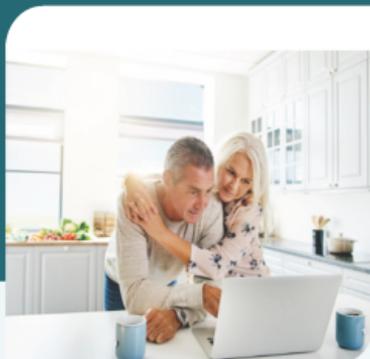
For archived recordings and program descriptions, go to:
<https://aging.extension.wisc.edu/programs/wise-wisconsin-program/>



Extension
UNIVERSITY OF WISCONSIN-MADISON

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.

Wednesdays for 6 weeks (must try to attend all sessions)

Dates: April 2 - May 7 | 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 | 920-832-5126

Todd Wenzel

Human Development & Relationships Educator
Winnebago County

Todd.Wenzel@wisc.edu | 920-232-1982

2024 & 2025 Upcoming Local Library Events

Neenah Library:

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

Call 920-886-6315 or email library@neenahlibrary.org to register.

Memory Cafés:

- 2/17 @ 1:30pm—ABC's of Valley Transit
- 3/17 @ 1:30pm—QiGong

Tech Talk Tuesdays: Join us at the library for monthly Tech Talk discussions to learn about various technology topics.

- 2/11 @ 1:30pm—Tablet Talk, A Guide to Your Device
- 3/11 @ 1:30pm—An Introduction to Cloud Storage
- 4/8 @ 1:30pm—A Guide to Digital Security

2/4 & 3/4 @ 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.

2/7, 2/21, 3/7 & 3/21 @ 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.

2/7, 2/21, & 3/7 @ 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.

2/8 @ 11:00am—Chinese New Year Celebration: Join the Neenah Public Library and L.E.A.P Cultural Community for a very special Chinese New Year Celebration. Featuring food, music, presentations, and more, there will be plenty of activities for children as well as adults. Educational, fun, and delicious, this is one event you won't want to miss.

2/11 & 3/11 @ 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); 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.

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!

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.

2/21 & 3/21 @ 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.

3/3 @ 2:00pm—A World Apart—Molokai's Leprosy Colony: Karen Dallman will discuss Molokai's leper colony, founded in the 19th century in Molokai, Hawaii; it continues to operate to this day. This program will examine the geology of Molokai, the medical condition known as Hansen's Disease, how the colony (the "place apart") came to be, and the heroes who worked to improve the lives of the exiled.

3/3 @ 6:30pm—Genealogy 101: Internet has made genealogical research accessible from home, but the search can be overwhelming! We'll explore how to navigate the genealogical waters to get the answers you are looking for. We'll introduce different methods to keep the information organized and how to crowdsource information. We will also look at some of the hardest people to find in American genealogical records: women. Through this presentation, you'll have search strategies to help fill out your family tree.

3/15 @ 11:00am—Repair Café Fox Valley: Bring in your broken items & our fixers will do their best to repair them for free. Computers, phones, small appliances, electronics, sewing and mending, jewelry, watches, and more!

3/20 @ 6:30pm—History Program—Stories from Growing Up in Neenah: Join Neenah Historical Society Museum Coordinator, Miranda Ridener as she tells some of the fascinating stories uncovered from our history harvest. Starting in August of 2024, the Neenah Historical Society began harvesting childhood memories and stories from individuals that grew up in Neenah for our upcoming exhibit.

Menasha Library:

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

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

Cooking Series—Ancient Grains Edition:

- 2/21 @ 4:30pm—Beef & Mushroom Barley Soup (Vegan)
- 3/14 @ 4:30pm—Mediterranean Farro Salad
- 4/11 @ 4:30pm—BBQ Chicken Quinoa Bowl

2/4 @ 4:30pm—Legal 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); 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.

2/13 @ 6:30pm—Life in Menasha During WWII: Join Menasha Historical Society's member Dick Loehring, who will be talking about his memories during World War II Menasha.

2/27 @ 6:0pm—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.

3/9 @ 2:00pm—Irish Music Concert: Join us to celebrate this time of the year with Irish music performed by Molly Conrand and Michael Theroux.

Oshkosh Public Library:

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

Call 920-236-5205 to register for events.

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!

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!

2/11 @ 6:00pm—Adult DIY—Valentine Pocket Cards: 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.

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!

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.

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.

- February: *Lawn Boy* by Jonathan Evison

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.

2/25 & 3/18 @ 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.

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**TEAR OUT THIS ENTIRE CENTER NEWSLETTER PAGE FOR
2025 HCE SCHOLARSHIP APPLICATION**

Winnebago County Association of Home and Community Education
Scholarship for High School Seniors Interested in Higher Education
2025 Application Form

Please Type or Print.

Return Postmarked By:
April 1, 2025

Return To:
SCHOLARSHIP COMMITTEE
c/o Gloria Larsen
2659 County Rd. G
Neenah, WI 54956



Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

High School: _____ Date of Graduation: _____

Parent or Guardian's Name: _____

Parent/Guardian's Address: _____

Name of WCAHCE Member & Relationship to Applicant: _____

WCAHCE Member's Address: _____
University, College, or Technical School You Plan To Attend: _____
School Address: _____
Anticipated Area of Study: _____

The following information becomes part of your complete application:

- Application form.
- Essay on “**Reasons Why I Chose My Anticipated Area of Study**” (150-200 words).
- Academic record.
- Two letters of reference; each including name, address, phone number, and relationship to applicant (no family members; at least one from high school).
- Volunteer/community service and reasons for participation.
- Organizations in and outside of school, including paid work. Include participation, leadership, and how service was given specifically for each organization.

The overall appearance of the entire application and thoroughness will be considered.

Thank you for choosing to apply for the WCAHCE Scholarship. Notification will be sent out around April 15th. Public awarding of the scholarship will take place at the Spring Banquet (usually in May).

Scholarship winners must submit proof of full-time freshman year completion and registration for second full-time year to the HCE Treasurer, due postmarked by July 1st

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**TEAR OUT THIS ENTIRE CENTER NEWSLETTER PAGE FOR
2025 HCE SCHOLARSHIP APPLICATION**

WISCONSIN

IDEA WEEK

AT EXTENSION WINNEBAGO COUNTY



Extension
UNIVERSITY OF WISCONSIN-MADISON
WINNEBAGO COUNTY

April 7-11, 2025

FREE

VISIT WINNEBAGO.EXTENSION.WISC.EDU FOR MORE INFORMATION

4/7

LAYING THE PATH

5:30 PM Sensory Walk Workshop

4/8

BUILDING FOUNDATIONS

10:00 AM Planning AHEAD

6:00 PM Credit. Credit? Credit!

4/9

NOURISHING TOGETHER

5:00 PM FoodWise in the Kitchen

4/10

BRIDGING COMMUNITIES

5:30 PM Program & Partner Fair

6:30 PM Badger Talk

4/11

STRENGTHENING CONNECTIONS

10:00 AM Reach Your Audience with Plain Language

5:00 PM Seed Starting for Success

ALL
WEEK

MAPPING THE NEED

8:00AM - 4:30 PM Hygiene Drive



Extension

UNIVERSITY OF WISCONSIN-MADISON
WINNEBAGO COUNTY



JOIN OUR HYGIENE DRIVE

March 31 - April 11

08:00am - 04:30pm

Mondays - Fridays

Let's come together to make a meaningful impact in the lives of those in need!

All items will be donated to Day By Day Shelter, Christine Anne's and Ruby's Pantry.



**YOU'RE
INVITED!**

**EARN 1 RAFFLE
TICKET FOR EACH
ITEM DONATED!**

- ✓ Soap
- ✓ Shampoo
- ✓ Toothpaste
- ✓ Feminine Products
- ✓ Floss
- ✓ Deodorant

Drop-off Location:

UW Extension | JP Coughlin Center
625 E CTH-Y, Ste 600 | Oshkosh



For More Info

Visit Our Website

winnebago.extension.wisc.edu



Winnebago County Health & Wellness Corner

Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.pdf>

Health &
Wellness
Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

(SEE NEXT PAGE FOR LIST OF LOCATIONS AND CONTACT INFORMATION)

Menasha Senior Center

#920-967-3530

https://www.menashawi.gov/departments/senior_center/index.php

Oshkosh Senior Center

#920-232-5300

www.ci.oshkosh.wi.us/seniorservices

Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

Oshkosh YMCAs

#920-230-8916

www.oshkoshymca.org/programs/senior-programs/index.html

**Winnebago County Health Department –
Wellness Plus**

#920-232-3000

www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes

Omro Community Center

Please call #920-685-0380 for current activities.

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>



MONTHLY BOOK CLUB

FREE
 FOR MEMBERS!
 Books are provided
 LIMIT 9 PEOPLE
 PER MONTH.

CONNECT THROUGH READING

Book Clubs are a great way to meet people and to learn from diverse perspectives. The **Downtown Book Club** meets on the 3rd Thursday of each month and the **20th Ave Book Club** meets on the 1st Wednesday of the month.

Books will be provided to those who participate and can be picked up at the front desk of the respective branch. Books must be returned after each meeting. Each branch will read a different book monthly.

REGISTER at the front desk of the respective branch. Please register in person. You can pick up your book upon registration.

FREE & FOR MEMBERS ONLY!

20H AVE BOOK CLUB

20th Ave Y • MPR 1

10:30–11:30 a.m.

January 8 • February 5 • March 5

• April 2 • May 7

DOWNTOWN BOOK CLUB

Downtown Y • Teaching Kitchen

1:00–2:00 p.m.

January 16 • February 20 • March 20

• April 17 • May 15

OSHKOSH COMMUNITY YMCA

www.oshkoshymca.org

Downtown • 920-236-3380 • 324 Washington Ave

20th Avenue • 920-230-8439 • 3303 W 20th Ave

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>

Disability Advocacy Day:

March 12, 2025

Disability Advocacy Day is a day-long event focused on connecting self-advocates with their legislators to talk about issues that matter to them. Registration will open early in 2025 - more to come!



**SAVE!
THE DATE!**

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

January 14 - 10am
 March 11 - 2pm
 May 13 - 10am
 July 8 - 2pm
 September 9 - 10am
 December 16 - 2pm

Neenah

February 11 - 10am
 April 8 - 2pm
 June 17 - 10am
 August 12 - 2pm
 October 7th - 10am



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

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>



FOREVERWELL
Ages 55+

**REDUCE STRESS +
IMPROVE YOUR HEALTH**

WeCOPE



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

WeCOPE is a six-week 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.

TUESDAYS

1:00-2:00 p.m.

20th Ave Y • Meeting Room

FREE FOR ALL

REGISTRATION REQUIRED!

Please sign up on our website, at the front desk of either location or by calling (920) 230-8439.

- **FEBRUARY 4:**
WeCOPE Overview, Emotional Awareness
- **FEBRUARY 11:**
Gratitude, Noticing and Savoring Positive Events
- **FEBRUARY 18:**
Everyday Mindfulness, Mindfulness Meditation
- **FEBRUARY 25:**
Positive Reappraisal
- **MARCH 4:**
Self-Compassion, Acts of Kindness
- **MARCH 11:**
Personal Strengths, Attainable Goals

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

20th Avenue • 920-230-8439 • 3303 W 20th Avenue

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>



Are you a Caregiver who needs a break?

If you care for someone who experiences memory loss or dementia, there is a free program called:

Memory Care Respite Partners

Will give you a break for 2 hours each session. This is a facilitated program that will provide activities and engagement for your loved one while you are away.

Our Savior Lutheran Church

1860 Wisconsin Street, Oshkosh
4th Tuesday of each month 1:30-3:30pm
Call 920-727-5555 ext. 2217 to pre-register

St. Paul Lutheran Church

200 N. Commercial Street, Neenah
1st and 2nd Mondays of each month at 1:30-3:30pm
Call 920-383-1180 or email
to pre-register.

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>



EMPOWERED CARE PARTNERS!

Education for Individuals Caring for a Loved One with a Memory Disorder

- Learn communication approaches and strategies
- Receive practical tips and information
- Problem-solve solutions for those tough situations
- Facilitated by a Licensed Clinical Social Worker who specializes in Memory Disorders

2ND AND 4TH TUESDAY OF EACH MONTH/1:30-3:00

(8 SESSIONS: BEGINNING FEBRUARY 11, 2025)

NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH

Registration is required for this free series. Contact Julie Feil, MSW, LCSW (920) 725-9373 ext. 6850 for more information and to register. Book and materials included.



excellence in brain, spine and pain care
neurosciencegroup

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>

CABIN FEVER

February 8, 2025

10:00-12:00 PM

BEAMING Ranch

2692 Cty Rd GG, Neenah

You are invited to a special day at the BEAMING Ranch. It is going to be a fantastic opportunity to get up close with our horses, learn about grooming, feeding, and enjoy some educational activities on horse care. Whether you are experienced or not, it will be an enriching and fun experience.

We would love for you to join us.
 Please RSVP to: beamingoutreach@gmail.com or
 call us at (920) 851-6160.

Please like and follow our Facebook page:
<https://www.facebook.com/beaminginc>



Protect Your Wallet: A Guide to Avoiding Financial Scams

*Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>*

While financial scams and fraud happen throughout the year, the holidays are a predictable time to see an increase. More online shopping and phone or email donation appeals means more opportunities for fraud. It is also an emotional time of year for many people, especially those who may feel lonely or isolated, which scammers can exploit.

The Eldercare Locator can help older adults, caregivers, and families to stay safe and worry-free by protecting themselves and loved ones from financial fraud and scams during the holiday season.

Common Scams Targeting Older Adults

Scams targeting people age 60 and older resulted in over \$3.4 billion in losses in 2023 alone, according to the FBI. Here are some of the most common types of scams and fraud, according to the Consumer Financial Protection Bureau (CFPB). Read the complete CFPB list online.

- **Charity:** Scammer pretends to represent a real or made-up organization and asks for donations.
- **Non-Delivery:** A person buys something online but never receives the item.
- **Grandparent:** Scammer pretends to be a grandchild or relative in trouble and asks for money or gift cards.
- **Tech Support:** Scammer pretends to be a computer expert offering technical support to trick people into giving access to their computers and personal information.
- **Romance:** Scammer pretends to be romantically interested in someone, develops trust, and then asks for money or a loan.
- **Blackmail:** Scammer threatens to release personal information unless the victim sends money using wire transfer or gift cards.
- **Investment:** Scammer pretends to be a financial professional with urgent investment opportunities that are fake, including offers to teach you how to invest in cryptocurrency.

There is an Adult Protective Services (APS) unit in every county. They help older adults and adults at risk who have been abused, neglected, or financially exploited. If you suspect an older adult or adult at risk has experienced, is experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation, call us at 877-886-2372.

10 Tips to Avoid Scams

Here are some of the things you can do to prevent getting scammed or becoming a victim of financial fraud. Learn more from the FBI & CFPB.

1. Be wary of someone offering you a “great deal” that seems too good to be true or pressuring you to act quickly.
2. Do not be afraid to say “no” or hang up if you feel uncomfortable or suspicious about a phone call solicitation or to ignore suspicious emails or text solicitations.
3. Never send money using a gift card or wire transfer directly to a seller or unknown person.
4. Do not click on suspicious links or attachments in text messages, emails, websites, or social media.
5. Be suspicious of a company asking you by phone or email to update your password or account information. Look up the company’s phone number on your own and call the company to find out if the request is real.
6. Keep personal information in a safe and secure location that unauthorized individuals cannot access.
7. Do not share numbers or passwords for accounts, credit cards, or Social Security.
8. Monitor your financial accounts by setting up alerts for unusual activity and reviewing statements more frequently during the holidays.
9. “Build a strong support network and keep in touch with others to prevent social isolation. This can decrease the chances that you will experience financial exploitation and the likelihood that it goes unnoticed.
10. Stay informed about current scams and keep older family members up to date on official warnings about current scams or fraud.



How to Make Groceries Last Even Longer

*Originally published by Everyday Cheapskate, Authored by Mary Hunt
All icons by Bogdan Florescu/The Epoch Times*

Tips to extend the shelf life of even the most perishable of groceries

A recent column on the proper storage for fresh fruits and vegetables generated a lot of great reader feedback—plus dozens of new tips and tricks to make all grocery items last longer. I love this stuff so much, I must admit to being slightly compulsive—gathering, testing, and assessing techniques. Here are a few of my new favorites.

Berries



Are you familiar with that sick feeling that comes when you notice that the berries you bought yesterday are already showing signs of mold and turning brown? Here's the remedy: As soon as you bring them into the kitchen, prepare a mixture of 1 part vinegar (white or apple cider) and 10 parts water.

Give the berries a bath in the mixture. Swirl them around a bit and then gently drain, rinse, and place in the refrigerator. Don't worry. The solution is so weak, you won't taste the vinegar. This treatment should give your strawberries and additional two weeks of useful life and raspberries a week or more. Vinegar retards the growth of bacteria that causes berries to spoil so quickly.

Potatoes

To keep potatoes from growing big, ugly sprouts before you have time to use them up, store them with a couple of apples. For some reason, that really works to halt the sprouting.



Nuts



Roast nuts and then store them in the freezer. This is for all kinds of nuts, even those that you plan to use in baking. Roasting improves the flavor and increases the useful life; freezing keeps them from turning rancid. As soon as you get home from the store, spread the nuts in a single layer on a sheet pan and bake at 350 degrees F for 15 minutes. Place in zip-type freezer bags or jars with lids and then pop them into the freezer.

Disinfect the Fridge

I plead guilty on this one. I just don't think about it if I can't see a mess. The truth is that any time something spoils in the



refrigerator, it leaves behind mold that you can't see, which then attacks the new, fresh stuff that you put in there. Disinfecting the inside surfaces on a regular schedule will make everything last a little longer and smell a lot better.

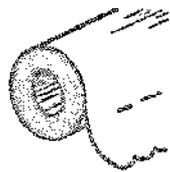
Store Onions in Pantyhose



Once you get past the perceived gross factor, you'll be able to enjoy the fact that keeping your onions suspended in a pantyhose leg keeps them perfectly edible for up to eight months! If you don't have an old, ruined, clean pair of pantyhose lying around, buy a cheap pair from the dollar store. Cut off the legs from the panty part. Drop an onion into the toe and tie a knot. Drop in another onion and tie a knot. Repeat. This is great for storage because it keeps onions fresh, and it's easy to hang in your pantry or on a wall. Need an onion? With scissors, cut one off right below the lowest knot. See how that works? So cool.

Aluminum Foil

Let me just say that I'm a believer! It drives me crazy that I don't know why this works, but it certainly does: Wrap celery, broccoli, and lettuce in a single layer of aluminum foil before storing in the refrigerator. Celery will stay crisp and fresh for up to a month stored this way. It's simply amazing.



Mushrooms



Never store these guys in a plastic bag because that traps moisture, which just encourages the growth of mildew. Instead, store mushrooms in a paper bag. Now the air can circulate and the mushrooms will remain dry and lovely for weeks.

Want more?

Check out *The Complete Guide to Storing Fruits and Vegetables* at EverydayCheapskate.com/guide.

New Years Resolutions for Older Adults

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>



The New Year provides us with an opportunity to improve our well-being through setting goals and taking action. A resolution is a promise to oneself to live a better life and build a better future. Here are some ideas for you!

2025

Learn Something New

Learning new things gets you out of your comfort zone and can improve your memory.

Tell Your Life Story

Your loved ones want to know about your life, so record your life story in some way. You could write your memoir, organize a photo album, or create a scrapbook.

Embrace Technology

New technology can be confusing, but avoiding it means you are missing out on ways to connect with your loved ones.

Safety Proof Your Home

Clear away items in your home that could be a tripping hazard, like rugs or loose cords. Make sure there is proper lighting in all parts of the house so you can see where you're going.

Be Proactive About Your Health

Schedule regular checkups and be proactive about your health. Early detection of health issues can lead to better treatment outcomes.

Prepare your Advanced Directives

You will feel relieved when you complete your Powers of Attorney for Health Care and Finance so that your family/friends know what you do/do not want if your health changes.

White Chicken Enchilada Soup

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Jan%202025.pdf>

Ingredients:

- 1 pound boneless, skinless chicken breasts
- 4 cups low-sodium chicken broth
- 1 teaspoon ground cumin
- 1 onion chopped
- 4 ounces diced green chiles (1 can)
- 15 ounces canned corn drained (1 can)
- 15 ounces canned white beans drained (1 can)
- 10 ounces green enchilada sauce
- 2 cloves garlic minced
- 4 ounces cream cheese (½ brick)

Enjoy!

Instructions:

1. In a slow cooker combine the chicken, chicken broth, cumin, onion, green chiles, corn, beans, enchilada sauce, and garlic.
2. Cook on low 6 hours or high 4 hours.
3. During the last hour of cooking add in the cream cheese and stir.
4. Before serving stir to make sure the cream cheese is incorporated and remove the chicken, shred, and add back to slow cooker.
5. Serve with your favorite toppings like cilantro, lime, avocado, cheese, anything!



Preserve It Fresh, Preserve It Safe: 2024, No. 7 (January/February)

Originally published January 2025 by the University of Missouri Extension
<https://extension.missouri.edu/publications/hes162>

Preparing and Planning for the Year Ahead

Welcome to 2025! Have you considered what you will be preserving later this year? While it seems early to think about, it is the time to plan for your future needs. Different varieties of produce have different results in different home-processed products. So, it is important to consider what you will grow in your garden, based on your needs later in the year.



If you grow tomatoes, for example, do you wish to make juice, sauce, salsa, or whole tomatoes? Perhaps you need to grow several different varieties to meet all of your needs. Some varieties have a greater amount of juice and might not be as desirable for a product like salsa, for example.

If you are planning to make salsa, you can use a variety of different kinds of peppers. Do you wish to make a batch that has more heat, thus a need for something besides a green bell pepper in your garden?

When it comes to cucumbers, different varieties will impact the final product. If you are wanting to make pickles, then you will want to use a variety for pickling. Other varieties would be more suited for relishes.

While it seems early to think about what you will be processing later in the year, it really is not. As you review seeds to purchase, make sure the varieties meet your needs. Most seeds will have guidance on the best use. Happy planning and best wishes in your processing later this year!

North Central Food Safety Extension Network Resources**Explore NCFSEN Resources**

“I had an interesting question today. Can you help?” That line sometimes starts an email conversation with specialists and agents in the 12-state North Central Food Safety Extension Network (NCFSEN) in the upper Midwest. The states include Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.

NCFSEN began its collaboration in 2016 at a meeting in Chicago as a way to share expertise and resources across state lines; 2025 begins our 10th year of working together. Our team includes three groups: consumer food

preservation, food safety, and food entrepreneurship. We have developed handouts, webinars and answered many consumer and industry questions. We also interact with regulators, equipment manufacturers, researchers, and food industry professionals.



Food Preservation

Whether you are a consumer or an Extension professional, we invite you to explore the variety of free food preservation resources that we have developed or are sharing with colleagues, including the following:

- Oops! Remaking Jams and Jellies.
- Play It Safe! Safe Changes and Substitutions to Tested Canning Recipes
- Pressure Can It Right
- Put a Lid on It
- Steam Can It Right

Food Safety and Entrepreneurship

We also provide webinars and/or handouts for food entrepreneurs and the cottage food industry:

- Food Safety and Blessing Boxes
- Labeling Basics
- Cleaning and Sanitizing Basics
- Food Safety Best Practices for Local Food Entrepreneurs
- Vacuum-sealing Mason Jars: Are They Safe for My Cottage Foods?

Building a Coalition

Explore these handouts and videos to learn more about the best practices we have learned:

- Working Regionally: 1) Getting Started, 2) Getting Organized, and 3) Getting Together.

Visit the NCFSEN website to learn more:

<https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen>



A newsletter for those
who preserve food
at home.

Originally published by Ordinary & Happy
<https://www.facebook.com/ordinaryandhappy/>

Uplifting Words to Send to Loved Ones

Ordinary & Happy

KIND

- I hope today is full of laughter and joy for you.
- No matter what's up ahead, I know you can handle it.
- Wishing you nothing but happiness.
- Thank you for being such a shining light in my life.
- I'm always here for you.

SWEET

- You are so strong, and I know you're going to do great.
- We're going to make today amazing.
- Just wanted you to know how proud I am of you.
- Thanks for being such a wonderful person.
- Sending you all my love today.

CARING

- I'm here for you if you need me — today, and always.
- Bright days are on the horizon.
- I'm missing your wonderful energy today. Can't wait to see you soon.
- Have a fantastic day — you deserve it.
- I'm so lucky to have you in my life.

LOVELY

- Keep being awesome.
- I'm so excited to see what next year brings for us.
- Just dropping in to say I love you, I miss you, and I'm thinking of you.
- You always inspire me. Keep being amazing.
- I believe in you, and always will.

GREAT

- You're so smart, kind, and I'm so grateful to know you.
- You're the best — never forget it.
- Remember, you got this.
- You deserve the world.
- I'll be here, by your side, through it all.

Ordinary & Happy

Extension Winnebago County Office

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 FAX (920) 232-1967
711 for Wisconsin Relay (TDD)

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

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



Extension

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