

April/May 2025

Sunnyviews



INSIDE THIS ISSUE:

President's Letters	1
Dates to Remember	2
New HWB Resource	2
Advisor's Letter	3
HCE Study Lesson	4—7
HCE Save the Dates & Spring Banquet	8—9
In Remembrance	10
Orange the World	11
Keep Your HCE Hands Healthy	12—14
Foods that Resemble the Body Part they Benefit	15—19
Local Library Events	20—24
Winnebago Health & Wellness Corner	25—26
Aging Advocacy Day	27
Welcome to Medicare	28
Grandparents	28
Grandkids Dance	29
Bringing Hope & Light to the Dementia Journey	29
Trualta	29
YMCA Walking Group	30
Brighter Days Prog.	31
Discover Neenah History	32
Day at the Derby	33
It's Ok to Not be Ok	34
Ordinary & Happy	35—36
Preserve It Fresh, Preserve It Safe	37—38
Sheet Pan Recipe	39
Staff List	40

President's Letter

Welcome Spring! Do you have flowers peeking up from the soil yet? I've been cutting pussy willow branches for friends. It is so good to be outdoors.

I want to thank Katey Jaegly for the "Strong Bodies" lesson she led in January. I was able to attend a few of her classes in the community. She's a good motivator!

I want to remind you of some upcoming dates:

April 7th—11th is WI Idea Week at the Coughlin Center, with many wonderful programs that are all free and open to the public. Bring your friends and family to see what our Extension has to offer. Remember, they will be collecting hygiene products all week.

April 14th is our quarterly meeting. At noon the room will be open to any committees who need to meet. At 1 PM, we will have our leader training: *Social Isolation & Loneliness*. The Board meeting will follow the lesson. Make sure to bring canned goods for the food pantry.

May 8th will be our Spring Banquet. Your invitation should be coming soon. The Oshkosh Ukulele Club will perform. They are such a talented group! You're going to love them. More information will be shared at the quarterly meeting. Hope to see you there.

Did anyone go to the Museum Open House or participate in any of the "Bridging Past and Present" programs? What did you think about them?

Yours in Friendship,
Bernice Labus



HCE Dates to Remember

25 th Monthly	Wear ORANGE to speak out against violence
April 14 th	12:00p Spring Banquet Planning Meeting 1:00p Leader Training: Social Isolation & Loneliness 2:00p County Business Meeting
April 24 th	Spring Central District Meeting
May 5 th	Stitches of Love Workshop Spring Banquet Registrations Due
May 8 th	Spring Banquet
May 15 th	Submissions Due for Jun/Jul Newsletter



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,

This past month, I had an unexpected health detour—I had to have my appendix removed. While the experience itself wasn't exactly pleasant, what stood out to me the most was the overwhelming support I received from those around me. From family and friends checking in, to coworkers offering help, to simple messages of encouragement, I was reminded just how powerful a community can be in times of need.

Feeling supported isn't just comforting—it's good for our health. Studies have shown that strong social connections can speed up recovery, lower stress levels, and even improve our immune function. Whether we're facing an illness, recovering from surgery, or just navigating the ups and downs of daily life, knowing that we have people who care about us makes all the difference.

So I ask you... when's the last time you checked up on someone?

Community support doesn't have to come in grand gestures. A phone call, a meal shared, a ride to an appointment, or even a kind word can mean the world to someone who needs it. And just as we receive support, it's just as important to give it—to be that friend, neighbor, or family member who reaches out and reminds others that they're not alone.

This month, I encourage you to think about the people in your life who lift you up and those who might need a little extra support. Let's continue to build a strong, connected community—because when we take care of each other, we all thrive.

Wishing you health, healing, and meaningful connections this spring.

Best,
Katie



“On Your Own” Study Lesson:

“The Power of Volunteering: How Giving Back Supports Healthy Aging”

“The best way to find yourself is to lose yourself in the service of others.”
– Mahatma Gandhi

Volunteering is more than just giving your time—it’s a powerful way to stay engaged, boost your health, and make a lasting impact on your community. Whether you’re mentoring a young student, helping at a food pantry, or planting trees in a community garden, your efforts don’t just benefit others—they also enhance your own well-being. Research shows that older adults who volunteer experience better mental health, stronger social connections, and even improved physical health.

What is Volunteering?

Volunteering is the act of giving your time and skills to help others without expecting financial compensation. It comes in many forms, from formal roles with nonprofit organizations to informal acts of kindness, such as assisting a neighbor with errands.

Examples of volunteering include:

- **Community Service:** Assisting with local events, cleaning up parks, or working at food banks
- **Mentoring and Teaching:** Tutoring children, offering job training, or leading educational programs
- **Health & Social Services:** Visiting nursing home residents, supporting hospice care, or assisting at hospitals
- **Environmental Efforts:** Planting trees, participating in recycling programs, or maintaining community gardens
- **Animal Welfare:** Helping at shelters, fostering pets, or supporting animal therapy programs

How Does Volunteering Support Health?

Source: Kim et. al, “Volunteering and Subsequent Health and Well-Being in Older Adults: An Outcome-wide Longitudinal Approach” (2020)

Engaging in volunteer work provides numerous mental health benefits for adults. Helping others releases endorphins, which promote happiness and reduce stress. This can lower the risk of depression and anxiety. Additionally, staying mentally active through volunteer work keeps the brain engaged, reducing the risk of cognitive decline and dementia. Finally, volunteering makes us feel needed and valued, which gives us a

sense of purpose; this boosts self-esteem and overall life satisfaction.

When it comes to physical health, we know that many volunteer opportunities encourage movement, which can improve mobility, balance, and heart health. Additionally, when we volunteer with friends, we have more opportunities to interact with others. This helps to combat social isolation, and encourages us to explore new environments.

Volunteering as an Act of Kindness

Lessons from Dr. Judith Moskowitz, WeCOPE Researcher

An “act of kindness” is a selfless action done to help, support, or bring joy to another person without expecting anything in return. Acts of kindness can be small, like holding the door open for someone, or more involved, like cooking a meal for a neighbor in need.

Dr. Judith Moskowitz, the researcher behind the Extension WeCOPE program, suggests that acts of kindness are beneficial for several reasons. Research has shown that practicing acts of kindness, even small ones, has been associated with better physical health, less stress, and even a longer lifespan. This is because:

- Acts of kindness give you a break from thinking about your own problems and shift the focus to someone else, even for a short while.
- They can make you feel good by helping someone, even in a small way, giving you a sense of self-worth and increasing positive emotions like pride or happiness.
- Even though you may be going through a hard time yourself, realizing that you still have the ability to help someone else - even in the midst of your own stress - gives you a feeling of success and accomplishment.

Volunteering is a powerful act of kindness because it involves giving your time, skills, and energy to help others and improve your community. Whether you are tutoring a child, delivering meals to homebound seniors, or cleaning up a park, volunteering is a way to show compassion and generosity on a larger scale.

By dedicating your efforts to a cause, you not only make life better for others but also create a ripple effect of kindness that strengthens social bonds and fosters a sense of shared purpose.

Where Can I Volunteer?

Many organizations actively seek volunteers, especially older adults. Consider these opportunities:

- **Local Libraries & Schools:** Support literacy programs, tutor students, or help with community events.
- **Food Banks & Meal Programs:** Pack and distribute food or deliver meals to those in need.
- **Hospitals & Senior Centers:** Provide companionship, assist with activities, or greet visitors.
- **Community Gardens & Environmental Groups:** Help plant trees, maintain shared garden spaces, or assist in conservation efforts.
- **Museums & Cultural Centers:** Serve as a tour guide, usher at performances, or assist with educational programs.
- **Animal Shelters & Rescue Organizations:** Care for pets, help with adoption events, or support therapy animal programs.

The Oshkosh Area United Way manages the “Volunteer Center of Oshkosh and the Surrounding Area.” On their website, you can explore both volunteer opportunities and community events. The following organizations seem to have ongoing needs:

- | | |
|--|------------------------------------|
| • ADVOCAP | • Habitat for Humanity of Oshkosh |
| • American Red Cross | • Military Veterans Museum |
| • BEAMING, Inc. | • Oshkosh Area Community Pantry |
| • Bergstrom Mahler Museum of Glass | • Oshkosh Area United Way |
| • Big Brothers Big Sisters of East Central Wisconsin | • Oshkosh Healthy Neighborhoods |
| • Boys and Girls Club of Oshkosh | • Solutions Recovery, Inc. |
| • City of Oshkosh Parks Department | • St. Vincent de Paul Thrift Store |
| • Compassus | • The Community Blood Center |
| • Day by Day Shelter | • The Grand Oshkosh |
| • Eye on Oshkosh | • The Salvation Army |
| • Father Carr’s | • Winnebago Area Literacy Council |
| • Girl Scouts of the Northwestern Great Lakes | |

Volunteering with Physical Limitations, Mobility Challenges, or Health Conditions

Some older adults may hesitate to volunteer due to concerns about physical limitations, mobility challenges, or health conditions. However, volunteering is not one-size-fits-all, and there are opportunities for everyone, regardless of ability. If standing for long periods of time or heavy lifting is not an option, consider roles like:

- **Virtual Volunteering:** Reading to children via video chat, writing letters to seniors or veterans, or giving phone support for nonprofits.
- **Clerical or Administrative Support:** Helping with mailings, making calls, or organizing materials for events.
- **Mentorship & Advocacy:** Sharing your knowledge with younger generations or advocating for causes you care about.
- **Creative & Artistic Contributions:** Knitting blankets for hospitals, making greeting cards for seniors, or recording audiobooks for the visually impaired.

No matter your physical ability, there is always a way to make a meaningful impact. The key is to find a volunteer opportunity that matches your strengths and comfort level.

How Do I Get Started?

Finding the right opportunity is about matching your skills and interest with community needs. Here's how to begin:

1. Consider your interests. Think about causes you care about and the skills you'd like to share. Then, seek out opportunities that match these interests.
2. Determine your availability. Choose a commitment level that fits your schedule, whether it's a one-time event or ongoing service.
3. Explore local opportunities. Visit community centers, libraries, or nonprofit organizations to learn about available roles.
4. Use online resources. Websites like VolunteerMatch, AARP'S Create the Good, and AmeriCorps Seniors offer opportunities tailored for older adults.

Conclusion

Volunteering is a meaningful way to stay active, connect with others, and contribute to a stronger community. By giving your time, you're not just making a difference in the lives of others – you're investing in your own health and happiness. Why not start today?

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





Music is in the Air

at the 2025 HCE Spring Banquet



Date: Thursday, May 8, 2025

Place: J.P. Coughlin Center at 625 E. County Rd. Y, Oshkosh, WI

Price: \$20.00 per person—Reservations Required

Make check out to HCE

Mail to Kathy Wuest at 3503 County Rd. N, Oshkosh, WI 54902

5:00pm Cultural Arts registration and voting begins

5:15pm Silent Auction begins 6:40pm Silent Auction ends

5:45pm Welcome

6:00pm Buffet (beef tender tips in wine sauce, seasoned roast chicken, creamy mashed potatoes, Wisconsin blend vegetables, tropical fruit salad, and variety of dessert bars)

Silent Auction Fun for Scholarship Fund

Please bring some things for the auction. Puzzles to Pies. Crafts to Candies. Trinkets to Toys. Games to Gadgets. The income from the silent auction will be given to the scholarship fund.


Entertainment

Members of the Ukulele Players from the Oshkosh Senior Center will be sharing their music. Meet the winners of the 2025 HCE Scholarships. Recognition of the cultural arts created by our members.

R.S.V.P. by May 1st Reservations are not refundable, but are transferable.

Looking Forward to Seeing You There!

- Westhaven Circle





Betty J. (Nelson) Kromm quietly passed away on January 7, 2025 at her home in Oshkosh, Wisconsin. Born on March 28, 1923, she filled her 101 years with a full life. She grew up the only girl in a house with three older brothers, first in Winchester and then in Shiocton, Wisconsin. Betty married Elmond Kromm on July 3, 1943. They celebrated 63 years together, spent building a home life in the Fisk area, raising three children, and in later years dancing and traveling the world.

After high school, Betty attended Oshkosh Business College. She then worked as an insurance receptionist, a homemaker on the farm, and finally as an OB-Gyn medical assistant with Doctors Wright, Wolfgram, and Plos for 30 years, a job she loved.

Besides nurturing relationships with her large extended family, Betty collected and maintained valued friendships throughout her life, whether it was through school, homemakers, church, painting classes, travel groups, jury sessions, or her immediate community. The greeting cards she received and saved were many and attest to the numerous lives she touched. Friends and family were most important, providing many opportunities for fun and laughter.

The family extends heartfelt gratitude to Annie King, and those who most recently helped Betty continue to live an independent life: Penny, Rita and Frani.

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

January 2025 On Your Own Lesson: Keep Your HCE Hands Healthy

Originally Published by Waupaca County HCE

<https://waupaca.extension.wisc.edu/files/2024/12/2025-OYO-Lesson-Keep-Your-HCE-Hands-Healthy.pdf>

Whether you are doing your favorite hobby, reading a book, cooking, or doing a craft project—our hands are involved. Keeping them healthy and flexible through your life may affect the enjoyment of life and doing your favorite activities. Jessica Migala from AARP offers the following hand exercises to limber up arthritic hands.

Osteoarthritis is a condition caused by the natural wearing away of the cartilage that covers the bone. In healthy joints, the cartilage coverings at the ends of the bones match up and glide smoothly against one another. But as arthritis wears the cartilage away, the movement becomes less smooth, often leading to stiffness, loss of motion and pain, especially in the tip joint of the finger. It's estimated that 40% of us will develop osteoarthritis according to research in Arthritis & Rheumatology. We can't build back cartilage but we can preserve motion by keeping the soft tissue in the joints as flexible as possible. Start doing hand exercises every day to maintain hand function. Exercise can improve grip strength, reduce pain and tired hands. But be careful, some exercises, like squeezing a stress ball can actually irritate joints by causing rough cartilage to rub together, increasing pain and swelling.

The following moves should not hurt. When doing them, let pain be your guide: If it hurts, stop. It's also a good idea to get checked out by your doctor first to rule out other conditions, such as carpal tunnel syndrome. Warm up in the morning simply by going about your regular routine: Make breakfast, get dressed, feed the dog. Then, with your doctor's OK, aim to go through these exercises every day. Plan to do five repeats on each hand. You can build these into routine activities, such as when you're talking on the phone or watching TV.

Exercise 1: Shoulder Stretch

Do your shoulders feel tense? This stiffness can lead to all sorts of problems in your arms.

Step 1: Stretch your arms up. Next, bend your right elbow to reach your right hand behind your head toward your shoulder blades.

Step 2: With your left hand, grab your right elbow and then pull it gently toward the center of your back. Switch arms and repeat.



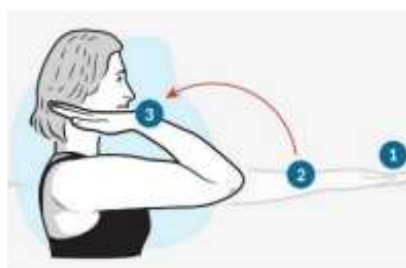
Exercise 2: Elbow Flexion and Extension

This exercise can help treat conditions such as tennis or golfer's elbow.

Step 1: Stretch one arm out in front of you, palm down.

Step 2: Now turn your palm up and bend at the elbow so that your palm moves toward your shoulder.

Step 3: Hold for a beat, then straighten your arm back out and turn your palm back to the starting position.

**Exercise 3: Prayer and reverse prayer**

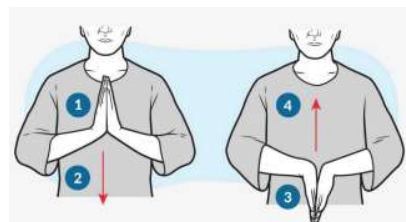
This stretch can help combat carpal tunnel syndrome.

Step 1: Bring palms together in prayer position, elbows out, at chest height.

Step 2: Lower hands to waist level while pressing palms together. Hold for a beat.

Step 3: Turn hands so backs of hands are together, palms out, fingers pointing down toward toes.

Step 4: Raise hands back to the starting position.

**Exercise 4: Finger spread**

Osteoarthritis can make it hard to open and close your hands, but this stretch can help maintain your flexibility.

Step 1: Hold one hand up in front of you, palm facing you. Spread fingers as far apart as you can.

Step 2: Close your hand to make a fist and hold for a few seconds. Repeat with the opposite hand.

**Exercise 5: Finger touch**

If you see joint deformity in your fingers, especially your pinkie, this is an important exercise to try.

Step 1: Hold your hand in front of your face, palm facing you, fingers straight.

Steps 2–5: One at a time, touch each finger (index, middle, ring, pinkie) to your thumb to form a series of OK signs.



Exercise 6: Thumb stretch

Text a lot with your thumbs? If so, this is a great exercise.

Step 1: Hold your hand in front of your face, palm facing you.

Step 2: Keeping your four fingers still, move your thumb across your palm and try to touch the base of your pinkie finger.

**Exercise 7: Knuckle bend**

This improves direct flexion and range of motion.

Step 1: Hold your hand in front of your face, palm facing you, with fingertips pointing up toward the sky. Keep your fingers straight and close together.

**7 More Ideas to Keep Your Hands Healthy and Helpful**

1. Buy ergonomic scissors: They require less hand strength than regular scissors.
2. Use kitchen shears instead of a knife when cooking — shears are easier for cutting food such as chicken.
3. Avoid hard-to-open pill containers by putting your daily meds in pill boxes.
4. Switch from pull-top canned groceries to bagged groceries. Trade your hand-held can opener for an electric can opener.
5. Make a zipper pull. Adding a key ring or a loop of fabric to a zipper makes it easier to grip and reduces strain on thumb and index finger.
6. Replace large heavy bottles of soaps, creams and gels with smaller squeeze bottles or fill a pump style dispenser. They are easier to handle. Tubes or pumps can be pressed with the heel of the hand.
7. Use a pen with a non-slip grip that is easier to hold to reduce strain on finger joints.

Foods That Look Like the Body Part They Benefit

Originally published by The Epoch Times; Shared by Joan Bestler

<https://www.theepochtimes.com/health/foods-that-look-like-the-body-part-they-benefit-5767456>



For thousands of years, people looked to nature for remedies to relieve suffering from various ailments. Perhaps it was more of a well-planned biological design that ancient healers could rely on the plant's appearance for clues to its medicinal properties, as some plant foods resemble the body parts they benefit.

Dioscorides, who practiced medicine in ancient Rome, was believed to have said in A.D. 65: "The Herb Scorpius resembles the tail of the Scorpion and is good against his biting."

By the medieval period, the general idea that "a like could bring good benefit to what it looked like," or something that resembled something would be suitable for that ailment, was a widespread belief, with many thinking that the divine intentionally made these signatures in the leaves, flowers, or roots to help cure the ailments of mankind.

This concept of relying on the plant's appearance for clues to its medicinal properties has existed since ancient times in cultures worldwide, including Native American herbalism, Indian Ayurveda, traditional Chinese medicine, Greek medicine, and African herbalism.

Understanding this synchronicity gives us an intuitive approach to using "food as medicine" and illustrates how our food choices relate to our health and well-being.

Here are a few examples of the most-researched foods that look like the body parts they benefit.

Well-Researched Foods and Their Corresponding Body Parts

Walnut: Brain

Walnuts not only look like our brains; a recent six-month randomized controlled trial in *The Lancet* found that eating 30 grams of them a day improved intelligence and attention in the adolescent groups compared with controls.

Other research published in *Nutrients* validated walnuts' benefits for memory and cognition, suggesting that the nut protects against oxidative stress and inflammation. The antioxidants in walnuts may play a crucial role in combating age-related cognitive decline and could lower the risk of neurodegenerative diseases, such as Alzheimer's disease.

Sweet Potato: Pancreas

Sweet potatoes resemble the shape of a human pancreas, the organ that secretes insulin and digestive enzymes that help stabilize blood sugar levels and digest fats.

Remarkably, research in animals shows that the low-carbohydrate nutrients found in sweet potatoes, such as potassium, beta-carotene, and vitamin B6, naturally help regulate glucose, reducing the workload of the pancreas.

Avocado: Uterus

The shape of an avocado resembles the female uterus, and research from the University of California–Los Angeles found that they do indeed enhance the reproductive system. Interestingly, an avocado tree blossom takes about nine months to fully mature into a fruit.

Avocados are full of monounsaturated fats and help with hormone production. These healthy fats are the building blocks needed to make the sex hormones, including estrogen, progesterone, and testosterone. They are also a good natural source of folate (folic acid), which supports DNA replication for pregnancy and can reduce the risk of cervical cancer.

Tomato: Heart

When cut open, tomatoes resemble the four chambers of the heart. Their well-studied benefits in decreasing cardiovascular diseases, published in *Food Chemistry*, are noted to be because of their high lycopene content.

When tomatoes are eaten with a healthy fat such as olive oil or avocado, according to 2021 research, the amount of lycopene delivered to the body can increase significantly, as lycopene is a fat-soluble compound.

Ginger: Stomach

Although ginger varies in shape, it is generally similar in shape to the human stomach. The digestive organs, especially the stomach and intestines, are where ginger's most beneficial actions occur. Ginger has

been used medicinally for thousands of years, primarily for nausea and vomiting relief.

A systematic review in *Nutrients* pointed out that its antiemetic (anti-vomiting) action has been used for pregnancy nausea, motion sickness, relieving side effects of chemotherapy, and reducing colorectal cancer risk. The major compounds gingerol, shogaol, zingiberene, and zingerone are thought to be responsible for ginger's benefits.

Kidney Bean: Kidneys

Kidney beans likely got their name from their kidney shape, which also points to which organs they benefit. These beans are a rich source of fiber and help lower cholesterol.

In a cholesterol intervention study published in *Lipids*, rats fed a diet made from kidney beans for four weeks had significantly higher levels of a cholesterol-lowering enzyme called cholesterol 7-alpha-hydroxylase than rats fed a cellulose diet. Other 2024 research attributed kidney beans' benefits to their powerful antioxidants, such as glutathione, superoxide dismutase, catalase, glutathione peroxidase, and glutathione-S-transferase, which help improve liver and kidney function.

Olive: Ovaries

You may never look at an olive the same way again after hearing how much it resembles an ovary.

The female reproductive system is exactly what olives and olive oil support. An older Italian study found that women whose diets included a lot of olive oil had a 32 percent lower risk of ovarian cancer. The reasons are unclear, but the oil's healthy fats may help suppress genes predisposed to cancer.

Additionally, a large review published in *Nutrients* found that olive oil offers other benefits for women's health, especially in fighting breast cancer and postmenopausal osteoporosis.

Carrot: Eyes

Carrots, when sliced, look like the human iris and pupil, which are precisely the body parts they support.

The carotenoids lutein and zeaxanthin serve as antioxidants and anti-inflammatory agents that protect the eyes against oxidative vision

loss, according to a large 2021 research review. The antioxidants help lower inflammation in any part of the body that has tiny, intricate blood vessels (including the eyes), so they can reduce oxidative damage that could occur.

Carrots are also high in beta-carotene, which the body converts into vitamin A, known for helping maintain good vision. Beta-carotene helps prevent a variety of eye-related problems, including blindness, age-related macular degeneration, and progressive eye disease that can lead to night blindness.

Ginseng: Nerves

Ginseng is an herb that looks like and supports the central nervous system because of its various brain benefits.

Ginsenosides and other active constituents from ginseng were shown in a 2021 review to have neuroprotective properties and work as cognitive performance and memory enhancers, improving brain cell growth and enhancing neuron survival.

Celery: Bones

Celery is a popular vegetable used traditionally in China, and its resemblance to human bones suggests that it may nourish the skeleton.

Multiple studies published in the Journal of Functional Foods have found that celery contains apigenin and luteolin, two types of flavonoids with antioxidant and anti-inflammatory properties that can effectively inhibit bone cell breakdown and guard against bone loss to prevent osteoporosis. One study found that apigenin, a single compound in celery, could promote bone regeneration.

By paying attention to the shape, color, and variety of the foods you eat, you can better meet your body's nutritional needs.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times. Epoch Health welcomes professional discussion and friendly debate. To submit an opinion piece, please follow these guidelines and submit through our form here.

Foods That Match the Body Parts They Benefit



Walnut



Brain



Sweet potato



Pancreas



Tomato



Heart



Kidney bean



Kidneys



Olive



Ovaries



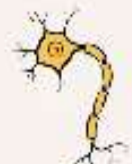
Carrot



Eyes



Ginseng



Nerves



Celery



Bones

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.

4/14, 4/21, 4/28, 5/5, 5/12, 5/19 @ 6:00—8:00pm—Mindful Living:

Explore the many benefits of living mindfully – resulting in a less stressful life. You'll learn how to meditate, manage emotions, and challenge negative thoughts. Throughout the class, the book, *Slowing Down to the Speed of Life*, by Richard Carlson and Joseph Bailey, rev. ed. 2009, will be used in discussions. *Registration is required & participants are required to attend the first night. Class size is limited.*

Cookbook Book Club @ 6:30pm: Join our deliciously new book club! Try 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!

- **4/15 Light & Springy**
- **5/20 Mexican Fiesta**
- **6/17 Cheese**

4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 & 6/10 @ 5:30—8:30pm—Mah

Johgg Meet Up: All skill levels, 18yrs+ are welcome to drop by and play. A few Mah Jongg sets will be provided, along with cards. If you have your own Mah Jongg card, please bring it with you.

4/18, 5/2, & 5/16 @ 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.

4/18, 5/2 @ 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.

4/21 @ 6:00pm—Special Event: Draft Week Kick-Off Party: A fun-filled evening featuring games, crafts, trivia, and snacks. Whether you're a fan of friendly competition or creative activities, there's something for everyone. Wear your favorite jersey and bring your friends and family for a great time as we celebrate the start of Draft Week together!

Memory Cafés: Memory Cafés are for those experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun thrown in! We have a gerontology professional on hand to answer questions and an enormous wealth of experience among participants to be shared. We'd be delighted if you would join us!

- **4/21 @ 1:30pm—Baseball**
- **5/19 @ 1:30pm—YNot Choir Sing-a-Long**

4/22 @ 6:00pm—Author Visit: Wisconsin author and New York Times bestselling picture book author, **Pat Zietlow Miller**, will be reading from her enchanting works and unraveling the secret behind turning a spark of an idea into a full-blown story, and then into a fabulous book!

4/28 @ 6:30pm—Try Something New: Cognitive Stimulation: By changing how you use your brain, you can rewire it and improve function. We're not just talking about playing Wordle or crossword puzzles! Seek out new, unusual, or exciting experiences. Working through challenges, strong emotions, and interacting with others can make our brains healthier. Consider it nature's way to improve your brain health.

5/2 @ 2:00pm—First Friday Concert: Christo Ruppenthal is an award-winning multi-instrumentalist and music entrepreneur. He presents a unique mixture of Jazz/Vaudeville era novelty infused hot steel guitar and ukulele playing from the 1910s-30s "Hawaiian Craze" as well as the swinging sounds of Django Reinhardt's 1930s and 40s guitar-driven Hot Club jazz. Join us for a wonderful performance!

5/5 @ 1:00pm—Stitching Group: Bring your crafting project (cross stitch, embroidery, knitting, crochet, or anything else you can bring along) and join us for an hour of crafting.

5/6 & 6/3 @ 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.

5/13 & 6/10 @ 4:30—6:30pm—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); assistance with legal forms; assistance with legal procedures; and guidance to additional resources. Please bring any paperwork relevant to your case.

5/16 @ 9:15am—Fitness Friday—Balance & Strength: Nicole, with Absolute Wellness, will guide you through an hour-long active stretching with balance exercise. This class is for all abilities. Remember to bring a towel or yoga mat and a water bottle.

5/17 @ 10:30am—Summer Bucket List: Gather your friends or family for a crafting session and enjoy the process of making a summer bucket list wreath together! For families, friend groups and individuals alike.

5/18 @ 2:00pm—Sunday Concert Series: Join us for a performance from **The Driftless Plowboys**, a band playing vintage music combining hillbilly pre-country with Hawaiian steel guitar! During the 1920s & '30s, when Hawaiian was the craze in popular music, hillbilly string bands and blues musicians infused their tunes with the exotic glissando of the steel guitar. That's the heart of The Driftless Plowboys repertoire, but this unique quartet also incorporates the Gypsy Jazz of Django Reinhardt and the Western Swing of Bob Wills, as well as more modern country tunes from the '40s & '50s. It's an ear-catching amalgamation of heart, humor, and rootsy flavor.

Menasha Library:

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

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

4/19, 5/17 & 6/21 @ 10:00am—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.

4/21 @ 1:00pm—Earth Day: Butterfly Gardens: Join Rob Zimmer for a fun, educational, and colorful program all about growing and gardening for butterflies. You'll learn about many different host plants for a number of different species, as well as the best nectar plants for adult butterflies. You'll also learn to identify many of the butterfly species found in WI.

5/6, 6/3 & 7/1 @ 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); assistance with legal forms; assistance with legal procedures; and guidance to additional resources. Please bring any paperwork relevant to your case.

5/22 @ 6:00pm—Sizzle, Stir, and Spice! Cooking Demonstration: Ready to bring bold flavors and sizzling skills to the kitchen? Explore the vibrant world of Asian stir-fry cooking—fast, fresh, and full of flavor!

Oshkosh Public Library:

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

Call 920-236-5205 to register for events.

Savvy Seniors:@ 2:00pm: Don't get caught off guard by scammers. Sonia Komisar from the Coalition of Wisconsin Aging & Health Groups offers crucial advice to help avoid fraud and protect financial well-being.

- **4/15 Financial Exploitation—Warning Signs**
- **4/22 Financial Abuse—Powers of Attorney and Quit Claim Deeds**

4/15, 5/20, & 6/17 @ 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.

4/17 & 5/15 @ 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.

4/22 @ 6:00pm—Fallingwater: The Story Behind Frank Lloyd Wright's Most Famous Architectural Design: Utilizing photos and first hand accounts from Wright's clients and apprentices, master storyteller & expert Timothy Totten weaves together the fascinating story of the design and building of one of America's most famous and treasured houses: a design conceived during the Depression that almost did NOT materialize.

Banned Book Club @ 6:30pm: 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 book club is for you!

- **4/22: *Diary of a Young Girl* by Anne Frank**
- **5/27: *Looking for Alaska* by John Green**

Genealogy Club @ 1:30pm: A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

- **4/23 Working in Ancestry.com**
- **5/14 City Directories & Your Genealogy**
- **5/28 Do More with DNA**

4/26 @ 12:00pm—125 Years of Gaming: Come play games through the decades that the library has been open! This is one of three installments, with the first third celebrating the years 1900 - 1949.

5/6 @ 1:00pm—Drop-In Tech Help: Get 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 other device for hands-on assistance.

5/6 @ 6:00pm—Storytime for Grownups: 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!

5/7 @ 6:00pm—Remember When: Randy Domer continues his interest in local history with his fifth book, offering a diverse menu of stories that helped shape Oshkosh's historic past. Learn about an odd gentleman who made his living on street corners, challenging bystanders to stump him. Re-live a heinous crime in *The Rocking Chair Murder*. Embrace memories of growing up with *WOSH – 1490 On Your Dial*. Discover an infamous serial killer whose path led through Oshkosh. Witness the birth of the theater organ by an Oshkosh inventor at the turn of the 20th century. Remember fast-pitch softball? Jump on the team bus with Tommy's Angels for a magical ride through the years when fast-pitch softball was king!

5/13 @ 6:30pm—Stitch Together: Are you looking for a craft community, camaraderie, or conversation? Bring your work-in-progress and join our new craft circle! All tidy crafts are welcome. 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!

5/21 @ 6:00pm—Modern Jungles: A Hmong Refugee's Childhood Story of Survival: As a 5-year-old boy, Pao Lor joined thousands of Hmong people who fled for their lives through the jungles of Laos in the aftermath of conflicts. During this perilous journey, his parents and sister tragically died, but he and his surviving siblings made it safely to Thailand. Lor's story is one of resilience, courage, hope, and the unbreakable bond of family. Don't miss this powerful testament to the human spirit.

5/22 @ 6:00pm—Climate Reality: Is there hope? What can we do? Jeff Steuer's 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. The floor will be open to a question and answer session following the presentation.

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

menashawi.gov/departments/senior_center**Oshkosh Senior Center**

#920-232-5300

ci.oshkosh.wi.us/seniorservices**Neenah-Menasha YMCA**

#920-729-9622

ymcafoxcities.org/foreverwell**Oshkosh YMCAs**

#920-230-8916

oshkoshymca.org/foreverwell-ages-55**Winnebago County Health Department –
Wellness Plus**

#920-232-3000

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.

Aging Advocacy Day

<https://gwaar.org/aging-advocacy-day-2025>



SAVE THE DATE

AGING ADVOCACY DAY 2025

Tuesday, May 13, 2025 | Madison, WI

#WIAgingAdvocacyDay #WIAAD25

WHEN: Tuesday, May 13, 2025 | 10 a.m. - 3 p.m.

WHERE: Best Western Premier Park Hotel
22 S. Carroll Street, Madison WI 53703

Register at: <https://oneclickpolitics.global.ssl.fastly.net/promo/5m5>

REGISTRATION ENDS: APRIL 25, 2025

Please join us to learn more about issues impacting older adults and caregivers and tips to communicating with your state legislators. You will then participate in pre-scheduled visits with your state legislators (Senator and Assembly Representative) to talk about WAAN issues and how they impact you and others in your community.

Lunch will be provided

**** Pre-Advocacy Day Virtual Training ****

WHEN: Wednesday, May 7, 2025 | 12 - 1 p.m.

WHERE: Virtual (optional)

To help attendees prepare for legislative visits, we are hosting a virtual information session with a brief overview of this year's issues and talking points. Those unable to attend Aging Advocacy Day in-person are also welcome to attend the virtual training event and are encouraged to contact their state legislators independently or as part of a local, in-district meeting.

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>

Welcome to Medicare

Presented by Winnebago County Elder Benefit Specialists

The Aging and Disability Resource Center of Winnebago County invites you to attend a 'Welcome to Medicare' presentation. Current or future Medicare beneficiaries and their loved ones are invited to join us to learn more about Medicare options and benefits.

Oshkosh

May 15 - 10am
July 8 - 2pm
September 9 - 10am
December 16 - 2pm

Neenah

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



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

Enter a magical world of fantasy at **Bella Vista**. Dance to lively music, take photos in our photo booth, and enjoy face painting with the grandchildren. Dinner will be provided. You can also take home a special wand for lasting memories!

Friday, May 16th, 2025
4:30 - 7:00 PM
631 Hazel St., Oshkosh, WI 54901

RSVP to Rebecca
(920) 233-1100
info@bellavistasl.com

Deadline by May 2nd.
Space is limited.



BELLA VISTA
— A SENIOR LIVING COMMUNITY —

GR/NDP/ARENTS GR/NDKIDS DANCE



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>

Save the Date!

2nd Annual Conference:
Bringing Hope & Light to the
Dementia Journey

Keynote Speaker: Jolene Brackey
Author of Creating Moments of Joy

On site respite available



Date:
August 13, 2025



Time:
8:30a.m.- 3:30p.m.

Location:

First Free Church
123 Mason St.
Onalaska, WI 54650



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Caring for your Loved One but Don't Know Where to Start?

Let Trualta help you on your caregiving journey!

- » Explore options for challenging behaviors
- » Discover ways to connect with your loved one
- » Share and learn with fellow caregivers



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Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



OUTDOOR WALKING GROUP

ForeverWell 55+

OGDEN YMCA

Tuesday, April 29

10:30-11:30 AM

Schildt Park

Approximately 2 mile walk

Monday, May 12

9:15-10:45 AM

Café Nutrition

Bring a few dollars to enjoy a snack

Approximately 3 mile walk

Thursday, July 17

8:00-9:00 AM

Neighborhood walk

Approximately 2 mile walk

Thursday, September 11

9:00-11:00 AM

Community First Credit Union – Café

*Bring a few dollars to enjoy a snack

Approximately 4 mile walk

Register online at
ymcafoxcities.org/register or at the
Member Service desk at any Y location.

For more information contact Luann
Luehring at 920.954.7643 or
lluehring@ymcafoxcities.org

Cost: Y Member - FREE
General Public - \$3 Pass

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



Oshkosh Community YMCA
BRIGHTER DAYS
SUPPORT PROGRAM



WHAT IS BRIGHTER DAYS?

A support program for those ages 55+ that have experienced the loss of their partner.

GOALS OF THE PROGRAM:

- ✔ To support those, 55+ years old in their grief following the loss of their partner by bringing people of like experience together.
- ✔ To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity.
- ✔ To help participants maintain independence through regular physical activity and falls prevention measures.

PROGRAM OUTLINE

- ✔ **WEEKLY**
Support group led by YMCA staff following the GPS Model. Each session will include mindfulness, check in, discussion, and a closing.
- ✔ **WEEKLY**
Small Group Training with a Certified Personal Trainer or Group Exercise Instructor.
- ✔ **MONTHLY**
Monthly Enrichment Sessions such as bowling, visiting public attractions, potluck socials, and more!

NEXT STEPS

Please contact Brandy Hankey at brandyhankey@oshkoshymca.org or (920) 230-8439 to learn more about the program and to schedule an intake appointment.

MEMBERSHIP BENEFIT

Participants that do not receive a membership as an insurance benefit will receive a complimentary membership if they participate in a minimum of 4 sessions per month.

OSHKOSH COMMUNITY YMCA
www.oshkoshymca.org
Downtown (920) 236-3380
20th Avenue (920) 230-8439



SUPPORTED BY:



"Having a support network in your life and being a part of other people's support networks, means you can add their energy and their mental, emotional, and physical resources to your measure of resiliency."

- Unknown

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER NEENAH HISTORY

ForeverWell (ages 55+)

NEENAH-MENASHA YMCA



Thursday, April 24 | 10:00—11:00 AM

Come join the Neenah Historical Society to learn about what they offer, their new exhibit, and what historic walks they will be partnering with the Neenah-Menasha YMCA to offer this summer.

Cost:

Y Member—FREE

General Public—\$3 Program Pass

Register online at ymcafoxcities.org/register or at the Member Service desk at any YMCA of the Fox Cities locations.

**For more information contact Luann Luehring at
920-954-7643 or luehring@ymcafoxcities.org**

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



4TH ANNUAL

**DAY
AT THE
DERBY**

BEAMING
Equine Assistance & Services, LLC

Saturday, May 3rd, 2025
BEAMING RANCH
3:30 - 6:00 pm

Three circular inset photos show people interacting with horses: a person holding a small horse, a man and child on a horse, and a woman with a horse.

Join us for an exclusive
Kentucky Derby Watch Party
at the **NEW BEAMING Ranch**
2692 County Road GG • Neenah WI 54956



Come see the
BEAMING Horses
Race to the Finish Line!



GET TICKETS HERE!
Admission \$25/person
(RSVP by April 26)

<https://givebutter.com/DATD2025>

- DRESS UP in your Best Derby Attire
- Raffle Baskets, Prizes and Giveaways
- Hors d'oeuvres
- Soda, Wine and Beer
- Homemade Soups
- CHANCE for Everyone to WIN
A 50" Flat-Screen TV!

ALL PROCEEDS WILL BENEFIT BEAMING

All proceeds will go toward supporting BEAMING's equine programs to help improve the lives of children with diverse abilities, veterans, troubled and hurting teens, those living and caring for seniors with dementia and Parkinson's and children and families in crisis.

It's Okay to Not be Okay

Originally published April 3, 2025 by United Way Fox Cities

<https://mailchi.mp/unitedwayfoxcities/united-way-thursday-3-throwback?e=c5a264cdc7>

VPI has released a powerful new collection of apparel! With every purchase, people of all abilities are empowered to gain transferable work skills, increasing their independence. Visit the website <https://vpiwi.org/shop-all-products/> to buy your own shirts and crewnecks that spread an important message: it's okay to not be okay.

Awareness isn't just about what we wear. It's about how we show up for one another. If someone in your life is struggling, here are a few ways you can show up with compassion:

DO...

- Ask, "how can I help?"
- Let them know you care
- Listen with the intention to understand, not to fix
- Be patient
- Keep in touch even if you get no response
- Empathize



AVOID...

- Interrupting or speaking over
- Telling them how they should feel
- Jumping in with solutions
- Minimizing their feelings
- Pressuring them to speak
- Diagnosing them when you're not qualified



211 can connect you with local mental health resources. If you or a loved one are experiencing a mental health emergency, please call 988.

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

Simple Inexpensive Spring Hobbies

Ordinary & Happy

1 Journaling in the Park	2 Stargazing	3 Geocaching	4 Nature Phone Photography	5 Writing (outside)
6 Sketching (outside)	7 Watercoloring (outside)	8 Upcycling	9 Container Gardening	10 Flower Arranging (with foraged flowers)
11 Bird-Watching	12 Community Gardening	13 	14 Pressing Flowers	15 Learning a Language (using free resources)
16 Learning to Play an Instrument (using free tutorials online)	17 Learning a New Skill (using free resources)	18 Coloring (outside)	19 Reading & Book Clubs	20 Virtual Traveling
21 Playing Chess (outside)	22 Walking Clubs	23 Swimming	24 Board Games with Friends	25 Puzzling

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

Things to Tell Yourself to Remind You of the Beauty All Around You

..... Ordinary & Happy

- If I look out of a window, I'll see something beautiful. ☐
- There's beauty in everything and anything; I just have to see it. ☐
- If I'm with people I love, that in itself is a beautiful moment. ☐
- Beauty really is what I perceive it to be. ☐
- It's spring right now, so there's plenty of beauty to see. ☐

- Beauty isn't on my screens; it's around me right now. ☐
- Beauty exists in so many different forms. ☐
- I can do something fun with my family, and that can be beautiful. ☐
- Sounds, senses, and feelings can be beautiful, too. ☐
- A beautiful life can be really simple if I want it to be. ☐

- If I go for a walk, I can come across something beautiful. ☐
- The sun rises every morning, no matter what happened the day before. ☐
- If I listen intently, I can hear some of the beauty around me. ☐
- Every smile, laugh, or embrace is full of beauty. ☐

- Love is all around me, even if it isn't always visible. ☐
- If I simply just be, I can appreciate the beauty of life. ☐
- Connection is a beautiful feeling. ☐
- The forms nature takes are truly beautiful. ☐
- The way I choose to spend my time can be beautiful. ☐

- There's beauty at home, in craftsmanship, decor, and art. ☐
- I love that my definition of beauty can be different to someone else's. ☐
- I can look at the sky and see beauty. ☐
- Beauty doesn't have to be bold; it can be subtle. ☐
- Every day, I can make life beautiful with my choices. ☐

..... Ordinary & Happy

Preserve It Fresh, Preserve It Safe: 2025, No. 2 (March/April)

Originally published March 2025 by the University of Missouri Extension
<https://extension.missouri.edu/publications/hes163>

Spring Clean Your Freezer

March is National Frozen Food Month and a great reason to give your freezer a little love. You might find a few hidden surprises. A good cleaning and full defrost, if required by your appliance manufacturer, will help your equipment work more efficiently and safely.



1. Transfer food to coolers. Check each item for signs of thawing and refreezing. Discard any items that are questionable. Check food packages for signs of freezer burn.
2. Defrost the freezer. Use towels to absorb excess water and plastic tools to chip at the ice (to not damage any finishes).
3. Hand wash any removable items such as shelves and bins.
4. Once fully defrosted, clean and dry the inside.
5. Allow the unit to chill for at least 30 minutes before restocking.
6. Inventory and organize foods, in first in first out order, as you return them to the freezer.

Once you have a full inventory list from your freezer, use this list for future planning. If the freezer is quite full, “grocery shop” and meal plan from the freezer to make space for the produce you want to preserve in the coming months. If you notice you still have a lot of one item left, perhaps freeze less this year. Happy National Frozen Food Month!

Connect During National Nutrition Month and Beyond

Every March, the Academy of Nutrition and Dietetics, along with food and nutrition professionals nationwide, promote National Nutrition Month. The 2025 theme is “Food Connects Us.”

Food is linked to our cultural traditions and is an opportunity to share food-related experiences with friends and family. You may remember a relative preserving jams, pickles, and other foods, and maybe you helped with food preservation. You may have some of their recipes.

Connecting with “historical” canning recipes usually is not good for our health and safety. Science has evolved from the time of our grandparents or great-grandparents. Earlier recipes and canning methods may not hold

up to modern methods.

In the spirit of Nutrition Month, what nutritional changes can you make in preserved foods and still have a safe end product? Remember that ingredients such as salt and sugar in recipes may be part of the preservation process or they may be added for flavor. In pressure-canned vegetables, you can safely omit the salt because it is added for flavor, not safety. In a beef jerky recipe, the salt is present for safety.

Home-canned salsa is a good example of a food with some changes you can make to personalize your recipe and connect with friends, but other changes should not be made.

In home-canned salsa, you *may* safely:

- Substitute sweet peppers for hot peppers to vary the heat.
- Reduce or eliminate the salt or sugar in a tested canned salsa recipe. These ingredients are present for flavor.
- Use any tomato variety or color in a tested canned salsa recipe.



In home-canned salsa, for safety, you *may not*:

- Thicken salsa before canning (you can thicken after opening or strain some of the extra liquid).
- Reduce the amount or type of acid (the added acid, such as bottled lemon juice, helps the salsa stay safe).
- Reduce the amount of tomatoes.

See the North Central Food Safety Extension Network publication, “*Play it Safe! Safe Changes and Substitutions to Tested Canning Recipes*” <https://www.ndsu.edu/agriculture/sites/default/files/2024-03/fn2102.pdf>.”

This publication provides information for fruits, jams and jellies, meats, pickles, and vegetables. Consider participating in a class from Extension to learn more about preserving food safely at home. The NCFSEN website <https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen> has links to Extension agencies in 12 states.



A newsletter for those
who preserve food
at home.

Honey-Garlic Chicken Thighs with Carrots & Broccoli

Originally published by EatingWell

<https://www.eatingwell.com/recipe/276817/honey-garlic-chicken-thighs-with-carrots-broccoli/>

Ingredients

- ⅓ cup honey
- 1½ T reduced-sodium soy sauce or tamari
- 4 cloves garlic, minced (about 1 1/2 T)
- 1 T cider vinegar
- ¼ t crushed red pepper
- 8 (5 ounce) bone-in, skin-on chicken thighs
- 1 pound small carrots, sliced into 1/2-inch pieces
- 2 T olive oil, divided
- 4 cups broccoli florets (about 1 pound)
- ½ t salt
- ½ t ground pepper
- 1 t cornstarch
- 1 t water



Directions

- Whisk ⅓ cup honey, 1½ T soy sauce (or tamari), minced garlic, 1 T vinegar and ¼ t crushed red pepper in a small bowl. Place 8 chicken thighs and half of the honey mixture (about ¼ cup) in a zip-top plastic bag; remove excess air and seal the bag. Massage the chicken in the sealed bag until well coated. Refrigerate for at least 30 minutes (up to 2 hours). Reserve the remaining honey mixture.
- Preheat oven to 400°F. Line a large rimmed baking sheet with foil; coat with cooking spray. Remove the chicken from the marinade (discard marinade); arrange on 1 side of the prepared pan. Combine carrot pieces and 1 T oil in a medium bowl; toss well to coat. Spread the carrots in an even layer on the other side of the pan. Roast the chicken and carrots for 15 minutes. Remove from the oven; stir the carrots.
- Combine 4 cups broccoli and the remaining 1 T oil; toss well to coat. Distribute the broccoli evenly over the chicken and carrots on the pan. Sprinkle ½ t salt and ½ t pepper over all. Roast until the vegetables are tender and an instant-read thermometer inserted in the thickest portion of chicken registers 165°F, 15—18 minutes.
- Meanwhile, whisk 1 t cornstarch and 1 t water in a small bowl until no clumps remain. Combine the cornstarch mixture and the reserved honey mixture in a small saucepan; bring to a simmer over medium-low heat, whisking once or twice. Simmer, whisking often, until the sauce is clear and thickened, about 2 minutes. Divide the chicken and vegetables among 8 plates. Drizzle the honey-garlic sauce over the chicken and vegetables.

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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