

February/March 2026

Sunnyviews



## INSIDE THIS ISSUE:

President's Letter	1—2
Dates to Remember	2
Advisor's Letter	3
Note from Amy	3
HCE Self-Study: ACE Your Goals	4—5
HCE Self-Study: Boost Your Brain Power	6—8
Annual Meeting Minutes	9—10
Business Meeting Minutes	11—12
Live Well: Tips to Deal with Aches & Pains as We Age	13—14
Exploring the Role of Muscles in the Aging Process	15—17
HCE Activities	18 ; 23
HCE Scholarship Application	19—22
Local Library Events	24—28
Winnebago Health & Wellness Corner	29—30
Turn Down the Noise in a Noisy World	31
Wellness Classes	32—36
Foot Care Clinic	37
YMCA Brighter Days Program	38
Recipe	39
Staff List	40

## President's Letter

Greetings Everyone,

We started our January meeting with a noon potluck lunch. The consensus was to do this before each meeting and designating our July 13 potluck as ALL salads.

Our scheduled speaker was unable to make it, so Alix from Land & Water Conservation kindly filled in. I especially found her information on rain gardens of interest.

**Please make these changes in your Reach & Teach regarding our Scholarship Committee:**

Marilyn Holmes is now the chairperson and Vernita Green will replace Vickie Savinski.

Included in this newsletter is the 2026 HCE Scholarship Application, open to family of HCE members. Applications MUST be manually postmarked by a USPS worker by April 1 to be considered and be sent to Marilyn Holmes.

Gillingham Club will be hosting our Spring Banquet on May 13. More information coming.

Much discussion was had about the 2027 State Conference to be held in Oshkosh. Marilyn Holmes has volunteered to work with the Marriott Hotel on meals for the conference. We also need help with tours and hostessing.

Our Spring Central District Meeting will be 9:00am—3:00pm on April 22 at the Wild Rose Lions Club. \$20 registration also covers a light breakfast and lunch. I urge members to attend.

Keep warm and I hope to see more members at our April 13 potluck meeting!

President,  
Susan Berg

### HCE Dates to Remember

- February 16 Stitches of Love Workshop
- March 15 Ruth Sayre Scholarship Applications Due to State
- March 15 Submissions Due for April/May HCE Newsletter
- April 1 Winnebago County HCE Scholarship Applications Due
- April 13 Leader Training/Special Interest Meeting  
County Business Meeting  
Spring Banquet Planning Meeting
- April 22 Spring Central District Meeting



**Wisconsin**  
**Idea Week** 2026  
Winnebago County



**April 6 - 10, 2026**

# A Constellation of Community

Join the constellation! Across our county, departments shine like stars, and these FREE Wisconsin Idea Week events bring them into alignment for something extraordinary.

Visit our website to learn more and register:

<https://winnebago.extension.wisc.edu/wisconsin-idea-week-2026/>

## HCE Advisor's Letter

Dear HCE Friends,

Happy New Year! As we welcome 2026, I've been reflecting on the power of setting intentions.

Recently, I was in a meeting where everyone shared their goals for the year. The range was inspiring—some goals were big, like buying a house, while others were simple yet meaningful, like “say yes more often.” It reminded me that goals don't have to be grand to make a difference. Sometimes, the smallest commitments lead to the biggest changes.

As HCE members, we know that growth happens in many forms—through learning, connecting, and supporting one another. Whether your goal this year is to try something new, volunteer more, or simply savor the moments that matter, each step contributes to a stronger, more vibrant community.

Let's make 2026 a year of possibility. Share your goals with fellow members, encourage one another, and celebrate every success—big or small. Together, we can turn intentions into impact.

Wishing you a year filled with purpose and joy!

Best,  
Katie



## What's Coming Up?

- Save the Date for **Wisconsin Idea Week** from April 6—10, 2026!
- **StrongBodies** classes are held in Oshkosh on Mondays and Wednesdays from 9—10AM at the Hyde Community Center.

## A Note from Amy

I want to express my heartfelt appreciation to everyone who has checked in or kept me and my family in your prayers over the last 8 months. My cancer diagnosis was unexpected, but treatment was successful and we're looking forward! I also want to thank you for your patience as I get caught up with work and finally get back on the HCE newsletter schedule. I love to include content submitted by you—so please submit educational articles or highlights about your club or members!



**“On Your Own” Study Lesson (February 2025)**  
**“ACE Your Goals for the New Year”**



The start of a new year is the perfect time to think about what you want to accomplish, and how to make those goals stick. One helpful framework is ACE, which stands for Attainable, Clear Steps, Endpoint. This approach keeps goals realistic, actionable, and measurable.

**Why ACE Goals Work**

Big dreams are exciting, but without a plan, they can feel overwhelming. ACE goals break things down into manageable pieces so you can track progress and celebrate success along the way.

**Practical Tips for ACE Goal Setting**

1. Attainable
  - a. Start where you are. Choose goals that fit your current resources, time, and energy.
  - b. Ask yourself: Can I realistically achieve this in the time I have?
  - c. Example: Instead of “read 50 books,” try “read one book each month.”
2. Clear Steps
  - a. Break it down. Outline the specific actions you will take.
  - b. Write it out: What’s step one? Step two?
  - c. Example: If your goal is to “eat healthier,” your steps might include:
    - i. Add one extra serving of vegetables to lunch.
    - ii. Replace soda with water three times a week.
3. Endpoint
  - a. Define success. How will you know when you’ve reached your goal?
  - b. Set a timeline: Give yourself a deadline or milestone.
  - c. Example: “By June 30, I will have walked 100 miles total.”

**Extra Tips**

- Track your progress using a journal, app, or calendar. Writing down

your accomplishments can help you track your progress.

- Celebrate small wins. Even if a goal is not fully accomplished, every step forward counts. Every time you finish one of your clear steps, cross it off and admire your hard work.
- Stay flexible. Life happens. Adjust your steps without abandoning your goal.

### Putting It All Together

How would you turn the following into ACE goals?

1. I want to eat healthier.

*Example: I will add one serving of fruit to my breakfast every morning this month.*

2. I want to get in shape.

*Example: In March, I will attend a yoga class every Wednesday night.*

3. I want to save money.

*Example: I will transfer \$150 from every paycheck this year into a savings account.*

What is one ACE goal you can set for yourself this month? Write it down and share it with a friend or fellow HCE member for accountability!





**“On Your Own” Study Lesson (Fall 2025)**  
**“Boost Your Brainpower with Brain Teasers”**

Keeping the brain active is just as important as keeping the body fit. Studies show that challenging the mind may help keep memory sharp and support long-term brain health. The best news? You can create new pathways in the brain at any age—it is never too late to get started. Activities like puzzles, games, and even learning new skills can keep your brain strong and resilient as you grow older.



**What Are Brain Teasers?**

Brain teasers are puzzles, riddles, or problems designed to make you think in creative ways. They challenge memory, logic, and reasoning skills, providing mental exercise that benefits the brain much like physical exercise benefits the body.

Examples of brain teasers include:

- **Crossword Puzzles:** Build vocabulary and memory recall.
- **Sudoku & Number Games:** Strengthen logic and problem-solving.
- **Riddles & Logic Puzzles:** Encourage creative thinking and reasoning.
- **Word Searches:** Enhance focus and attention to detail.
- **Trivia & Quizzes:** Boost knowledge and recall speed.

Even a few minutes a day of puzzling can keep your mind flexible and alert.

**How Do Brain Teasers Support Health?**

Research shows that learning new things and challenging your brain helps keep neural pathways intact. Dr. Diana Van De Kreeke, a neuropsychologist with SSM Health, explains that brain pathways work like a highway system: “The more pathways we have, the more backup routes we have. As we age, an unchallenged mind may lose pathways and then experience memory issues and dementia.”

Therefore, keeping your brain active can:

- **Strengthen Memory:** Mental challenges build “backup routes” that help protect against cognitive decline.
- **Improve Focus:** Concentrating on puzzles trains attention and concentration.
- **Reduce Stress:** Games and riddles provide a fun distraction from daily worries.
- **Encourage Social Connection:** Group activities like trivia or board games combine brain health with social benefits.

### Brain Teasers as Everyday Acts of Wellness

Just like acts of kindness benefit both giver and receiver, brain teasers offer more than entertainment. They help you maintain independence, sharpen problem-solving skills, and bring joy into daily life. Whether you’re solving a crossword with your morning coffee, joining friends for trivia night, or tackling a Sudoku before bed, you’re investing in your health.

### Where Can I Find Brain Teasers?

There are many ways to add brain games into your daily routine:

- **Books & Newspapers:** Daily crossword and puzzle sections.
- **Online Resources & Apps:** Websites and mobile games designed for memory and logic training.
- **Local Libraries & Community Centers:** Puzzle clubs, trivia nights, and group games.
- **Board Games & Card Games:** Classic options like chess, Scrabble, or bridge.

### Brain Teasers for Everyone

No matter your ability level, there are brain teasers for you. If complex puzzles feel overwhelming, start small with word searches or simple riddles. If you enjoy competition, try timed challenges or trivia with friends. Remember—what matters most is consistency. Every effort to challenge your brain helps build strength over time.

### How Do I Get Started?

- **Start Small:** Dedicate 5–10 minutes a day to a puzzle or brain game.

- **Try Something New:** Rotate between crosswords, riddles, and number games for variety.
- **Go Social:** Play games with family or friends for added benefits.
- **Make It Fun:** Choose puzzles you enjoy—you're more likely to stick with them.

### Conclusion

Brain teasers are more than just games—they are powerful tools for lifelong learning, memory support, and healthy aging. By challenging your mind regularly, you are investing in your future self. Why not pick up a puzzle today?

### References

Smith, B. (2025). *Mind games: Discover the cognitive impact of puzzles.* Case Western Reserve University. Retrieved from <https://case.edu/news/mind-games-discover-cognitive-impact-puzzles>

SSM Health. (n.d.) *Puzzling brings benefits to the brain.* SSM Health. Retrieved from <https://www.ssmhealth.com/newsroom/blogs/ssm-health-matters/january-2025/puzzling-brings-benefits-to-the-brain>

### Try These 5 Quick Brain Teasers!

1. I am something you can catch, but not throw. What am I?
2. I run around the whole yard without moving. What am I?
3. Which word in the dictionary is spelled incorrectly?
4. What five-letter word becomes shorter when you add two letters to it
5. What two things can you never eat for breakfast?

(Answers: 1. A cold 2. A fence 3. Incorrectly 4. Short 5. Lunch and dinner)



**HCE Annual Meeting Minutes: October 13, 2025**

On October 13, 2025, Winnebago County HCE held the Annual Meeting hosted by Friendship Club at the Coughlin Building. After the Homemakers Prayer was recited, we enjoyed a potluck lunch.

Sarah Thompson, Winnebago County Educator for Youth & Science, and Todd Wenzel, Winnebago County Educator for Human Development and Relationships, Financial Education, both spoke on their respective areas.

The Annual Meeting was called to order at 1:45 PM by President Bernice Labus. The Pledge of Allegiance and Homemakers Creed were recited. A Moment of Prayer was held for members who passed away in the last year. Roll Call was taken with 11 members and one guest present.

Treasurer's Report was given by Kathy Wuest. Discussion was held about changing our checking account to an interest earning account. Kathy will check with our Credit Union.

Cultural Arts report was presented by Rosemary Pionke. She showed us how to make an origami dollar bill shirt. She suggested members would enjoy the Light Show at the Paine Art Center and also the Celebration of Lights at the EAA Grounds.

Scholarship report was given by Chairperson, Gloria Larsen. Two new members volunteered to join the Scholarship Committee, Marilyn Holmes and Vickie Savinski.

Stitches of Love, Lynn Mozingo turned in a written report.

HCE Advisor, Katie Jaegly submitted a written report.

President, Bernice Labus submitted a written report.

**Unfinished Business- Dates to Remember**

- Due October 31 to UWEX:
  - Club President Card
  - Updated Membership List with Photo Release
  - Affirmative Action Form
- Due to Treasurer: Updated Membership List with Dues
- Due December 31, 2025 to Treasurer: Club Financial Report
- 2026 Spring Banquet/Rally host will be Gillingham Club.

- 2026 Central District Meeting, To Be Announced.
- 2026 WAHCE Conference, September 21-23 in Eau Claire.
- Special Interest Program Suggestions:
  - Women Gone Wild
  - Meaningful Memories for Brain Health
  - My Life Stories to Share Across the Generations
  - CCC in Wisconsin
  - The Peshtigo Fire.
- Election of Officers:
  - President, Sue Berg
  - Vice President, Joan Bestler
  - Treasure, Kathy Wuest
  - Secretary, Bernice Labus
- Committee Positions:
  - Cultural Arts, Rosemary Pionke
  - International, Jeanne Williamson
  - Membership Marketing, Open
  - Scholarship, Gloria Larsen
- 2026 Spring Banquet/Rally host will by Gillingham Club.

#### Announcements:

- The Nicaragua shoeboxes have been put on hold for now.
- Bernice will check with office to see if we need to produce our own HCE newsletters and see who is handling the newsletters in Amy's absence. Get Well, Amy!
- 2027 Stare Conference is in Winnebago County. We need to have ideas for Tours:
  - Paine Art Center and Nativity Museum at Wesley Methodist
  - Grand Opera House
  - Neenah Glass Museum
  - In house ideas: Board Games
- Next year's meeting dates: 1/12 2026, 4/13 2026, 5/13 2026 Spring Banquet, 7/13 2026, and 10/12/2026.

Motion to adjourn by Carolyn and seconded by Rosemary.

Respectfully submitted by Sue Berg, acting Secretary

**Executive Board Meeting Minutes: January 13,2026**

At noon, Members of HCE gathered to enjoy a potluck lunch. President Sue Berg decorated tables with a Valentines Day theme. After the delicious lunch, Robin Franitza told us all about the Wisconsin Idea Week coming up in April at various locations in the County. Then we had a presentation by Alex from Winnebago County Land and Water Conservation.

At 2:00 PM, President Sue Berg called our Executive Board Meeting to order. The pledge of Allegiance was given followed by the Homemakers Creed. The Roll was taken by Secretary Bernice Labus. The Clubs present were Westhaven with 3, Gillingham with 2, Friendship with 2, and 1 Independent. There were a total of 8 present. The minutes from July's meeting were handed out and approved.

Marylin Holmes reported that Gloria Larson no longer wants to Chair the Scholarship Committee, so she will volunteer for that position. She also reported the very sad news that Vickie Savinski suffered a stroke. Vernita Green volunteered to take her position on the committee. County positions will be updated. The Scholarship Committee will be as follows: Chairperson Marylin Holmes, Gloria Larson, and Vernita Green.

Pennies for Friendship containers were passed around. The Treasurer's report was handed out for members to read. A number in the Scholarship savings column was put right, and the Report was approved as corrected. There was a discussion about the Lorraine Bartels Scholarship. Treasurer Kathy Wuest will deposit the interest from the CD into the Scholarship savings.

Cultural Arts was absent.

International Chair texted the Board to say she could not make it because of a recent surgery. Sue let us know that the NVON Conference is at the Dells this year July 14<sup>th</sup> - 16<sup>th</sup>.

Scholarship was talked about earlier. Applications for students were handed out to the clubs present.

Stitches of Love chairperson was not present. Kathy Wuest talked with Lynn Mozingo before Christmas and she said things were going well, nothing new.

Advisor was absent.

### Unfinished Business:

- The State Conference in 2027 will be in Winnebago County. Members talked about possible tours: Winneconne Boat tour (Check with Evergreen Manor for information) and Dollhouse Museum, Jewelers Mutual Museum and Glass Museum in Neenah, Public Museum, Paine Art Center and Nativity Museum, Opera House in Oshkosh. It was suggested that each club have at least one Update subscription to keep updated on state events. Sue reported the Hotel has plenty of overnight parking for 3 dollars per night. Westhaven Club members, Elizabeth Fisher and Caroline Bartels volunteered to find Hotel Activities for Monday. The date of the Conference will be September 20 – 22, 2027.
- Spring Banquet will be on May 14th at the Coughlin. Gillingham Club is in charge. Entertainment ideas were discussed.
- Central District meeting will be in April this year. The time and place are not known yet. The District meeting will hosted by Winnebago County in 2027. Joan Bestler said, “If it is to be, it is up to me.” A quote by American painter, William H. Johnson. (I looked it up).
- April Meeting will be on April 13th. Potluck at noon followed by a presentation and Executive Board Meeting. Mia from Community Development might speak.

The Homemakers Prayer was recited and the meeting adjourned.

Respectfully Submitted,  
Bernice Labus, Secretary

*Thank you to Kathy and Elizabeth who stayed after the meeting to make Valentines for the Veterans at King.*



## **LIVE WELL—Tips to Deal with Common Aches & Pains as We Age**

*Originally Shared by Waupaca County HCE—January Special Topic from Jefferson Health*

Have you found yourself with constant aches as you get older? This may be considered a normal part of aging, as more conditions crop up and the body reacts to natural wear and tear on the muscles and bones. However, painful and disrupting symptoms *can* be managed and even stopped. There are different causes of aches and pains, as well as lifestyle changes you can make to reduce or avoid symptoms, feel better, and age more gracefully.

**Understand the culprits.** Age-related changes to muscle tone and bone strength (also known as sarcopenia) starts in your 30's and 40's. In addition to weakness, our tendons and ligaments lose some of their flexibility and elasticity, leaving us more prone to injuries and falls.

Minor body aches tend to come and go with overuse and activity. Constant body aches may be caused by a range of factors, like overuse and activity or an underlying issue.

Some of the most common causes of aches, pains, and stiffness—particularly in the joints—include osteopenia, osteoporosis, and osteoarthritis. Osteopenia leads to decreased bone density and is a precursor to osteoarthritis, making bones so brittle that they're more easily broken. Osteoarthritis attacks the cartilage between joints. Fibromyalgia is a chronic central nervous system condition, a complex disorder characterized by widespread musculoskeletal pain, fatigue, and/or “brain fog.”

**Eat a bone- and muscle-friendly diet.** Aging bodies are more efficient in processing energy, requiring a lot less calories. Less hungry, some people cut out the wrong foods and miss out on key nutrients.

Foods high in minerals and omega-3 fatty acids—such as dairy products, fish, leafy greens, potatoes, oranges, bananas, and more—are building blocks for our bones and muscles. So called “superfoods” rich in antioxidants, like fresh fruits and vegetables, can decrease inflammation, thus alleviating aches and pains.

Don't avoid moving because of aches and pains

Exercise is vital: it keeps our bones strong, muscles toned, and allows us to function at a much higher level for a longer period of time—well into our 70's and 80's. These benefits include:

- Improved heart health
- Improved mood
- Better sleep habits
- Reduced risk of chronic diseases, including diabetes, cancer, and osteoporosis
- Increased energy and better overall well-being



A sedentary lifestyle can lead to more rapid muscle and one waste and can “domino” into other unhealthy behaviors, such as poor eating habits. Experts recommend at least 150 minutes of moderate aerobic exercise weekly for healthy adults, whether it is part of an exercise routine, a brisk walk, or simply parking further away at the store. Strength training exercises can also help build and maintain muscle mass.

If you’re new to exercise, remember to start slow, set realistic goals, find activities that you enjoy, and ask for support when you need it. If you suffer from osteoarthritis (say, in your knee), there are still exercises you can do, such as riding a bike. Don’t hesitate to talk to your doctor about what exercises are right for you.

**Drink more water.** Hydration is often overlooked as a part of a healthy lifestyle. Dehydration—which is often missed by those experiencing it—happens quicker as we age because our cells don’t store water the way they used to. Aim to drink 5 or more cups of water daily, as long as you have no pre-existing medical conditions that call for fluid restriction.

**Talk to your provider about supplements.** Different supplements that have been shown to help ease bone and muscle pains are turmeric/curcumin, magnesium, and fish oil—all of which can help reduce general inflammation. Collagen and other supplements are worth trying as alternatives to manage joint discomfort, but be cautious and have reasonable expectations.

Some supplements may not be right for you depending on unique health considerations. Plus, supplements aren’t FDA-regulated, so they should always be carefully considered with a healthcare professional.

**Use safe and effective pain management methods.** Over-the-counter pain medications like acetaminophen, ibuprofen or naproxen sodium, as well as topical ointments and patches can help with pain relief, but don’t discount the power of movement. In addition to routine aerobic exercise, try gentle stretching, yoga, or a muscle massage.

Muscular pain responds well to heat, whereas joint pain responds better to ice. For a more acute or sudden pain, use ice for the first 48-72 hours to reduce inflammation, and then switch to heat to promote healing. Talk to your healthcare provider if you need more help; you may benefit from medical treatment, physical therapy, joint injections, or even surgical intervention.

**Aging doesn’t have to be painful.** Many people lead active, fulfilling lives well into their senior years without significant health problems. Nutrition, lifestyle choices, and pain management can help improve quality of life for many, but sometimes there are other factors at play you might not be able to manage alone, such as genetics, chronic conditions, injuries, medication, and mental health.



## **Exploring the Role of Muscles in the Aging Process**

*Originally published by the UW-Madison School of Medicine and Public Health*  
<https://www.med.wisc.edu/news/muscles-role-the-aging-process/>

What determines **healthspan**, the term used to describe the number of years people live in good health and free from chronic disease? Muscle physiology plays a key role.

The field holds fascinating insights for researchers like Christopher Sundberg, PhD, an assistant professor of medicine in the UW School of Medicine and Public Health. Taking an integrative approach that includes cellular and molecular research as well as analysis of whole-body movement, Sundberg studies muscles for clues to why people lose strength faster than they lose muscle, why everyday tasks like climbing stairs become more fatiguing with age, and what interventions could protect those abilities.

Sundberg, who arrived at UW–Madison during the fall semester of 2025, makes his academic home in the UW School of Medicine and Public Health and devotes a portion of his time to the UW School of Education’s Department of Kinesiology, which helps support his work — for example, by providing access to specialized kinesiology research facilities.

The collaborative recruitment was part of UW–Madison’s **RISE-THRIVE initiative** (<https://rise.wisc.edu/rise-thrive/>), an effort to attract top scholars at all stages of their careers to focus on two key areas: the science of immunology and the study of the healthspan.

### **How do you describe your field and your research into how muscles age?**

Integrative muscle physiology explores how our skeletal muscle function arises from coordinated processes across biological systems. Rather than studying muscles only under a microscope, or only in terms of whole-body movement, researchers in my lab make connections across all levels of biological scale. We measure how strong and powerful a muscle is, how quickly it fatigues and how it moves the body, and then we trace those outcomes back to the muscle fibers themselves, including the proteins that make them function, how they produce energy, and how they adapt to different stimuli, such as exercise. It’s an approach that asks not only, “What changes with aging?” but also “Why do those changes matter, and how do they affect everyday function?”

This field has evolved rapidly as advances in technologies, including artificial intelligence, allow us to connect detailed biological measurements directly to how muscles perform in people. In the context of aging, integrative muscle physiology provides a foundation for understanding mobility loss, fatigue, and functional decline, which are issues that affect healthy aging. By linking biological changes to real-world outcomes, this work may help explain why people of the same age can have very different physical abilities and aging

trajectories. It may ultimately improve strategies to support healthier aging for more people.

**How did you become interested in studying muscle performance?**

As a Division I-A student-athlete playing football at the University of Wyoming, I saw firsthand that athletic performance could vary dramatically among individuals, despite seemingly similar training programs, motivations and opportunities. Although we could measure and track outcomes such as speed, strength, and endurance, we often lacked insight into the underlying physiological mechanisms driving these differences. Much of the variability in strength, fatigue, and training adaptations remained unexplained. I came to appreciate that many performance-limiting factors were rooted in neuromuscular physiology, yet the mechanisms were poorly characterized, particularly in humans. This realization motivated my interest in studying muscle function across biological scales and ultimately led me toward a research career focused on the physiological factors that limit human performance across the lifespan.

**What is exciting about your lab's approach to studying aging muscle function, and how is it different from approaches used in the past?**

Our lab is built on the idea that no single level of analysis is sufficient to truly understand muscle function. We study humans performing real tasks, like walking, generating force, and producing power, and then link those biomechanical measures to neuromuscular activation, single-fiber mechanics, and molecular alterations. What sets our work apart is that these measurements are not isolated; they come from the same individuals, allowing us to directly connect cellular and molecular biology to whole-muscle performance. By integrating all these approaches within the same study design, we hope to identify the mechanisms that cause fatigue and limit mobility and functional independence. This integrative framework is essential to designing effective targeted interventions.

Historically, many studies have examined molecular aging of muscle without direct linkage to functional outcomes, or they have characterized functional decline without identifying underlying mechanisms. As a result, we've often lacked a clear understanding of causality. By studying the entire system, we hope to identify which changes drive declines in power and fatigue, and which are simply bystanders. This approach should help us avoid targeting pathways that look interesting biologically but don't meaningfully affect function.

**Why do older adults lose muscle power and tire more easily during exercise?**

Our research shows that older adults living independently in the community tend to lose muscle power and fatigue more easily, mainly because of changes in the muscles themselves, not because the brain is failing to activate the muscles. One of the biggest reasons for the loss of power is the atrophy of

fast-twitch muscle fibers, which are the fibers that help us move quickly — for example, catching ourselves when we trip. In young adults, these fast-twitch fibers can produce several times more power than slow fibers, so when they shrink with age, overall muscle power drops disproportionately to the overall muscle mass.

We have also found that muscle fibers from older adults are not uniquely more sensitive to metabolic byproducts that accumulate during exercise, such as hydrogen ions and inorganic phosphate. Instead, older muscles appear to work less efficiently, causing these fatigue-related substances to accumulate more quickly. Together, these findings suggest that interventions designed to preserve fast-twitch muscle fibers and improve muscle efficiency are needed to help older adults stay stronger, less fatigued, and more independent as they age.

### **What have you discovered that offers hope for healthy lifespan?**

We've learned that declines in mobility arise from multiple subtle but meaningful changes in neuromuscular function. Many of these age-related changes are plastic and responsive to intervention. Targeted exercise programs, especially those informed by underlying physiology, can restore muscle power and improve fatigue resistance, even very late in life. This provides real hope that improving healthspan is an achievable goal.

### **You describe your lab as a “translational bridge.” What does this look like?**

In addition to collaborating closely with basic scientists who use preclinical models to understand muscle biology, we also partner with clinicians and applied scientists to design and test interventions aimed at preserving muscle function. These efforts typically include targeted exercise strategies and training programs informed directly by our mechanistic findings, but we have also explored dietary interventions. By grounding interventions in fundamental biology, we increase the likelihood that they will effectively preserve mobility and healthspan in our aging communities.

### **Why is UW–Madison a great place to work?**

People at UW-Madison genuinely want to collaborate to solve complex problems, and they view research on aging not as a niche interest but as a campuswide priority. It's one of the few universities where world-class basic science, clinical research, and community engagement all happen under the same roof. I feel incredibly fortunate to have found an academic home where the mission of my research aligns so directly with a university-wide initiative. It's the kind of environment where big ideas are not only welcomed but are supported with the resources needed to bring them to life.



### HCE Member Activities:

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

### Executive Board Meeting: January 12, 2026

On Monday, January 12th, 8 HCE members gathered for a potluck lunch, Special Interest Presentation by Alix Bjorklund-Patil from Winnebago County Land & Water Conservation, county HCE Business Meeting, and Spring Banquet Planning Meeting. Some members stayed after to make Valentines for the Veterans at King.



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**for the**

**2026 WINNEBAGO COUNTY HCE SCHOLARSHIP APPLICATION**

**Winnebago County Association of Home and Community Education  
Scholarship for High School Seniors or HCE Members Interested in Higher Education  
2026 Application Form**

**Please Type or Print.**

**Return Postmarked By:**  
April 1, 2026

**Return To:**  
SCHOLARSHIP COMMITTEE  
c/o Marilyn Holmes  
1732 Dublin Trail #37  
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 “ **My Future Education Plans and How I Got There**” (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 and leadership inside 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 15<sup>th</sup>. 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 1<sup>st</sup>**

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for the

2026 WINNEBAGO COUNTY HCE SCHOLARSHIP APPLICATION

## HCE Annual Meeting: October 13, 2025

HCE members gathered for their Annual Meeting. Members enjoyed lunch, brief presentations by Extension Winnebago County educators, a dollar bill craft with Rosemary Pionke, Cultural Arts Chair, and the annual business meeting.



Right:  
Sarah Thompson  
Youth & Science  
Educator



Left:  
Todd Wenzel  
Human Development &  
Relationships/Finance  
Educator



## 2026 Upcoming Local Library Events

### Neenah Library:

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

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

**2/2, 3/2, & 4/6 @ 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.

### **@ 2:00pm—Adult Afternoon Program:**

- 2/2—Plastics in the Great Lakes
- 3/2—Journey of a Thousand Lifers
- 4/6—Hooked on History! Early Wisconsin Fishing Lures

**2/3, 3/3, & 4/7 @ 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.

**2/6, 3/6, & 4/3 @ 9:15am—Fitness Friday—Boot Camp:** Join 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.

**2/6, 2/20, 3/6, 3/20, 4/3, & 4/17 @ 10:30am—Chair Yoga:** Join a relaxing yet powerful 30-minute chair exercise experience! Learn how to engage your core while doing full body movements all while sitting down. Standing exercises will also be offered with modifications for using the chair.

**@ 1:30pm Tech Talk Tuesday:** Join us at the library for monthly discussions to learn about various technology topics.

- 2/10—Digital Housekeeping & Device Maintenance
- 3/10—Is that AI? An Introduction to Artificial Intelligence
- 4/14—Technology & Your Family Tree

**2/10, 3/10, & 4/14 @ 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 civil legal issues.

**@ 1:30pm—Memory Café:** 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!

- 2/16—The Great Edible Experiment
- 3/16—Growing Up Neenah
- 4/20—Bingocize

**2/17 @ 6:30pm—Cookbook Book Club—Old Cookbooks We Love:** Try some new recipes, share a dish, and talk about cooking.

**2/20, 3/20, & 4/17 @ 9:15am—Fitness Friday—Balance & Strength:** Join an hour of active stretching with balance exercises. This class is for all abilities. Remember to bring a towel or yoga mat and a water bottle.

**2/25 @ 6:30pm—An Evening with Tailspin author John Armbruster:** The WI author will discuss his book, the true story of Gene Moran, a World War II tail gunner who survived a four-mile fall without a parachute only to land in Nazi hands. This presentation includes video, slides, and readings.

**@ 6:30pm—History Program:**

- **2/26 —Wisconsin WWII POW Camps**
- **3/19—The History of Sturgeon Spearing on Lake Winnebago**

**3/11 @ 6:30pm—Adult DIY Design Workshop—Wooden Bead Key Rings & Bag Charms:** Join us for a design workshop to create a unique craft project. Use a variety of wooden beads to craft a creative key ring or bag charm. Registration is required. All supplies will be provided.

**3/14 @ 12:00pm—Repair Café Fox Valley:** Bring in your broken items and our fixers will do their best to repair them for free. Computers, phones, small appliances, electronics, sewing/mending, jewelry, watches, and more!

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### **Menasha Library:**

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

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

**2/3, 3/3, & 4/7 @ 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 civil legal issues.

**@ 10:00am—Fiction Book Club Discussion:** Everyone is welcome to join our fiction book club -- Novel Thoughts -- for some lively conversation about great novels - from classics to recent favorites!

- **2/5—*A Mother's Secrets* by Tuppence Van de Vaarst**
- **3/5—*Lessons in Chemistry* by Bonnie Garmus**
- **4/2—*Change of Heart* by Jodi Picoult**

**2/9 & 2/16 @ 6:00pm—Free Open Sew with Rachel Ann Quilts:** Whether you're just learning, working on a new quilt, finishing a project, or just want to sew and socialize, this is the perfect opportunity to create, connect, and have fun. Rachel Ann Quilts will be on hand to answer your sewing and quilting questions. Bring your own sewing or quilting projects.

**@ 1:00pm—Nature Talks with Rob Zimmer:**

- 2/16—Spring Migrations
- 3/16—Songs of Spring

**2/21, 3/21, & 4/18 @ 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.

**@ 10:30am—Cooking Demo:** Chef Shelly will demonstrate how to prepare two recipes. Spots are limited—RSVP required.

- 2/21—Cozy Comfort Foods
- 3/21—Easy Weeknight Soups

**2/21 @ 1:00pm—Who are the People of Progression?:** The Black History Month keynote speaker will be the People of Progression. Come and learn about the services and support programs they offer, including employment, legal, health, housing advocacy, basic needs, and community programs.

**2/28 @ 1:30pm—Meet the Author—Tuppence Van de Vaarst:** This local fantasy author and librarian will be at the library talking about her book trilogy *The Secrets of Saemar*, starting with *A Mother's Secrets*. She will share about her writing passion, process and the inspiration that led her to write the trilogy and become an author. Tuppence will also talk briefly about her first works, *Caribbean Magic* and *Caribbean Fortune*.

**3/19 @ 6:30pm—Badger Talks—Gardening with Native Plants:** Native plants are the basis of sustainable, diverse, and beautiful gardens supporting pollinators, beneficial insects, and wildlife. These gardens thrive without fertilizers, pesticides, mowing, or supplemental watering. We will share garden examples, plant sources, and practical tips for garden care.

**3/24 @ 6:00pm—Seed Starting—Simple Steps for Strong Seedlings:** This program teaches the basics of starting vegetables, herbs, and flowers from seed. It covers how to choose seeds, which supplies you need, how to read seed packets, and how to manage light, water, and temperature for healthy growth. The session explains common mistakes, how to avoid leggy seedlings, and how to harden off plants for outdoor success. Participants leave with clear steps they can follow at home.

**4/28 @ 6:00pm—Garden Planning—Designing a Productive & Manageable Garden:** This program guides gardeners through the process of planning their garden for the season. It covers choosing the right site, mapping out beds, rotating crops, and selecting varieties that perform well in WI. The session includes timing charts, planting calendars, and practical



strategies to maximize space and reduce maintenance. Participants learn how to match garden plans with their available time, resources, and garden goals.

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**Oshkosh Public Library:**

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

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

**Join a Book Club:** Check with the library for schedules and more info!

- **“Did You Finish the Book?” Club**
- **Not Your Classic Book Club**
- **Second Thursday Book Club**
- **Banned Book Club**

**2/3, 3/3, & 4/7 @ 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!

**2/7, 3/7 & 4/4 @ 11:00am—Oshkosh Community Jam:** Find your musical crew at the library! Bring your guitar, harmonica, drum, banjo - whatever you play - and jam to the Oshkosh beat.

**2/10 @ 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!

**Adult DIY:** Craft with us! Call us to reserve your seat and supplies for these in-person, instructor-led workshops.

- **2/10, 3/10, & 4/7 @ 6:00pm**
- **3/28 & 4/25 @ 1:00pm**

**2/15 & 3/15 @ 1:00pm—Movies with Friends:** Come connect and enjoy a movie at the library, brought to you by friends from River East Neighborhood Association. Events are free and open to the entire community. Refreshments provided by River East.

**2/20 @ 9:00am—Librarian Learns—Ice Yachting on Lake Winnebago:** Librarian Michael McArthur takes a look at the long history of ice yachting on Lake Winnebago.

**2/24, 3/17, & 4/21 @ 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.

**2/25 @ 1:00pm—Was America Founded as a Christian Nation?:**

John Fea, Ph.D, Distinguished Professor of American History at Messiah University in Mechanicsburg, PA will speak about the variety of religious beliefs held by the Founding Fathers.

**3/2 & 3/16 @ 5:30pm—Let's Play Cribbage:**

Sharpen your strategy and enjoy a classic game at the library with a friendly session of cribbage, where you'll learn the basics or practice your skills with others. This is a great way to connect, have fun, and challenge your mind in a low-key environment.

**3/10 & 4/14 @ 12:00pm or 5:30pm—Craft In Company:**

Are you looking for a craft community, camaraderie, or conversation? Join our craft circle! Bring your work-in-progress and join us in the first floor Reading Room. All tidy crafts are welcome! Beginners are welcome. Show off your creations, share tips and tricks, and join in our community projects!

**3/12 @ 6:00pm—Working With the Daughters of American Revolution**

**Online Library:** Discover hidden Revolutionary War connections!

Genealogist Sherry Lloyd will show you how to explore, access, and fully use the Daughters of the American Revolution's extensive online record collections.

**4/10 @ 4:15pm—Climate Smart—Gardening, Air Quality, and Health:**

Learn how climate-smart gardening can boost your family's mental and physical well-being while helping the environment. This session explains how changing weather patterns affect our gardens and shows simple ways to grow plants that can handle these shifts. You'll discover easy practices that support cleaner air, healthier ecosystems, and a stronger, greener home. We'll also explore how thoughtful planting can build resilience in your yard *and* your community. Join us to learn practical steps that make gardening rewarding, relaxing, and sustainable for the whole family.

**4/23 @ 6:00pm—Wisconsin's Gangster Past with Chad Lewis:**

Put on your zoot suit and follow in the footsteps of America's most infamous gangsters as they turn WI into their personal crime vacation land. Filled with deadly bank robberies, explosive shootouts, brutal murders, and daring kidnappings, this presentation lets the audience discover the grisly locations where the gangster history will never die.

**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\*](http://menashawi.gov/departments/senior_center)**Oshkosh Senior Center**

#920-232-5300

[\*ci.oshkosh.wi.us/seniorservices\*](http://ci.oshkosh.wi.us/seniorservices)**Neenah-Menasha YMCA**

#920-729-9622

[\*ymcafoxcities.org/foreverwell\*](http://ymcafoxcities.org/foreverwell)**Oshkosh YMCAs**

#920-230-8916

[\*oshkoshymca.org/foreverwell-ages-55\*](http://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\*](http://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.

## **How To Turn Down The Noise In a Noisy World**

*Originally published by Winnebago County Public Health*

### ***Managing stress for a healthy mind & body***

Chronic stress can impact your mental and physical health, contributing to conditions such as cardiovascular diseases, obesity, cancer, weakened immune systems, and others.

We have all heard the age-old advice: to manage stress focus on getting enough sleep, a healthy diet, and regular physical activity. Those are all true. In a world that just won't slow down, here's another tip that might help: take time for simple joys.

Simple micro-joys interrupt the stress response, allow you to shift your perspective, and helps you feel a sense of control over your emotional state. The other perk? Micro-joys only take a micro amount of time! Spend ten minutes outside connecting with nature, perform a small act of kindness, dance to your favorite music, or rediscover an old hobby - such as completing a word search! Whatever works for you, start keeping a "joy" list so you can refer back to it when you need a quick mood boost.

### **Check in on yourself.**

How *are* you feeling?

[Click here to take an anonymous mental health screening](#) and receive recommendations on next steps.

### **Do you need mental health resources?**

[MyConnectionNEW.org](#) is your one stop shop for mental health providers and resources.

### **Do you, or someone you love, need immediate help?**

Call or text 988, or chat at [988lifeline.org](#). The 988 Suicide & Crisis Lifeline provides 24/7, free, and confidential emotional support to people experiencing a mental health, substance use, or suicidal crisis.



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<https://myemail.constantcontact.com/Public-Health-Happenings--January-2026.html?soid=1124680822228&aid=erKkKURuqD4>

# WELLNESS PLUS CLASSES

THROUGH  
WINNEBAGO COUNTY  
PUBLIC HEALTH



Wellness Plus Classes are designed to help you age well, be active, manage chronic conditions, and prevent falls. Classes are researched, tested, and proven to help you self-manage your health. Wellness Plus Classes are offered throughout Winnebago County. Find a class nearby and get started today!

## CLASSES INCLUDE:

**Strong Bodies:** This simple scripted program can improve bone density, balance, and strength for participants.

**Tai Chi:** This class uses basic, fluid movements to help improve balance, stability and mental health. Movements can be adapted for those with walkers or canes.

**Bingocize®:** Improve and maintain mobility and independence with this new program! Learn and use health information focused on falls reduction and improved nutrition while playing Bingo!

**Stepping On:** This prevention program is aimed at educating participants and building confidence to reduce and eliminate falls.

**Mind Over Matter (M.O.M):** A program designed to give women the tools and skills they need to take control of bladder and bowel leakage.

📍 Find class schedules at [www.winnebagocountywi.gov/health](http://www.winnebagocountywi.gov/health)

Contact Winnebago County Public Health for more information or to register:  
920-232-3000 | [health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)



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<https://myemail.constantcontact.com/Public-Health-Happenings--January-2026.html?soid=1124680822228&aid=erKkKURuqD4>

# WELLNESS PLUS CLASSES

## WINTER 2026 SCHEDULE

### StrongBodies

*Briarwood Cottages Oshkosh*

January 6-March 24

10:00 to 11:00 am Tuesdays, 9:00 to 10:00 am Thursdays

*Hyde Community Center*

January 26-April 9

9:00 to 10:00 am Mondays/Wednesdays

*Menasha Senior Center*

January 13-March 26 (no class February 17)

9:30 to 10:30 am Tuesdays/Thursdays

*Neenah YMCA*

January 6-March 26

10:00 to 11:00 am Tuesdays/Thursdays

*Neenah Highlands at Mahler Park*

January 5-March 26

11:00 am to Noon Tuesdays/10:00 to 11:00 am Thursdays

*Omro Community Center*

January 5-March 26

9:30 to 10:30 am Mondays/Thursdays

*Valley VNA*

January 19-April 9,

11:00 to Noon Mondays/Wednesdays

*Winneconne Highlands at River Crossing*

January 5-March 26

10:30 to 11:30 am Monday/Thursdays

### Tai Chi

*Omro Community Center*

January 14-April 1

9:45 to 10:30 am Wednesdays

*Memorial Park, George Scherck Shelter*

January 14-March 18

10:00 to 11:00 am Wednesdays

Participants can call the Neenah Parks and Rec to sign up. 920-886-6060

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<https://myemail.constantcontact.com/Public-Health-Happenings---January-2026.html?soid=1124680822228&aid=erKkKURuqD4>

# STRONG BODIES

## STRENGTH TRAINING CLASS FOR MEN AND WOMEN 55+

Increase muscle strength & mass

Decrease falls risk

Improve arthritis symptoms

Increase flexibility

Lower blood glucose levels

Increase bone density



# TAI CHI

## FOR ARTHRITIS AND FALLS PREVENTION

*Improve stability, strength, and  
mental health.*

Enhance balance, mobility,  
and coordination.

Reduce falls and fear  
of falling.

Gain serenity through  
gentle, flowing movements.



Originally published January 2026 by Winnebago County Public Health  
<https://myemail.constantcontact.com/Public-Health-Happenings---January-2026.html?soid=1124680822228&aid=erKkKURuqD4>

# MIND OVER MATTER

## HEALTHY BOWELS, HEALTHY BLADDER

*Class for women 55+*

Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.



**A HEALTH PROMOTION PROGRAM  
THAT COMBINES THE GAME OF  
BINGO WITH INCLUSIVE  
EXERCISES FOR EVERYONE!**

Designed for those beginning their fitness journey.

Learn and use health information focused on beginner level stretches & exercise, falls prevention, nutrition education.





Originally published January 2026 by Winnebago County Public Health  
<https://myemail.constantcontact.com/Public-Health-Happenings---January-2026.html?soid=1124680822228&aid=erKkKURugD4>

# STEPPING ON

## FALLS PREVENTION CLASS FOR MEN AND WOMEN 55+

Strength and balance exercises.

Learn how to identify and  
remove fall hazards.

Learn how vision, hearing, and  
more affect your risk of falling.

Learn how to get back on  
your feet if you fall.



For more information on wellness classes in Winnebago County, please call Winnebago County Public Health at 920-232-3000 or email [health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)

Classes are held at various locations  
throughout Winnebago County

Suggested donation of \$15



### Foot Care Clinic

*Originally published by the Oshkosh YMCA*  
<https://www.oshkoshymca.org/events/foot-care-clinic-7>

#### SENIORS: STEP UP & TAKE CARE!

Proper foot care is an important component of a person's overall health. Experts recommend that seniors pay special attention to their feet! The Oshkosh YMCA is hosting foot care clinics in partnership with Valley VNA senior care to make sure that seniors in our community can put their best foot forward.

THURSDAYS: February 5 • March 5 • April 2 • May 7

Held in the Teaching Kitchen area.

FEE: \$40

#### WHAT DOES A FOOT CARE CLINIC ENTAIL?

- A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses.
- The nurse will look out for any concerning issues and refer you to a podiatrist, if necessary.
- One-on-one conversation with a friendly nurse!

RESERVE YOUR SPOT  
TODAY!

To schedule your next  
Foot Care appointment, call  
Valley VNA Senior Care:  
920-426-1931.



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](mailto:brandyhankey@oshkoshymca.org) or (920) 230-8439 to learn more about the program and to schedule an intake appointment.



## Cinnamon Crunch Swirled Banana Bread

*Originally published by Half Baked Harvest*

<https://www.halfbakedharvest.com/cinnamon-crunch-swirled-banana-bread/>

### Ingredients:

#### Cinnamon Crunch

- 3/4 cup dark brown sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon cinnamon
- 2 tablespoons salted butter, melted



#### Bread Base

- 1/4 cup granulated sugar
- 2 teaspoons cinnamon
- 4 overly ripe bananas, mashed (about 1.25 cups mashed)
- 1/4 cup melted salted butter or coconut oil
- 1/4 cup pure maple syrup
- 2 eggs, at room temperature
- 2 teaspoons vanilla extract
- 1.5 cups all-purpose flour
- 1.5 teaspoons baking soda
- 1 teaspoon salt

Enjoy!

### Directions:

1. Preheat the oven to 350° F.
2. Butter a (9×5 inch) bread pan.
3. Combine the sugar and cinnamon.
4. In a bowl, stir together the mashed bananas, melted butter, maple syrup, eggs, and vanilla until combined. Add the flour, baking soda, and salt, and mix until just combined.
5. To make the crunch. Mix the butter, brown sugar, flour, and cinnamon.
6. Spoon half the batter into the prepared bread pan. Sprinkle with the cinnamon sugar and 1/4 cup of the crunch mix, reserve the remaining crunch mix for topping. Evenly spoon the remaining batter over the sugar. Sprinkle over the remaining crunch mixture.
7. Bake for 50-60 minutes or until the center is just set. Remove and let cool for 30 minutes before cutting...or eat it warm with a smear of cinnamon butter.

**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

*The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.*

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