

Cut/keep this panel to help you remember

## Super Tuesday Schedule

October 2, 2018

- 8:00-8:45 a.m. Check in and enjoy breakfast treats provided by Marquette County HCE
- 8:45-9:20 a.m. Morning Keynote Speaker
- 9:30-10:40 a.m. Session One
- 10:50-12:00 p.m. Session Two
- 12:05-12:45 p.m. Lunch
- 12:45-1:15 p.m. Afternoon Keynote Speaker
- 1:15-1:30 p.m. Balance and Stretch Break
- 1:40-2:50 p.m. Session Three
- 3:00-3:30 p.m. Door Prizes, Evaluation, Closing

Super Tuesday is sponsored by Adams County & Marquette County Home & Community Education Associations



Record the classes you chose to help you remember:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Pine Lake Camp

W8301 County M, Westfield, WI

Between Adams and Westfield on County M.

### REGISTRATION DEADLINE Monday, September 10, 2018

Send registration form and \$14.00 for each person to:

Adams County UW-Extension  
569 N. Cedar Street, Suite 3  
Adams, WI 53910

If your registration is received after September 11th, a confirmation card may not be mailed to you. Registration fees are transferable, but not refundable.

**Sessions may be cancelled if registration is low.**



Morning Keynote by Sue Allen

### “Prescription Painkillers: After the Pain, They’re Just Killers”

Opioids (narcotics) are powerful painkillers that work very well. Too well. Painkiller abuse is considered a public health crisis. Substance Abuse Prevention Specialist Sue Allen will answer: What is an opioid, how did it get to be a crisis, and what is happening in response?

Afternoon Keynote by Chuck Tesnow



### “Orphan Grain Train”

This nonprofit Christian volunteer network shares personal and material resources with needy people in the United States and around the world. Grain Train volunteers gather donations of clothing, medical supplies, food, Christian literature, and other aid to meet real needs and provide disaster relief.



University of Wisconsin-Extension

Cooperative Extension—University of Wisconsin-Extension

University of Wisconsin, U.S. Dept. of Agriculture and Wisconsin Counties cooperating. An Equal Opportunities in employment and programming including ADA Equal Opportunity/ Affirmative Action employer. The University of Wisconsin-Extension provides equal opportunities in employment and programming including ADA and Title IX requirements. Please advise us at time of registration if you are handicapped and desire special accommodations. Requests will be kept confidential.

# SUPER TUESDAY

## Day of Friendship & Learning



October 2, 2018  
8:00 a.m. - 3:30 p.m.

Pine Lake Camp  
W8301 Co Rd M  
Westfield, WI



## REGISTRATION FORM

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip

(\_\_\_\_\_) \_\_\_\_\_  
Phone

\_\_\_\_\_  
Email address

**Classes are filled on a first come basis. Some classes are limited; please register early. SELECT 4 CHOICES and number them in order of your preference (1, 2, 3 and 4)**

**SELECT YOUR CLASS CHOICES: (write 1, 2, 3 and 4 on the lines next to your choices)**

- \_\_\_\_\_ **What's on the Side?**
- \_\_\_\_\_ **It's Time to Plant Bulbs**
- \_\_\_\_\_ **Reversible Slat Sign**
- \_\_\_\_\_ **Saving & Organizing Photos**
- \_\_\_\_\_ **Milk Carton Gift Box**
- \_\_\_\_\_ **What is a Memory Cafe?**
- \_\_\_\_\_ **Advance Planning**

### FEES:

**\$14.00**    **Registration and Lunch**  
 + \_\_\_\_\_ **Class Fees** (see descriptions)  
 = \_\_\_\_\_ **Total Enclosed**

**Make check or money order (no cash) payable to "Adams County HCE"**

No phone registrations accepted.  
Payment must accompany registration.  
Fees are transferable, but not refundable.

**Send to: Adams County UWEX  
569 N. Cedar Street, Suite 3  
Adams, WI 53910**

### What's on the Side?

You've chosen the meat or protein for dinner, so what should you serve on the side? Suggestions, demo, recipes, and tasting of some healthy and attractive possibilities.  
Instructor: Pat Cook, Marquette County  
Fee: \$3.00  
Maximum: None

### It's Time to Plant Bulbs

Part inspiration and part practical guide on adding bulbs to your garden.  
Instructor: Barb Herreid, Wood County Master Gardener, Adams County HCE  
Fee: None  
Maximum: None

### Reversible Slat Sign

Make a hanging sign for fall and winter decorations (scarecrow/snowman).  
Instructors: Sharon Schumacher & Sandy Wilkes, Adams County HCE  
Fee: \$5.00  
Maximum: 12

### Saving & Organizing Photographs from Your Smartphone or Tablet

How to save and organize everyday photos from your smartphone or tablet. For people who are taking photos and thinking "I love these pictures—now what?!"  
Instructor: Aaron Raschke, Westfield Library  
Fee: None  
Maximum: 12

### Milk Carton Gift Box

Using fancy paper, we will each make a gift box like a milk carton. Each participant will leave with a small gift box.  
Instructor: Marj Colby, Adams County HCE  
Fee: \$2.00  
Maximum: 15

### What is a Memory Cafe?

Learn all about a Memory Cafe How to start one and keep it going.  
Instructor: Nancy Thacker, Outreach Specialist for Adams County, Alzheimer's & Dementia Alliance of Wisconsin.  
Fee: None  
Maximum: 10

### Advance Planning

It's not something that we like to think about, but at some time we may become so ill that others might need to make health care and financial decisions on our behalf. In this session you will consider your personal values and beliefs in making decisions to manage health care, finances, housing and care, and end-of-life decisions. Even if you have plans in place you should review and update them on a regular basis. We will explore the Power of Attorney process, and review the Five Wishes booklet.  
Instructor: Mary Ann Schilling, Family Living Educator Waushara County UW-Extension  
Fee: \$2.00  
Maximum: 20 per session



**Come to Pine Lake Camp!**  
W8301 County M, Westfield  
Between Adams and Westfield on County M  
13.5 miles from Adams and  
8 miles from Westfield