

EXTENSION CONNECTION

a newsletter to support your
health, home, and family life

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Winter 2022

SERVING ADAMS, GREEN LAKE, MARQUETTE
& WAUSHARA COUNTIES




Extension
UNIVERSITY OF WISCONSIN-MADISON



A Wonderful Winter

Winter in Wisconsin can mean many things to each of us. There might be holiday gatherings, playing in the snow, or other activities like school athletics or concerts. Some older adults travel south to warmer climates. When I think of winter, I think of baking and cooking comfort foods like breads and casserole dishes, also known as hot dishes. Winter eating and less activity can lead to a few pounds added on over these cold months. It's common to talk about winter weight gain and come January 1st we might set a goal for being healthier by getting more exercise, eating healthier, and losing weight.

What can we do to not gain unwanted weight over the holidays and cold months when we might tend to hibernate and find comfort in food and home? Here are some steps to take in order to maintain or improve your health over these winter months.

- Plan ahead and set realistic expectations. Plan your meals so that they include vegetables, fruits and fiber. What can you add to that hot dish to make it healthier? A mixture of vegetables, of course! If you're gathering with family or friends, bring healthy foods like a vegetable tray or a fruit bowl, for example. For exercise, try a new indoor activity such as pickleball. Check what's available in your area for winter activities.
 
- Prioritize activities you enjoy most. If you enjoyed walking in the warmer weather, can you bundle up and continue walking? Or perhaps you can get a stationary bike or a treadmill and walk inside. You and your family could try cross country skiing or go out sledding.
- Limit screen time as a family. The more TV or computer time we have, the less active we tend to be. Turn off the screen and get outdoors, even if it's to listen to the winter birds, fill the bird feeder, or admire the snow on trees. You could put snowshoes on and trek through a park or your backyard. Some parks rent out snowshoes and cross country skis. Contact your county parks department to see what they have available.
- Reach out to those around you for support on your healthy intentions. You can have conversations with those you live with, or calls or computer chats with family and friends. Set up a time to walk with a neighbor or friend. When we share our plans with someone else, we are more likely to follow through with those goals and plans. Our friends and family members might have ideas that we haven't thought of for healthy foods and activities.

I want to encourage you this winter to take time to take care of yourself and your loved ones. Sit down and plan some healthy meals and get together in the kitchen to prepare them as a family. Talk about what you can do to stay active. Here's to a wonderful winter in the planning!

By Mary Ann Schilling, Health & Well-Being Educator, Waushara County

Emotion Coaching your Children

It's normal for kids to feel many different BIG emotions! Emotion coaching is a strategy that you can use to help your children understand their feelings and learn how to cope with stress and negative emotions. It's about recognizing your children's feelings and being able to empathize, comfort, and guide them.

Sometimes our children experience stressful or tough situations and it can be hard to see our children sad or upset. We want to reassure them that everything's going to be ok. While it is good to reassure them, often children need more than reassurance from their parents. They need to talk about their feelings openly. This helps them gain a better understanding of their feelings and to learn how to manage those strong feelings. This is where emotion coaching comes in.

There are 3 steps to emotion coaching.

First, you help your child LABEL what they are feeling. Children don't always have the words to express what they are feeling. We can help them make this label.

Second, you EMPATHIZE with the feeling and you show that you understand. Let them know that how they are feeling is ok. "I would be sad if that happened to me too."

Third, you PROBLEM SOLVE with your child. Help them think of ideas. Encourage them to come up with suggestions as well. The word LEAPS can help to remember these steps: Label, Empathize And Problem Solve.

1 Label

2 Empathize And

3 Problem Solve

You can use emotion coaching with kids of all ages! The language you choose to use will change depending on the age of your child. For example, with a young child, you can stick with helping them label basic emotions – sad, mad, angry, happy, frustrated. For older kids and teens, you may use more complex labels, like lonely, disrespected, embarrassed, jealous or overwhelmed. Keep in mind that the point is to notice and connect. You might say, "You seem upset today. Do you want to talk about it?"

Sometimes steps 1 & 2 are all that are needed – feeling seen and validated might be enough. It's about opening the door up to communication. Don't worry if your child is not ready for problem solving at the moment. It's ok to revisit the issue later when everyone is calm. You cannot emotion coach during a temper tantrum or when you or your child are super upset. This should be a positive interaction, not a punishment. This strategy takes some practice. I encourage you to try it out and give yourself and your child grace as you learn together.

By: Hannah Zellmer, Human Development & Relationships Educator, Marquette County

Managing Rising Food Costs

Over the last few months, Wisconsin households have felt the brunt of rising food prices. Managing these costs has been especially challenging for many Wisconsinites as the rise in costs coincided with decreases in household income due to the impact of the health pandemic. While the pandemic's critical impact has shifted from its peak in 2020, rising food costs have continued or worsened. This rise in food expenses from Sept. 2021 to Sept. 2022 is detailed below:

Food Items	Cost Increase by %
All food items	13%
Cereals & baked goods	16.2%
Meats, poultry, fish, eggs	9%
Dairy & related products	15.9%
Fruits & vegetables	10.4%

There are several strategies that can be used to minimize the impact of these rising costs.

- **Plan meals ahead.** By planning meals for the week before going to the store, shoppers give themselves a 'game plan.' This encourages shoppers to buy items they need and minimize unplanned, high cost purchases. If detailed planning is not possible or preferred, take a few minutes before entering the grocery store to consider the main items to buy.
- **Check cupboards.** Look through the pantry closely before shopping. This will keep you from buying things you already have.
- **Consider store brand items.** There is evidence that store brand items are as much as 25% cheaper than equivalent name brand items. Each grocery purchase is different, so shoppers should compare prices for all the options available.
- **Shop the sales.** Take a few minutes to review the weekly ads before entering the grocery store. This can help build your shopping list or find the best prices.
- **Match the shopping schedule.** Many grocery stores start weekly sales midweek. As a result, shoppers may be able to buy the best-priced items on Wednesday or Thursday.
- **Buy produce in season.** When produce is in season there is plenty of it available to stores to supply. Because of this high supply, the price may be cheaper than when it is out of season and in low supply.
- **Consider frozen or canned items.** When buying fruits and vegetables, consider whether you can save money by getting frozen or canned instead of fresh. If shoppers choose ones that do not have added sugar or sodium, the nutritional value is similar. Plus, you don't have to worry about the items spoiling as you do with fresh items.
- **Build a food budget.** Have a limit set for how much to spend at the grocery store. This will encourage you to identify the food items of most importance before shopping.
- **Don't shop while hungry.** Shopping while hungry may encourage impulse buys and purchases that do not have much nutritional value.

By: Katie Gellings, Human Development & Relationships Educator, Green Lake County

Supporting Youth

Even before the pandemic, a great many young people were struggling to cope. One in five teens and young adults lives with a mental health condition (National Alliance for Mental Illness), and the pandemic has dramatically increased symptoms of depression and anxiety. But many are reluctant to seek help or don't know where to turn for care. Only one in four Wisconsin youth report that they receive the help they need when they feel distressed (McCoy, 2018, 2020).

Unlike physical conditions, symptoms of mental health and substance use problems can be hard to detect. Adolescence is a crucial time to provide support. Did you know that 50% of all mental illnesses begin by age 14, and 75% by the mid-20s? (Archives of General Psychiatry). Friends and family members may not recognize the signs or know where to start. As a result, those in need of mental health services often do not receive care until symptoms are severe and impacting daily life. Sadly, suicide is the second-leading cause of death for youth age 10-14 (National Institute of Mental Health).

In response to this reality, a team of Extension educators has developed a series of fact sheets for parents, caregivers and other adults who live or work with young people. Each fact sheet is research-based, easy to read, and provides practical strategies to support youth mental health. They are available in English, Spanish, and Hmong.

Fact Sheet topics include:

- Adapting to change
- How to build relationships with youth
- How to build resiliency in youth
- Encouraging and guiding youth in making a self-care plan

There are simple ways to support the young people you care about.

Fine these Fact Sheets and more information at <https://go.wisc.edu/supportingyouth>.

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Supporting You(th)

A Mental Health Series

Caring adults are key to helping young people thrive. There are so many ways you can support the youth you care about.

go.wisc.edu/supportingyouth

Recent Programs

Baby 101 - Perinatal Education Event

Baby 101 was designed to be a judgment free zone where people wanting to become pregnant, expectant parents and parents with an infant one year or under could come and ask questions about pregnancy, baby care, staying healthy as parents and receive information and resources.

Baby 101 was held on October 25, 2022 at the Westfield Village Hall. This was the 1st free event of this kind held in Marquette County. This event was presented by the Marquette County Health Department in collaboration with UW Extension and Children's WI. The event featured 20 vendors representing local agencies and organizations. A meal was provided for all families who attended. Spanish and English materials were available at each booth and an interpreter was available to support the Spanish speaking families that attended the event.

When asked for feedback on an anonymous survey all participants shared that the information provided would be useful to their families. When asked what resources will you share to support another community member, various individual answers ranged from water testing, WIC, breastfeeding information, safety and baby milestones, health department and community resources.



"It was a wonderful blessing! Thank you!" -Parent participant



Pumpkin Carving for the Community

Each year, 6th graders from Adams-Friendship Middle School complete the Teen Outreach Program (TOP) offered by Healthfirst Network and Extension. TOP is a nationwide program where adolescents build educational success, life and leadership skills, and healthy behaviors and relationships. Half of the program is directed to complete community service-learning projects to practice their skills and increase the student's confidence and sense of connectedness to their community.

On October 12th the students spent their day off from school carving pumpkins for the community. Students enjoyed designing and carving multiple pumpkins each. The creative juices were flowing as each pumpkin showed the students' individuality. Their pumpkins were then donated to the Adams County Library, Aging and Disability Resource Center, and the Community Center and were on display through Halloween. The day ended with celebrating their hard work and dedication to making the community a joyful place, with a Subway lunch,

candy, and trying roasted pumpkin seeds that came from their own pumpkins. It was a fun way to spend a non-school day and spread cheer to others. Stay tuned for more community adventures the 6th grade TOP students attend this year!



Youth in Action

The first ever **Youth in Action: Youth Summit** was held on Monday, November 14th at Wilderness Resort Glacier Canyon Conference Center in Wisconsin Dells. Local high schools in Adams, Juneau, and Sauk counties were invited to nominate students to attend the conference, where they built skills and connections so that they might walk away feeling empowered to make the positive change they want to see in their communities.

During the keynote presentation, students learned to harness their inner superhero to apply skills they already have to make a positive difference in the world around them. Then they attended their choice of breakout sessions, which included: the power of storytelling, using media to share your message, propelling youth power, youth leadership in action, balancing life, and lifting your peers. Over lunch, students joined a story circle, where they practiced listening and telling their own unique story, a powerful way to build empathy and deliver a meaningful message. At the end of the day, everyone came together to learn how they could connect to leadership opportunities in their own local communities.

This event was hosted by a planning committee composed of representatives from county public health and community drug prevention coalitions in Adams, Juneau, and Sauk Counties. We are able to hold this year's conference at no cost to the schools or students.



Community Resource Highlights



Public Health
Prevent. Promote. Protect.
Green Lake County
Health and Human Services

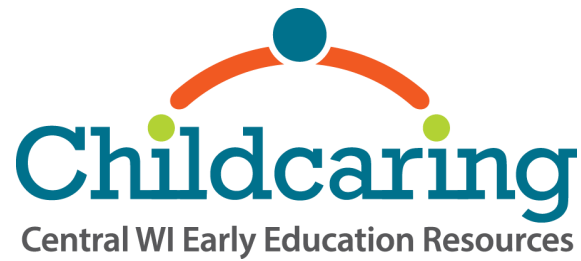
The mission of the Green Lake County Health Department is to promote and protect health and prevent disease. The health department is located at the Green Lake County Government Center, 571 County Road A, Green Lake. Their office is open from 8am-4:30pm, Monday through Friday. After hours, the Green Lake County Public Health Department can be reached or paged for emergency situations by calling the Sheriff's Department dispatch at 920-294-4000.

Resources/Services offered:

- Vaccines for Children
Available for children on Badgercare, no insurance or insurance that does not cover vaccines
- Adult Immunizations
Tetanus vaccines available for Free regardless of insurance status. Other vaccines available to those with no insurance through our Vaccines For Adults program.
- Diabetes Prevention Program
A Centers of Disease Control (CDC) program for those with prediabetes or at risk for developing diabetes. Led by a certified life coach, who teaches the skills needed to lose weight, get active and manage stress. Call (920) 294-4070 and ask for Nancy Gimenez
- Car Seat Program
Education on proper car seat installation and free car seats to those that meet WIC Income eligibility guidelines
- Advanced Care Planning
For anyone 18 years or older. Meet with a certified advance care planning facilitator to discuss personal healthcare decision making for the future. Then, create or update your own advance directive, including a living will and health care power of attorney (HCPOA).
This service is free
Call (920) 294-4070 and ask for Nancy Gimenez or Kristen Dorsch
- Well Water Testing
Free test kits to women who are pregnant or households with a child under the age of 1.
Fee-per-test water test kits also available
- WIC
Nutrition program for Women, Infants and Children up to age 5

<https://www.greenlakecountywi.gov/departments/health-human-services-health-unit/>

Email: rprellwitz@greenlakecountywi.gov
Phone: 920-294-4070 or 800-664-3588



Childcaring provides community-based experts who make child care work by: connecting families with child care services, developing child care professionals, and collecting data that impacts communities. Families receive a free customized list of regulated child care providers that match their criteria (age of the children, type of care, days/times care is needed, etc). Childcaring also works to increase the child care supply in areas that may lack sufficient care, and offer technical assistance and training to potential and existing child care programs.

Serves Adams, Clark, Langlade, Lincoln, Marathon, Marquette, Portage, Taylor, Waushara, and Wood Counties.

<https://childcaring.org/>

Email: info@childcaring.org Phone: 715.841.9490 / 1.800.628.8534

Upcoming Events



RAISING WISCONSIN'S CHILDREN

Conference 2023

This free, online conference can connect parents and families with practical, positive parenting ideas from experts and explore how to help children grow.

Jan. 23–27, Noon and 7 p.m. CST

Click to register for this free online conference.

[Learn more and sign up](#)



Strong Bodies Online Classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

January 6 – March 31, 2023

Mondays & Fridays at 8:30 – 9:30 am

Note – Jan 6th will be a training session for new participants to learn the routine.



Scan QR code to register or use this link:

go.wisc.edu/7t81wt

or contact: Angela at angela.desmith@wisc.edu
Mary Ann at maryann.schilling@wisc.edu
or your local extension office listed below

Marquette County
608-297-3141

Adams County
608-339-4237

Juneau County
608-847-9329

Waushara County
920-787-0416

Green Lake County
920-294-4032

This is a **free** strength training program for adults of all ages.

The program has many benefits:

- Increased strength
- Increased energy
- Increased flexibility
- Increased balanced
- Improved mood
- Better sleep quality

LIFTING PEOPLE TO BETTER HEALTH



The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



Marquette County Parent Café

Parent cafés are a fulfilling way for parents to talk, listen, and support each other with stressors, worries and challenges that many have struggled with alone. Parent Cafés help build strong families using The Five Protective Factors.

Virtual Café Sessions 6:30-7:30 pm

Thursday, December 15th
Thursday, January 12th
Thursday, February 16th

Join us from the comfort of your own home; find a place with as few distractions as possible. Please share your camera, we want to be able to see you!

Thanks to a Primary Prevention Grant through the Child Abuse and Neglect Prevention Board, we will again be offering concrete supports each time you attend a cafe.

Virtual Café starts at 6:30

Please feel free to log on a few minutes early to make sure that the technology is working correctly.

Registration is required. We will share the logon information with attendees the morning of the café.

Register by scanning the QR code:



For questions or to register by phone, please call Childcaring at 800-628-8534.



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Parent Cafés

At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.

Who: Any parent or caregiver

Date: December 15th

January 12th

February 16th

Time: 6:30- 7:30 pm

Where: Online

To Register: <https://www.surveymonkey.com/r/5FKGCNH> or call 800-628-8534

Contact: Hannah Zellmer

Parents Forever Classes

A co-parenting class. Topics include the role self-care plays in supporting family transition, building parent-child relationships, and co-parenting skills.

Who: Parents in the process of divorce or family transition.

Date: January 17 & 19 or February 21 & 23

(Must attend a series of two sessions)

Time: 5:30- 7:30 pm

Where: Online

Cost: \$20 if picking up materials, \$28 if you need them shipped.

(Fee may be reduced or waived for financial hardship.)

To Register: <https://forms.gle/aezTNBaxHjYWV4589> or call 608-297-3141

Contact: Hannah Zellmer

2nd Annual Raising Wisconsin's Children Parenting Conference

The Raising Wisconsin's Children Conference is a free, online conference for parents and caregivers of children providing supportive, practical parenting and child development information.

Who: Any parent, caregiver, grandparent, childcare professional

Date: January 23-27

Time: Various times

Where: Online

To Register: <https://parenting.extension.wisc.edu/raising-wisconsins-children-2023-conference/>

Contact: Hannah Zellmer

Strong Bodies

A free strength training program for adults of all ages.

Who: Adults from Marquette, Adams, Juneau, Waushara and Green Lake Counties

Date: Mondays and Fridays, Jan. 6- March 31

Time: 8:30-9:30 a.m

Where: Online

To Register: Call Mary Ann at 920-787-0416

Contact: Mary Ann Schilling



The Waushara County Parks provide a safe and enjoyable outdoor recreational experience for Waushara County residents and visitors. The Parks Department maintains 13 parks, 5 trails and the Fair Grounds providing the public with outdoor spaces for a variety of recreational experiences such as picnics, swimming, fishing, hiking, cross country skiing, and snowshoeing. "Waushara Lights Up The Fairgrounds" event starts Friday and Saturday nights from 5-8 pm starting November 25th and includes Christmas Eve. Waushara County Parks are open year round, with the exception of Mt. Morris which is open from April until November. Tables and grills are available for use throughout all of the parks. For bike, snowmobile, and hiking trail information, plus shelter use, camping, boating and more, visit the website at www.co.waushara.wi.us or call 920-787-7037.

Low on food?

Second Harvest Mobile Pantry

3rd Wednesday of every month

Beginning at 4:00 p.m.

Adams Friendship Middle School, 420 N Main St, Adams



This is a drive-thru Mobile Pantry; please park in line until directed to proceed. The Mobile Pantry will run for about an hour or until we run out of food, whichever comes first.

- No restrictions, EVERYONE in need is welcome, no matter where you live. No ID or proof of income is required.
- Any CHANGES to times or locations for existing mobile pantry distributions are communicated via our texting service. To receive a text message when there is a change, text **FOODNORTH** to **866-989-3123**.

Adams-Friendship Area School District families can pick up additional food from the Adams-Friendship Monday Market, every Monday 3:30 - 4:00 pm at AF High School, 1109 E. North Street, at door "S" – or by appointment. Call Vicki at 608-339-3921 ext. 1114 or email marcucci_v@afasd.net



Reduce Stress in 5 Minutes or Less

Pay Attention to Self Talk

Compassion for your children

- Remember how hard it was to be a child.
- Focus on the particular challenges your child might be facing.
- Apologize for your mistakes. It makes you feel better and provides a positive role model for children.



Research by Robert Nix, Ph.D. Adapted by Tierany Rugg, Outreach Specialist Florence County





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