

# EXTENSION CONNECTION

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

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Winter 2023

SERVING ADAMS, GREEN  
LAKE, MARQUETTE &  
WAUSHARA COUNTIES



**We want to hear  
from you!**

**Please click on link or use  
QR code to take this  
brief survey.**

[Survey Link](#)



Extension  
UNIVERSITY OF WISCONSIN-MADISON

# Welcome

## New to Green Lake County Extension

Hello! I'm Jenice, the new Green Lake County Human Development & Relationships Educator. I've been active and living in rural Green Lake County since 1992. I am originally from the Waupun-Beaver Dam area where I grew up being in 4H (Achievers!) was a big part of my large family upbringing. In 2000 my husband Steve and I were married; we have a cat, Hammie, who fetches. Our daughter recently married (a radio personality!) and lives in the Green Bay-Peshtigo area; she is a Fine Arts teacher. I love the water, snow, birds, flowers, cats, food, and monitoring weather conditions/charts. I play volleyball, swim and ski. I take every opportunity to get outdoors with family and friends.



I enjoy meeting people, delivering education based on local needs, and providing tools Wisconsinites need to thrive as well-rounded, capable individuals and families. My favorite part of my work-life has been spent creating partnerships in Financial Wellness, Careers and Mental Health. I have a Master of Science in Professional Counseling Education and a Bachelor of Science in Psychology. Our Extension programs promote growth, understanding, aging-friendly environments, empower families to become more financially aware, and help families thrive. I am excited to provide Financial Security (Wellness) programming topics and resources to our county in the near future: Planning Ahead, Financial Coaching, ReEntry Ready.

Do you live or work in Green Lake County? What do you see are the needs of your neighborhood/organization? What can Extension do for you? I would love to have a conversation about these needs and partner with you! Please contact me via email, phone, or stop in! Green Lake Extension is housed on the second floor of the Green Lake County government building.

By: Jenice Mischler, Human Development & Relationships Educator, Green Lake County

## Just in Time Parenting

Finding reliable parenting information and advice on the web when you are expecting or have young children can be overwhelming! How do you know what you can trust — especially when you are busy and there's just so little time?

**Just in Time Parenting** is a *free* parenting newsletter that is delivered by email and specific to a child's age and needs. They are designed so that information that's relevant to your family is automatically delivered to you just in time!

### Who are these newsletters for?

- Expectant parents
- Parents/caregivers of children: birth - age 5

### Each issue includes:

- Easy to use guides on how your child is developing
- Tips on raising a healthy, happy child
- Tools for solving common parenting problems
- Strategies for coping with the challenges of raising children



### Why should parents choose Just in Time Parenting?

- Timely automatic delivery directly to your inbox
- Available in English and Spanish
- Access to full-color PDFs for printing and sharing
- Links to podcasts, videos, and other resources
- Commercial free — no toy or product ads
- Based on research and written by experts who are parents themselves!

### How do parents sign up?

- Go to <https://jitp.info/> or Scan QR Code!



Information taken from <https://jitp.info/> Just in Time Parenting is an educational partnership of educators and researchers from land-grant universities across the country.

Want more information on parenting and family relationships? Connect with Hannah!

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

## Managing Student Loans After the Payment Pause

Starting in March 2020, payments for many federal student loans were paused and their interest rates were set to 0% under the COVID 19 emergency relief plan. These actions were taken to help student loan borrowers stabilize their financial situations during the COVID-19 emergency. In August 2022, the U.S. Department of Education issued a student loan debt relief plan which would provide up to \$20,000 in debt relief to borrowers pending their loan type/s and other details. After the plan was announced, political officials and private organizations challenged the plan through lawsuits to be decided on by the Supreme Court. On June 30, 2023, the Supreme Court ruled against the debt relief plan. Additionally, Congress passed legislation that requires federal student loan payments to resume by late summer. At that time, loan interest rates will return to the rates before the payment pause began.

Borrowers should now begin preparing for their student loan payments to resume later this year. There are many factors to consider such as:

- As many as 40% of federal student loan borrowers will have a new loan servicer (**CFPB**). Loan servicers handle the billing and other services on federal student loans. Borrowers should call the Federal Student Aid Information Center at 1-800-433-3243 or visit [studentaid.gov](https://studentaid.gov) to confirm the company that services their loan/s.
- Borrowers may need to opt-in to automatic payment again if they want to use auto pay.
- There are many federal student loan repayment plans available to borrowers. Borrowers may review the repayment plan options by visiting <https://studentaid.gov/loan-simulator/>.
- If a borrower was in an income driven repayment plan prior to the payment pause, they may remain enrolled in that same plan. However, if there have been changes to a borrower's income since March 2020, it is advised they recertify their income-driven repayment plan at <https://studentaid.gov/idr/>.
- Borrowers with federal student loans in default should understand that relief measures under the COVID-19 emergency relief plan **will end within a year of when payments restart**:
  - Tax refunds (and child tax credits) may be withheld.
  - Wages may be garnished.
  - Social security payments (including disability benefits) may be withheld.
  - Collection calls and billing statements may be sent out.
  - Interest will accrue (add up).
- However, a new, temporary program called "**Fresh Start**" can provide important long term relief measures for borrowers with defaulted loans.

Talk about planning for student loan repayment, and other financial topics, with your county's financial educator. Visit <https://counties.extension.wisc.edu/> for more information.

By: Jonathon Ferguson, UW-Madison Extension Financial Security Specialist

## The Basics on Fentanyl and Other Opioids

Even if you and your family have not been directly touched by it, you have probably heard about the opioid crisis impacting individuals, families, and communities across the country. You may have heard about fentanyl, the substance at the center of the epidemic. And you may have questions about what it all means, and what you can do to help reduce the risks in your family and community.

**What are opioids?** Opioids\* are a class of medications used to control moderate to severe pain. Examples include morphine, codeine, and oxycodone. When taken as prescribed by a medical provider, they can be very effective. But they can also be dangerous. The pain relief and feelings of relaxation and pleasure that opioids can produce -- combined with the fact that the body builds up a tolerance to their effects -- can lead to misuse and a desire to take more or higher doses to feel the same effects.



**What is fentanyl?** Fentanyl is an opioid 100 times more potent than morphine. It may be prescribed by a medical provider to treat severe pain. It is also manufactured illegally and is widely mixed in with other drugs, including illicit pressed pills made to look like prescription medications. Fentanyl has no taste or smell, making it impossible to detect without special equipment. Tiny doses of fentanyl – the size of two grains of salt – is enough to kill someone.

**What happens in an overdose?** An overdose happens when the body consumes more of a substance than it can handle. In the case of opioids, it can cause breathing to slow – dangerously reducing oxygen in the body -- or stop completely.



**Call 911 immediately** if you notice any of the following symptoms:


- Pale or clammy skin
- Blue or purple fingernails or lips
- Unable to awaken or unable to speak
- Breathing or heart rate slows or stops
- Vomiting or gurgling sounds

\* The street drug heroin is also an opioid.

## What can I do to reduce the risk?

1. Only use medications prescribed to you and use only as instructed.
2. Teach children and teens never to take medications prescribed for someone else.
3. Lock up opioid and stimulant medications. Store all medications out of reach of children, teens, and pets.
4. Dispose of leftover, expired, and unused medications at a [permanent drop box location](#). Do not flush or send them down the drain; they can contaminate the water supply.
5. [Learn how to use naloxone \(NARCAN\)](#), an approved medication that can temporarily reverse an opioid overdose.

By Sheila Michels, Health & Wellbeing Educator, Adams County





**“**  
**Having someone in your corner makes a big difference.**  
**”**

**Troy**  
 Wisconsinite in recovery

**Have real talks about substance use. It's easier than you think.**


Find talk tips and support at  
[RealTalksWI.org](http://RealTalksWI.org)


**Real Talks**  
**Wisconsin**



## Safe Disposal Saves Lives.

Ready to safely dispose of your unused and expired medications?  
 You've got options!

 Drug Take Back Day happens every spring and fall near you.

 Wisconsin has many drug disposal locations available year-round.

Learn more about all your safe disposal options at  
[doseofrealitywi.gov](http://doseofrealitywi.gov)

**dose of reality**  
 Prevent opioid harm. It starts with real talks.

# Recent Programs

## Trying a New Kind of Community Conversation

Adams County was selected as one of three counties in Wisconsin to pilot a new format for holding community conversations around challenging issues. “Deliberative dialogue” is a way of structuring conversations to promote open dialogue while participants consider the positives and drawbacks of different approaches to solving community-level problems.



On October 4th, community members came together to share their thoughts about community health with the guiding question: “How do we achieve a healthy community for all?” After an introduction to a variety of factors that influence health, the group worked their way through three different approaches to tackling the problem. Each approach offered five distinct strategies, and the group discussed what they liked and didn’t like about each approach, considering the potential each had as well as the drawbacks.

A group of community leaders attended another deliberative dialogue on the same topic – led by the same issue guide – on October 11th. Each group wrapped up their discussion by making a list of the many areas where they found common ground, which helped to identify priorities where the Adams County community can improve health.

This pilot program is part of a research study to determine whether a “public deliberation” format for community dialogues could be helpful in bringing people together around tough issues. A report on those findings will be available at the conclusion of the study.



In the meantime, local facilitator Sheila Michels (Extension Adams County) and collaborator Cody Przybylski (Adams County Public Health) will begin sharing what we learned from our participants with organizations and work groups that can address these priorities.

*These events were sponsored by the UW Population Health Institute, the Wisconsin*

*Association of Local Health Departments and Boards, and UW-Madison Division of Extension. Facilitators were Eric Giordano of Wisconsin Institute for Public Policy and Service and Sheila Michels of Extension Adams County.*

## Teen Outreach Program is in Full Swing!



Students in each 6th grade classroom at the Adams-Friendship Middle School have the opportunity to participate in the Teen Outreach Program (TOP). TOP is a nationally recognized program that promotes the positive development of young people through adult support, interactive lessons, and community service learning.

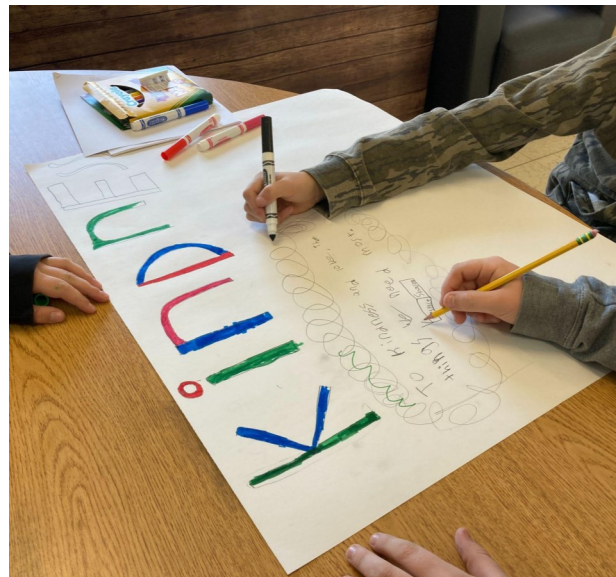
TOP meets every week for 45 minutes from September through May and is built into the school day as a part of their *My Futures* class. Each classroom is its own “TOP club.”

So far this year, each club has gotten an orientation to TOP, written their own set of group guidelines, learned about “defining community” and “the power of choice,” where we experienced how to consider consequences when making decisions.

Students have begun giving back to their community! They made posters to promote kindness, acceptance, inclusion, and unity in their school. Next they made decorations for a seasonal contest that supports the local hospital in collaboration with the nonprofit Faith in Action, a local organization of neighbors helping neighbors. In December, students plan to organize winter gift bags for people who are homeless.

Stay tuned to see what else these caring and capable young people accomplish this year!

TOP is grant-funded and administered by Healthfirst Network, in collaboration with Adams-Friendship Area School District, with support from Extension Adams County. Local facilitators are Katie Schude of Healthfirst and Sheila Michels of Extension.





## Upcoming Events

# RESILIENT CO-PARENTING

A series of topic-specific classes for parents or caregivers raising children together while living apart. Join us for any or all of the following sessions!

### January 4 – Families Fighting Fair

*The way you manage conflicts with your co-parent greatly impacts your children. Learn skills for positive conflict management, compromise, reframing and active listening.*

### February 1 – Successful Stepfamilies

*Blended families face unique challenges when it comes to parenting. Learn about these challenges and some things that you can do to ease this transition for your children.*

### March 7 – Help Children with Strong Emotions

*Children experience a wide range of emotions through the transition of separation or divorce. Learn ways to support children through strong emotions, to reduce stress and build emotional intelligence.*

### April 4 – Co-Parenting Teens

*Teenagers need continued parental support to become happy, healthy young adults. Learn ways to co-parent cooperatively to support your teenager in developing positive family relationships, a healthy lifestyle, and a positive connection in their community.*

### May 2 – Parenting from a Distance

*Parenting from a distance can be challenging. Learn ways to stay connected with your children when living apart and to make the most of the time your time together.*

### June 6 – Healthy Coping during times of Transition

*The stress of co-parenting can be overwhelming. Learn strategies from the WeCOPE curriculum, which has been shown to reduce stress, increase positive affect, and improve health behaviors.*

**7:00-8:00 pm over Zoom**  
**1st Thursday of each month**  
**in 2024!**

Scan code or  
use link to  
register!



[go.wlsc.edu/21t6cz](https://go.wlsc.edu/21t6cz)



**Extension**  
UNIVERSITY OF WISCONSIN - MADISON  
FAMILY ENGAGEMENT & RELATIONSHIPS

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.

# WINTER

## Virtual Parent Cafe

### What happens at Virtual Parent Cafe?

Join us from the comfort of your home! Take some time for yourself and connect with others!

Parents gather together virtually over Zoom to talk, listen, and support each other with the ups and downs of parenting. Guided conversations use the Five Protective Factors that help build strong families.

Please make sure you have a working camera and microphone.

**Thursdays**

**6:30-7:45pm**

December 7th

January 11th

February 8th

SCAN



We will send a Zoom link to the email provided at registration the morning of the Cafe. Questions? Call Childcaring at 800-628-8534



Presented by:  
Childcaring and  
UW Extension-Marquette County

# UW-MADISON EXTENSION FINANCIAL EDUCATION

## PROGRAMS



Extension  
UNIVERSITY OF WISCONSIN-MADISON

### REENTRY READY

Reentry Ready is 1. an 8-session course focused on preparing those impacted by the legal system to effectively manage their money and 2. a web site with resources on many topics, including how to obtain identification, housing, employment, and health insurance.

### MONEY AS YOU GROW

UW-Madison Division of Extension has created Parent Guides for popular children's book about money. The guides provide discussion questions about the readings, and fun activities to do at home, at the store, or in the community that will help to revisit the positive money lessons learned in the book.

### ENCOURAGING FINANCIAL CONVERSATIONS

Encouraging Financial Conversations is a series that will help you engage in positive conversations around money. The six-hour training is geared for helping professionals learn how to help empower others to achieve their financial goals and manage their money.

### FINANCIAL COACHING

This course is designed to provide social workers, case managers, and other professionals who provide direct services to individuals with the knowledge and skills to help clients craft solutions to their problems.

### MONEY MATTERS

Money Matters is a program designed to improve your financial habits. Through this course, you will gain money management skills and build knowledge you can share with your family and friends. The course is offered both online and through county Extension offices.

### MONEY \$MART IN HEAD START

Families who participate in the Money \$mart in Head Start (M\$HS) project are asked to voluntarily complete a survey regarding financial behaviors. Families that participate in the M\$HS program in Wisconsin can be offered a mixture of the following financial capability-building activities: monthly newsletters, financial workshops, and financial coaching.

### RENT SMART

Rent Smart focuses on the knowledge and skills essential for a successful renting experience. It challenges participants to know and understand their rights and responsibilities as a tenant, as well as the rights and responsibilities of their landlord.

### YOUTH FORWARD WISCONSIN

Youth Forward Wisconsin gives communities the tools to understand and implement a universal child savings account program that fits their needs, and helps their youth reach their full potential.

### PLANNING AHEAD

Planning AHEAD is a 7-session research-based program that will help participants understand how to prepare for the end of life for themselves or a loved one and understand the importance of having a plan in place.

**FOR MORE INFORMATION CONTACT:** Jenice Mischler Green Lake County 920-294-4039

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.

*Small Changes, Big Differences*

## **POSITIVE PARENTING PROGRAM**

*For parents and caregivers of children*



*Classes held online using  
Zoom: join with computer,  
tablet, or smartphone  
without leaving home*

Tuesdays January 16– February 6, 2024

Time: 9:00am-10:30 am OR  
6:00 pm-7:30 pm

Cost: **FREE**

*The Wisconsin Child Abuse and Neglect Prevention Board provided funding to support Triple P through UW-Extension*

6 hours Registry Credit available for \$25.00

Registration: <https://go.wisc.edu/qytja0>



Use smart phone  
camera to register

The Positive Parenting Program will provide parents, caregivers, educators, and child care providers with strategies to develop confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place.

This program is Facilitated Missy Bablick Human Development & Relationship Educators with UW Madison Division of Extension, Barron County. For questions or to register via phone call Missy at 715-537-6254.



An EEO Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. If you require accommodations to participate in this programming, please call Missy at 715-537-6254 as soon as possible.



## 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 7th

January 11th

February 8th

**Time:** 6:30- 7:30 pm

**Where:** Online

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

**Contact:** Hannah Zellmer

## Raising Wisconsin's Children Online 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 9, 2024

**Time:** Various times

**Where:** Online

**To Register:** Contact Hannah at [hannah.zellmer@wisc.edu](mailto:hannah.zellmer@wisc.edu)

**Contact:** Hannah Zellmer

## Resilient Co-Parenting

*Topic specific classes for parents/caregivers raising children together while living apart.*

**Dates and Topics:** January 4th- Families Fighting Fair

February 1st- Successful Stepfamilies

**Time:** 7:00- 8:00 pm

**Where:** Online

**To Register:** [go.wisc.edu/21t6cz](https://go.wisc.edu/21t6cz)

**Contact:** Hannah Zellmer

## Focus On Fathers

*A parenting program especially for dads! We will be discussing how dads can help their kids with daily challenges. Join us for as many sessions as you like. You will have the opportunity to learn from other fathers and share what is working for you too.*

**Dates:** Dec. 12, Jan 9, Feb. 13 (attend any or all)

**Time:** 8:00- 9:00 pm

**Where:** Online

**To Register:** <https://forms.gle/KqzJ3FwDuAUT9x2r7>

**Contact:** Hannah Zellmer

## Parents Forever Online Class

*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 23 & 25 (Must attend both 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

## Parents Forever Classes (In Person)

*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:** February 15, 2024

**Time:** 8:30am- 12:30 pm

**Where:** County Services Building, 480 Underwood Ave. Montello, WI 53949

**Cost:** \$28. Fee may be reduced or waived for financial hardship.

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

**Contact:** Hannah Zellmer



**Come**  
**Join Us!!!**

# Community Resource Highlights

Would you like to get involved in the [latest senior events](#) in our local Green Lake County communities? Green Lake County [Senior Sentinel](#) publications are an exceptional resource. Also in the latest issue: General Medicare Enrollment information and contacts.

Find Green Lake County Senior and Aging Unit Current Events and Contacts in this [My Community Senior Sentinel](#) bountiful issue:

Click link below: (then select current publication issue)

[Green Lake County Department of Health & Human Services - Green Lake, Wisconsin 54941 | My Community Online](#)

Contains information pertaining to topics:

- Departments Health & Human Services
- Aging/Long Term Care
- Unit/Related Links/Senior Sentinel Newsletter
- Aging Unit/ADRC

**More Information:**

**Green Lake County**

571 County Road A  
Green Lake, Wisconsin 54941  
8:00am – 4:30pm  
[www.greenlakecountywi.gov](http://www.greenlakecountywi.gov)

[View On Map](#)

[920-294-4070](tel:920-294-4070)

Senior Sentinel by Betty Bradley

## Public Health Vending Machine

A new vending machine located in the main lobby at Adams County Health & Human Services provides supplies to help Adams County residents take care of their health.

Supplies vary, depending on availability, and may include:

- NARCAN (Naloxone), an over-the-counter medication that saves lives in case of an opioid overdose
- Fentanyl test strips
- Quitting tobacco supplies
- Self-care products such as soap, shampoo, and toothbrushes
- Mental health supports





# Are You A Caregiver?

## Caregiver Support Group

In-person meetings will be held at the Health and Human Services Building (428 Underwood Ave., Montello) on the 2nd Tuesday of the month from 2pm-3:30pm

Virtual meetings will be held on the 4th Monday of the month from 6pm-7:30pm. Registration is required.

If you have any questions or would like to register please contact Melissa at 608-297-3148 or email: [mklebs@co.marquette.wi.us](mailto:mklebs@co.marquette.wi.us)



**ADRC**  
Aging & Disability Resource Center  
of Marquette County  
**855-440-ADRC**  
[www.adrcmarquette.org](http://www.adrcmarquette.org)  
428 Underwood Ave. • Montello, WI 53949





# Educator Contacts

## Our Contact Info

### **Hannah Zellmer, B.S.**

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Facebook: <https://www.facebook.com/marquette.uwex.edu/>



### **Sheila Michels, M.S.Ed.**

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Website: <https://adams.extension.wisc.edu/>  
Facebook: <https://go.wisc.edu/bbn5ki>



### **Jenice Mischler, MSE**

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