

EXTENSION CONNECTION

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

Educational Articles	2-5
Growing Gratitude	5
Recent Programs	6-7
Upcoming Events	8-15
Community Resource Highlights	16
Parent Time Out	17
Educator Contacts	18

Spring 2024

SERVING ADAMS, GREEN LAKE,
MARQUETTE & WAUSHARA COUNTIES



**We want to hear from
you!**

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QR code to take this
brief survey.**

[Survey Link](#)



Extension
UNIVERSITY OF WISCONSIN-MADISON

Families Need More than Love to Stay Strong

All you need is love, right? You probably have heard this saying, and although it may be a nice sentiment, it takes more to keep a family strong. While every family faces challenges and hard times, they also have strengths that they can draw upon during difficult times. It is important to understand how to build upon your family's strengths in five essential areas. These are called the Five Strengths or Five Protective Factors. Building these strengths can help you feel more confident, less stressed and better connected to your children. Strong families have a positive effect on the way kids learn and grow. They can also lean on the support of friends and their community and can better face challenges and support each other.



Let's look a little deeper at each of the five protective factors or Five for Families that keep families strong:

Helping Kids Understand Feelings (Social Emotional Competence of Children) - Parents need to help their children communicate and to recognize and regulate their emotions. This includes how to manage their emotions, express their needs and feelings, deal with conflict and get along with others.

Parenting as Children Grow (Knowledge) - Understanding child development and strategies that support physical and emotional development. Being a great parent is part natural and part learned. Parenting is a continuous learning process and it's important to understand normal child development so that we can have reasonable expectations for our children.

Connecting with Others (Social Connections/Relationships) - Parents need positive relationships that provide emotional and informational support. Parents need to have positive trusted friends in the community and have a support system for meeting practical and emotional needs! When parents connect, families do better.

Building Inner Strength (Parental Resilience) - Learning how to manage stress and adapt when faced with different challenges. As parents, in order to deal with the stressors of life, we need to be strong and flexible, and we need to be able to bounce back when we are faced with adversity. It doesn't mean we won't face challenges, but we can come back from them!

Know How to Find Help (Concrete Support) - Access to support and services that address a family's needs and help minimize stress caused by challenges. Everybody needs help sometimes. It's important for families to know where they can get support to help keep their family strong and healthy. It is a sign of strength to ask for help when you need it!

Sources: <https://fiveforfamilies.org/the-5-strengths/>,
<https://cssp.org/our-work/projects/protective-factors-framework/>

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

Sharing Your Story

Can you think of a time when something was bothering you – maybe a situation that made you angry or frustrated, or a problem you weren't sure how to solve – and someone was there for you and just listened? What was that like?

As long as the listener respects your story and honors your right to privacy, sharing your struggles and having someone really listen can be powerful in a number of ways:



1. **EMOTIONALLY** – We all have emotions all the time; it's in our nature. They range from pleasant to unpleasant, and they vary in intensity. When we're feeling a strong emotion like anger, envy, grief, or nervousness, we have basically two ways of dealing with it. We can either express it, or we can bottle it up. Many of us have been taught to hide unflattering emotions, but what happens if we do that again and again and again with no release? We get to a point where we're boiling over, and it either comes out like a lion or it eats us alive from the inside out. So we need safe options for how to express our emotions. Having someone who will listen – without judging us – gives us an emotional release.
2. **LOGICALLY** – Have you ever had a problem that you kept mulling over in your mind, and you just couldn't figure out what to do, but then you started explaining it to someone, and ended up solving your own problem? Putting our stress into words helps us to face it, tames the problem down, and helps us to hear it and view it in a more logical way, and sometimes that clarity reveals to us new ideas.
3. **SOCIALLY** – Humans are hardwired to seek social support when we're feeling stressed. It's built into our biology. When we share about our own struggles – and when we accept and acknowledge other people's struggles – our feelings of connectedness and belonging grow stronger.

I recently heard a woman share publicly about how she was struggling as a teenager into young adulthood. She explained why she was pained and ashamed, and she kept it all inside, believing she was alone in her struggles and that no one would understand. The pain became very heavy, and she said, "the silence was making me sick." Now she and her partner are on a mission to share their stories and encourage others to share theirs, too. Sharing your story is healing.

Everyone has a story. Who will get to hear yours?

By: Sheila Michels, Health & Wellbeing Educator, Adams County



There is a lot to be said about being flexible and making room for fun; that being said, too much relaxation time breeds despair and discontent. A good balance makes sense. Surrounding yourself with responsible people is a sure way to promote success for yourself—it helps to promote smart choices for the present and preserve a safe future together. Routine check ins with your family members regarding your family’s financial goals demonstrates good sense and helps create a living, workable budget—providing plenty of room for fun. The details of How to Choose a Financial Advisor are depicted in the following article by Jonathon Ferguson, UW-Madison Extension Financial Capability Specialist.

How to Choose a Financial Advisor

Financial planning involves thinking about all areas of your finances and building a plan to reach your financial goals. Financial planning can help you live the life you want as you plan for the future. However, it is difficult to know everything about budgeting, saving, credit, managing debt, insurance, investing, and other financial topics. To help learn more about these topics, you can talk with a financial advisor.

If you want financial advice, you will need to choose a financial advisor based on the type of financial guidance you want. Financial advisors don’t need to complete the same education or license requirements, and different financial advisors are experts on different topics. For these reasons, it is helpful to choose an advisor who is an expert on the topics most important to you. Financial designations, certifications, and licenses indicate expertise in specific topics. There are many designations, certifications, and licenses you may want to look for when searching for a financial advisor. Here are a few:

Designation/License	Expertise/Specialty
Accredited Financial Counselor (AFC)	Financial coaching & counseling
Enrolled Agent (EA)	Tax filing
Certified Public Accountant (CPA)	Tax planning, filing, and more
Registered Investment Advisor Representative	Advises on investments such as stocks & bonds
Registered Representative	Sells investments such as mutual funds
Certified Financial Planner (CFP)	Retirement, investments, insurance, cash flow, etc.
Insurance Agent	Sells insurance policies such as property, life, etc.

Regardless of the topics you want to talk about with a financial advisor, it is important to know if they are a **fiduciary**—a person with a legal or ethical responsibility to act in your best interest at all times. Many financial advisors are not fiduciaries, so it is important to ask, “do you have a fiduciary responsibility to me at all times?”

Also, it is important to know how you will pay for financial advice. The fees for financial advice can vary greatly and advisors collect fees based on different tasks. For example, fees may be charged by the hour (ex: \$75 per hour), by the project (ex: a flat fee for a financial plan), by commission based on investment products sold to you, by a percentage of the money the financial advisor manages for you, or a combination of these options.

To start your search for a financial advisor, it may help to first consider free resources such as:

- National Foundation for Credit Counseling (NFCC), <https://www.nfcc.org/>
- GreenPath, Inc., <https://www.greenpath.com/>

You can search for financial advisors in your area and learn more about advisors you are considering by using the following resources:

- <https://www.investor.gov>
- <https://www.letsmakeaplan.org/>
- <https://brokercheck.finra.org/>

Thank you for the tips, Jonathan. For richer or poorer, stay tuned...

Green Lake County Extension

Jenice Mischler, Human Development and Relationships Educator

Reduce Stress in 5 Minutes or Less


Growing Gratitude

Think about items, people, or events for which you are particularly grateful.

Sit quietly for 5 minutes and try to experience and maintain the sincere heart-felt feelings of gratitude associated with that thought.

Write down 3 things you're grateful for.

Do this twice a week for the next month.



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

Recent Programs

Youth in Action

The 2nd annual **Youth in Action: Youth Summit** was held on Thursday, February 15th at Wilderness Resort Glacier Canyon Conference Center in Wisconsin Dells. Local high schools in Adams, Juneau, and Sauk counties were invited to nominate 9th and 10th graders 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.



After enjoying a continental breakfast, students experienced an interactive keynote with Brian Kenney about human connection. They witnessed how introducing a cell phone into a circle of people immediately cuts off their connection. Later they played a game that demonstrated potential energy and kinetic energy – a metaphor for how young people have so much potential, and when they put their energy into action, they can change the world!

After the keynote, students attended their choice of breakout sessions, which included: youth leadership in action, unlocking the power of the platinum rule, engaging with your leaders, the power of storytelling, building resilience, and Real Colors personality types. Over lunch, students enjoyed games, checked out a few booths, and took pictures at the photo station. Several students shared their responses to a prompt for the chance to take home a Youth Summit beanie. 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 were able to hold this year's conference at no cost to the schools or students.



Teen Outreach in the Community



Fifteen 6th graders in the Teen Outreach Program (TOP) spent half a day at Villa Pines Living Center in Friendship on their day off from school Wednesday, February 14.

They heard all about Villa Pines, how residents come to live there, how long they stay on average, the types of care they receive, and the staff who work there. Then they went around to greet residents in their rooms and invite them to the activity hall for a game of BINGO. Each 6th grader paired up with a resident and sat beside them to visit and assist as needed during the game, while one 6th grader called out BINGO numbers.

After the games, students got to ask questions and share a little bit about themselves and hear more interesting stories from a few of the residents. Then they helped the residents back to their rooms and regrouped in the activity hall for clean up and a discussion. The students really enjoyed their visit and hope to go back again soon!



Teen Outreach Program (TOP) is a nationally recognized program that promotes the positive development of young people through adult support, interactive lessons, and community service learning. 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 you're 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



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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.



Adams County Kids Day

A fun-filled day of activities for children and their families

Saturday, April 27, 2024

10 a.m. to 2 p.m.

**Adams-Friendship
High School**

Held rain or shine

This free event features:

- Miller & Mike comedy show
- Gussie the Clown
- Hands-on activities
- Indoor and outdoor fun
- Prize drawings



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ADAMS COUNTY

Strengthening Families & Systems: Building Positive Relationships with Children Who Have Experienced Trauma



This training aims to provide information and tools to parents, caregivers, teachers, foster parents, law enforcement, etc. on how to respond to thoughts, feelings, and behaviors that result from experiencing trauma.

Objectives Include:

- To share information about trauma and its effects on children to strengthen positive relationships between children and adults
- Learn how to recognize and understand trauma reminders
- Identify emotional “hot spots” and learn strategies to manage them
- Gain knowledge and skills to become a trauma-informed advocate

Please RSVP by March 22nd, 2024

****There is no cost to participants.****

Dates include the following:

Tuesday, April 2nd, 2024
Tuesday, April 9th, 2024
Tuesday, April 16th, 2024
Tuesday, April 23rd, 2024
Tuesday, April 30th, 2024

Times:

5:00pm - 8:00pm
5:00pm - 8:00pm
5:00pm - 8:00pm
5:00pm - 8:00pm
5:00pm - 8:00pm

Location:

Adams County Health &
Human Services
108 East North Street
Friendship, WI 53934
RCH ROOM

To Register:

Complete the [registration form](#) & send it by Tuesday, March 22, 2024 to Carly Schoeffling: carly.schoeffling@co.adams.wi.us or by mail to: 108 E North Street, Friendship, WI 53934



About the Trainers:

Carly is a Licensed Social Worker and has been working for Adams County for over 6 years. She primarily works with children in the Children Long Term Support Program and serves a variety of populations ranging from clients with developmental disabilities to clients with mental health issues. Kari has been a Case Worker with Adams County Children and Family Services for over 7 years. Kari primarily works with children and youth involved in the Child Welfare and Youth Justice systems. Both trainers are extremely passionate about trauma-informed care and work closely with the Trauma Informed Care team at Adams County Health and Human Services to promote the community's growth and knowledge of a trauma-informed approach.



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Green Lake, FDL, Outagamie, Winnebago



planning **AHEAD**

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics listed on the right. This course features a workbook to help people with the tasks and decisions associated with end-of-life planning.

This program is for adults of any age who:

- Want to create plans to make things easier for family members and to ensure their wishes are honored
- Have lost a loved one or are in the process of losing a loved one and are dealing with the transition
- This is an Area provision: Green Lake, Fond du Lac, Winnebago, Outagamie



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief

COMING SOON: late spring/early summer, 10-11:30 Coffee Chat

Ripon Public Library, 120 Jefferson St, Ripon, WI 54971

Donation Fee for Workbook

Program planning underway--Future Registration details: Green Lake County Extension Office

Jenice Mischler | Human Development & Relationships Educator

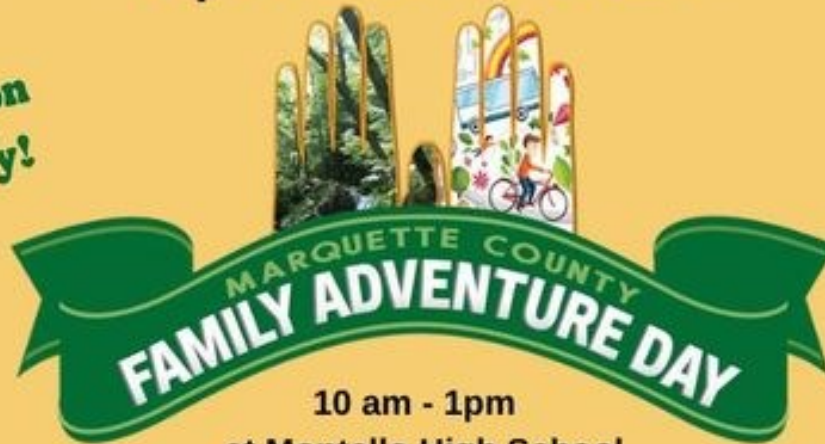
Jenice.mischler@wisc.edu | 920-294-4039

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.

Save the Date!

April 13th, 2024

**FREE hands-on
fun for the
whole family!**



10 am - 1pm
at Montello High School

Want to be part of this event?
Use this link <https://go.wisc.edu/u37q01>
or scan QR Code.



Organized By:



Come Join Us!!!

Upcoming Events - Listing

Resilient Co-Parenting

A series of topic specific classes for parents or caregivers raising children together while living apart.

Dates and Topics: March 7- Help Children with Strong Emotions
April 4 – Co-parenting Teens
May 2 – Parenting from a Distance

Time: 7:00- 8:00 pm

Where: Online

To Register: go.wisc.edu/21t6cz

Contact: Hannah Zellmer

Focus on Fathers

A series of online classes designed for dads. Develop parenting skills for happy, healthy families. Connect with other fathers!

Dates: March 12, April 9

Time: 8:00-9:00 pm

Register: <https://forms.gle/nBxN4eYFC6Cd2qqR6>

Contact: Hannah Zellmer

Parents Forever

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

Virtual Option: (Two - 2 hr. sessions)

Dates: March 19 & 21

Time: 5:30-7:30 pm

In Person Options: (One - 4 hr. session)

Date: April 18

Time: 8:30am- 12:30pm

Fee: \$20

Register: <https://forms.gle/aHxxmpqLXbathcF56> or call 608-297-3141

Contact: Hannah Zellmer

Parent Cafés- Includes FREE Dinner and Childcare!

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 & place: March 25th- Montello Schools

April 22nd- Endeavor Elementary

May 13th- Westfield Elementary

Time: Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

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

Contact: Hannah Zellmer

Triple P: Positive Parenting Program- Online

Provide parents of children ages 0-16 years with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.

For Parents of 12–16-year-olds

Dates: Mondays March 25- April 22

Time: 10 am or 6 pm

Register:

<https://forms.gle/vebE8BnnqdXfDKsb6>

Contact: Hannah Zellmer

For Parents of 0—12 year olds

Dates: Tuesdays, April 30 - May 21

Time: 10 am or 6 pm

Register:

<https://forms.gle/8S8bZMCzweU9R4Ec9>

Parenting Workshops- In Person

Come connect with other parents and learn ways to support your children's development & learning.

Dates & Topics: March 28 - Speaking Your Child's Love Language
April 25 - Helping Children Cope with Strong Emotions

Time: 6:00-7:30

Where: Montello Schools

Register: <https://forms.gle/qPopZz4PetcSqiSbA>

Contact: Hannah Zellmer

Building Positive Relationships with Children who have Experienced Trauma

This training aims to provide information and tools to adults on how to respond to thoughts, feelings, and behaviors that result from a child experiencing trauma.

Who: Parents, caregivers, teachers, foster parents, law enforcement, etc.

Date: Tuesdays, April 2-30, 2024

Time: 5:00 - 8:00 p.m.

Where: Adams County Health & Human Services, 108 E. North Street, Friendship

To Register: Fill out the [registration form](#) and send it to Carly Schoeffling by Tuesday, March 22

Contact: Carly Schoeffling, 608-339-4505 or carly.schoeffling@co.adams.wi.us

Family Adventure Day

A family-oriented FREE event that provides fun and interactive activities and education. Face painting, magician, prizes and more! No registration required.

Who: All families

Date: April 15th, 2023

Time: 10:00 am- 1:00 pm

Where: Montello High School, 222 Forest Lane, Montello, WI

Contact: Hannah Zellmer

Adams County Kids Day

A free event for children ages toddler to 12 and their families, with entertainment, crafts, hands-on activities, and more! Food will be available for purchase.

Who: Families of children ages toddler through 12

Date: Saturday, April 27

Time: 10:00 a.m. - 2:00 p.m.

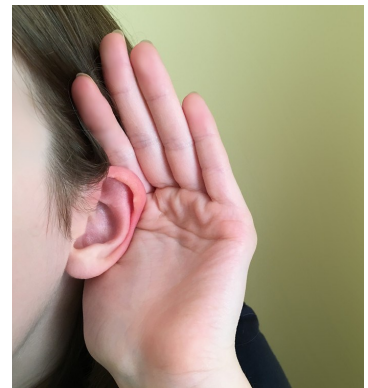
Where: Adams Friendship High School, 1109 E. North Street, Adams, WI

No registration required.

Contact: Sheila Michels

We want to hear from people who have lived it

If addiction has taken a toll on your life, we want to hear from you. Whether you have experienced a drug or alcohol addiction – or you've loved someone who has – we invite you to share your wisdom. A compassionate team of individuals is seeking input from people who have been there, so we can explore possible solutions for Adams County.



We'll offer two ways to participate:

- **Anonymous surveys** will be available both online and on paper
- **Focus groups** are private, small-group discussions led by a trained facilitator.

A notetaker will be there to capture the key messages that are shared (without including names).



Take the **survey** (when it's ready) at
<https://go.wisc.edu/8vg0x8>



Sign up to join a **focus group** at
<https://go.wisc.edu/2zqnb3>

Input will be collected in March and April, with a summary available by the end of May. Questions, contact Sheila Michels.

Community Resource Highlights

Marquette County Drug Drop Box Locations

Keeping unused medications around the house is dangerous. Marquette County has 6 locations with medication drop boxes.

Drop off unused medications during regular business hours all year long at:

- Endeavor Village Hall
- Marquette County Sheriff's Office
- Montello City Hall
- Neshkoro Village Hall
- Oxford Village Hall
- Westfield Village Hall

Remove all personal information from the medication packaging. If this is not possible, use a dark marker to cover up your personal information.

Unused medications can be misused by family, friends, and visitors or workers in your home. They can be accidentally swallowed by children. Don't throw them in the trash – they can be picked up by people who have no medical use for them. Don't flush them down your toilet or pour down your drain – they can contaminate our water supply. DO drop them into the designated locked boxes at the locations above.



For more information check out:

<https://www.marquettehchy.org/drug-safety-programs>

Wondering if you or a loved one might have a mental health condition?



Take the first steps toward mental health.

Mental Health America offers **free & confidential online screening**, one of the quickest and easiest ways to check whether you are experiencing symptoms of a mental health condition. While you're there, you can also learn more about mental health and get connected to support.

Mental health conditions are real, **common**, and *treatable*. And *recovery is possible*.



Scan the QR code, or visit screening.mhanational.org

Take a Mental Health Test

DEPRESSION TEST

ANXIETY TEST

PTSD TEST

BIPOLAR TEST

PSYCHOSIS TEST

ADDICTION TEST

EATING DISORDER TEST

PARENT TEST

YOUTH TEST

SEE ALL TESTS

Reduce Stress in 5 Minutes or Less

Parent Time Out

Be a good role model and show your children that parents need to calm down too!

It's important to give the brain a break and try not dwell on stressors. Go to your bedroom or another quiet place

- You can try 4-7-8 deep breathing.
- You can try progressive muscle relaxation.
- Try to call or text a friend.



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

Educator Contacts

Our Contact Info

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