

# EXTENSION CONNECTION

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

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Summer 2024

SERVING ADAMS, GREEN LAKE,  
MARQUETTE & WAUSHARA COUNTIES



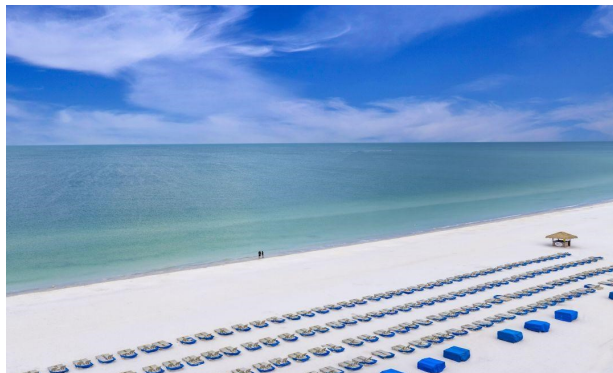
Extension  
UNIVERSITY OF WISCONSIN-MADISON

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## — Educational Articles: —

### Summer FOMO VS. FINANCIAL GOALS

It appears FOMO (Fear Of Missing Out) is a real struggle for most Americans. Summertime overspending is a real statistic. It turns out more than half of all Americans—52%—tend to overspend in the summertime, according to a study from MassMutual. The survey showed only 28% of respondents bothered to set a summer budget. There's so much to love about the summertime—the laid-back vibe, the beautiful weather, taking time off, and exploring new places. It's natural to want to make the most of this time, but don't let FOMO on summer fun dictate your financial wellbeing.



If you feel tempted to spend while your friends and acquaintances are having summer fun and posting on social media, take a break from your social accounts for a while. If you need reminders to keep your eye on your long-term financial goals, write them out and post them on your fridge, keep them in a note on your phone calendar. Better yet, create a plan for balancing fun and responsibility. Curbing seasonal spending habits can be tough but spending too much and suffering later can be an even bigger challenge. Go to UW-Madison Extension Financial Security Spending Plans for more information on how to create your specific spending plan: <https://finances.extension.wisc.edu/> A basic spending plan follows these steps:

#### Spending Your Money

Where you spend your money is personal. The goal is to spend money on those things most important to you and your family. Prioritizing is key.

#### Track Your Spending

Everyone can benefit from knowing where their money goes each month. Tracking your spending can help you find spending leaks that you may have forgotten about — DVD rentals, eating out, maybe an extra tank of gas.

**How to Start a Spending Plan: Using a Calendar to write down income items coming in and payment items going out, is one way that can help.**

**Step 1** – Figure out the Total Monthly Income for your family. Write down specific times and where money comes into your budget (job, investments, interest, sales).

**Step 2** – Write down your Total Monthly Expenses. This means figuring out where your money goes. It can help to think about your monthly expenses by the types of bills you manage each month and when the bills are due.

**Step 3** – Compare your monthly income and expenses and decide what may need adjusting according to family priorities.

#### To \$um It Up:

- A spending plan is a roadmap to help you head in the right direction.
- You have more control over some expenses.
- Tracking can help you know where your money goes. This helps you make future decisions.
- Bottom line — are you happy with where your money goes?

Excerpts taken from Written by [Sarah Siegel](#); UW-Madison Extension [Money Smart](#) program.  
By: Jenice Mischler, Human Development & Relationship Educator, Green Lake County

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## Benefits of Sleep for Mental and Physical Well-Being



Have you noticed feeling more irritable, or less able to think clearly after a night of bad sleep? You're not alone. Sleep is as essential to your overall health as food and water. Memory, concentration, mood and emotion regulation are impacted. Poor sleep reduces our ability to fight off infections and is strongly correlated with poor heart health, excess weight, type 2 diabetes and depression.

### What Happens When We Sleep?

We cycle through five different sleep stages several times during a typical night's sleep: Stages 1-2 are lighter, and 3-4 are deeper sleep. The fifth stage is Rapid Eye Movement (REM), or dreaming sleep.

Sleep plays a vital role in restoring the body's cells and overall functions, including removing toxins from the brain and other organs. Much of this tissue growth and repair happens during deeper, non-REM stages of sleep. Researchers are still trying to understand the dreaming, or REM, stage of sleep. Based on what we do know, REM sleep is essential to the brain reorganizing its experiences and emotions and integrating new memories. It is incredibly important for learning and brain development.

### Common Reasons for Poor Sleep and What to Do

Do you watch TV or play games on your phone right before bed? Do you drink caffeinated beverages after 2-3pm? Do you have a beer or glass of wine before bed? Many people feel that these things are relaxing and calming. However, sleep researchers have determined they impact sleep quality negatively. *If you do any of these things and have trouble sleeping, consider changing your habits.*

Other ideas from sleep experts include...

1. Bedtime routine and getting to bed on time - It's not just for kids! Adults of all ages need 7-9 hours of sleep per night, so head to bed with plenty of time for all of your sleep cycles.
2. Relax before bed - In a space outside of the bedroom, read, take a bath, write, or listen to calming music. In the last hour before bed, dim the lights and try not to use screens.
3. Cool, dark room reserved for sleep - Research shows that a cool, dark room that is associated only with sleep and intimacy (not other activities, including reading) is very conducive to sleep.

If you still struggle with getting a restful night's sleep, and your condition impacts your daily life, a medical provider can begin a process of determining the potential causes for your sleep problems, and may order a sleep study. A sleep study evaluates your overnight body patterns and sleep stages, helping to figure out what the source of the problem is and what treatments may help.

## How Much Sleep?

Age Group	Recommended Hours of Sleep Per Day (24 hours)
0-3 months	14-17 hours
4-12 months	12-16 hours (including naps)
1-2 years	11-14 hours (including naps)
3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-18 years	8-10 hours
18-60 years	7 or more hours
61-64 years	7-9 hours
65 years and older	7-8 hours

Adapted from an article by Bridget Mouchon, Extension Green & Lafayette Counties originally published for [Resilient Farms and Families Site](#), Feb 2024

### BUYING IT...

Look for firm, bright green spears with tightly closed tips.

Store it in the refrigerator by standing stems up in a container with about 1 inch of water; cover loosely with plastic bag.

### SERVING IT...

Bake, grill, boil, steam, or microwave asparagus spears.

Dip raw or lightly cooked asparagus spears in lowfat dressing.

Stir-fry chopped asparagus, sliced bell peppers, sliced onions, and strips of chicken. Serve with brown rice.

# Asparagus



### ROASTED VEGETABLE MEDLEY

Makes 4 servings. 1 cup per serving.

Cook time: 50 minutes

Ingredients:

nonstick cooking spray  
1 cup chopped baby carrots  
1 cup chopped eggplant  
1 cup chopped asparagus  
1 teaspoon vegetable oil  
2 cloves garlic, chopped  
4 teaspoons dried basil  
1 cup chopped mushrooms  
1 small zucchini, chopped

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.



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# Creating a Family Summer Bucket List

Summer is the perfect time for families to spend time together creating memories and strengthening their relationships. To make the most of the warm weather and longer days, consider creating a family summer bucket list. This list can include a variety of activities and experiences that everyone in the family can enjoy. Remember to keep it simple, half the fun is creating this together! When creating your list, here are some things to consider as you get started:



1. **Explore nature:** Plan a family hike or nature walk. Take the opportunity to appreciate the beauty of the natural world and teach your children about the environment.
2. **Get active:** Engage in physical activities like swimming, hiking, or playing sports together. This encourages children to prioritize their physical well-being.
3. **Experience something new:** This could be learning a new skill like cooking or painting, visiting a museum, exploring a new city, or trying a new food!
4. **Include everyone:** Let each person in the family contribute to the list. Kids can come up with some very creative ideas!
5. **Add plenty of FREE options:** While there are many fun things you might want to add to your list that cost money like water parks or restaurants, make sure you add plenty of free options as well such as a picnic in your backyard, a movie night at home, or visiting your local park.
6. **Volunteer/Give back to your community:** Be sure to add a few items to your list like picking up trash in the park or volunteering at your local food bank. These activities can help to teach your children empathy and give them a sense of community.



Remember, the most important aspect of a family summer bucket list is spending quality time together and creating memories. Make the list unique to your family and have fun with it!

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

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## Recent Programs:

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### Parenting in the Deep End!

On May 13th, UW-Extension Marquette County partnered with Childcaring to host a Parent Café session. Parents and caregivers (37 adults with 18 children) gathered to discuss diving into the pool of parenting, who's their life saver, and how to just keep swimming! It was a great evening for families to connect and feel supported.



Have you heard about Parent Cafés? They are a facilitated, safe space for parents and caregivers to talk, listen and support each other with the joys, stressors, worries and challenges of parenting. Small group conversations are led by a parent host and based on the Five Protective Factors. The Five Protective Factors are the foundation of the Strengthening Families Approach and focus on: parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children.

See you in the Fall for our next Parent Cafe series! Check out our Facebook page!

<https://www.facebook.com/MarquetteCountyParentCafes>



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Reduce Stress in 5 Minutes or Less

### *Keep Your Sense of Humor*

Laughing is one of the most powerful means  
of reducing stress.

- Watch silly cat / dog or “Try not to laugh” videos.
- Google “funniest websites” and see what you find.
- Reminisce with a friend or family member about a funny experience you shared together.



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





**Marquette County Family Adventure Day 2024 was a huge success! The event drew over 450 people, including families from across Marquette County and some communities beyond our borders, too.**



**FUN & LEARNING**



**The event offered 32 booths, animals, and facepainting. Other booths featured a family block building party, obstacle course, giant connect four, planting seeds, a magician, and so much more!**



**OVER 450 PARTICIPANTS**



Family Adventure Day was fully funded through community sponsorship. Our Gold (\$500) Donors included Brakebush Family Foundation and Gregory R. Wright Law Office, S.C. Many community businesses and groups donated funds and prizes!



**INTERACTIVE  
BOOTHS**



**PRIZES!**



Organized by:



UW-Madison Extension  
Marquette County



Marquette County



Public Health  
Prevent. Promote. Protect.



Literacy Volunteers  
Marquette County



## Adams County Kids Day

Children from in and around Adams County had a fun-filled day on Saturday, April 27th! The annual event took place from 10 a.m. - 2 p.m. at Adams-Friendship High School and drew in about 600 children (and their accompanying adults). Children enjoyed a variety of interactive activities indoors and outdoors, including a petting zoo, a giant slide, firefighter center, police vehicles, a toddler play area, and Gussie the Clown's made-to-order balloon sculptures, just to name a few!



Special guests also included Miller & Mike, who were wildly popular with their comedy juggling show, a lively K-9 demonstration, and special book reading with guest author Heidi Herriot! It was a day filled with curiosity, community connections, laughter, and delight! To add to the fun, several lucky youngsters and families won awesome prizes, such as new bicycles, Mt. Olympus water park passes, Adams Community Theater Birthday Party, summer camp experiences, and many more!

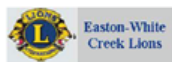


**A HUGE THANK YOU to the organizers and sponsors that made this event possible.**

### PRESENTING SPONSORS



### GOLD SPONSORS



### SILVER SPONSORS

Aaron Hoernke, Ameriprise Financial  
Adams County HCE  
Adams County Safe Ride Program  
A-F Middle School Band Program  
Children's Resource Center-South

Hariet Dehlinger  
McDonalds  
Milk Source-New Chester Dairy  
Oxford VFW Post 6003  
Partners of Gundersen Moundview

Roche-a-Cri Lions  
Rome Sno Bandits  
Ryan Larson American Legion  
Auxiliary Unit 65  
Signature Farms LLC





## Teen Outreach in the Community

**TOP** Teen  
W Y M A N Outreach  
Program

It was a busy spring for sixth graders in the Teen Outreach Program! They got to experience the gratification of serving their community in multiple ways.

**Humane Society** - So many students signed up to help that we couldn't take them all at once – so we arranged for two dates! They learned about how the Humane Society works and the dedication of their staff and volunteers, and about the services and care provided there. The youth cleaned kennels, washed pet dishes, folded laundry, and made treats for the dogs to enjoy when it gets hot outside. Their favorite part was meeting and greeting all the sweet animals! When they got to play ball in the fenced-in play yard outside, I'm not sure who was happier – the dogs or the students!



**Historical Society** - During spring break, five sixth graders met at the McGowan House to assist Historical Society volunteers with yard clean up in preparation for their tours season. With perseverance and teamwork, they raked, picked up sticks, and hauled leaves, revealing a refreshed lawn and landscape that's ready for spring flowers and excited visitors.





**Reading Buddies** - During Read Across America Week, TOP students spent a few hours at AF Elementary, where they paired up with younger students, read a book with them, and did a game or activity related to the book. Sixth graders had spent three weeks planning and preparing for this event. It was an incredibly positive and rewarding experience!



**Painted Rocks** - For their final whole-group Community Service Learning project, all of the sixth grade classes voted to paint rocks. They put their creativity to work, and the next week they took a walk and placed their unique rocks out in the community for others to find and enjoy.



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 UW-Madison Division of Extension.





# Upcoming Events



**August 17th, 2024**

**10:00am- 1:00pm**

**Marquette County Fair Grounds  
Westfield, WI**

## HOW CAN YOU HELP?

- Bring a vehicle!
- Set up a fun activity booth
- VOLUNTEER!!!
- Donate a bike or raffle basket
- Sponsor an activity!

## What is Touch a Truck?

Imagine a huge, "pop-up" interactive playground where children of all ages can climb on, over, and through vehicles of all kinds.

Scan QR Code to sign up to bring a vehicle or host a booth!



## Organized by:



**Marquette County  
Parent Leadership Team**



Contact [mindy.trimble.mt@gmail.com](mailto:mindy.trimble.mt@gmail.com) or  
[hannah.zellmer@wisc.edu](mailto:hannah.zellmer@wisc.edu) for more information

## BABYSITTING BASICS CLASS

### When?

- Thursday June 6th, 8:00 am - 4:00 pm

### Who?

- Youth ages 11-15

### What do you learn?

- Basics of child development, nutrition, entertaining children, safety & first aid
- CPR certification

This high quality class helps to make young people responsible babysitters. Class is limited to 18 students, and we must have at least 9 paid registrations by Friday, May 31st, or the class will be rescheduled. Cost of the class is \$30.00. This includes instruction, materials, and certification cards.

### Presented by:



Use QR Code to register or go to  
<https://forms.gle/srYkfGtYsaaRGUjc7>



### Our partners:



Questions? Call 608 297 3141

An EEO/Affirmative Action Employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible (10 days is reasonable) preceding the scheduled program, service or activity.

## RESILIENT CO-PARENTING

Free classes for parents or caregivers raising children together while living apart.

Join us for any or all of the following sessions!

### August 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.

### September 5 – Relationship Readiness

Are you entering into a new romantic relationship? Assess your relationship readiness and learn tips to help your children adjust to new relationships.

### October 3 – Mindful Money Practices

Making joint financial decisions when co-parenting shouldn't be an exercise in frustration between you and your children's other parent. Using mindfulness in conjunction with sound financial practices can allow both parents to make purposeful choices that best match their family's needs.

### November 7 – Finding Your Family's Rhythm

Divorce and separation can disrupt family routines and rituals. This can be a challenge, but it is also a time of great opportunity. As parents, we can be intentional about creating a new rhythm for our family.

### December 5 – The Gift of Forgiveness

Forgiveness is a gift we give ourselves and others. Letting go of resentment and bitterness yields many benefits, including a better co-parenting relationship. Explore what forgiveness is - and isn't - as you learn the steps of the process.

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

Scan code or  
use link to  
register!



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



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## 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 a Tri-County Area provision: Green Lake, Fond du Lac, Winnebago



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



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**June 5, 12, 19, 26, July 10, 17, 24, 10-11:30 Coffee Chat**  
**Ripon Public Library, 120 Jefferson St, Ripon, WI 54971**

-\*Workbook, Course, Refreshments \*Materials cost generously covered by  
Ripon Friends of the Library- **REGISTER by May 29**

Register by phone: 920-748-6160-920-294-4032

Or Click Link: <https://forms.gle/Qmh6vPF38dpGEYAg8>

Jenice Mischler | Human Development & Relationships Educator: Green  
Lake Co Extension | [jenice.mischler@wisc.edu](mailto:jenice.mischler@wisc.edu)

# PARENTING AND FAMILY RELATIONSHIPS CLASSES

## UNIVERSITY OF WISCONSIN-MADISON EXTENSION

### May, June, July, & August 2024



#### Everyday Parenting

##### Triple P: Positive Parenting Program

Classes and discussion groups about practical parenting strategies. Children classes focus on discipline and bedtime routines. Teen classes focus on reducing family conflict and improving cooperation.

**Parents of Children**  
Tuesdays | 10-11:30 AM or 6-7:30 PM  
April 30, May 7, May 14, May 21

**Parents of Teens**  
Wednesdays | 6-7:30 PM  
June 5, July 17



##### Focus on Fathers

A space for fathers to connect and learn. Topics include communication, emotions, and making good choices.

Tuesdays | 6-7 PM  
May 14, June 11, July 9, August 13

##### Raising Wisconsin's Children

Join us monthly for topics such as the teenage brain, children's self-control, and helping children with strong feelings.

Thursdays | 1 PM  
May 16, June 20, July 18, August 15



#### Family Changes

##### Resilient Co-Parenting

Are you new to co-parenting or want support as you navigate raising children together while living apart? These classes are for you.

Thursdays | 7-8 PM  
May 2, June 6, August 1

##### Parents Forever

Join other parents experiencing separation, divorce, or custody changes. Learn how to have difficult conversations, manage strong feelings, and cope.

May 7 & 9, May 21, June 10, July 8, August 7, August 9 | Times Vary

##### Trauma Informed Caregiving

Are you a parent or professional with children impacted by trauma? This 8-week program can help you understand trauma and build positive relationships to support thriving children.

Tuesdays | 9-11 AM  
June 11 to July 30



#### Couples Relationships

##### Strong Couples

Classes and coaching to strengthen your romantic relationship by boosting your communication and problem-solving skills. Register online to access the program and get matched to a coach.



 [parenting.extension.wisc.edu](https://parenting.extension.wisc.edu)

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# Upcoming Events - Listing

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## **Resilient Co-Parenting**

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

### *Dates and Topics:*

June 6 - Healthy Coping During Times of Stress

August 1- Successful Stepfamilies

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

*Where:* Online

*To Register:* [go.wisc.edu/21t6cz](http://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 & Topics:*

June 11- Relax and Enjoy Fathering

July 9- Fathers Help Children Handle Emotions

August 13 Fathers Help Children Make Good Choices

*Time:* 6:00- 7:00 pm

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

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

*Dates:* July 23 & 25 *Date:* June 21

*Time:* 5:30-7:30 pm *Time:* 8:30am- 12:30pm

*Fee:* \$28

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

*Contact:* Hannah Zellmer

## **Aging Mastery Program**

*Build your own personal playbook for aging well! This fun, innovative program empowers you to take easy steps to improve your well-being, add stability to your life, and strengthen ties to your community.*

*Who:* Anyone ages 55+

*Dates:* Tuesdays & Thursdays, July 23 - Aug 22 (class meets twice a week for 5 weeks)

*Time:* 5:00 - 6:30 p.m.

*Where:* In person in Adams-Friendship (specific location to be decided)

*To Register:* contact Donna 608-339-4251 or Extension Adams County 608-339-4237, or email Sheila at [sgmichels@wisc.edu](mailto:sgmichels@wisc.edu)

*Contact:* Sheila Michels



## Touch a Truck Event

A **FREE** community event where kids and adults can climb on and explore all different vehicles! Games, booths, concessions and more! No registration required!

Who: All families

Date: August 17th, 2024

Time: 10:00 am- 1:00 pm

Where: Marquette County Fairgrounds- Westfield WI

Contact: Hannah Zellmer

## Youth Mental Health First Aid - for anyone who lives or works with youth!

This interactive training teaches adults how to recognize and respond supportively to signs of mental health and substance use challenges in young people, and how to be the bridge that connects them to help when needed.

Who: Adults who interact with pre-teens and teenagers

Date: Part 1 is a self-paced online foundational class (approx. 2 hours)

Part 2 is interactive, in-person on Thursday, August 22 from 9:30 a.m. - 4:00 p.m.

Where: Lester Public Library of Rome, 1157 Rome Center Dr, Nekoosa

To Register: [go.wisc.edu/z1fa68](https://go.wisc.edu/z1fa68) or call 608-339-4237

Contact: Sheila Michels

Reduce Stress in 5 Minutes or Less

## Eat Right

The foods we eat can help fight stress. They build up our immune systems and help us feel calm.

Foods that are especially effective include whole grains, such as oatmeal; dark leafy greens, such as spinach; citrus fruits, such as oranges; avocados; bananas; and green tea (no sugar). Drink warm milk or herbal tea before bed.



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

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# Community Resource Highlights

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## Marquette County Healthy Communities Healthy Youth

A non-profit county-wide coalition working to make Marquette County Wisconsin a healthy and safe place for all ages.

Our Mission is to increase healthy lifestyle options and choices, and to prevent substance use disorders and substance use by underage persons in Marquette County, through positive cultural and environmental changes.

HCHY works to build healthy, positive relationships between youth and adults and to provide healthy activities for community members. We host community events, launch educational campaigns, and support partners in local prevention work.



Your support is important to our work at HCHY. There are many ways you can contribute towards our causes, and every little bit that you commit goes a long way in helping us fulfill our mission. Learn more about how you can get involved and take advantage of the opportunity to do some good. <https://www.marquettehchy.org/>

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## Green Lake County

### HEALTH & HUMAN SERVICES – AGING/LONG TERM CARE UNIT

- Elderly Services
- Developmental Disabilities Services
- Long Term Care Services

Aging Unit serves persons age 60+. Provides services including the following: congregate nutrition program, home-bound meal program, transportation, commodities, elder abuse, elderly benefit specialist, peer counseling, and advocacy.

Provision of Long-Term Support services for the elderly and disabled through State, Federal and local programs: Community Integration Program (CIP), Community Options Program (COP) and Medical Assistance (MA).

Provides Guardianship; Abuse and Neglect services to vulnerable adults.

See [Aging & Disability](#) website for more information.

- **Office Hours:** 8:00am – 4:30pm
- **Address:** 571 County Road A Green Lake, WI 54941
- **Phone:** 920-294-4070 or 800-664-3588
- **Fax:** 920-294-4139
- **Contact Us:** [Email](#)



**Website:**

<http://www.adrcinformation.org/>

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# PICK A PEPPER



Nutritious • Delicious • Wisconsin!



## PEPPERS: QUICK & EASY

- Slice peppers into strips and eat raw with your favorite dip
- Roast or saute sliced peppers to add to burritos or fajitas
- Cook peppers into a tomato sauce and add to pasta



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



For more information, visit FoodWise at <https://fyi.extension.wisc.edu/foodwise>

Facebook  
@foodwiseUWEX

Follow and share using  
#WIHarvestoftheMonth

## Pick a pepper at home!

### Kid Approved Pepper Rings

- Slice a bell pepper horizontally to make rings ½ inch thick.
- Place rings in a nonstick pan.
- Crack an egg into the middle of the ring.
- Fry for 2 minutes on medium heat.
- Flip carefully. Enjoy!

### Family Fun: Pepper Mystery Bag

You can build excitement around trying new foods by using a Mystery Bag. Place different types of peppers inside a small paper bag and allow your child to feel the peppers without peaking. The most common types of sweet peppers include red, yellow, and green bell peppers, purple peppers, lunchbox peppers, banana peppers, and pimento peppers. Ask your child to guess what is in the bag. Reveal the peppers and taste each one. Are some peppers spicier than others? Which one is your family favorite? Share on Facebook using #WIHarvestoftheMonth! *Make meals and memories together. It's a lesson kids will use for life.*



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. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP.





# AFASD SUMMER FOODS PROGRAM

For Children 18 years and younger. MEALS MUST be EATEN on site by the child per USDA Regulations  
Food Deliveries will begin June 10<sup>th</sup> unless otherwise noted below.

## Locations & Estimated times of meal service

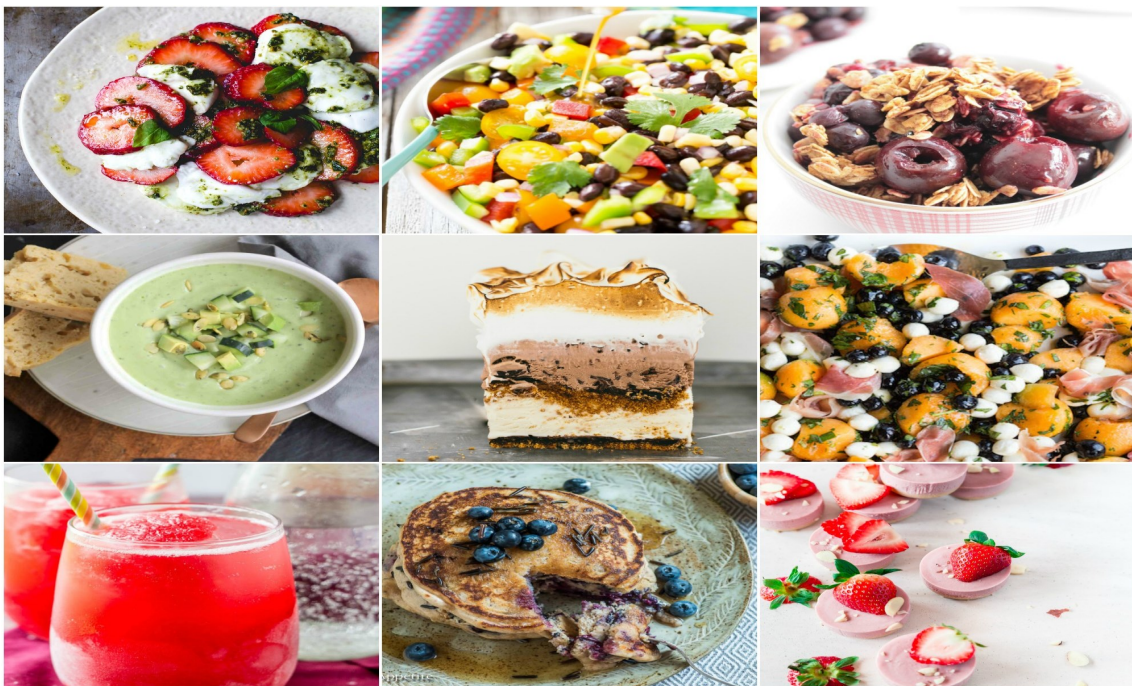
Beaver Trailer Park	Lunch - 12:30
Burt Morris	Lunch - 11:20 & Snack 12:40
Community Garden Site	Lunch - 11:00 & Snack 12:25
Dolata's Trailer Park	Lunch - 11:55
Driscoll's Trailer Park	Lunch - 11:15
Foster Mobile Home Park	Lunch - 12:50
Friendship Park	Lunch - 12:00
King Pine Trailer Park	Lunch - 10:50
Grand Marsh/Food Pantry	Supper - 3:00 Tuesdays only
Lion's Park	Lunch - 11:40
Pinequillizer Mobile Park	Lunch - 1:15
Renewal Unlimited/Head Start	Lunch - 11:15 Wednesdays only. 6/12-7/10
White Creek Lions Park	Lunch - 11:35
YMCA - Adams	Breakfast - M-W-F-9:30 & Snack-T-Th-3:30
AF Elementary	Breakfast 8:00 & Lunch 11:30
During Summer School	6/17 to 6/28 and 7/8 to 7/19 Only

Please call the number below if you have a group you would like to feed on specific days so that we can be prepared. Thanks,

Summer Food Deliveries start Monday June 10<sup>th</sup> through August 16<sup>th</sup> Any question's Contact AFHS (608)339-3921 x1113 or 1121

**Parents can enjoy a meal with their child, cost is \$1.50 for Breakfast and \$3.00 for Lunch**

**MORE INFO: [wismmerfood.org](http://wismmerfood.org) or call 211. This institution is an equal opportunity provider.**



# Educator Contacts

## Our Contact Info

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

Human Development & Relationships Educator  
Extension Marquette County  
480 Underwood Ave. Rm. 136  
Montello, WI 53949  
Phone: (608) 297-3139  
Email: [hannah.zellmer@wisc.edu](mailto:hannah.zellmer@wisc.edu)  
Website: <https://marquette.extension.wisc.edu/family-living/>  
Facebook: <https://www.facebook.com/marquette.uwex.edu/>



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

Health & Well-Being Educator  
Extension Adams County  
569 N. Cedar Street, Suite 3  
Adams, WI 53910  
Phone: (608) 339-4237  
Email: [sgmichels@wisc.edu](mailto:sgmichels@wisc.edu)  
Website: <https://adams.extension.wisc.edu/>  
Facebook: <https://go.wisc.edu/bbn5ki>



### **Jenice Mischler, MSE**

Human Development & Relationships Educator  
Extension Green Lake County  
571 County Rd A  
Green Lake, WI 54941  
Phone: 920-294-4176  
E-mail: [jenice.mischler@wisc.edu](mailto:jenice.mischler@wisc.edu)  
Website: <https://greenlake.extension.wisc.edu/>  
Facebook: <https://www.facebook.com/GreenLakeCountyExtension>

