

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding to our class schedule. Currently we have the following classes set up for the winter but you can join at any time of the year. We would like to expand our program to the Western side of the county. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136. The next instructor training session is on February 29th in EauClaire.

Winter Strong Bones Sessions:

Zion Lutheran Church
1254 S Union Street, Shawano
 Mon/Wed 8:30 am – Regular class
 January 4th to March 23rd
 Sue True & Carol Stern

Mon/Wed 8:30 am – Advanced class
 January 4th to March 23rd
 Linda Olson

Tue/Thur 7:30 am – Regular class
 January 5th to March 24th
 Kara Skarlupka

Tue/Thur 7:30 am – Advanced class
 January 5th to March 24th
 Nancy Schultz

Mon/Thur 2:30 pm – Regular class
 January 4th to March 24th
 Chris Verbeten

Sacred Heart Church
302 S Main Street, Shawano
 Tue/Thur 3:45 pm – Regular class
 January 5th to March 24th
 Jeanne Kaczrowski

Total Fitness
203 E Green Bay Street, Shawano
 Mon/Wed 12:00 pm – Regular class
 January 4th to March 23rd
 Sue True

St. Francis Solanus
724 Mader Street, Gresham
 Mon/Thur 4:05 pm – Regular class
 January 4th to March 24th
 Sandy Schinke
CLASS FULL

Mon/Thur 5:15 pm – Regular class
 January 4th to March 24th
 Charlotte Schwartz

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
 Mon/Fri – 7:30 am – Regular class
 January 4th to March 25th
 Kara Skarlupka

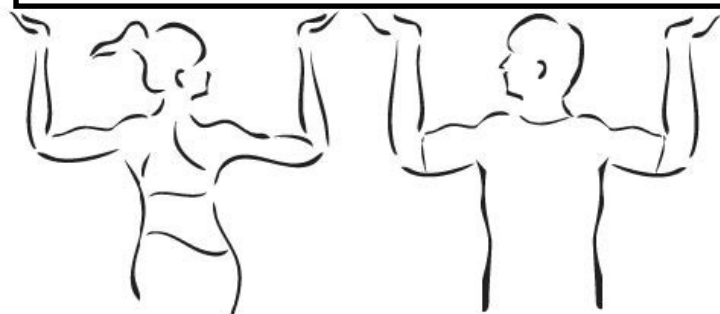
Clintonville Community Center
30 S Main Street, Clintonville
 Mon/Thur – 1:00 pm – Regular class
 January 4th to March 24th
 Tami Buchholz

Mohican Family Center
N8605 Oak Street, Bowler
 Mon/Wed – 5:00 pm – Regular class
 January 4th to March 23rd
 Peggy Lemke

\$30 registration fee includes class materials **Minimum Class size is 15**

At the present time you can attend the Mohican Family Center class free of charge. No excuses!!

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
 Shawano County UW-Extension

Jan.—Feb. 2016

Can You Recognize a Heart Attack or Stroke? *What To Do When Every Moment Counts*

How would you react to a medical emergency? When it comes to life-threatening conditions like heart attack or stroke, every minute counts. Get to know the signs and symptoms of these health threats. If you think you or someone else might be having a heart attack or stroke, get medical help right away. Acting fast could save your life or someone else's.



Heart disease and stroke are 2 of the top killers among both women and men in the U.S. Nationwide, someone dies from a heart attack about every 90 seconds, and stroke kills someone about every 4 minutes, according to the U.S. Centers for Disease Control and Prevention. Quick medical help could prevent many of these deaths. Fast action can also limit permanent damage to the body.

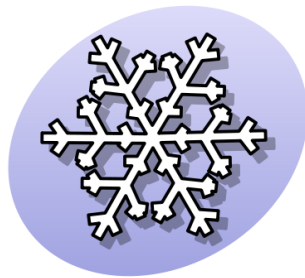
Heart attack and stroke are caused by interruptions to the normal flow of blood to the heart or brain—2 organs that are essential to life. Without access to oxygen-rich blood and nutrients, heart or brain cells begin to malfunction and die. This cell death can set off a series of harmful effects throughout the body. The changes ultimately lead to the familiar symptoms of a heart or brain emergency.

You might know the most common symptoms of heart attack: sustained, crushing chest pain and difficulty breathing. A heart attack might also cause cold sweats, a racing heart, pain down the left arm, jaw stiffness, or shoulder pain. Many don't know that women often have different heart attack symptoms than men. For instance, instead of having chest pain during a heart attack, women may feel extremely exhausted and fatigued or have indigestion and nausea. Many women have a vague sense of gloom and doom, a sense of 'I just don't feel quite right and don't know why,' says Dr. Patrice Desvigne-Nickens, an NIH expert in heart health.

The symptoms of stroke include sudden difficulty seeing, speaking, or walking, and feelings of weakness, numbness, dizziness, and confusion. "Some people get a severe headache that's immediate and strong, different from any kind you've ever had," says Dr. Salina Waddy, an NIH stroke expert. At the first sign of any of these symptoms, fast action by you, someone you know, or a passerby can make a huge difference. NIH-funded research has helped ensure that more people survive heart attacks and strokes every year. We now have medicines, procedures, and devices that can help limit heart and brain damage following an attack, as long as medical help arrives quickly.

If the heart is starved for blood for too long—generally more than 20 minutes—heart muscle can be irreversibly damaged, Desvigne-Nickens says. "You need to be in the hospital because there's a risk of cardiac arrest [your heart stopping]," which could be deadly. At the hospital, doctors can administer clot-busting drugs and other emergency procedures.

With stroke, Waddy says, "The longer you wait, the more brain cells are dying," and the greater the chance for permanent damage or disability. Emergency treatment for stroke depends on the kind of stroke. The most common type, ischemic stroke, is caused by a clot that clogs a blood vessel in the brain. The clot-dissolving drug tPA works best when given soon after symptoms begin. NIH research shows that patients who received tPA within 3 hours of stroke onset were more likely to recover fully.



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

Other strokes are caused by a hemorrhage—when a blood vessel breaks and bleeds into the brain. “The patient can have a larger hemorrhage within the first 3 hours,” Waddy says. A hospital medical team can help contain the bleeding, so every moment counts. Even if you’re unsure, don’t feel embarrassed or hesitate to call 9-1-1 if you suspect a heart attack or stroke. “You should not go get your car keys. Your spouse shouldn’t be driving you to the hospital,” advises Desvigne-Nickens. “The emergency crew is trained to treat these symptoms, and it could mean the difference between life and death.”

Heart attack or stroke can happen to anyone, but your risk increases with age. A family or personal history of heart attack or stroke also raises your risk. But some risk factors for heart attack and stroke are within your control. Treating them can dramatically reduce your risk. “If you have high blood pressure, high cholesterol, or diabetes, work with your doctor to get these conditions under control,” Waddy says. “Know your numbers [blood pressure, blood sugar, and cholesterol] and what they mean.”

You can also prepare for a medical emergency, to some degree. A hospital may not have access to your medical records when you arrive. Keep important health information handy, such as the medicines you’re taking, allergies, and emergency contacts. It would be important for the medical team to know, for example, if you’ve been taking anticoagulants to help prevent blood clots; these blood thinners put you at increased risk of bleeding. You might consider carrying an NIH [wallet card](#) that lists heart attack symptoms and has room for your personal medical information.

NIH researchers are studying new drugs and procedures to help the heart and brain repair themselves and improve organ function. “But there is absolutely nothing that will save both your time and health as well as prevention,” says Dr. Jeremy Brown, director of NIH’s Office of Emergency Care Research. Studies show that making healthy lifestyle choices can help prevent these medical emergencies from happening in the first place. Eat a healthy diet rich in protein, whole grains, and fruits and vegetables, and low in saturated fat. Get regular physical activity and don’t smoke.

“I think one of the most important things we can do is to take a basic [CPR](#) and first aid course,” recommends Brown. “We know the majority of cardiac arrests happen outside of hospitals and of that many, many can be saved if we get people with basic training on the scene quickly. An ambulance can never get there as quickly as a citizen passing by.”

Whether or not you’re trained to offer help, if you see someone having symptoms of a heart attack or stroke, call for help immediately. “If you’re even thinking about calling 9-1-1, you should call,” Desvigne-Nickens says. “Yes other conditions can mimic the signs and symptoms of a heart attack or stroke, but let the emergency physician figure that out in the emergency room.”

Reference: [Tissue plasminogen activator for acute ischemic stroke. The National Institute of Neurological Disorders and Stroke rt-PA Stroke Study Group.](#) [No authors listed] *N Engl J Med.* 1995 Dec 14;333(24):1581-7. PMID: 7477192.

“Raising a Thinking Child”

Informational meeting for parents, grandparents and caregivers on January 20th, 6 to 7 pm at the SCMS

If you are a parent, grandparent or caregiver of a 4-7 year-old and your child has experienced any of the following:

- Temper tantrums, Difficulty making or keeping friends, Impatience or interrupting, Not listening

Then the *Raising a Thinking Child* workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child. Participants will learn: To give their children skills to solve their own problems and think about the consequences through fun games How to help kids care about and understand their own and others’ feelings. This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator

Shawano County HCE

“Salt Substitutes” – January 12th, 1:30 pm and repeating again at 5:30 pm, Shawano County Courthouse.

In conjunction with this presentation on salt substitutes we will also have an information session on Shawano County HCE. You will find out exactly what the HCE (Home & Community Education) is and what they have planned for the year ahead. All women from Shawano County are invited to join this program.

“Recycling and Upcycling” – Feb. 3rd, 5:30 pm, Shawano County Courthouse – repeated on Feb. 4th at 1:30 pm in Bonduel at the United Methodist Church.

This two part, one evening workshop will discuss why it is still beneficial to recycle and upcycle. Upcycling is the reuse of discarded objects or materials in such a way as to create a product of a higher quality or value than the original.

“Handmade Soaps and Care Products” & “Skin Care as you Age” - March 2nd 5:30 pm to 7:00 pm Shawano County Courthouse Rooms A/B.

Come and join “Mum & Me”, Bonnie Brunner will be giving a demonstration on soap making. She will have her “soaps” there for you to look at and purchase. Plus, we will have recipes for different types of soaps and hygiene products. Then there will be a discussion on how your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. Find out what you can do to protect your skin and to make it feel and look better.

Please RSVP by calling the office at 715-526-6136. Cost is \$3.00 for non-HCE members.

Cleaning the Refrigerator

National *Clean Out Your Refrigerator Day* was November 15th. But if you missed it, you don’t have to wait a whole year to tackle that appliance. If you have the Owner’s Manual, follow the cleaning instructions. If you don’t have the Manual, just follow these easy steps.

INTERIOR

(NOTE: do this before going to the grocery store for your weekly shopping)

1. Unplug the fridge and slide a coil brush under the unit’s kick plate to remove dust.
2. Empty the contents of the entire fridge. Toss anything past its prime.
3. Remove the drawers and scrub with a sponge, warm water and liquid dish soap.
4. Spray the (now empty) interior with a multi-surface spray and wipe down the walls and each shelf. You can use an old toothbrush and cleanser to remove grime from the cracks.
5. Plug the fridge back in and return the drawers and food while wiping down bottles and jars.
6. Place a small box of baking soda in the door or in the back of the fridge to keep odors at bay.

EXTERIOR

Stainless Steel– Use a microfiber cloth and stainless steel surface spray, and rub in the direction of the grain.

Enameled steel—Use a multi-surface spray and paper towels.

The above may seem like a once a year job, but the truth is, you can work towards keeping a clean fridge every day. Wipe up spills with a paper towel and warm water as they occur (or, you can use cleanser, but apply it to the paper towel first and not directly into a fridge full of food). Keep baking soda in the fridge year round, and every week, do a quick purge of food that has expired or gone bad.

For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> •

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