

Shawano County UW-Extension  
Courthouse, Room 101  
311 North Main Street  
Shawano, WI 54166

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FAMILY LIVING EDUCATION

## Working for Wisconsin Families

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Shawano County UW-Extension

Nov./Dec. 2014

### 12 Health Tips to Light Up Your Holidays

Brighten the holidays by making your health and safety a priority.

Follow 12 recommended tips for self-care this season. Keep yourself and your loved ones safe and healthy—and ready to enjoy the holidays.

- 1. Wash hands often** to help prevent the possibility of spreading germs and getting sick.  
Wash your hands with soap and clean running water for at least 20 seconds.
- 2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, mittens, hats, scarves, and waterproof boots.
- 3. Manage stress.** Give yourself a break if you feel stressed out. Find support, connect socially, and get plenty of sleep.
- 4. Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.
- 5. Be smoke-free.** Avoid smoking and secondhand smoke. It's common knowledge that smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke, also referred to as secondhand smoke.
- 6. Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Use seat belts on every trip, no matter how short the trip.
- 7. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
- 8. Get your vaccinations,** which help prevent various diseases and save lives. Everyone 6 months and older should get a flu vaccine each year. Vaccination is especially important for people who are at high risk for complications from flu, and for people who live with or care for someone who is at high risk.
- 9. Monitor the children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Dress your children warmly for outdoor activities. Develop family rules on safe behavior—on using electronic media, for instance.
- 10. Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.
- 11. Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, and cook foods to proper temperatures and refrigerate them promptly.
- 12. Eat healthy, stay active.** Eat fruits and vegetables, which pack plenty of nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.



COOPERATIVE EXTENSION SERVICE - UNIVERSITY OF WISCONSIN-EXTENSION  
Courthouse-Room 101, 311 N. Main St., Shawano, WI 54166 (715) 526-6136

Working for Wisconsin Families

Happy Holidays Everyone!

It is hard to believe the holiday season is quickly approaching us! It seems like we just started 2014, and here we are at the end of the year already. The holidays are meant to be a time of bringing feelings of love and cheer, but for many of us it can also be a very stressful time of the year. We want to get those perfect gifts for loved ones, bake those special holiday goodies, and send out those lovely Christmas cards to family and friends. When we try to take on to many projects, we can start to feel overwhelmed.

A dear friend that I worked with did a presentation some years ago that really struck me. The topic was called “Christmas presence verses presents”. What do you remember most about the holiday season when you were growing up? For me it was the time spent with my mom and grandmother making Christmas cookies, singing Christmas carols, and playing card games together. It was not about the gifts I received. It was about the times that our family spent together. Recently I asked my children the same question, and believe it or not they responded that it was the time we spent together doing things as a family that were most important to them at Christmas time.

Sincerely,

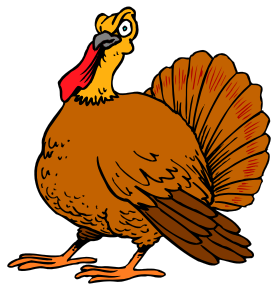
*Nancy Schultz*

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Content source: [CDC Office of Women's Health](#)

For more information on the WWF: Contact the Shawano County UW-Extension Office, 311 North Main Street, Shawano

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



# 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.

## Shawano County Strong Bones Program

Strong Bones is an evidence-based training program developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University.

**The Strong Bones Program** includes progressive weight training, flexibility and balance activities. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity and back pain often benefit the most from an exercise program that includes lifting weights a few times each week. We started out in January of 2014 with 30 participants currently we have 123 attending various classes during the week.

You can sign up now for the winter classes which will start the week of January 5th and run through March 20th. If you are interested please call the UWEX office to let us know that if would like to participating in the strength training program. We will also be offering Advanced Strong Bones sessions. The 11 week course fee is \$25. Classes start the week of **January 5th, 2015**.

Hopefully by the first of the year we will have the Strong Bones program in the Marion, Tigerton, Caroline and the Cecil areas. Again if this area is of interest to you please let us know how we can best accommodate you.



**Shawano—Zion Lutheran Church**  
Mon/Wed 8:30 am Reg. & Advanced  
Tues/Thurs 7:30 am Reg. & Advanced  
Mon/Thurs 2:30 pm

**Gresham—Swedberg Funeral Home**  
Mon/Thurs 5:15 pm

**Bonduel—St. Paul's Church**  
Mon/Fri 7:30 am

**Shawano—Total Fitness** Mon/Wed Noon  
Tues/Thurs 5:30 pm

## Community Education SSD

The Shawano School District Community Education program will be hosting a cookie exchange. If you have any questions or would like to sign up for a class contact the Community Ed Department at 715-526-2192 ext. 3102 or you can look at the online catalog at: [www.shawanoschools.com/communityed/ce-classes.cfm](http://www.shawanoschools.com/communityed/ce-classes.cfm)

Dec. 16 & 18—Christmas Cookie Exchange



## Navarino Nature Center

Events

Nov. 8—Art Fest at Navarino Nature Center

Nov. 15—Winter Design Acrylic Painting Class

Dec. 2—Acrylic Painting Class

Dec. 2—Watching the Night Sky—Part 2

Dec. 6—Wreath Making Class

Dec. 6—Christmas Open House

Dec. 6, 7, 13—Christmas Tree Sale



## Upcoming Business Seminars - DATCP

Wisconsin farmers and agribusiness owners still have time to register for the Local Food Business Seminar Series. Media professionals are also invited to attend if they are looking for information for stories about locally grown food or local food businesses. Registration is open now. Full-day classes will cost \$15 and will include lunch. Half-day classes will cost \$10. Those who register for all seven classes at once can do so for the reduced cost of \$55. Something Special from Wisconsin™ members get a \$5 discount per class, although the discount does not apply to the \$55 reduced price.

The dates and topics are as follows:

- **Business planning** – 9 a.m. to 3:15 p.m. Oct. 20-23.
- **Legal/business structures** – 9 a.m. to 3:15 p.m. Nov. 3-6.
- **Food safety** – 9 a.m. to 3 p.m. Dec. 1-4.
- **Marketing** – 9 a.m. to 3:15 p.m. Jan. 5-8.
- **Know your Buyer** – 9 a.m. to 12:15 p.m. Feb. 9-12.
- **Selling through a Distributor** – 9 a.m. to 12:15 p.m. March 2-5.
- **Finding the Dollars** – 8:30 a.m. to 12:45 p.m. March 16-19.

During each week listed above, the locations are as follows:

- **Mondays** at Retzer Nature Center, S14, W28167 Madison St., **Waukesha**.
- **Tuesdays** at Portage County UW Extension, 1 462 Strongs Ave., **Stevens Point**.
- **Wednesdays** at Kickapoo Culinary Center, 16381 Wisconsin 131, **Gays Mills**.
- **Thursdays** at DATCP, 2811 Agriculture Drive, **Madison**.

For a full schedule or to register, click [http://datcp.wi.gov/Business/Buy\\_Local\\_Buy\\_Wisconsin/BLBW\\_Workshops](http://datcp.wi.gov/Business/Buy_Local_Buy_Wisconsin/BLBW_Workshops). On the same page, you can find information about the partners that worked with DATCP's Buy Local, Buy Wisconsin program to develop the seminar series.

Media professionals who want to attend workshops for stories about local foods or economic development or who want to interview the experts running the workshops should contact Ann Marie Ames at 608-224-5041 or [AnnMarie.Ames@Wisconsin.gov](mailto:AnnMarie.Ames@Wisconsin.gov).

University of Wisconsin-Extension, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program, service or activity. No Wisconsin tax dollars were used in the printing of this publication.

## 2015 Holiday Stroll & Santa Parade

*Stockings Filled with Joy!*

**Holiday Stroll—November 29th**—Join Shawano Businesses for Small Business Saturday! Shawano BID invites you to shop at small businesses on the Saturday after Thanksgiving. The Turkey is not history. Black Friday has come and gone. Take a leisurely walk down Main Street and listen for the music and the carolers. There might even be a food vendor or two about. Spend the day with loved ones exploring downtown and begin to get the Christmas list checked off.



**Santa Parade—December 5th**—Santa will be coming to town on Dec. 5th. Santa's House will be at the Well from 4 to 8:30 pm. The First Presbyterian Church will once again host the "Nativity Walk". The Lighting of The Love Tree will happen at 5:30 pm with the Santa Parade to follow at 6:00 pm. There will be FREE horse-drawn Wagon Rides after the Parade—Pickup at Shawano Medical Center Rehab on the corner of Main and Green Bay streets.

## Financial Fitne\$\$

Shawano Area Youth Professionals (SAYPRO) will be hosting a Lunch-N-Learn. Speakers will be Jon Aumann and John Stang of Edward Jones as they discuss steps taken to make sure you are financially fit.

Lunch-N-Learn

*Location:* Shawano Chamber of Commerce  
1263 South Main Street

*Cost:* \$8 (YP member) or \$10 for non member

*RSVP* a seat by: Nov. 7th to Bobbi Jo Ladwig at [saypro13@gmail.com](mailto:saypro13@gmail.com) if you have questions you can email Bobbi Jo.

Pay at door—No Shows will be billed