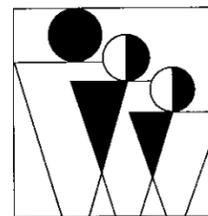


Shawano County UW-Extension
Courthouse - Room 101
311 North Main Street
Shawano, WI 54166

ADDRESS SERVICE REQUESTED

NONPROFIT
U.S. POSTAGE PAID
SHAWANO WI
PERMIT NO. 40



Working for Wisconsin Families

Nancy Schultz, Family Living Educator
Shawano County UW-Extension

FAMILY LIVING EDUCATION

January/February 2014

The Meaning behind Working for Wisconsin Families

Family Living's unique and effective programs are developed using university research. There are Extension educators based in every county and on the University of Wisconsin-Madison campus. They have a direct link to university resources, allowing them to draw from and contribute to current research about families.

By responding to the challenges facing today's families with evidence-informed programs and practices, as well as local knowledge gained from living in the communities they serve, Extension educators are helping to create an environment where families have the information, skills and assets they need to improve their quality of life and contribute to their communities.

By recognizing and ensuring that the needs of people from diverse backgrounds are addressed in its educational and community-based programs, Family Living promotes a culture of inclusiveness that respects all people.

All families need support and resources to develop skills at critical points in their lives. Family Living works to meet these needs by:

- Helping communities explore effective responses to issues affecting families such as poverty, childhood obesity, prevention of child abuse, financial security and aging.
- Serving as catalysts for positive change by providing leadership to ensure that community systems, services and facilities support the healthy functioning of families.
- Increase knowledge about health, access to safe, nutritious food and parenting practices.
- Reaching out to diverse families to provide research-based education and resources to help improve quality of life.

By improving people's lives, Family Living Programs reduce the economic and social service costs to local government and make Wisconsin communities stronger. And when families have the skills and resources they need to care for each other, they are able to participate in and contribute to their communities.

Extension educators are on the cutting edge of important issues facing the people of Wisconsin. Through their efforts, Family Living educators strengthen the community's capacity to meet pressing needs, with the end result being a better quality of life for all Wisconsin families.



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

Working for Wisconsin Families

Greetings to everyone!

It is hard to believe its 2014 already. It seems like we just started 2013, and now it is coming to an end. Hope that everyone had a super holiday. We are now gearing up and preparing for our 2014 programs that we will be offering. There are a lot of fun and exciting things that you are invited to participate in.

In January we invite you to join us for a Strong Women-Strong Bones strength training program. The program is for everyone who wants to get stronger. As you know when we grow older we lose muscle mass which usually starts happening when we are in our 30's. Strengthening exercises are essential to help us to stay strong and vital as we get older, and help prevent osteoporosis and frailty. If we feel physically stronger it also promotes mental and emotional health. Did you know that research shows that strength training can reduce depression and improve sleep, and contribute to a sense of well-being! Please consider joining us for this 12 week program, starting on January 13th. For more information see the flyer inside the newsletter.

In February, we invite you to attend a program on "Brain Fitness" and learn what things you can do to help keep your brain fit as you get older. Because we are experiencing more lifelong cognitive demands on our brains than ever before, and the fact we are living longer, it's not surprising this is a hot topic. Come and learn what you can do to keep your mind healthy. Start the New Year off by joining us for these programs to help get your body and mind in shape!

Sincerely,

Nancy Schultz
Nancy Schultz, MS, CD

Family Living Educator

Nancy.Schultz@ces.uwex.edu

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.

Adapted resource from: Family Living Program at -- <http://flp.ces.uwex.edu/about/>

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/> ▪

SHAWANO STRONG WOMEN-STRONG BONES PROGRAM JANUARY-APRIL 2014

LIFTING WOMEN TO BETTER HEALTH



STRENGTH TRAINING PROGRAM

Personal Assessment Day

Monday, January 6th – 8:30 -10:30 am
(By Appointment Only)
715-526-6136

Class Fees

Fee \$25 per person.
To make financial
arrangements contact
Nancy Schultz

12 Week Program Starting

January 13th – April 2nd, 2014

**Equipment provided, but if you like
you can bring hand or ankle weights or
exercise mat.

Zion Lutheran Church

Fellowship Hall – Lower Level—1254 S Union St, Shawano, WI 54166

8:30—9:30 am Monday and Wednesday

Evidence-based training programs developed by the Hancock Center at the

Friedman School of Nutrition Science and Policy at Tufts University



Nancy Schultz
Family Living Educator
UW-Extension – Shawano County
311 N Main Street, Room 101
Shawano, WI 54166
715-526-6136



Nancy.schultz@co.shawano.wi.us
www.shawano.uwex.edu

University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension
provides equal opportunities in employment and programming including Title IX and ADA.

Please make requests for reasonable accommodations to ensure equal access to educational programs as early as
possible preceding the scheduled program, service or activity.



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.



Lunch and Learn at UW Extension Office

Come join the noon time Lunch and Learn at the Shawano
County Court House from Noon to 1 PM.

February 11 - Chocolate! – What better time to focus on
chocolate and other sweets than Valentine's Day! How is
chocolate made and why is it now said to be a 'healthy food?'

March 4 – Spring Time is Food Safety Time – Spring
holidays are a time for family and friends, but don't forget food
safety. Join us for a look at all that is new in food safety.

April 8 - Planning for a Successful Gardening Year – Often
a bountiful harvest is linked to planting the right crops, at the
right time. Learn what varieties work well in Wisconsin and tips
for a successful gardening year. Mike Maddox, Master
Gardener Program Coordinator.

May 6 - Tips for a Successful Year of Food Preservation –
Be sure you have the right equipment and most up-to-date
information prior to the start of the food preservation season.
Information on **steam canning** should be ready for this
program!

Programs will be archived at: www.foodsafety.wisc.edu.

For more information please call Nancy Schultz, FLE Agent for
Shawano County. 715-526-6136

Wine & Cheese Tasting

The 10th Annual Fundraiser will benefit the Rural Health
Initiative will held on Friday, Feb. 14th, 2014 at The Main
Event from 7:00 to 10:00 pm.

- ❖ Tickets to attend are \$25 per person
- ❖ 45 kinds of wine
- ❖ 7 Brews from Pigeon River Brewing
- ❖ 25 types of cheeses
- ❖ Entertainment by the Aspen Jazz
- ❖ Great prizes, raffles, games and a drawing for
\$100 every 10 minutes from 9 to 10 pm
- ❖ All funds raised will be matched by the Harold E
Pevonka Trust

The Rural Health Initiative brings basic health education
and screening to the farm. Rural Health Registered Nurse
Dawn Dingeldein makes home visits to ensure that all
Shawano County farm families have access to basic health
services.

For more information or tickets to the event contact Rhonda
Strebel at 715-524-1488 or email her at
Rhonda.strebel@thedacare.org.

Shawano County HCE Sponsored Trainings

**January 13th through April 2nd – Strong Women-Strong
Bones** – See flyer on opposite page.

**April 7th through June 25th – Strong Women-Healthy
Hearts**—Classes will be held at Zion Lutheran Church on
Monday and Wednesday from 1:30 to 2:30 pm. \$25 Fee.

Feb. 5th and Feb 6th –Brain Fitness – This training will be
held on the 5th at the Shawano County courthouse at 6:30
pm and the on the 6th it will be held in Bonduel at 1:30 pm.
Fee is \$3.50 for non HCE members.
(Both men and women are welcome to attend these.)

Contact Nancy Schultz for more information at 526-6136

Shawano County Public Health

Child Flu Vaccine

For eligible children 6 months thru
18 years old either on BadgerCare,
uninsured, or insurance does not
cover influenza vaccines.

By Appointment Only

Call

715-526-4808

Shawano Menominee Counties Health
Department
Courthouse - 1st floor

\$5.00 Adm Fee (BadgerCare No Charge)

Adult Flu Shots

Age 19 and Over

Walk-In Clinics

**October & November
8:30 am - 12:30 pm**

\$30.00 -We bill Medicare

Shawano Menominee Counties Health
Department
Courthouse - 1st floor

Affordable Care Act

The Shawano County Library will have a representative from
the Bay lake Regional Enrollment Network at the library on
Wednesdays from 10 am to 1pm to assist the community with
enrollment and questions on the Health Care Act. The sessions
are free and open to the public and no appointment is required.
Contact Kristie Hauer, Shawano County Library Director at
715-526-3829 ext 123 for more information.