

# ACCENT

March / April 2021

Waupaca County Association for Home and Community Education

## CALENDAR

### **Monday, February 22**

HCE Executive Board Conference Call, 10:00 am—Noon  
Agenda and information to be mailed to Board Members

### **Monday, March 22**

HCE Executive Board Conference Call, 10:00 am—Noon  
Agenda and information to be mailed to Board Members

### **Monday, March 22 Special Interest Meeting**

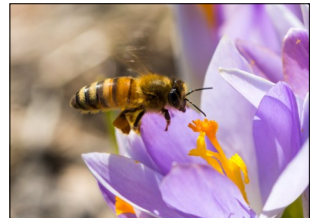
*“Butterflies: Symbols of Life and Hope”* cancelled to be rescheduled as a part of the Spring Annual Meeting. March Lesson included in this ACCENT *“Responding to Color as We Age”*

### **April 1**

ACCENT Articles due to Extension Office,  
send to HCE Secretary prior to April 1.

### **Sunday, April 18**

International Day Dinner and Program on  
Travel to the Netherlands postponed.



### **Monday, April 26**

HCE Executive Board Meeting - format To Be Determined

**Central District HCE Meeting:** Postponed until June

### **SAVE the DATES:**

New London Fall Fest HCE Fundraising Event  
Saturday, September 11, 2021, 9:00 am to 3:00 pm

Fall Learn-In with Waupaca and Shawano Counties  
Thursday, October 14, 2021, 9:30 am to 2:30 pm  
Navarino Nature Center

## A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Winter and Happy Early Spring!

I hope you have had the opportunity to obtain the Covid19 Vaccine Shot. You may have had to secure an appointment and travel a distance to receive the vaccine. The closest facilities for me were in Green Bay and Appleton.

This is always the questionable time of year---all sorts of weather coming our way. Just when you put an outdoor plan into place, we are given cold winds and measurable snow. Or--that awful freezing rain...

Right now I am trying to plan ahead for my garden spaces. I have learned to map out my garden spaces with pictures and diagrams so I remember from year to year what works well and in which spot. I grow the salsa garden vegetables in all sorts of containers. I have several herb garden areas that are also growing in all kinds of pots. My upper decks host pots of tomatoes, lavender, egg plant, peppers, and scented Jasmine. Creative gardening is key in my yard. I have all sorts of variables to consider when planting vegetables, herbs, and flowers: acidic soil, tons of pine needles, steep hills, full sun--full shade, partial sun--partial shade, and a multitude of tall elderly trees. All of this makes gardening fun, interesting, and challenging!

The Waupaca County HCE Board has been meeting via the telephone WisLine. Be assured, the team is keeping business going for the county. The Board has recently updated all the job descriptions so that they are aligned with duties of the WAHCE state board officers. Currently, the Board is undergoing the task of updating and revising both the Standing Rules and the By-Laws. Information will be presented to the membership at the May Spring County Business Meeting.

It has been decided by the HCE Board not to offer scholarships to graduating 2021 high school seniors. Due to uncertain times and funding



restrictions, the Board decided to wait until 2022 to resume offering our scholarships to graduating students.

The WAHCE State Board has been meeting regularly by Zoom. Plans are proceeding for the fall conference scheduled for September 20-22, 2021 in Stevens Point. The state board decided to provide a \$5 gift certificate to spend at the Market Place for all conference attendees. And, they are also providing 6 scholarships ---one for each district--for a member to attend the conference. As part of Central District, Waupaca County is involved in the planning and implementing of the conference. We will be hearing about our "duties" as we get closer to May/June. I encourage all members to say "yes" to helping out and "yes" to attending the conference.

At the state conference, I will be presenting a sectional titled "Let's Dance on Broadway!" We will be dancing seated in chairs using umbrellas, hats, canes, lights, scarves and such....of course if you choose to stand instead of sit, that is fine too. Just a fun sectional promoting wellness!

Stay safe--stay well!

Lynn Marcks  
Waupaca County HCE President



## WISCONSIN BOOKWORMS

For the safety of our volunteer readers, the children, and the staff at our three Waupaca County Head Start sites, we are not able to visit classrooms and read and share stories. After talking with the leaders from these Head Start facilities, it appears that we may not be able to read at all for the remainder of the school year. I will keep checking back and keep you posted!

The Head Start teachers will continue to read the monthly stories; share the stories on YouTube; and send the activity sheets and books home to families. This way the children still experience the books and receive their own special book to take home for their family library.



The Wisconsin Bookworm early reading program did receive \$1,000 from the Anthony Family Foundation to support our initiative. And, I was notified from the Clintonville United Way that our grant funding for 2021-2022 books is \$1,120.

## **FROM THE TREASURER: OPPORTUNITY AVAILABLE**

Waupaca County is looking for someone to fill the Treasurer Position.

Since I have held the position of Waupaca County HCE Treasurer for 3 consecutive 2-year terms as well as completing a partial term it is time for me to step down. The current term ended January 1<sup>st</sup> 2021.

This is your chance to become more involved in this great organization and learn about the important work HCE does in the community and as well as programs that are offered and the many fellowship opportunities that are available.

I am happy to assist whoever would be interested so please do not hesitate to consider this position. The records are in the Quicken program that is owned by the county. This can be installed on your computer. However if you have another program preference you could set this up however you would wish.

I would like to thank everyone who has made the job easy and enjoyable.

*~Judy Long, Treasurer—Waupaca County HCE*

## **HCE INTERNATIONAL DAY POSTPONED**

While we had the Bear Creek Town Hall reserved for April 18 and our speaker, Mary Handrich, holding the date it does not seem safe for us to host the International Day event featuring the Netherlands. We had hoped the vaccination process would be well



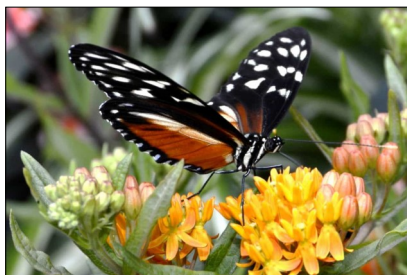
underway giving us time by April to have built up some immunity. We also were trying to get guidance on how to safely offer a buffet of traditional Dutch foods. So, here we are, postponing the International Day for the second time. We are sad to have to do this but health and safety have to guide our decisions.

~ Karen Stuhr, International Chair

## LEARNING PROGRAMS FOR HCE

Due to the Corona Virus our first two programs of this year were done as “Learn On Your Own” lessons. January was “*Nutritious Nuts and Seeds*”. February was “*Lighten Up Your Heart – Let’s Talk Stress*”. These were included in the January-February issue of ACCENT.

We will be postponing the March face-to-face lesson on “*Butterflies: Symbols of Life and Hope*” and will make it the educational program at our Spring Annual Meeting. So the March lesson “*Responding to Color as We Age*” is being added as a feature in this issue of the newsletter.



Hopefully, everyone is busy saving plastic caps and lids as one of our carry-over projects from last year. Included in this ACCENT is a visual display of the actual objects we are collecting. Remember the plastic items are going toward the schools being able to get 5 large plastic benches. Each bench takes 250 pounds of melted plastic pieces.

Other items we are saving are stamps, aluminum tabs, calendar pages, used greeting cards and items for the Humane Society. At the last Executive Board meeting it was approved to have our New London Fall Festival Fundraiser this fall. We will be serving our now-famous cream puffs and having other handcrafts and books available for sale. Proceeds would go towards our Scholarship Fund.

~ Doris Budwit, Program Chair

## HCE HISTORY UPDATE

I have started a new Historian Book for this year. I will have the 2019-2020 book ready for the Waupaca County HCE display at the State Convention in Stevens Point. If you have pictures or newspaper write-ups of club or individual activities please forward a copy to me so I can include it in our permanent records.



*~Doris Budwit, Historian*

## CULTURAL ARTS UPDATE

I have not done anything as far as a Cultural Arts Day because I'm not sure about a time of year to have it. Until the virus doesn't control our lives, I'm not planning anything.

I will encourage everyone to work on your Cultural Arts projects.

A copy of the Cultural Arts Entry Form is included with this issue of ACCENT. We can work something out as to the judging when we know more about Spring Meeting. Beyond that, we will just wait and see.

That's all unless someone can add some ideas. We are always open to that. Thanks.



*~Mary Fenske and Sharon Wepner*

## COMMUNITY NOTES OF THANKS RECEIVED

### **Weymont Food Pantry, Weyauwega WI**

December 21, 2020

The Board of Directors and volunteers of the Weymont Food Pantry wish to thank you for your generous donation of hats, mittens and scarves. Your thoughtfulness is greatly appreciated. Wishing you the brightest of holidays to the dearest of friends.  
Carrie Kolz, Pantry Secretary

## **Waupaca County Head Start Homebased Program**

December 23, 2020

Dear HCE,

Thank you for your kind and generous donation of hats, mittens and scarves for our families at Head Start.

Thank you for your time!

This note was accompanied by a dozen hand-colored big mittens by the three-year olds in the Homebased Headstart Program with this note from a parent “Dear HCE – Thank you for the warm hat, mittens and scarf. I (heart symbol) love them!



## **Wisconsin Department of Corrections, Oshkosh Correctional Institution**

November 11, 2020

Dear Waupaca County Association for Home and Community Education,

The Oshkosh Correctional Knitting Program has started to receive requests from community organizations for Hats, Scarves and Mittens completed by our persons in our care. Due to COVID being present in our community and within our institution, we are unable to meet your request at this time. We would like to offer 100 sets at this time instead of the requested 250 sets. The Knitting Program participants continue to make hats, scarves and mittens as operations allow and will let you know when we can meet your full request.

Sincerely,

Katherine Sabel, Corrections Unit Supervisor

## **Tomorrow's Children, Waupaca**

Dear HCE Ladies,

Couldn't believe with all the outrageous ups and downs of 2020 you wonderful ladies remembered our children. The cold weather is just starting and the wonderful hats, scarves and mittens will make playing outdoors a lot more fun. Your continued support and kindness for the children at Tomorrow's Children is always appreciated.

Sincerely,

Sue Slaby, Business Assistant



**Waupaca County Public Health, Waupaca County Dept. of Health and Human Service  
(WIC, Birth to Three, Healthy Beginnings Home Visit Program, Early Intervention Programs)**

Dear Waupaca County Association for Home and Community Education (HCE)

Thank you so much for the donation of winter items. The hats, mittens, and scarves will keep so many children warm and snuggly this winter! Thank you for your thoughtfulness and for all of your time spent on making these gifts! We truly appreciate you!

**New London Headstart**

Thank You for Keeping Us Warm with Your Generous Gift! Thank you for the hats, mittens and scarves. The kids got to pick which set they wanted. Here are handmade pictures from each child. We hope you enjoy them. Thanks again from the 3 year classroom. (Waupaca Headstart)



**Manawa Area Community Food Pantry**

January 5, 2021

A Note to Thank You!

Thank You for the wonderful, warm, beautiful hats, mittens and scarves! They were put in our famiyy Christmas baskets and were greatly welcomed. We are sure they are keeping many children warm this winter. Thank you for your thoughtfulness and stay safe! Bless You....



**Correction to 2021 Program Booklet**

Please make the following change in your 2021 HCE Program Booklet. Apologies for this error.

For Chat 'N Chew's President, Jeanne Tellock,  
her phone number is: 715-752-4417.



## FAREWELL DEAR HCE FRIEND



**Cynthia Ruth Long** of Waupaca, WI, was welcomed into the kingdom of Heaven on January 17, 2021 surrounded by family. She passed away from complications of Parkinson's disease. She leaves her husband of over 58 years, Don, family and friends.

She was born on September 27, 1940 in Scandinavia, Wisconsin

and graduated from the Peterson Mill one-room schoolhouse and Scandinavia High School before attending UW-Stout to become a teacher. Cindy was a teacher for over 30 years, mostly teaching Home Economics at Weyauwega-Fremont High School. Cindy was a natural at sharing knowledge and making learning fun. She carried this love of learning to Waupaca County HCE, serving as Program Chair for several terms and club, Center and County leadership positions.

Along with spending time with family, Cindy enjoyed gardening, cooking, sewing, doing puzzles, traveling, watching Wisconsin sports, and helping others. She was a 4-H member and leader for many years. She was actively involved in her local Homemakers group, Think Young for 49 years. Cynthia also impacted many youth in the area by serving on the Fox Valley Technical College Board of Directors for many years. Cindy was actively involved in their church, St. John's Lutheran Church of Weyauwega and chaired the very successful Spring Luncheons where the guests were served by the men of the congregation.

## MARCH LESSON

### Responding to Color as We Age

*This material is adapted from Purdue Extension and the Indiana Extension Homemaker's Association. The colors we choose to decorate our homes or wear affects what we appear to see, our emotions and even our safety.*



Color is the first thing we notice about something. (The shape of the thing is the second). We use color to identify and group things. We make buying decisions based on color. We wear the colors of our memberships. For example, Harley Davidson owners are most often garbed in a uniform of a black vest and blue jeans, and United States Marines are proud to wear their iconic dress blues. Color used in package design can change the perceived value of what's inside. Color can cause a product to stand out from its competitors on store shelves. Color has the ability to change our mood.

We “See color” when light interacts with our eyes. Color lives in the brain, and the doorway is the retina in the eye. Without light, we cannot see color. If you ever had your Colors Read in the 1990's (Spring, Summer, Fall, Winter) it probably supported clothing color choices you were already making because your “colors” made you feel happier and more positive. Even if our hair gets grayer, whether you have a warm or cool complexion does not change over time. Your favorite colors to wear remain the same over time, but how light or dark your color choice does vary over time.

#### **Responding to Color**

There is no color without light. Light quality is cool (CFL and fluorescent tubes), warm (incandescent) or balanced (LEDs). The quality of light causes us to favor a color in one situation and dislike it in another.

**Response varies with age.** What was your favorite color as a child may not be your favorite now. Our color preferences will change as we grow and gain life experience. In a study by Joe Hallock, color preferences change over time.

### **Favorite Color by Age Group in US**

**0-18 years** - Blue, Green,  
Red, Orange, White

**19-24** – Blue, Orange,  
Purple, Green, Black

**25-35** – Blue, Purple, Green,  
Orange, Red, Black

**36-50** – Blue, Purple, Yellow,  
Green, Black, Red

**50-69** – Blue, Purple, Yellow,  
Orange, Grey, Black, Red

**70+ -** Blue, White

### **Least Favorite Color by Age Group**

Brown, Purple, Orange,  
Yellow

Brown, Orange, Yellow,  
Purple, Grey, Green

Orange, Brown, Purple,  
Yellow, Grey, White

Orange, Grey, Green,  
Brown, Purple, Yellow

Grey, Yellow, Brown,  
Purple, White

Orange, Brown, Purple,  
Blue

**Colors have positive and negative responses.** The same color will be used in one situation and rejected in another. To use yellow as an example, it is considered a cheerful color, but can also causes anxiety.

**Here is a little exercise for you.** The next time you are in your grocery store, take a look at how color is used in breakfast cereal packaging. What types of colors are used on cereals for kids, and what color schemes dominate adult cereal packaging? Flip through a seed or gardening catalog. What colors of flowers or shrubs draw your eye? When driving through a neighborhood which house colors are most appealing to you?

### **What Colors are Easier for Seniors to See?**

Vision **yellows** with age. Older eyes are less able to distinguish the difference between **blues** and **greens**. Do not limit yourself to color choices that are mostly **blue, green** or another “cool” color. Warm colors like red and yellow may be a better choice!

Color-vision problems in the blue-yellow spectrum affects 45 percent of people in their mid-70s, and that proportion rises to two-thirds by the time people reached their mid-90s. The problem is not fixable with glasses. Few people have problems with the red-green spectrum. Can we restore our old color vision? Cataract surgery can make major difference because it replaces lenses in the eyes, clearing away the yellowish film.

Changes in color vision can also be a sign of significant medical problems, such as **diabetes**. If you notice changes in your color vision, and it's happening rapidly, that should be a warning flag for you to get your **blood sugar** tested and see an eye doctor to see if you have retinal damage.

## **How Do We Respond to Color in Everyday Life?**

**Color** can affect our emotions/feelings and energy levels. Colors can stimulate, suppress, excite, calm and generally influence the way we think. You have probably had the experience of walking into a room and not feeling very comfortable.

## **5 Colors You Can Use to Liven Up an Older Adult's Home**

### **1. Yellow**

Warm colors like yellow and gold make seniors feel comfortable and secure. Using a shade of yellow in a senior's home can create a joyful living environment, raise alertness, and inspire creativity. Try painting the walls an inviting golden shade, or use bright yellow accent pillows in the living room to create a cozy ambiance. Don't go overboard with warm, yellow shades, as monochromatic color palettes can make seeing difficult for seniors with impaired vision.

### **2. Blue**

Studies suggest elderly people tend to gravitate toward the color blue. This isn't surprising, as blue is a calming color that can relieve tension. Choose a classic pastel shade of blue, as it can fill a room with a soothing atmosphere. Light colors can make rooms feel wider and ceilings feel higher. Painting a room a pastel blue shade can make the living space feel relaxing and wide open. Buying a light blue sofa or bedding may have a similar effect.

### **3. Green**

Green is another color that has a calming effect for seniors. The right shade of green can promote healing, security, and balance. As seniors tend to find light shades more relaxing than darker colors, choose a tranquil, pastel green that evokes scenes of nature and brighter shades of green.

### **4. Lavender**

If you likes purple shades, choose a rich lavender hue. The shade should be light enough to create a calming, meditative atmosphere, but dark enough that adults with impaired vision can enjoy it. Lavender is

perfect for bedrooms, and it pairs well with dark wood furniture and cream-colored accents. Don't create color schemes with too much contrast, as it can strain the eyes. Instead, choose one defining color, like lavender, then surround it with appealing neutral shades.

## 5. Orange

Orange is a dominant color, and it can be overpowering when used on walls. However, it's a cheerful, friendly hue, and it's great when used as an accent color in our homes. Spice up bland, colorless rooms with a few orange accessories. Purchase orange throw pillows for an off-white sofa, or buy a painting of a bright orange sunflower. These little touches can make a room more welcoming, which is the main goal when sprucing up your home. Orange is the perfect color for sociable seniors. To reflect their personality.

### Color Tips to Try

To prevent falls, use colored tape or paint the edge of the steps to show changes in ground level. Or paint the treads and risers contrasting colors. If outdoors, consider fluorescent tape on step edges. Using colored tape helps you see hazards better.



For medication safety, be aware of colored labels on prescriptions to help identify instructions for taking medication. Red, Yellow or Green print offers critical information.

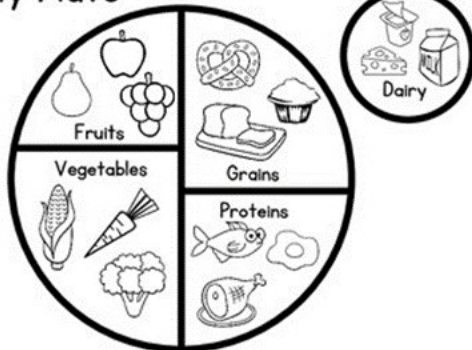
Choose colors in your home that help you relax or feel energized, depending on your mood.

Kitchen colors may not appeal in your bedroom.

In dim light or winter darkness, color code your keys to help find the correct one quickly.

At mealtime, choose to fill your plate with a variety of colors to appeal to your appetite and help maintain a healthy lifestyle.

### My Plate



## A MESSAGE FROM YOUR HUMAN DEVELOPMENT AND RELATIONSHIP EXTENSION EDUCATOR

Dear HCE friends,

It was good to be connected to many of you at the board meeting in late January. The pandemic has changed many things---but I am happy to hear about the great work that is continuing. I especially enjoyed reading some of the “Community Notes of Thanks” in this newsletter. April 18-24 is National Volunteer Week so I want to take time to acknowledge everyone who has given joy, hope, and support to those in our community.

At the last board meeting, I talked about how I’ll share some information about one of my core programs—community capacity building around ACES/child well-being. I’ve included some reading related to this topic. I’m happy to begin the conversation on how we can strengthen our community to support children and families in Waupaca County!

Warm regards,



Sandy Liang  
Human Development & Relationship Extension Educator

**Thank You**  
*Volunteers.*



# EXTENSION SCENE...

Welcome back to the Extension Scene, where I highlight news, resources and local programs/organizations I am connected to through my work. Check out the following pages to learn more about:

- Trauma-informed Care and ACEs
- COVID-19 Vaccines are in the Pipeline. Scammers Won't Be Far Behind

## TRAUMA-INFORMED CARE AND ACES

Adverse Childhood Experiences (ACEs) are highly stressful negative events during childhood. Research shows connections between these events and poor social, behavioral and health outcomes throughout the lifespan. There are also many strategies that we as individuals and as a community can use to address this complex issue.

I've included some reading from the US Department of Health and Human Services to give a brief overview of how these experiences can affect adult health. Take a moment to read the fact sheet in this newsletter. My hope is that it will get the conversation started and if the opportunity arises, for us to work together to understand adversity, be part of the trauma-informed community.

**Preventing ACEs could reduce a large number of health conditions.**



**21 MILLION**  
CASES OF  
DEPRESSION



**1.9 MILLION**  
CASES OF  
HEART DISEASE



**2.5 MILLION**  
CASES OF  
OVERWEIGHT/OBESITY

SOURCE: National Estimates based on 2017 BRFSS; Vital Signs, MMWR November 2019.

## **COVID-19 VACCINES ARE IN THE PIPELINE. SCAMMERS WON'T BE FAR BEHIND**

**by Colleen Tressle**

**Division of Consumer and Business Education, FTC**

Reports about the release of COVID-19 vaccines by the end of the year are promising, but plans for distribution are still being worked out.

Here's what we know right now: Two vaccinee manufacturers (Pfizer/BioNTech and Moderna) have submitted applications for Emergency Use Authorization to the Food and Drug Administration (FDA). The FDA could complete its review of these applications by the third or fourth week of December 2020. Additional vaccine manufacturers are expected to apply for FDA authorization in 2021. The Advisory Committee on Immunization Practices (ACIP), an independent group of experts convened by the Centers for Disease Control and Prevention (CDC), has already recommended that health care workers and residents of long-term care facilities should receive the first available doses. As additional data is available, more vaccines are authorized by the FDA, and vaccine production increases, ACIP will continue to update its recommendations.

Once the FDA authorizes one or more vaccines from pharmaceutical manufacturers, vaccines will be distributed to federal- and state-approved locations. For most people living in the U.S., states and territories will make the final decisions on who will get the vaccines and when. States are also working on their own specific vaccination plans. You may want to check with your state for specific information regarding distribution plans in your state. More information on where and how to get a COVID-19 vaccine will be available once vaccines are authorized and/or being shipped out.

While we wait for a timeline and more information, there's no doubt scammers will be scheming. Here's what you need to know to avoid a vaccine-related scam:



You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.



You can't pay to put your name on a list to get the vaccine.

You can't pay to get early access to the vaccine.

No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.

Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam. Don't pay for a promise of vaccine access or share personal information. Instead, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) or file a complaint with your state or territory attorney general through [consumerresources.org](https://www.consumerresources.org), the consumer website of the National Association of Attorneys General.

### **Local Resources**

[Waupaca County Public Health COVID-19 Dashboard](https://www.waupaca.gov/public-health/covid-19-dashboard)

<http://bitly.ws/bEUB>

[Waupaca County Public Health COVID-19 Updates](https://www.waupaca.gov/public-health/covid-19-updates)

<http://bitly.ws/bEUD>

### **Critical Resources**

[Wisconsin Department of Health Services](https://www.wisconsin.gov/health-services)

<http://bitly.ws/bEUP>

[Centers for Disease Control \(CDC\) and Prevention](https://www.cdc.gov)

<http://bitly.ws/bEUN>

## FREE CREDIT REPORT

Have you checked your free credit report recently?

This is a friendly reminder from your County University of Wisconsin Extension office to take a few minutes to check your free report. You can order one free credit report from each of the three Credit Bureaus anytime during the year.

It only takes a few minutes when you go directly to [AnnualCreditReport.com](http://AnnualCreditReport.com)—the only truly free website that provides the reports you are entitled to by law. You do not need to enter a credit card number for any reason when getting your free report.

If you run into problems ordering your free credit report online, check out the UW-Madison Extension website [fyi.extension.wisc.edu/creditreport/](http://fyi.extension.wisc.edu/creditreport/) for more information about getting or reading your free report.

Please share with your family and friends!



### Safe & Healthy: Preparing and Preserving Food at Home

Division of Extension

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[How To: Videos](#)

[Safe Produce 4 Food Pantries](#)

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**Get the Latest Updates on Food Safety and Recalls at:**

<https://fyi.extension.wisc.edu/safepreserving/>

### SUBSCRIBE TO UPDATES VIA EMAIL

Provide your email address at the above website and we'll keep you up to date on all the latest food safety & preservation news.



## Extension

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WAUPACA COUNTY

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*Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation. Extension Waupaca County Office 715-258-2630.*



**Extension**

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