



ACCENT

JANUARY / FEBRUARY 2022

Waupaca County Association for Home and Community Education

CALENDAR

January

On-Your-Own Lesson (included in this issue of ACCENT)
“101 Gadgets That Changed the World”

Monday, January 24

HCE Executive Board Meeting, 10:30 a.m.—Noon
Manawa City Hall

February

On-Your-Own Lesson (included in this issue of ACCENT)
“Improving Your Health by Standing Up for Yourself”

February 1

HCE ACCENT articles due for March-April 2022 issue

Monday, February 28

HCE Executive Board Meeting, 10:30 a.m.—Noon
Manawa City Hall

A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Winter!

Now that the winter season is here-- we will be more confined than ever to the indoors. I have been planning ahead for these cold and snowy winter months. I have been stocking up on books to read and DVD's and videos to watch. It does not really matter what the book or the movie is about--I am just stocking up like a store where I go and "shop" for what I want to read or see.

We also have a stock pile of puzzles (mostly for my husband Steve) and another couple of baskets and totes with handcrafted items to create or to finish.

What a great time of year to create your own/or try-out some new recipes. While I was cleaning and organizing the house for the winter season, I found some "church cookbooks" that I totally forgot about. And yes---I started reading through them specifically looking at the "homemade breads" sections. I marked possible bread recipes with paperclips. Once you start reading a cookbook, the time flies by like you are reading a romance novel! It is a continuing project for me....

The new theme statewide for HCE in 2022 is "A New Way of Living with HCE." One of the reasons that the WAHCE state president Eileen Gottbeheat chose this theme is to encourage counties to think about a new way of recruiting members. What might that plan look like? Something to think about....

You have received the 2022 Waupaca County HCE Program booklet. Check your individual information. If any changes contact Marilyn Herman. Take time to read through each month and highlight our activities and meetings. We have a fun and exciting year of HCE planned. Please join in as many activities and meetings that you are able.

As part of our Winter Wear service project, Head Start students received sets of handmade hats, scarves, and mittens. These sets are knitted or created from fleece. What a wonderful and useful present to give to the Head Start students and their families. Thank you to Myrtle Kutchenriter and Marilyn Herman for leading this initiative!

Stay safe--stay well!
Lynn Marcks
Waupaca County HCE President



WISCONSIN BOOKWORMS

The Wisconsin Bookworms Early Reading Program is underway at three sites in Waupaca County. Volunteers are reading books to children in Clintonville, New London, and Waupaca. For January, volunteers read a favorite Margaret Wise Brown book titled *Big Red Barn*. And, in February volunteers read a Liza Baker book titled *I Love You Because You're You---* just in time for Valentine's Day!



We are giving each child a copy of the read storybook so that they can "read" the story to their parents, grandparents, siblings, pets, and of course their Teddy Bears! The book becomes part of the child's home library.

Happy Reading!
Wisconsin Bookworms Co-Chairs
Lynn Marcks and Diana Bonikowske

CENTRAL DISTRICT UPDATE

Save the date in your calendar. Our Central District Meeting is scheduled for Wednesday, April 27, 2022 in the Westfield area. Marquette County will be hosting this fun and educational day.

Articles/clips from the counties in Central District will be featured in the February Update. Be sure to read about our counties when your magazine arrives.

2022 WAHCE CONFERENCE

The 2022 WAHCE conference will be held September 19-21 across the state in Onalaska. We will be housed at the Stoney Creek Inn. Look for more information about the conference in the spring Update editions. Central District does not have any duties or assignments for the conference so we can relax and enjoy all the happenings!

2022 SERVICE PROJECTS UPDATE

We will be continuing with the “Caps and Covers” program. I would like to ask that when you save these items you please wash them and make sure they are clean. The Senior Center of New London has gotten 1200 pounds of plastic caps collected this year to have four benches made for the schools and other city areas.



We will still be saving the aluminum tabs and the used postage stamps. Please keep a ¼ paper border around the stamps. Remember to save your 2021 calendars after the end of the year for our dementia book project with the Manawa Phoenix Program for persons with Alzheimer’s. Also save your used greeting cards for all occasion plus used Christmas Cards for the Shawano HCE club that remakes them into new cards for the King Veteran’s Home residents. Used towels or unopened pet food or paper toweling are collected for the Humane Society at Waupaca. I appreciate all of these items you have been collecting this year for our service projects. Hope all of you will continue to save these items and bring them to any HCE meetings we have next year.

~ Doris Budwit, Program Coordinator

REMINDER TO CLUB SECRETARIES

When your club meets, minutes and highlights of your discussion are recorded by your Club Secretary or someone else designated by the President. A copy of your club report needs to be sent to the Extension Office, attention: Sandy Liang, and to your Center Chair shortly after the meeting. A copy of the Minutes Reporting Form is included with this issue of ACCENT or can be downloaded on the “Waupaca County HCE” website. If you have any concern that you wish your Center Chair to bring up at an Executive Board Meeting, include this in your minutes or give them a phone call or email to discuss it.

REMINDER OF HCE PROGRAM CANCELLATION

HCE Executive Board Meetings and Special Interest Programs

In the event of inclement weather or hazardous roads, listen to WDUX Radio 800 AM and 92.7 FM or WJMQ 92.3 FM for cancellations and possible rescheduling. Any program or meetings will be cancelled by our President, Lynn Marcks. Those with email will receive a message by 8:30 a.m. if programs are cancelled. If you wish to receive a phone call notification please contact Lynn or Marilyn.

2022 Program Book Correction Plans

Check the most recent ACCENT or Executive Board/ Presidents' Letter for the latest activity updates, change of date, time or place updates from Program Book. If you have any changes or corrections to the 2022 Program Booklet, included with this issue of ACCENT, please get in touch with Marilyn Herman, HCE Secretary.

SCHOLARSHIP UPDATE

We added some funds to the 2022 Scholarship Account with our fundraisers at the New London Family Festival and the Fall HCE Meeting Auction but we were still short of our 2022 goal. Since the Wisconsin HCE is only charging us



\$1.00 per member next year, and Central District is collecting only \$1.00 per member, a motion at the November Executive Board Meeting was to use our savings from State and District dues to fully fund 2 scholarships of \$1000 each for the 2022 year. This continues our educational outreach to the young people of our communities. Due to the uncertainty of last year and schools in and out of session we did not offer a college scholarship in 2021.

2021 FALL BUSINESS MEETING HIGHLIGHTS



Newly installed Waupaca County HCE Officers included: (Left to Right) Lynn Marcks President; Mary Fenske, Co-Chair Cultural Arts; Judy Long, Treasurer; Doris Budwit, Program Coordinator; Kathy Manske, Vice President; Diana Bonikowske, Wisconsin Bookworms Chair and Marilyn Herman, Secretary. Thank You for serving our organization!



The Live Auction of donated items from HCE members was delightfully entertaining thanks to Auctioneer, Kathy Manske. Sales benefit our ongoing Youth Scholarship Program.



The Business Meeting and update reports were shared and informed us about past and upcoming HCE activities.





Chat and Chew HCE Member, Myrtle Kutchenritter and individual member Mary Ann Letten, enjoy the day's many activities showing off a glass plate project from Fall Learn-In after filling it with candy and sharing a treat during the Business Meeting.



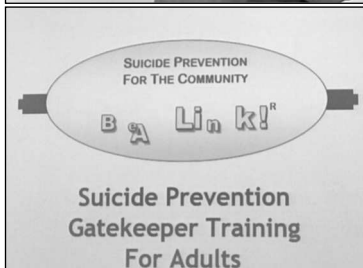
Diana Bonikowske offered extra books for sale from our Wisconsin Bookworms project where a monthly book is purchased for each child and read at the three Headstart Centers in Waupaca County.



HCE Historian Doris Budwit set up the 2020 and 2021 Waupaca County HCE Activities Picture Poster and Scrapbook of HCE Memories that she displayed at the WAHCE State Conference in September.

WAUPACA-SHAWANO COUNTY FALL LEARN-IN HIGHLIGHTS

We had a heart to heart discussion about the risk factors, signs and symptoms surrounding mental health issues, including suicidal behaviors. Based on the Yellow Ribbon program, Ellen Swedberg shared information on ROADS (Reaching Out About Depression and Suicide), formed in 2012. Heidi Russell and Jenna Heise, from Shawano County Human Services highlighted special concerns for Elders and Teens.



Set the Garden with Plate Flowers: Make and Take with Kathy Hossain and Marilyn Herman got our creative juices going as we viewed ideas and then assembled our own one-of-a-kind garden showpieces.



We soared into the wonderful world of raptors with Kaylee Lietz, Naturalist at Navarino Nature Center. Birds of Prey are the true commanders of the sky.

We learned about Wisconsin's raptors and what makes them unique master hunters. Eagles, owls, and hawks each have unique traits and special abilities.



Launching her first year with Erb Farm and Flower has been quite an adventure, which Terri Erb shared with us! Whether you are an avid gardener or enjoy your container garden displays, Terri has some tricks to share to help us get the most out of our flower plantings. Heirloom seeds offer a special benefit for our eyes, our environment and our wallet.



Joan Bessette, 23 Year HCE Member of Modern M & M's Clintonville Remembered



Joan L. Bessette, age 86 of Clintonville, passed away on Friday October 8, 2021 at The Pines Memory Care Center, Clintonville.

Joan was born December 22, 1934 in Wittenberg, WI to the late Clarence and Ruth Simonson. She was raised in Wittenberg, WI and was a 1953 graduate of Wittenberg High School. Joan was married to the late Dennis Bessette on July 18, 1953 at St Philomena Catholic Church, Birnamwood, WI. Joan moved to Clintonville, WI with her family in 1960 and resided there until her death. Joan is survived by her three children, grandchildren, sisters, brother.

As well as being a mother, Joan worked as a Nursing aide at Clintonville Memorial Hospital and as a school health aide for the Clintonville Unified School District until her retirement in 1996. She was active in her church and in their overseas missions. Doris hosted the Modern M & M's Rummage Sale for many years with proceeds going to the Wisconsin Bookworms Reading Program. She helped set up self-sustaining bicycle repair shops and sewing centers in Nicaragua, Central America as part of the Waupaca County Association for Home and Family Education (HCE) and Wisconsin/Nicaragua Partners Program.

JANUARY ON-YOUR OWN LESSON 101 GADGETS THAT CHANGED THE WORLD

With uncertain weather and road conditions the January and February HCE Lessons can be done at home.

Call a friend or family member and see which gadgets they think made the most difference in their lives.

101 GADGETS THAT CHANGED THE WORLD

This is a list of the 101 gadgets that changed the world compiled from votes submitted to Popular Mechanics Magazine and The History Channel. This list starts at 1 (least votes) and goes to the smartphone at #101 (most votes).

How Many Have You Used or Owned? Put a check mark in front of those you used and underline those you have owned. How many would not have been in your home when you were in grade school?

- | | | |
|---|-------------------------|------------------------------------|
| 1. Duct Tape | 32. Boom box | 69. Microwave Oven |
| 2. Fiberglass Fishing Rod | 33. Electric Toothbrush | 70. Computer Mouse |
| 3. Stapler | 34. Coleman Lantern | 71. LED Light Bulbs |
| 4. Roomba | 35. Binoculars | 72. CD Players (Not iPods) |
| 5. Aerosol Spray Can | 36. Tape Measure | 73. Camcorder |
| 6. Quick Release Ski Binding | 37. Zipper | 74. Electric Guitar |
| 7. Super Soaker | 38. Derringer | 75. Blackberry Phone |
| 8. Blender | 39. Lunchbox | 76. Crescent Wrench |
| 9. Bra | 40. Charcoal Grill | 77. Hi-Fi |
| 10. Cooler/Ice Chest | 41. Smoke Detector | 78. Sewing Machine |
| 11. Digital Video Recorder | 42. Moog Synthesizer | 79. Laptop |
| 12. Zippo Lighters | 43. CD-Rom | 80. VCR |
| 13. Teflon Accidentally Discovered (1938) | 44. Outboard Motor | 81. Answering Machine |
| 14. Flash Drive | 45. Hairdryer | 82. Remote Control |
| 15. Ginsu Knife | 46. Tape Recorder | 83. Brownie Point and Shoot Camera |
| 16. Hearing Aid | 47. CB Radio | 84. Vacuum Cleaner |
| 17. Sunglasses | 48. Ballpoint Pen | 85. Handheld GPS |
| 18. Drip Coffeemaker | 49. Car Jack | 86. Transistor Radio |
| 19. Toaster | 50. Kindle E-Reader | 87. Modem |
| 20. Flashlight | 51. Push Lawnmower | 88. Typewriter |
| 21. Leaf Blower | 52. Cassette Tapes | 89. Match |
| 22. Spincast Fishing Reel | 53. Circular Saw | 90. Bicycle |
| 23. Swiss Army Knife | 54. Gameboy | 91. Dry Cell Battery |
| 24. Can Opener | 55. Leatherman | 92. Light Bulb |
| 25. DVD Player | 56. Fire Extinguisher | 93. Alarm Clock |
| 26. Chainsaw | 57. Walkman | 94. Phonograph |
| 27. Electric Blanket | 58. Floppy Disks | 95. Telephone |
| 28. Safety Razor | 59. Polaroid Camera | 96. Air Conditioner |
| 29. Printer | 60. MP3 Player | 97. Personal Computer |
| 30. Stopwatch | 61. Pocket Calculator | 98. Hypodermic Syringe |
| 31. Kodak Carousel Projector | 62. Wi-Fi Router | 99. Television |
| | 63. Electric Drill | 100. Radio |
| | 64. Digital HDTV | 101. Smartphone |
| | 65. Wristwatch | |
| | 66. 8mm Camera | |
| | 67. Microphone | |
| | 68. Digital Camera | |



IMPROVING YOUR HEALTH BY STANDING UP FOR YOURSELF (SELF-ADVOCACY)

Lesson presented at 2021 WAHCE State Conference by Sara Busche and Robert Nix, University of Wisconsin-Madison School of Human Ecology and Division of Extension. The full lesson can be found on the WAHCE Inc. website.

Why Do You Want to be Healthy?

Is it OK to ask questions and advocate for yourself at Medical Appointments?

Think About a Previous Medical Appointment. What went Well? What Didn't? Did you ever forget to ask something after leaving a medical appointment?



Common Concerns Shared by Patients

- The provider talked too fast so it was hard to digest the information
- You didn't have enough time with the provider
- You didn't ask the questions you wanted to ask
- You didn't understand the different treatment options or your new medication routine
- You felt disrespected by the provider

Benefits of Asking Questions

- Make sure you are not taking 2 of the same medicines
- Improve health
- Share your concerns and worries
- Just because something is in your medical record does not mean your doctor has seen it

Strategies to Remember Health Information after Asking Questions at a Medical Appointment

- Bring a friend or relative along to listen
- Take notes
- Download an app on your phone to record the discussion with your doctor
- After the appointment, write down any other questions that you have. Call the doctor's office back to answer your questions and confirm your treatment plan.
- Reflect on the experience and make plans to improve your conversation next time.

Develop an Action Plan (Worksheet below)

Read through the list of questions on the handout. Use empty spaces to write additional questions you have for your provider.

What 3 questions are most important to ask at your next appointment?

Medical Appointment Action Plan

Medical appointment date and time: _____

What is this appointment for? _____

What 3 questions do you want to make sure to ask at this appointment?

- 1. _____
- 2. _____
- 3. _____

What strategy will you use to remember what you and your provider discuss? _____

Other questions you might have during your medical appointment

- 1. What is the test for?
- 2. When will I get the results?
- 3. Why do I need this treatment?
- 4. Are there any other options?
- 5. What happens if I don't do anything?
- 6. What are the possible problems that may happen after this procedure?
- 7. How do you spell the name of that drug?
- 8. Are there any side effects?
- 9. Will this medicine interact with medicines that I'm already taking?

Notes: What did your provider say that you want to remember?

What do you want to be sure to ask at your next medical appointment?

MESSAGE FROM YOUR HUMAN DEVELOPMENT AND RELATIONSHIP EXTENSION EDUCATOR

Happy New Year HCE Friends:

While it's chilly outside, I hope you found warmth over the holidays with family and friends.

This new year is off to a busy start at Extension—I've shared some upcoming education series that you can read more about in this newsletter. Many of you are grandparents/great-grandparents and have little ones in your lives. You play an important role in their lives, and I'd like to invite you to some of our learning opportunities.

I also added an article by an Extension specialist in Nutritional Sciences on supplements in the era of COVID-19.

May you all have peace, happiness, and health this year.

Warm regards,



Sandy Liang
Extension Waupaca County
Human Development and Relationships Extension Educator

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:

- Raising Wisconsin's Children Conference
- Raising a Thinking Child Virtual Series
- Supplements and COVID-19

RAISING WISCONSIN'S CHILDREN CONFERENCE JANUARY 13 & 15, 2022

Are you a parent or caregiver of children? Whether you are a dad, mom, grandparent, foster parent, child caregiver, or educator you are invited to the University of Wisconsin-Madison Extension Human Development and Relationships Institute's first online parenting conference.

Register now for the FREE, virtual Raising Wisconsin's Children conference: <https://parenting.extension.wisc.edu/raising-wi-children-conference/> or contact Annette for help with registration at 715-258-6224 or email annette.spieth@wisc.edu

Note: this is a virtual conference. However, if there is interest, I can set up the equipment at the Waupaca County courthouse so that any HCE members can learn together in a setting with internet access and space for discussion. Please email or call Annette if you are interested by January 7, 2022.



Are you
Raising Wisconsin's Children?
2 Days. 17 Classes.

By Wisconsin-based Child Development
and Parenting Experts.

100% Virtual. 100% Free. 100% Fun.

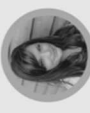
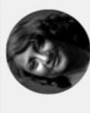










January 13 & 15, 2022

[Register Now](#)
for FREE



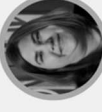









<https://parenting.extension.wisc.edu/raising-wi-children-conference/>

2022 Parenting Conference: SATURDAY RAISING WI CHILDREN

1/15/2022	SPEAKER/TOPIC	SPEAKER/TOPIC	SPEAKER/TOPIC
9:00-9:45AM	Widen Your Window: How Understanding the Stress Response System Can Improve Your Parenting Keynote: Laura Frajten		
	Welcome to UW-Madison Extension's Human Development & Relationships Institute Speaker: Danielle Hairston-Green		
10:00-10:30AM	Manage Screens Before They Manage You Speakers: Heidi Ungrodt, Pattie Carroll, Anne Clarkson	  	 Race-Conscious Parenting Speaker: Inés Batto
	Family Financial Well-being Speaker: Carol Bralich		 Behavior Detective: Searching for the Cues Speaker: Lori Zierl
10:30-11:00AM		 Parenting as a Team Speaker: Laura Frajten	 Speaking Your Child's Love Language Speaker: Anne Clarkson
11:00-11:30AM		 Race-Conscious Parenting Speaker: Inés Batto	 Raise a Reader: Building Brains with Books Speaker: Roxie Etta



2022 Parenting Conference: THURSDAY RAISING WI CHILDREN

1/13/2022	SPEAKER/TOPIC	SPEAKER/TOPIC	SPEAKER/TOPIC
6:00- 6:45PM	Young Children, Families, and Screens Keynote: Heather Kirkorian		
	Manage Screens Before They Manage You Speakers: Heidi Ungrodt, Pattie Carroll, Anne Clarkson, Carol Bralich	   	 Focus on Fathers Speaker: Todd Wenzel
7:00-7:30PM		 Understanding Behavior from a Brain Development Perspective Speaker: Donette Hopke	 How to Love Parenting -- Even on the Hard Days Speaker: Maggie Kerr
7:30-8:00PM	Helping Your Child Cope with Strong Feelings Speaker: Rob Nik		 Focus on Fathers Speaker: Todd Wenzel



**RAISING A THINKING CHILD
VIRTUAL SERIES — WEDNESDAYS
FEBRUARY 2 & MARCH 8, 2022
8:00 PM - 9:15 PM**

I will be working with several colleagues to facilitate a virtual workshop series called Raising a Thinking Child (RTC).

RTC is an evidence-based program for parents, educators and caregivers of children 4 to 7 years that was developed and researched by Dr. Myrna Shure. RTC has demonstrated effectiveness in developing interpersonal cognitive problem-solving skills in young children, improving adult-child communication, and in decreasing both impulsive and inhibited behaviors in young children.

Those who take the workshop series say:

- “I now ask [the child] how things could be done differently”
- “[I’m] asking more ‘thinking’ questions”
- “I am much more patient and understanding and less ‘jumpy””
- “[I’m] asking our daughter what is going on and her point of view”

Children also learn and use new prosocial behaviors by the end of the series. They say:

- “He can stop and use the dialogues to diffuse the situation”
- “He is much better at handling his emotions and communicating better”
- “He thinks more ahead of time”

Registration fee: \$35 covers book and materials.
Scholarships are available!

Register here today at: <https://go.wisc.edu/a754lb>
or call my colleague, Amanda at: (608) 355-3256

Note: this is a virtual series However, if there is interest, I can set up the equipment at the Waupaca County courthouse so that any HCE members can learn together in a setting with internet access and space for discussion. Please email or call Annette if you are interested by January 26, 2022.

SUPPLEMENTS AND COVID-19

By Lacey Wedell UW-Madison Student and
Beth Olson, Associate Professor
and Extension Specialist in Nutritional Sciences

Recently the National Institutes of Health (NIH) released a fact sheet regarding dietary supplement usage for COVID-19 protection. Currently by law, no supplements can legally claim that they are a treatment, prevention, or cure of any disease, and this includes COVID-19. However, many people are still purchasing and using dietary supplements to prevent or treat COVID-19.

People who are deficient in vitamin C, vitamin D, and zinc have been shown to be more susceptible to infections (like colds and flu) because these nutrients are needed for the immune system to work. Scientists believe people deficient in these nutrients may also be more susceptible to COVID-19 infection. However, we currently don't have research to know if any supplement is helpful for Covid-19.

Here is an overview of the NIH review of these supplements:

Vitamin D

It is an essential nutrient for our bodies and is not found in a lot of foods, however most people obtain their needed vitamin D through fortified milk and dairy products, or other fortified foods. It can also be naturally produced in the body from sun exposure. Individuals who live in the areas of low sun exposure and individuals who do not consume dairy products or animal products tend to have a



higher risk of vitamin D deficiencies. In immunity, it has been shown to suppress inflammation, decrease viral replication load, and increase T-cells. Individuals with vitamin D deficiencies have been shown to be more likely to have COVID-19. Being vitamin D sufficient has also been shown to decrease COVID-19 severity. More clinical trials are being run to confirm the benefits of vitamin D.

Vitamin C

Vitamin C, like vitamin D is an essential nutrient. Vitamin C can be found in citrus fruits, potatoes, tomatoes, and many other fruits and vegetables. Most individuals do not have vitamin C deficiencies. It helps in our immune system through antioxidant effects and may inhibit viral replication. Research has found that supplemental vitamin C may enhance immune function when an individual's vitamin C status is lower. There is currently no sufficient data to support that vitamin C supplementation can prevent or treat COVID-19.



Zinc

Zinc is in a variety of food ranging from beef and pork to whole grains and dairy. It has anti-inflammatory and anti-viral properties, and helps us maintain our tissues which provide a barrier to infection. Deficiencies can lead to poor immune response and increased susceptibility to infection—especially in the lungs. Evidence has shown that zinc might help shorten the duration of the common cold but research does not yet support the use of zinc supplements to treat or prevent COVID-19.

Final Takeaway

There is not strong enough proof that any supplement can fully prevent or better the symptoms of COVID-19. However, deficiencies in some essential vitamins and minerals may make you more susceptible to infection, including the upper respiratory infection of COVID-19. It is best to talk to your health care provider to see if you are at risk of any nutrient deficiencies, and to make sure you eat an overall healthy diet.



Extension

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WAUPACA COUNTY

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Website: <https://waupaca.extension.wisc.edu/>
[Waupaca County HCE – Extension Waupaca County \(wisc.edu\)](https://waupaca.extension.wisc.edu/)

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***Extension Waupaca County Human
Development & Relationships
*Extension 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

UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

**811 HARDING STREET
WAUPACA WI 54981**

RETURN SERVICE REQUESTED