



ACCENT

February / March 2022

Waupaca County Association for Home and Community Education

CALENDAR

Monday, March 28

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



April 1

HCE ACCENT newsletter articles for May-June issue due to
HCE Secretary Marilyn Herman to forward to Extension Office

Monday, April 18

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

Monday, April 18

Special Interest Meeting “Self Care with Aging: How to Stay
Functionally Fit” with Dr. Jean Darling, Doctor of Physical
Therapy, 1:00 p.m.—2:30 p.m.

Wednesday, April 27

Central District HCE Meeting hosted by Marquette County HCE,
Westfield. Registration and carpooling to be arranged.
9:00 a.m.—3:00 p.m.

HCE International Program on Netherlands – Tentatively Planned for March Canceled

International Dinner and Program “More than Tulips
and Wooden Shoes” was held over from last year. We looked at
holding this event in March with uncertain weather and Omicron
virus concerns. We considered holding it in April or June with
other HCE and family events in the works. We looked at our
ability to plan and host a safe community event and finally
decided that so much is up in the air it was best to cancel for this
year. This was not an easy decision.



~ Karen Stuhr, International Chair and
Marilyn Herman, Committee Assistant

A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Spring! (soon to be coming our way...)



I am ready for Spring. Enough of the cold and below zero wind chills. I was looking forward to a reasonable amount of snowfall so I could actually use my snowshoes for a winter walk. As of this writing, I do not have that kind of snow.... So, I retrieved my gardening log from the book shelf and started to review what, where, and how I planted flowers and vegetables last season. Time to start planning what my summer 2022 gardens will look like!

HCE members continue to plan and grow with our meetings, educational lessons, activities, and volunteering as we move into the Spring and Summer seasons. Look for information about our scheduled meetings and guest presenters. There is also a clip about the upcoming Central District educational/meeting day in April. Also included is the Cultural Arts form with guidelines for the special "Rollin' On the River" category. I have included hotel contact and registration for the WAHCE fall conference. And, there is a call for nominations for open state board positions.

Stay safe--stay well!



Lynn Marcks
Waupaca County HCE President

“SELF CARE WITH AGING: HOW TO STAY FUNCTIONALLY FIT” SPECIAL INTEREST PROGRAM

Join us on Monday, April 18 from 1:00 – 2:30 p.m. for a lively informational program with our special guest, Dr. Jean Darling, Doctor of Physical Therapy works independently and also owns the “Total Fitness Center” in Shawano. You do not need to pre-register for this session. Family, spouse and friends are welcome to join in.

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. However, the three Head Start facilities are facing challenges with the pandemic still going on.

Not only are varying numbers of children absent from the program, but employing and keeping teachers in the classrooms has proven to be difficult. This means our readers are facing the challenges as well. Our readers have made adjustments in reading schedules, times, and numbers of children, in addition to following the Head Start rules for having volunteers in the classrooms.



The expectations for Head Start facilities are in constant change and we have to adjust and modify to meet those changes. Most recently, our readers have been asked to provide a copy of their Covid vaccination card. Without the card, readers cannot be allowed into the facilities to read.

As we finish the school year, we continue to read to the children. For March, we are reading "I am Just Right" by author David McPhail. And for April, we are reading "Bugs! Bugs! Bugs!" by author Bob Barner. At the conclusion of the Head Start school year, this means each child has received 7 books for their own home/family library. What a great gift! Happy Reading!



~Lynn Marcks and Diana Bonikowske
Wisconsin Bookworms Co-Chairs

CENTRAL DISTRICT UPDATE 2022

The Central District meeting is scheduled for Wednesday, April 27, 2022, from 9:00 a.m. to 3:00 p.m. at the Methodist Pine Lake Camp in Westfield. Our friends at Marquette County HCE are hosting this fun and educational day.

Plans for the day include:

- 9:00 a.m. Welcome, registration, and breakfast
- 9:30 a.m. General meeting
- 11:45 a.m. Hot lunch & conversation
- 12:30 p.m. A little stretching time
- 1:00 p.m. Educational speaker
- 2:00 p.m. Finish any business & planning
- 2:30 p.m. Drawings and door prizes



Please mark your calendars to join the Central District HCE members for our yearly event!

~Lynn Marcks, Central District Director

"ROLLIN' ON THE RIVER WITH WAHCE" 2022 WAHCE CONFERENCE

The 2022 WAHCE conference will be held September 19-21, 2022, at the Stoney Creek Hotel and Conference Center in Onalaska. In addition to speakers and workshops, there will be 4 tour choices and some hands-on projects for those who wish to be creative! West District is hosting the conference this year.

Once again, WAHCE will provide a free registration scholarship for one person from each district to attend the conference at no cost. We will have a drawing for this at the Central District meeting in April.

Here is the information for making your hotel registration:

Stoney Creek Hotel and Conference Center
3060 South Kinney Road
Onalaska, WI 54650
Call direct @ 608.781.3060

WAHCE has a block of rooms secured at the hotel. Rate is \$109 for a King or Queen.
Deadline for reservations is August 21, 2022.



If you have any questions, just contact me @ 715.823.4829.

~Lynn Marcks, WAHCE VP Family & Community Life

WAHCE CALL FOR NOMINATIONS

The 2022 WAHCE Nominating Committee is in search of qualified candidates for the following positions on the WAHCE State Board:

- VP Program
- Secretary
- Cultural Arts
- Membership
- Registrar



Candidates for these positions will be elected at the Annual Business Meeting during the 2022 WAHCE State Conference in Onalaska. Terms of service begin on January 1, 2023.

There are only two members from Central District serving on the state board. I am hoping that someone from Waupaca County would step up to fill one of these board positions. If you would like a description of the duties for a specific position, please just ask me!

~Lynn Marcks, Central District Director

“SELF CARE WITH AGING: HOW TO STAY FUNCTIONALLY FIT” SPECIAL INTEREST PROGRAM

Join us on Monday, April 18 from 1 – 2:30 PM for a lively informational program with our special guest, Dr. Jean Darling, Doctor of Physical Therapy works independently and also owns the “Total Fitness Center” in Shawano. You do not need to pre-register for this session. Family, spouse and friends are welcome to join in.



WHAT IS FUNCTIONAL FITNESS?

FUNCTIONAL TRAINING is just a workout with a purpose: to improve physical activities elsewhere in life. In most

cases, the aim is to get better at everyday activities like comfortably bending down to pick something or a child up, safely carrying a bag of groceries or dashing to close a window before it starts to rain.

Functional training will strengthen you in ways that spills over into everyday life, making daily

activities more comfortable, and more natural, to perform. Functional training focuses on movement patterns with a real-world purpose of keeping you safely in your home and community. This type of training uses weight-bearing activities that work your muscles as well as many joint exercise to improve movement as we go about our day. WAHCE has offered the booklet “Exercise and Physical Activity for Healthy Aging: Get Fit for Life” from the National Institute on Aging to all members to turn workouts into playouts...for life

~ Doris Budwit, Program Coordinator



How Exercise Helps

The main reason people give for beginning exercise is to lose weight. But that is not the best one! Eating a donut could negate the caloric benefit of an hour working out.

Instead, those who exercise may reap rewards such as sharper thinking, less depression and anxiety, better sleep, stronger bones and muscles, and reduced risks of heart disease, stroke, diabetes, and cancers including the breast and colon. *NBC News* reports.

THANK YOU FOR THE WARM WEATHER SETS

From the Waupaca Headstart Center

Miss Shannon's class would like to thank you for the hats, scarves and mittens! We appreciate all you do! It will keep us warm all winter!



Miss Athena's class would like to thank you for the hats, scarves and mittens! We appreciate all you do! It will keep us warm all winter!



Waupaca County HCE,

Thank you very much for the generous gift of hats, mittens and scarves! This will definitely warm the heads, hands and hearts of the little ones in our programs! Thank you for your kindness.

Happy Holidays,

Amy, Gretchen, Corey, Hailey, Nicole, Sarah, Kris, Kristina and Jenni

***Waupaca County Birth to Three Public Health Program
Healthy Beginnings Home Visit Program
Women's, Infants and Children (WIC) Program***



Dear Waupaca County HCE,

Thank you so much for your donation of 12 winter wear sets. We used them as Christmas gifts. It helped make the season a little brighter for the people of our community who are in need. It is through your generosity that we are able to help the less fortunate people in our community. We appreciate your support.

Sincerely,

Manawa Area Community Food Pantry



Who Received the 2021 HCE Winter Wear?

The following groups and organizations received warm hats, mittens and scarves made or collected by members of Waupaca County HCE.



Clintonville, New London and Waupaca Headstart received 99 sets of fleece sets sewn by Myrtle Kutchenriter. Fleece sets were sewn and assembled from donated material by Myrtle Kutchenriter, Coordinator for Family and Community Outreach. Thanks to Karen Euhardy, dozens of winter knit hats and mittens were purchased at greatly reduced cost for our HCE project.

The Oshkosh Corrections Facility inmates took the yarn we donated earlier this year and knit or crocheted 125 sets of winter wear for children given back to us.

- ◆ 25 winter sets went to the Weyauwega Elementary School
- ◆ 25 winter sets went to the Manawa Elementary School
- ◆ 38 winter sets went to the Salvation Army to distribute to county families in need
- ◆ 12 winter sets went to the Manawa Food Pantry to share with clients
- ◆ 25 sets went to Waupaca County Public Health (Women, Infants and Children) Supplemental Food Program, Healthy Beginnings Home Visit Program, and the Birth to Three Special Needs Children Home Visit Program



When we were not certain we would get any or just a few winter knit sets from Oshkosh this year we reached out to Jeanne Bootz and the Waupaca Creative Caring Hands Group that provided 361 sewn, knit and crocheted items including stuffed toys, quilts, lapghans, tote bags, weighted blankets, crocheted blanket and hat sets, knit winter hats and scarves to also distribute to families and children in need on our list. These items were delivered to Waupaca Headstart, children enrolled in Clintonville Headstart, Meals on Wheels Shut-In's in Clintonville and Marion, Manawa Police Department, displaced residents from the Waupaca Group Home explosion, St. John's Food Pantry in New London, CESA (Cooperative Educational Service Agency)

Title One area school classrooms, Manawa Neighbor to Neighbor community meal program, and the House of Hope Family Shelter. Waupaca Creative Caring Hands also took over from HCE and delivered winterwear sets to Tomorrow's Children Residential Treatment Home near Waupaca.



~ Myrtle Kutchenriter
Coordinator for Family and Community

PLASTIC CAPS COLLECTION UPDATE

Waupaca HCE continues to collect plastic Caps to be remade into plastic benches. They are delivered and cleaned by volunteers (including Doris Budwit) at the New London Senior Center, packed and weighed. The goal is in sight! We received an update on what is acceptable and not acceptable for this recycling project. Here is the updated list. Please refer to it before deciding if a cap should be recycled for this project.



ACCEPTABLE PLASTIC CAPS from the Following":

Medicine Pill Bottle Caps (remove information packet)

Milk Jugs or Creamer Caps

Detergent Caps

Hair Spray Caps

Deodorant Caps

Toothpaste Caps

Spray Paint Caps

Ointment Tube Caps

Baby Food Caps

Drink Bottle Caps

Soda, Water, Juice, Sport Drink Caps

Flip Top Caps (like from catsup bottles)

Spout Caps (like from mustard bottles)

Shampoo/Conditioner Caps



ACCEPTABLE PLASTIC LIDS

Cottage Cheese Lids

Yogurt Lids

Mayonnaise Jar Lids

Peanut Butter Lids
 Ice Cream Bucket Lids (under 8 inches in diameter only)
 Cool Whip container Lids
 Pringles Can Lids
 Coffee Can Lids
 Butter Lids
 Cream Cheese dips Lids
 Spice Lids



NOT ACCEPTED

Cut up lids (from bottles or containers of any kind)
 Marker Caps or Pen Caps
 Bath and Body Works Caps (these have metallic paint on them)
 Automotive Caps and Lids
 Fast Food or Carry Out Drink Lids
 Needle Caps, Syringe Caps or Eppi Pen Caps
 Ensure, Jelly or Applesauce Lids
 Trigger Sprayers
 Plastic that is not a cap or lid (no plastic pieces or parts
 example milk jug rings)
 Human or animal medical supplies of any type
 Any object with metal inside or on it
 Cardboard Liners inside a plastic cover (pull out with a nut
 pick please)
 Soap Pumps
 Lotion Pumps
 Cap on lids with the recycle numbers of 1,3,6 or 7
 K-Cups and straws
 Plastic Toys

~ Doris Budwit, Program and Recycling Project Coordinator

Waupaca Historical Society Upcoming Programs

A number of interesting community programs are being
 sponsored by the Waupaca Historical Society in 2022.
 There is no cost and you do not need to register ahead of
 time. All are welcome to participate. For a list of programs
 go to: <https://www.waupacahistoricalsociety.org/>
 For more information you may call (715) 256-9980
 or email director@waupacahistoricalsociety.org

CULTURAL ARTS CONTEST ANNOUNCED FOR 2022

While the winter weather continues, pull out your art projects and consider entering an item or two in this year's HCE Cultural Art Contest. The form for this year's contest is included with this issue of ACCENT. Look it over and get busy! Notice there are several new items and the Bonus Category will challenge us all to get our creative juices going!



Let's get our inspirational juices going for Cultural Arts this year. "Rollin on the River" is the theme for the Bonus Category. Doesn't seem too hard.

There have been a couple changes on the registration form. One change is in number 7. diamond dot, for more information, go to U-tube. The other is number 9, attach an 8 by 10 colored photo (required). Whatever category you enter in, make sure you check the requirements. We need to have our registrations filled out and signed when coming to the Spring Meeting. We are Waupaca County, Central District (on white paper) if more copies are needed.

The class that was cancelled 2 years in a row, hopefully can still be held in November. If anyone has a desire for something we can do for Cultural Arts, we welcome all suggestions. Call or email any ideas to either Sharon or me. Emails are in little yearly book on page 20.

We have done a superb job in the past and we can do it again. See you in May at the Spring meeting.



I have a suggestion for the judging for the Spring Meeting. We could use 2 volunteers to help the judge if we have more than 30 entries. It's a big job and if she has help, we wouldn't have a bottleneck when it comes to looking at and voting on the entries. Sharon and I could do it except that we always enter items and I don't want anyone thinking we had anything to do with the placings.

~ Mary Fenske and Sharon Wepner

TREAT YOURSELF TO A GARDEN CENTER TRIP THIS SPRING AND GREEN-IFY YOUR HOME

There are many benefits and a great deal of pleasure in collecting and caring for live plants – either indoors or pots and beds outside when Wisconsin's weather turns warmer. If anyone is interested in taking a small adventure to the Erb Farm and Flower Garden north of Shiocton that we learned about at Fall Learn-In, the Hosta Gardens in Plover, or the Peony Farm in Marion, please contact Marilyn Herman, (920) 596-3594. A spring or summer roadtrip (or two) are in the wind.



FAREWELL LONG-TIME HCE MEMBER DORIS HUFFCUTT

Doris Ann Huffcutt entered into her eternal home on January 25, 2022. HCE benefitted greatly from her kind words, sincere smile, love of community and willingness to volunteer. Doris, along with several other members of the CASEY HCE club assembled and mailed the Waupaca County 4H, HCE ACCENT and Parenting Newsletter every month for almost 20 years!

Doris Ann was born on February 20, 1935 to Alvin and Laura (Kapitzke) Ebert in the Town of Royalton in Waupaca County, WI. On February 8, 1958, Doris married the love of her life, Ivan Huffcutt. Together they created, raised and loved four children.



INSTANT POT COMPARED TO SLOW COOKER

If you see all the promotions for Instant Pots you might be wondering how it compares to your Slow Cooker? Is it worth the purchase? Have other family members or friends tried out an Instant Pot? If you ever worked with a Presser Cooker to speed up the cooking time, then an Instant Pot will make sense.



A beef roast, beef stew, whole chicken, pork chops, pork shoulder roast, or whole potatoes cook in the Slow Cooker in about 8 hours on low. They could be done in the Instant Pot at high pressure in 15 – 20 minutes per pound. Ground beef, meatballs, chicken breasts or thighs cook in a Slow Cooker in 4-6 hours on low. They will be done on high pressure in the Instant Pot in 6 – 10 minutes. Fish Fillets and white rice cook in the Slow Cooker in 1 – 2 hours but are done in the Instant Pot in 5 minutes on high.



However, most instant pots require the release of pressure naturally by turning the plug in unit off or taking the unit off the heat (for electric range) or shutting off the heat with a gas range for 10 minutes and then opening the quick release valve to reduce the remaining pressure before opening the cover. If younger or older family members are using the Instant Pot be certain they can safely handle the Instant Pot. You cannot check the contents for doneness or add another ingredient while the Instant Pot is under pressure. Also review the washing and cleaning instructions for either appliance before making a decision to buy one. Check out a reliable cookbook for either appliance and ask yourself if these are recipes you would try because they appeal to you. For food safety the food contents of any cooked dish need to be refrigerated within two hours of taking either appliance off the heat.

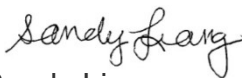
A MESSAGE FROM YOUR HUMAN DEVELOPMENT AND RELATIONSHIP EXTENSION EDUCATOR

Dear HCE friends,

I hope everyone is bundling up and staying warm and healthy. Speaking of health, I want to share a great virtual series this winter—Wise Wisconsin. It's an educational series designed specifically with topics related to aging in mind. Read more about it in the newsletter!

Hang in there—we've had some frigid days already, but spring always comes. In the meantime, I've included a health soup recipe for those chilly days. I always find that hot soup on cold days just makes winter so much better.

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 about:

- ♦ Wise Wisconsin: A Life Span Program Virtual Learning Series
- ♦ Food Preservation & Getting Your Dial Gauge Presser Canner Tested
- ♦ Recipe for a Healthy Broccoli and cauliflower Soup

WISE WISCONSIN: A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

There's an exciting opportunity this winter! Wise Wisconsin is a series offered through Extension's Life Span Program and connects you to experts to learn about staying healthy, financial well-being, and more. These are offered virtually, so no need to bundle up in the cold or traverse through icy sidewalks!

But if technology concerns are an issue, please let me know and if our conference room is available, I can set it up for you to attend.



Session Information

2/2 – Old at Heart: Reframing the way we think and talk about growing older – *Presented by Dr. Kristin Litzelman*

What comes to mind when you think about aging? In this session, we will shine a light on biases and misconceptions about aging and learn how the way we think and talk about aging can help combat ageism and age-related bias.

2/9 – Compassion Resilience – *Presented by Heather Quakenboss, La Crosse County HDR Educator*

In tough times we might question if being happy or positive is important. This session will show you how our well-being is even more important during challenging times and how to build resilience, compassionately.

2/16 – Advanced Directives? What are those?!?! – *Presented by Jackie Caratinni, Faculty and Wood County HDR Educator*

At any age, a medical emergency could land you in a situation where you are unable to make your own health care decisions. Planning in advance and sharing your wishes with your loved ones and medical providers can make sure you get the medical care you would want if you were unable to speak for yourself rather than having decisions made for you.



2/23 – Jump Start Your Energy! – Presented by Karen Dickrell, Faculty and Outagamie County HDR Educator and Jane Jensen, Faculty and Sheboygan County HDR Educator

In the bitter cold of Wisconsin weather, our cars sometimes need a jump start. How does that translate to our own health and well-being? This fun workshop will provide information on how to eat for energy, get fresh air, improve sleep, control stress, use nature's energy and keep focused on your goals. As an added bonus, discover how Friluftsliv can be incorporated into your life!

3/2 – The Retirement Transition – Panel Presentation Moderated by Ruth Shriefer, Faculty and Iowa County HDR Educator



Whether you have already retired or you are thinking about it, this session will highlight some strategies to consider for the months and years ahead. In addition to sharing information from studies on retirement, we will also have a panel of retirees sharing their experiences.

3/9 – Preparing for the Growing Season – Presented by Master Gardener Tom Jerow, Master Gardeners of the North

Join Tom Jerow, Master Gardener, to learn how to prepare for vegetable gardening, seed starting, getting your garden ready and spring crops.

FOOD PRESERVATION & GETTING YOUR DIAL GAUGE PRESSER CANNER TESTED



Do you have a pressure canner at home? When did you last have it tested? Dial gauge pressure canners use dial gauges to make sure that the correct pressure is being maintained during the cook time. Sometimes damage can happen to the dial that shifts its reading and makes it inaccurate. Accuracy is important because a reading too low can mean under processing and unsafe food. A reading too high can lead to over processing and affect the quality of the product.

Wise Wisconsin

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

One-hour sessions on Wednesdays at 9am

February 2nd - March 9th, 2022 via zoom

Registration here: <https://go.wisc.edu/5u4ez3>

February

2nd - Old at Heart:
Reframing the way we
think and talk about
growing older

9th - Compassion
Resilience

16th - Advanced Directives?
What are those?

23rd - Jump Start your
Energy!

March

2nd - The Retirement
Transition

9th - Preparing for the
Growing Season

****Registration is
required. Links will be
sent the week of each
session to registered
participants.****

Check out <https://go.wisc.edu/i2165a> for more details.



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**Email Sara Richie, Life Span
Program Manager, at
sara.richie@wisc.edu with any
questions.**

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

It is recommended that you get your gauge tested once a year. Although a lot of canning happens in the summer, sometimes the busyness of gardening and harvesting and make time fly.

You can get your gauge tested for free at the Extension office in the Waupaca County Courthouse. Call 715-258-6225 or email sandy.liang@wisc.edu to schedule an appointment.



RECIPES

Broccoli and Cauliflower Soup

**Ingredients** (4 serving)

- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1/4 cup chopped onion
- 1/2 cup low-fat, low-sodium chicken broth
- 1 cup skim milk, divided
- 1 teaspoon cornstarch
- 1/4 cup (about 1 1/2 ounces) finely chopped cooked lean ham
- 1/8 teaspoon ground black pepper
- 2 tablespoons shredded Swiss or cheddar cheese

Healthy add-in: chopped green onion, diced red pepper (add in Step 2).

Nutrition Information per serving

70 calories, 2 g fat, 1 g sat fat, 7 g protein, 7g carbohydrate, 1 g fiber, 190 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. In a covered saucepan, boil broccoli, cauliflower and onion gently in the chicken broth until tender, about 3 minutes. Remove from heat.
3. Pour half of the mixture and 1/2 cup skim milk into a blender. Hold lid down and blend until smooth.
4. Return blended mixture to pan.
5. In a jar with a tight-fitting lid, place 1/2 cup skim milk. Add cornstarch and shake well. Pour into soup mixture.
6. Add ham and pepper to mixture. Boil over medium heat about 5 minutes, stirring occasionally.
7. Blend in cheese and stir until melted. Serve hot.

CAULIFLOWER

Choose: cauliflower that is creamy white with densely packed florets that are free of blemishes, browning or wet spots. Smell it. If the cauliflower has a strong smell, it's past its prime.

Store: Place in a sealed plastic bag with a paper towel tucked in to absorb any excess moisture. Whole heads will keep in the refrigerator 4-7 days. Precut florets will keep no more than 4 days.

How much? 1 medium head = 2-3 pounds.



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UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

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

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WAUPACA COUNTY

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RETURN SERVICE REQUESTED