



# ACCENT

September/October 2022

Waupaca County Association for Home and Community Education

## CALENDAR

### **Monday, August 22, 10:30 AM - Noon**

HCE Executive Board Meeting, Manawa City Hall., 500 Bridge Street Lunch on Your Own to Follow

### **Saturday, September 10**

Family Fest New London. HCE Cream Puff and Book Sale  
Service Projects Fundraiser

### **September 19-21**

WAHCE State Conference Onalaska, Wisconsin *"Rolling Down the River with HCE"*

### **Monday, September 26, 10:30 AM – Noon**

HCE Executive Board Meeting, Manawa City Hall, 500 Bridge Street Lunch on Your Own to Follow

### **Monday, September 26, 1 – 2:30 PM**

Special Interest Program *"Time Never Ends: Clocks and Timepieces"* Guest Speaker Dan Popple Manawa City Hall

### **October 1**

Articles due to HCE Secretary for November-December ACCENT newsletter

### **Tuesday, October 4**

Super Tuesday Day of Learning sponsored by Marquette County HCE, Pine Lake

### **Wednesday, October 26**

Shawano-Waupaca County HCE Fall Learn In Navarino Nature Center 9 AM – 3 PM (Brochure included in this newsletter)

## A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Happy Garden Time!

It is a wonderful time of year as gardens are producing beautiful flowers and vegetables. It's the time when we are canning, freezing, and dehydrating a variety of fruits and vegetables and herbs for the upcoming winter. The birds are sending off their little ones into the big world. And, the butterflies are preparing for their long journeys to warmer climates. It is also the time of year that HCE is back in full swing as you will see when you read your *Accent*. Be sure to check out our calendar of events.

Thank you to HCE members who submitted the Healthy Lifestyle Survey and the Volunteer Contribution Impact Report. I have put the data together in booklet format for each of these two forms. The collected data will be shared with you. You will find page 4 Central District Contribution Impact data sheet included in this *Accent*. And, I have included page 3 Donation Values for each of the 6 districts in Wisconsin.

I thought you may be interested in seeing how all our volunteer work plays out in both hours and in monetary value.

What is the value of HCE volunteer donation hours? The total contribution value of all HCE member's volunteer hours statewide: \$1,711,188.80. Applause please! I will be presenting awards to counties/districts at the Monday evening conference banquet.

Congratulations to everyone for your beautiful and unique Cultural Arts entries. Lots of blue ribbons were awarded at our spring/summer meeting. Some talented and creative members will be entering items in the state judging happening at state conference. Thank you Mary Fenske and Sharon Wepner for your work getting this cultural arts event together!

Our WAHCE state conference is approaching quickly. The dates of the conference are September 19-21, 2022. The location is the Stoney Creek Inn located in Onalaska. West District has chosen the conference theme of "Rollin' On the River." A great conference has been planned so please consider joining all HCE friends in the western part of the state!

Waupaca County will be donating a beautiful basket of items representing our county as part of the silent auction at the state conference. Money earned at the silent auction supports the state International Committee. If you have a unique item to donate for our basket, contact Helen Heise.

New at the conference this year is the International Project collection of one shoebox per county of items being donated to Nicaragua. Items that may be included in the shoebox: sewing scissors, threads, wooden spoons, measuring cups, combs, pencils, erasers, and rulers. If you have items to donate to our "Shoe Box" please contact Karen Stuhr. (No liquid items)

Waupaca and Shawano Counties are collaborating for a fun and educational Learn-In day scheduled for October 26, 2022 at the Navarino Nature Center. It is a beautiful time of year to visit the grounds and observe all "nature" preparing for winter. Plan on joining us---and bring a friend!

The Wisconsin Bookworms early reading program is moving ahead in our county. We will be reading at three Head Start sites: Clintonville, New London, and Waupaca. We may need to adapt and modify our program in order to encourage reading with our young learners. What a fun way to give back to the community!

Stay safe--stay well!

Lynn Marcks, Waupaca County HCE President

## WAUPACA COUNTY WISCONSIN BOOKWORMS REPORT

Waupaca County's Wisconsin Bookworms Early Reading Program will begin in October, 2022. We will be reading and sharing stories at the three Head Start sites in our county: Waupaca, New London, and Clintonville. We will be reading to 94 children ages two years to four years. The UW Madison, Division of Extension is in the process of preparing the accompanying book activity worksheets in both English and Spanish.

Diana and Lynn

WB Co-Chairs



## CONTRIBUTION IMPACT REPORT

Note: The value of volunteer donation hours follows this formula: the # of donated hours X \$29.95 + monetary & in-kind donations = total. Utilizing the June, 2002 recommendation from the IndependentSector.org website, the National Value of \$29.95 per volunteer hour is used in calculations. **Total by HCE Members \$1,711,188.80**

<b>District</b>	<b>Number of donation hours</b>	<b>Value of volunteer donation hours + in-kind and monetary donations</b>
<b>Central</b>	16,792.5	\$529,667.95
<b>Northeast</b>	11,767.5	\$435,444.59
<b>Northwest</b>	3,220.25	\$109,187.48
<b>West</b>	8,641.75	\$274,567.86
<b>Southwest</b>	1,775	\$79,698.75
<b>Southeast</b>	8,784.9	\$282,622.35

# WAHCE Central District Impact Report 2021-2022 Data

County	# of members	HLS % of members submitting info	Volunteer hours	Donation value of volunteer hours	Contribution % of members submitting info	In-kind and monetary donations
Green Lake	35	20.0%	480	\$14,376.00	28.6%	\$300.00
Marathon	62	69.2%	2,409	\$72,149.55	75.8%	\$4,237.00
Portage	34	0	409	\$12,249.55	29.4%	0
Shawano	50	18.0%	1,226	\$36,718.70	14.0%	\$1,680.00
Waupaca	43	32.6%	11,021.5	\$330,093.92	37.2%	\$18,850.00
Waushara	55	0	792	\$23,720.40	23.6%	\$644.00
Winnebago	46	17.4%	455	\$13,627.25	26.1%	\$1,021.58

HLS: District wide 152 responses received out of possible 362 responses=42.0%

CIR: District wide 115 responses received out of possible 362 responses=31.8% No data submitted from Marquette County

## Raffle Basket for WAHCE Conference

Waupaca County is putting together a special basket for the silent auction raffle at the WAHCE Conference in September. The basket will consist of items and treasures that represent Waupaca County. Our basket last year was one of the best silent auction items! If you have a special item to include in our raffle basket, contact Helen Heise @ 920.982.4586.

## “Shoe Box” International Project

New at the WAHCE State Conference this year is the International Project collection of ONE shoe box per county of items to be donated to the Wisconsin Nicaragua Project. Our International Chair Karen Stuhr will be collecting items for our shoe box. What kind of items can be donated? Any items that fit into our shoe box may be donated: (No liquid items)

sewing scissors	thread	tape measure
combs	pencils	erasers
rulers	small notebooks	wooden spoons
measuring cups	lace ribbon	wire whisks

Thank you for supporting this International Wisconsin project! Call Karen @ 920.982.3607 to donate your item!

## Time Never Ends: Clocks and Timepieces



Waupaca HCE is excited to sponsor this special interest program on Monday, September 26, from 1 PM to 2:30 PM at Manawa City Hall. Our guest presenter is Dan Popple, who started as a collector of

timepieces before mastering the skills needed to repair vintage clocks. Many of us have fond memories of family treasured clocks and may enjoy one passed down in our family. Learn about the clocks, their unique cabinets and how to best maintain them with Dan. If you have a clock or timepiece that is not too heavy or fragile you are welcome to bring it along for Dan to offer comments about your treasure.

## **Fall Learn in Features Useful and Fun Topics**



For 37 years the Shawano and Waupaca County HCE members has offered a Fall Learn In for members and our guests to enjoy. This year's program promises to entertain us with a wide range of topics. The full program brochure is included in this issue of ACCENT. Please talk it up with family and friends, send in your registration, then fill your car and travel to our favorite fall nature site. A "pass the hat" collection of money will be taken to help defray the cost of using the facility.

## **Family Fest Fundraiser in New London**

Waupaca HCE has reserved a booth at the New London Fall Family Festival on Saturday, September 10<sup>th</sup>. Our booth is in the same location as last year. We will be needing Cream Puff bakers as well as people to set up and staff our booth space. The work schedule will be finalized at the August Executive Board Meeting. Thank you to all for lending a hand with this project. The proceeds benefit our Scholarship Program.

## **Plastic Caps and Covers Project Bench Installed at Washington Center, New London**

Thanks to the ambitious collection and cleaning of plastic caps and covers by Waupaca County HCE and the New London Senior Center as well as the Shamrock Club paying for the travel costs to Indiana and a processing fee, five benches and several bumper guards have been installed in the New London community.



## **Generous Yarn Donations Benefit HCE Service Projects**

A very sincere “THANK YOU” to everyone that donated yarn for our ongoing HCE Service Projects. Myrtle Kutchenriter has been checking local rummage sales for good quality yarn, donations from HCE members and other service organizations like the Quilt Guild of Waupaca County and a special opportunity to pick up a great quantity of yarn from Doris Budwit all ended in two full carloads of yarn delivered to the Oshkosh Corrections Facility. Myrtle enlisted the help of Marilyn Herman and Shelley Hockers, her daughter to deliver our donations in late June. In addition to the hundreds of fleece hats,



mittens and scarves Myrtle sews for our various Headstart and community groups, the inmates at Oshkosh knit or crochet warm hats, mittens and scarves to add to our outreach programs.



## April Self-Care Program Pushes Us to Stay Limber

Dr. Jean Darling from Advance Physical Therapy gave us much to think about and many actions we can take to stay fit throughout our lives. Health does not equal freedom from illness or injury, but rather, healthy living with chronic conditions is the best we can work towards. She explained that a Physical Therapist can diagnose many ailments and slow the progression of many chronic conditions. For example, many communities now offer weekly exercise programs to slow the progression of Parkinson's Disease. Stiffness is the first sign of arthritis which can also be addressed with specific exercise. Results in both cases can be amazing.

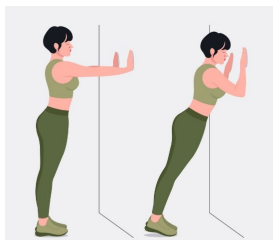
**Self-Care** to stay functionally fit is critical for everyone as we reach our peak muscle age at 38! The best way to keep our muscles strong is with Isometric Strengthening. Dr. Darling gave us several exercises to try to work out our neck, back, pelvic and leg muscles. As we age we are challenged to maintain a healthy diet, exercise, mental health, alcohol consumption, sleep, a stimulated mind and active social life. Right now, 49% of the US population is 65 or older. We are the future of well-lived senior lives.

As far as sleep goes, babies need 12-15 hours, teens 8-10 hours, adults 7-9 hours and Seniors 8-10 hours. **Sleep** for some of us gets interrupted with frequent trips to the bathroom or achy joints. Both situations can be improved with exercise.

**Diet** wise, Vitamin B12 absorption decreases as we age. Vitamin D is a hormone, not a vitamin, just like estrogen and testosterone. While Vitamin D can be produced in the body, we don't get nearly enough sunlight on our skin in the winter months to keep our bones strong. Exercise can build bone. Vitamin B6 helps make red blood cells. The bottom line is we need to eat a **COLORFUL PLATE** of fruits and vegetables, dairy products, whole grains and lean meats to provide some key nutrients we need and a few less fried foods on that plate. Bone development peaks at age 25. By age 60 women can lose up to half of their bone density. Teens need to build more bone reserves to address future bone loss. Men start losing bone at age 70. At any age, bones can be built or strengthened if we exercise. Dr. Darling suggested doing Wall Push-ups to control weight and increase bone density. The number 1 bone broken is the wrist, often while trying to protect us as we fall.

**Exercise** can be at a set time or a way of doing everything, every day. 347 calories are burned if you stand instead of sitting for an hour. Do that every day and that's 11 pounds lost in a year. If your back gets stiff, put a pillow behind the curve of your back when you sit to better support your spine. Even holding your head forward while reading, writing or at the computer causes you to lose the curve in your upper spine that can become painful. When you are sleeping, roll a small towel or pillow under your neck to maintain the curve in your upper neck and reduce strain or headaches.

It is critical to do daily exercise to strengthen your balance. Dr. Darling had us practice several balancing activities on both the right and left side to improve our muscle tone. It's important to practice the exercises you get at a class or during a private or small group exercise session so we use it, not lose our strength, balance and movement. Little bits done every day all add up to a healthier and happier life. And if that isn't enough reason to get moving, exercise can lower your cholesterol levels by 20% and slow bone loss by 12%. For the 12 of us that attended the program, we enjoyed an energetic and thoughtful speaker!



# Yellow Stripey Things That Buzz



## Carpenter Bee

- Acts tough but really can't hurt you•
- Lives in your fence•
- Flies aggressively to intimidate you•



## Honey Bee

- Most helpful bee•
- Very social•
- Excellent pollinator•
- Able to sting only once•



## Bumblebee

- Also pollinates stuff very well•
- So fat it's a miracle it can fly•
- More like a flying panda•
- Will let you pet it without getting agitated•



## Hoverfly

- Only looks scary•
- Can't actually hurt you•
- Hangs out in fields•
- Follows you if it likes you•



## Paper Wasp

- Looks scary, but will only attack if provoked•
- Sting hurts like a banshee•
- Will chase you if swatted•
- Has no concept of personal space•



## Yellow Jacket

- Wants your food & will fight you for it•
- Never leaves you alone•
- Will sting you just because•
- Total jerk•



## Extension

UNIVERSITY OF WISCONSIN-MADISON  
WAUPACA COUNTY

### EXTENSION WAUPACA COUNTY STAFF

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Website: <https://waupaca.extension.wisc.edu/>

HCE page: <https://waupaca.extension.wisc.edu/family-living-and-nutrition-education/family-living/waupaca-county-hce/>

#### Vacant

Human Development & Relationships Extension Educator

**Haley Nelson**

Program Assistant

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**District 10 Director**—Chris Viau [chris.viau@wisc.edu](mailto:chris.viau@wisc.edu)

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**Support Staff**—Amy Ebert, Program Assistant

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