



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUPACA COUNTY

Extension Impact: Education Makes a Difference

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Meet Our New Life Span & Financial Security Educator!

By Tiffany Iliadis, UW-Madison Extension Life Span & Financial Security Educator for Waupaca County



Hi, everybody! My name is Tiffany Iliadis, and I am excited to be serving as Waupaca County's new Life Span & Financial Security Educator. My role includes helping individuals, families, and communities to transition throughout life's stages, by delivering programming on topics, such as creating health and well-being, reducing social isolation, caregiving, financial security, and planning ahead. I will also be helping to build aging-friendly communities, by working with community coalitions, decision makers, and agencies to effect policy, systems, and environmental change. Additionally, I am a passionate disability rights and health equity advocate, and I enjoy helping connect

people to resources they need.

I am beginning this position, after having spent the last two years completing an M.S. in Health and Wellness Management and a Health and Wellness Coaching Certificate at UWSP. I also served as a graduate assistant in UWSP's School of Health Sciences and Wellness, where I helped create and deliver undergraduate curriculum and public health education materials, as well as performed research on evidence-based community health interventions for a multisectoral population health partnership in South Wood County.

I have always been passionate about helping people to lead healthier lives, and I spent a decade managing health food stores and vitamin departments, while educating the public on healthy living. I also traveled and lived extensively in China, while studying traditional Chinese medicine, martial arts, and meditation, and I earned a B.A. in Chinese Language and in East Asian Studies from UW-Madison. My experiences studying alternative healing modalities and preventive health practices led me to become a strong proponent of applying evidence-based approaches to determining efficacy of health interventions, while my minor in teaching English to speakers of other languages left me passionate about working in multilingual and multicultural settings.

A few of my hobbies include photography (shooting the night sky, birds, and portraits), exploring tiny-home-living and sustainable lifestyles, reading about a variety of topics, and researching health and wellness.

I look forward to meeting members of the community, and I welcome conversations about improving how we support aging well. You can reach me at the Extension Waupaca County office at 715-258-6230 or by email at iliadis@wisc.edu.

In This Issue

Extension Collaborates with Waupaca County Hunger Network 2

Elevando Wisconsin 4

4-H Out in the Community 5

Meet Haley Nelson! 6

Extension Collaborates with Waupaca County Hunger Network to Assemble Special Holiday Food Bundles

By *Christi Gabriliska, UW-Madison Extension FoodWise Coordinator for Calumet, Outagamie, Winnebago & Waupaca Counties,*
Hailee Paul, UW-Madison Extension FoodWise Educator for Waupaca County

This was the second year the Waupaca County Hunger Network, a subcommittee of the Living the Waupaca Way Coalition, held a food drive to assemble special holiday food bundles for Thanksgiving. Amy Ebert, Christi Gabriliska, and Hailee Paul, Extension staff, are members of both the Hunger Network and Living the Waupaca Way, and contributed to the coordination of this effort. After delivering 101 food bundles in 2021, the network set out to collect enough food for 150 families in 2022. This year's collection and distribution of the food bundles was a true community collaboration.

Throughout October and early November the Extension office stored and kept track of incoming donated food including stuffing, canned vegetables, canned fruit, corn bread, pie filling, gravy and aluminum baking pans that would accompany a turkey to be assembled into one big food bundle. Additionally this year, FoodWise reached out to local growers seeking interest in donations of squash and received an overwhelming response. Purslane Farm, Rose's Fresh Veggies, Bacco's Produce, King Berry, and Christensen's Orchard, collectively offered squash, garlic and apples. Each individual or family received 1-2 squash, a head of garlic, and a ½ peck of apples in their food bundle.



Nominations to receive the food bundles were collected through an online form that was distributed to Waupaca County employees, the Waupaca Public Library, all of Living the Waupaca Way Coalition and its subcommittee's members, Head Start, and the public schools. There was no eligibility for nominations, as the network feels strongly about reaching anyone who may be in need of a little extra something special. According to the ALICE report for Waupaca County, in 2018 there were about 2,300 families living in poverty, and 4,100 families were reported to be ALICE households. ALICE is an acronym for Asset Limited, Income Constrained, Employed — households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Essentially, these families are one small financial crisis away from poverty. This is strongly why the Waupaca County Hunger Network has no eligibility requirements for the food bundles.

The week before Thanksgiving 146 food bundles were assembled at the Extension office by a team of Hunger Network volunteers and all of the nominators picked up and delivered their bundles to their nominees. A nominator shared that one of their families said:

(Continued on page 3)

(Continued from page 2)

“It's one of the best services someone can offer us besides offering us their time.”

Another family shared,

“We already made the turkey over the weekend and Dad prepared it, kids didn't eat at first, but then loved it, and we were able to share it with our parents who are often sharing with us. Thank you.”

Although this Food Drive is a tremendous amount of work, knowing the true appreciation from the recipients and watching the Waupaca County communities come together to assemble and distribute this year's Special Holiday Food Bundles makes it all worth it.



Elevando Wisconsin: Bilingual Leadership Development Program Launches Third Cohort

By Jessica Beckendorf, UW-Madison Extension Community Development Educator for Waupaca County

Elevando Wisconsin (Elevating Wisconsin) began, in part, after a participant in Leadership Waupaca County asked about similar programming to be delivered in Spanish. Members of the local Building Bridges program have also provided leadership on the Elevando WI steering committee.

Now we are excited to be recruiting for our third cohort! Past participants have reported powerful results both personally and professionally. We have had participants whose preferred language is English we all we participants who prefer to communicate in Spanish. One participant reported:

“I learned that to be a good leader, I need to work on myself. That realization was one that I was not expecting. I also realized that a leader doesn't always know everything, because they are always learning something new. I started with just one idea going into this about what I wanted to do with my community and now I am ready for that idea to become a reality.” – Rocio

About the Program

Elevando Wisconsin is a leadership development program like no other:

- It has been co-created with Latinx leaders from Waupaca County and across Wisconsin.
- It's delivered simultaneously in Spanish and English.
- It covers important leadership skills, like interpersonal communication and using strengths.
- The sessions are designed to help leaders grow and expand professional networks.
- Find out more here: <https://tinyurl.com/elevandowi>



4-H Out in the Community

By Penny Tank, UW-Madison Extension 4-H Educator for Waupaca County



One of the priorities within 4-H is to continuously try to expand the reach of the program. National 4-H Week is in October and is always a great opportunity to do this. Below are a number of examples of outreach from this past fall.

Two older youth 4-H Ambassadors helped Tank with an interactive booth at the Waupaca Farmer’s Market. It was a beautiful day and many families stopped by to complete a fall craft project, pick up 4-H information, and spin the wheel to answer a 4-H related question and win a prize. Some comments throughout the day included people saying how happy they were to see 4-H is still available for youth, surprise about some of the 4-H trivia facts, and appreciation for

having kids activities at the market. Following this, Tank and one volunteer had a 4-H space at the Halloween on Main event in downtown Waupaca with similar activities and information. This was a fun and great way to have people of all ages learn more about 4-H. Hundreds of people came by the 4-H space for that event.

In addition:

- Tractor Supply Company in New London was happy to have a 4-H display set up during their Clover Campaign raising money for 4-H. They also allowed us to hold a very successful bake sale inside the store on a Saturday morning, with baked goods from 4-H families around the county.
- Delivered 4-H brochures to each public library in the county and talked about possible partnerships with 4-H.
- 4-H clubs were encouraged to do their own promotion for a chance to win a pizza party for their club, sponsored by the Waupaca County 4-H Leader Board. One example pictured, was a flyer that Sunrise 4-H made and handed out to Marion elementary school students.

Join Us Sunrise 4-H

In Wisconsin 4-H we value:

- Being Yourself** (Apple icon): Find and share your authentic sparks and interests.
- Belonging Together** (Heart icon): Recognize, understand, respect, and appreciate each other.
- Building Connections** (Heart icon): Grow positive relationships with peers and adults.
- Discovering Skills** (Lightbulb icon): Develop skills through hands-on learning to help you succeed and thrive.
- Exploring New Opportunities** (Lightbulb icon): Open the door to new experiences, projects and places.
- Giving Back to Your Community** (Hand icon): Make meaningful contributions through community service and leadership.

Who can Join: Anyone! 4-H is for anyone in grades K-13 and has something for everyone! (over 80 projects to choose from)

TRY SOMETHING NEW!

Come Learn About & Join Our Club:

Dessert Bar Meeting
Monday October 3rd, 2022
At 7:00pm
Dupont Town Hall
N11297 Town Hall Rd.
Marion, WI 54950

4-H Pledge
I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
and my health to better living,
for my club, my community, my country, and my world.



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Meet Haley Nelson!

I am excited to have been selected as the Extension Waupaca County Program Assistant for the 4-H & Youth Development and Human Development & Relationships programs. I look forward to working with the educators and programming that Extension provides.

As a Waupaca County 4-H graduate, I have continued to enjoy 4-H as the parent of 2 children in the program.

Outside of work, I enjoy taking nature pictures, flower gardening and creating fiber art. I also stay busy raising beef, sheep, poultry and honey bees with my husband and children.

To contact Haley directly, email: haley.nelson@wisc.edu.



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