



ACCENT

May / June 2023

Waupaca County Association for Home and Community Education

Calendar of Events

Monday, April 24 HCE Executive Board Meeting 10:30 a.m. – Noon Manawa City Hall, 500 S. Bridge Street

Monday, April 24 Special Interest Program 1:00 – 2:30 p.m. Manawa City Hall “*Your Right to Direct Your Future Health Care*” WAHCE 2023 Program Focus

Saturday, May 13 Spring Extravaganza at Fox Valley Technical College in Waupaca. Details inside.

Wednesday, May 17, 9:30 a.m. – 2 p.m. Waupaca County Spring Meeting, Cultural Arts Contest, Banquet and Awards Program, Crystal Falls Conference Center, New London. Register by May 8

Program Cancellations or Corrections: In the event of inclement weather or hazardous roads, listen to WDUX Radio 8:30 AM and 92.7 FM or WIMQ 92.3 for cancellations and possible rescheduling.

Check the most recent **ACCENT** newsletter for the latest activity updates, change of date, time or place updates from your Program Booklet (included with this mailing).



A MESSAGE FROM YOUR HCE PRESIDENT

Hello HCE Friends and Merry Summer!

I am ready for Summer. I have been confined inside the house recovering from my total knee replacement. While I am very self-entertaining confined inside my house, I am ready to explore the outside areas. Enough of the cold--the rain--the ice-- and flexible temperatures. Time to bask in the sun and ready the gardens!

Stay safe--stay well!

Lynn Marcks
Waupaca County HCE President



2023 WAHCE CONFERENCE

"**Driftless Dreaming with HCE**" will be hosted by the Southwest District for our WAHCE State Conference scheduled for September 18-20 at the Wintergreen Conference Center in Lake Delton.

A great fun and educational conference is being planned for every member to enjoy! Make your reservation soon at the Clarion Hotel & Suites and Wintergreen Conference Center. There is a block of rooms reserved for us. Rooms range in price from \$75 to \$95 plus tax. If you are attending the conference, please let Lynn know so that she can prepare a tax exempt letter for you to take with you to the conference. Call 1-800-648-4765 to make your hotel reservation. The next **Update** will contain registration information.

WAUPACA COUNTY WISCONSIN BOOKWORMS REPORT

The Wisconsin Bookworms (WB) early reading program finished in April at all of our three Head Start reading sites. It was an unusual year in that sometimes our readers could visit the classrooms and read face-to-face to the children; other times we were told not to come that month. Either way, the WB books landed in each child's hands to read and take home to their family.



Wisconsin Bookworm celebrates 25 years of reading and providing free books to Wisconsin children! Waupaca County celebrates 24 years of this term---a real cause to celebrate!

The WB reading books for the 2023-2024 school year have been selected. Diana and Lynn will share these with you at our May Spring Meeting. Also, Diana will have children's books for sale---all reasonably priced!

The Waupaca County HCE Board decided to order the sets of 7 books for the 2, 3 and 4 year old Head Start classes. The cost for a set of 7 books is approximately \$17-\$18 per child. The Waupaca County HCE has supportive funding to purchase our WB books for the 2023-2024 school year.

We are seeking readers for all three of the Head Start sites. This is a monthly obligation---reading for seven months. Alternates/substitutes are also needed. If you are interested in sharing your love of reading with youngsters, please let Diana or Lynn know.

A **BIG** thank you and **APPLAUSE** to our WB reading team: Rose Dorow and Marilyn Herman were faithful in reading monthly to Head Start children.

Lynn Marcks and Diana Bonikowska
Wisconsin Bookworms Co-Chairs

Raffle Basket for the 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. If you have a special item to include in our raffle basket, contact Helen Heise @ 920.982.4586.



The Shoe Box



Again this year, counties are encouraged to put together a Shoe Box of items as part of the International project to aide Nicaragua and Honduras. Only one shoe box consisting of items may be provided by each county. The shoe box should be tied tightly together. A label listing the items in the shoe box should be taped to the box cover. The shoe box will be brought to the state conference in Lake Delton.

The following is a list of items you may want to include in the shoe box:

sewing machine needles	garden gloves	wooden spoons	combs
spools of thread	garden clippers	measuring spoons	brushes
scissors	garden string	measuring cups	hair clips
cutting wheels	garden markers	cupcake papers	barrettes
bias tape/lace	buttons	spatulas	rollers
measuring tapes	pins/needles	barber scissors	

April Program on Health Care will Feature Tiffany Iliadis

Tiffany Iliadis the Waupaca County UW-Extension Educator in Lifespan and Financial Security will be bringing us the WAHCE statewide educational program “Your Right to Direct Your Future Health Care”. This session will be held on Monday, April 24th from 1 – 2:30 PM at Manawa City Hall. Please bring any family members, neighbors or friends as your guests.



Did you know that you have the right to make decisions about your health care?

This includes the right to accept or refuse medical or surgical treatment. You also have the right to plan and direct the types of health care you may receive in the event you become unable to express your wishes. You can do this by making an "Advance Directive". Addressing these issues may be difficult but it is necessary if you want others to follow your wishes. Participants will learn the types of Advance Directives in WI and how to access and file them.

WAHCE Pennies for Friendship 2023

At the May Business Meeting, members attending will need to decide on where to send our 2023 Pennies for Friendship donations for the coming year. Our current choices include:

Wisconsin-Nicaragua Partnership
Ventures in People
ACWW Pollinator Project
Days for Girls
Water Filters for Nicaragua
ACWW Sustainable Water
ACWW Sustainable Agriculture
ACWW Nutrition & Wellness



This year our Pennies for Friendship collection is going to the Bee Keeping Project of the Wisconsin-Nicaragua Partnership.

Oshkosh Corrections invites Community Partners for Thank You Lunch



Our contact at the Oshkosh Corrections Prison, Katherine Sabel invited Myrtle Kutchenriter and Marilyn Herman to a thank you luncheon on Wednesday, April 5th for the 15 organizations and community service groups that have worked with their inmates over the past three years. Covid lockdowns at the prison prevented a gathering like this for several years. Waupaca County HCE has donated carloads of yarn each year to the Winter Wear Project and in return, have received 250 or more hand-knitted hats, mittens and scarf sets for distribution to children in Waupaca County. Our partnership with the inmates started in 2003 when HCE took over the local project from the Waupaca County Department of Health. This year marks our 20th year of joint outreach.

Wisconsin Department of Corrections Sends Commendation to Waupaca County HCE

Family and Community Coordinator Myrtle Kutchenriter received the following letter in November and asked to share it with everyone as many of our members continue to donate yarn to this knitting program.

“I am writing to thank you for your generous donations of knitting yarn donated to Oshkosh Correctional Institution. As we are under a very tight budget, donations of this sort are of great value to the institution.



With this donation, our special needs inmates have a way to give back to the community. It is meaningful work for participants, many who have been productive workers throughout their lives before coming to prison. We have been able to provide hats, mittens, blankets, etc. to many needy organizations because of your donations.”

Sincerely,

Cheryl Eplett, Warden

Plastic Cap Collection Project Update



The New London Senior Center held plastic cap and covers sorting days on January 25- 26, February 22-23 and March 29-30.

HCE members, Karen Euhardy and Marilyn Herman lent a hand to the effort. Doris

Budwit reported that a truckload of plastic caps have been collected, cleaned and sorted from donations and a truck will be loaded to deliver them to the processing plant in Indiana in May. Thanks to a generous donation to the City of New London and the Senior Center, the cost for the truck, gas and overnight lodging is being covered by a local company. Many hands and hearts make this project a successful one. There should be enough plastic collected to have 6 or 7 park benches made. Each bench takes 225- 250 pounds of plastic caps.

What does the sorting involve? Each cap must be inspected to confirm it is on the acceptable type list, and to be sure it is clean (any sugary or sticky food on the cap will interact with the resin added to the plastic and make the final bench weaker and likely to break) and dry (if plastic is wet it will encourage mold which means the whole 50 pound container must be thrown out), has no paper or foam insert (must be removed). **The last sorting day of this spring is April 26-27 from 9-4.** Call Lori Schneider at (920) 982-8522 if you can volunteer for an hour or more in April at the New London Senior Center in New London.

~Doris Budwit, Program Coordinator

International Dinner Featured Iceland



Sunday, March 26, 2023 we had a great International program. Speakers Eric and Kelsey Marcks came from Green Bay to join us. (They had 10" of snow on Sat.) They gave a very good talk on Iceland. Lots of nice slides. Iceland mainly consists of glaciers, volcanos, waterfalls and rocks. Most of the people live around the edge of the country. We had an excellent lunch, Lamb soup/stew, baked cod (delicious) caramelized potatoes, brownies cake, meringue cookies, fruit with yogurt, and samples of Skyr yogurt. We had 19 people in all. Thank you to everyone who made food and helped serve and clean up. It's a big job.

~ Karen Stuhr International Chair

Some surprising items from our Iceland program speakers were

- Iceland does not have mosquitos or any predator animals. Polar Bears that walk the ice across the sea are tranquilized and returned to the Arctic.
- There are about 4 hours of hazy sunshine in the winter and up to 20 hours of sunshine in the summer.
- Sheep roam free most of the year, getting corralled and separated by owners' mark in the fall.



An Iceland factsheet and recipes were made available to all attendees. If you need a copy, please contact Marilyn Herman or a copy can be emailed to you.

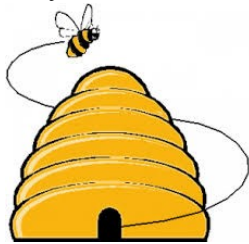
Special thanks goes to Karen Stuhr who prepared the Icelandic Cod in White Cheese Sauce as well as the caramelized potatoes and lamb stew with roasted vegetables. Many of our HCE members tackled the dessert recipes for the day including: Hasselback Apples (Mary Fenske) Cornflake Meringue Cookies and assorted pickles (Helen Heise), Icelandic Rye Bread (Karen Stuhr, Elaine Kaminske), Barley Bread (Marilyn Herman), Berry Sauce and Yogurt (Marilyn Herman) Icelandic Brownies (Myrtle Kutchenriter, Judy Long) Toffee Spice Cake (Diana Bonikowske). Many compliments to all the cooks!

~Marilyn Herman, HCE Secretary



Get Buzzing on Your 2023 WAHCE Cultural Arts Contest Entries

May 17th 2023, at Crystal Falls in New London will be our Spring Meeting and Cultural Arts show. Kathy Schmoltdt will be our judge.



Each entry has to be on a separate sheet of white paper. Make as many copies as you need. Check to make sure that you have your entry in the right category. Have it filled out and signed before you get to Crystal Falls. Call if you have questions.

Did you know that you can enter any of the crafts you made at Cultural Arts Days and also some crafts that were made at Blessings in Weyauwega or in a community class. It costs nothing to enter them and its great fun to compete. Anything that you make, just find a category and enter.

Also give the bonus category a try. The Theme is “Build a Beehive”. Notice on the entry form the size restrictions for this entry. You can use any media to construct your entry.

We look forward to seeing you all on May 17th, and have fun with your entries.

If needed, call Mary at: 920 667 4303, or Sharon at: 920 596 3673

~Mary Fenske and Sharon Wepner, Cultural Arts Committee

See You at HCE’s Spring Meeting

Wednesday May 17 will be the Waupaca County HCE Spring Business Meeting, Cultural Arts Contest, Banquet and Awards Ceremony. This year it will be held at Crystal Falls Conference Center in New London. You can join us as early at 9:15 AM with the business meeting starting at 10:00 AM.



Our keynote speaker is Melody Urban, from Denmark Wisconsin who will share her collection and experiences with buttons. She will answer the question – “Buttons” What Do You Do With Them?” Plan for a tasty lunch to follow. The afternoon will highlight our Awards winners and special recognition.

The registration form is included with this issue of ACCENT. Please register by May 8th so a final count can be confirmed with the Banquet staff. Looking forward to seeing everyone! “*Bright as a Button*” meaning clever, smart, crafty, cheery, energetic and upbeat.

“Driftless Dreaming with HCE”



Southwest District will be hosting the 2023 State Conference at the Wintergreen Conference Center in Wisconsin Dells September 18th-20th. They have a nice array of sessions lined up. There is an assortment of tours to choose from. Come and renew your friendships at the 2023 WAHCE Conference.

Hotel Information:

Clarion Hotel & Suites and Wintergreen Conference Center is located in Wisconsin Dells, Wisconsin, just off Interstate 90-94 in Lake Delton next to the Outlets at the Dells. Please make your own room reservations. There are rooms reserved for Sunday September 17, if you wish to arrive that day. There are more rooms reserved for Monday and Tuesday, September 18th and September 19th. Room rates will vary from \$75 per night for a single, \$85 per night for a double, \$90 for a triple, and \$95 for a quad. A tax of 12.25% (subject to change) will be added until a tax exempt form is

is provided when you register. A credit card will hold your room and a 24 hour cancellation applies. Room types are double queens, double queens with a sofa, king with a pullout couch, king whirlpool with a pullout couch, and single kings. Room check-in time is 4:00 PM and check-out time is 11:00 AM. Deadline for room reservations is August 27th, 2023.

Contact:

Clarion Hotel & Suites and Wintergreen Conference Center, 60 Gasser Rd, Wisconsin Dells, Wisconsin 53965. Call 1-800-648-4765, press 1 to reserve a room and ask for the WAHCE Annual Conference Block. Details and Registration for the 2023 WAHCE Conference will be in the May Issue of UPDATE or on the website www.wahceinc.org after May 1, 2023. Questions, please call or email: Shirley Steinhorst, Chair at 1-608-477-0875 shirleysteinhorst@yahoo.com. Donna Kohnke, Co-chair at 1-920-210-5037 kohnke@centurytel.net.

Spring Extravaganza at Fox Valley Technical College in Waupaca

Saturday, May 13 Spring Extravaganza Event from 8 AM to 4 PM. Take up to four classes for \$35.00 (some classes have a supply fee). Sessions include Succulent Glass Dish Garden; Felted Dryer Balls, Blooming Shelf Basket, Computers, Garden Fairy

Wand, Paint and Pallet, Painted Stained Glass, Full Body Cardio Workout, Make Ahead Spring Brunch, Felted Bird Pods, Fishing Guide, Gentle Flow Yoga, Basket Woven Vase or Candle Holder, Earth Friendly Lawn and Landscape Care, Ballroom Dancing, Intro to Self Defense, Birds and Bees Fused Glass Garden Stake, Create a Butterfly Garden, Landscape Design, Grilling, Intro to Zumba, Make and Take Terrarium. For more details or to register call (715) 942-1700



Summer Tour Ideas to Consider



Last summer HCE members went to the Lion's Camp in Rosholt, had lunch at the Rock and Roll Café and spent the afternoon at the Hosta Stop Gardens in Plover. If you get the *Our Wisconsin* magazine or see the April/May issue at your local library there is a feature article "Pride of the Lions" and photos of the repainted 43 foot Totem Pole. The pictures reminded us of our tractor trip through the grounds.

If you have ideas for a possible day trip this summer please let Marilyn Herman know your ideas. There are currently two suggestions for a summer 2023 trip. Details and a signup will take place at the Spring Meeting. Cost and possible dates are pending.

Trip 1: The Clauson Family Music Show in Coloma, WI in June with a choice of Music of the Ladies of Country or their Magnificent Summer Series.

Trip 2: Erb Family Farm Gardens, Navarino, WI, lunch and the Butterfly Gardens in Grand Chute.

EXTENSION SCENE...

Waupaca County Life Span & Financial Security Programming

Updates & Future Programming by Tiffany Iliadis

Over the past several months, I have been meeting with a number of community partners, in order to assess Waupaca County residents' needs in the areas of Life Span and Financial Security. I met with County and municipal departments and local nonprofits to discuss current resources supporting residents in healthy aging, end-of-life-planning, caregiving support, and creating social connections, as well as to discuss potential gaps in resources and how we might collaborate on overcoming those gaps with future programming.

I also had the opportunity to deliver a virtual presentation on scams targeting seniors, as part of the UW Extension's Wise Wisconsin series, and I learned a lot about the risk of elder fraud in our community and in the State and nation at large. I look forward to adapting this lecture to deliver locally, in order to further inform our residents on how to protect themselves from scams. Meanwhile, I recommend those interested in prevention tips or needing to report a scam attempt consult the WI Department of Agriculture, Trade, and Consumer Protection's website and/or the Federal Trade Commission's website.

I was also able to represent UW Extension at the Waupaca County Caregiver Coalition's Annual Resource Fair at the Waupaca County Senior Center in recent weeks. This allowed me the chance to speak with more individual community members about their experiences with aging in the community and to promote our upcoming programming, which includes the following:

Planning Ahead

Planning Ahead is a course that helps guide participants in planning for end of life for themselves and others, as well as for those who have lost a loved one and are dealing with the accompanying transitions. This program is 7 sessions (90 minutes each) and will cover topics, such as handling financial changes, advance medical and legal directives, estate planning, choices in end-of-life care, final wishes, and understanding grief. This course includes a free workbook to guide participants through this process and to assist in tracking important information. We will be offering this program virtually on the following dates and at the following times: Tuesdays and Thursdays from 12 p.m.-1:30 p.m.--7/18, 7/20, 7/25, 7/27, 8/1, 8/3, and 8/8.

Aging Mastery

Aging Mastery is a 10-week program created by the National Council on Aging that covers topics, such as healthy living, nutrition, exercise, sleep, financial fitness, medication management, and more. This program has helped participants to increase adoption of healthy habits and is evidence-based. We hope to offer this program virtually and/or in person in the fall or winter.

Rent Smart Rent Smart is typically a 6-session program that focuses on helping renters to build their knowledge and skills to be a successful renter. This course is currently offered virtually across WI counties ongoing.

Please contact the UW Extension Waupaca County Office at 715-258-6230 or contact me by email at iliadis@wisc.edu, if you are interested in learning more about our programming, would like to RSVP to Planning Ahead, or would like to be added to a mailing list for being updated when we determine dates for future programming.



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