

# SHAWANO COUNTY STRONG BONES PROGRAM WINTER 2015 STRENGTH TRAINING PROGRAM



## Zion Lutheran Church

Monday and Wednesday  
8:30 AM  
Monday and Thursday  
2:30 PM  
Tuesday and Thursday  
7:30 AM

## Total Fitness Shawano

Monday and Wednesday  
Noon  
Tuesday and Thursday  
5:30 PM

**Only a 12 Week  
Commitment!**

All Monday  
classes will  
start on  
January 5th.

Tuesday class  
will start on  
January 6th.

## St. Paul Lutheran Church Bonduel

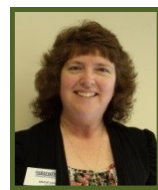
Monday and Friday  
7:30 AM  
St. Francis Solanus  
Gresham  
Monday and Thursday  
5:15 PM

## Sacred Heart Catholic Parish Shawano

Tuesday and Thursday  
3:45 PM

If you would like to be on our mailing list for the Winter 2015 class  
please fill out the bottom and return it to the Shawano County  
UWEX offices.

Evidence-based training programs developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University.



**Nancy Schultz**  
**Family Living Educator**

UW-Extension – Shawano County  
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University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. UW Extension  
provides equal opportunities in employment and programming including Title IX and ADA.

Please make requests for reasonable accommodations to ensure equal access to educational programs as early as  
possible preceding the scheduled program, service or activity.

## Class Fee

Enrollment fee \$25  
To make financial arrangements contact  
Nancy Schultz

## Working for Wisconsin Families

Nancy Schultz, Family Living Education  
Shawano County UW-Extension

FAMILY LIVING EDUCATION

Jan./Feb. 2015

## Shawano County Alcohol Other Drug Abuse Workgroup



## Alcohol Discussion

Life is better when we are healthier. Alcohol is  
part of life in Wisconsin. When used in  
moderation, alcohol can be part of living  
healthy. An occasional drink with friends may  
contribute to social health and well-being.  
However, when used inappropriately, the  
negative consequences of alcohol can greatly  
impact health and well-being.

Alcohol abuse and misuse is a large problem  
throughout Wisconsin, including Shawano  
County. Statistics show that 27% of citizens in  
Shawano County use alcohol excessively (8). In  
response to this high number, a workgroup was  
formed in 2010 out of the Healthy Shawano  
County Initiative. The group's mission has been  
to raise awareness and start a community wide  
discussion on Alcohol and Other Drug Abuse  
(AODA) issues.

The first step is awareness. Road signs have been  
placed in communities throughout Shawano  
County to increase awareness of excessive  
alcohol use. The signs will be moved periodically,  
ensuring that all communities become aware of  
the many issues around alcohol abuse.

This guide serves as a catalyst and compliment to  
the road signs for communities, families, and  
friends. Brochures are available at area  
businesses and agencies to start the conversation  
on alcohol use.

## Did you know?

Wisconsin has the **highest**  
excessive drinking rates in the  
country. **10% of Americans**  
excessively consume alcohol.  
**24% of Wisconsin** residents do.

**27% of Shawano County**  
residents excessively drink.

## A Drink of Alcohol is:

- ♦ 12 ounces of beer
- ♦ 5 ounces of wine
- ♦ 1.5 ounces of 80 proof



## Enrollment form for the "Strong Bones Program" 2015 Winter Sessions

### Zion Lutheran Church

M/W 8:30 AM ☐  
M/Th 2:30 PM ☐  
T/Th 7:30 AM ☐

### St. Paul Lutheran Church

Bonduel  
M/F 7:30 AM ☐

### St. Francis Solanus

Gresham  
M/Th 5:15 PM ☐

### Total Fitness

#### Shawano

T/Th 5:30 PM ☐  
M/W Noon ☐

### Sacred Heart

#### Shawano

T/Th 3:45 PM ☐

Name	
Phone Number	
Address	

If you have any questions please call the office at





# EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

## Shawano County AODA Workgroup Alcohol Discussion

Life is better when we are healthier. Alcohol is part of life in Wisconsin. When used in moderation, alcohol can be part of living healthy. An occasional drink with friends may contribute to social health and well being. However, when used inappropriately, the negative consequences of alcohol can greatly impact health and well-being.

Alcohol abuse and misuse is a large problem throughout Wisconsin, including Shawano, County. Statistics show that 27% of citizens in Shawano County use alcohol excessively. In response to this high number, a workgroup was formed in 2010 out of the Healthy Shawano County Initiative. The group's mission has been to raise awareness and start a community wide discussion on Alcohol and Other Drug Abuse (AODA) issues.

The first step is awareness. Road signs have been placed in communities throughout Shawano County to increase awareness of excessive alcohol use. The signs will be moved periodically, ensuring that communities become aware of the many issues around alcohol abuse.

If you would like more information or the full Alcohol Discussion Guide, please contact the Shawano-Menominee County Health Department at 715-526-4808.

## Greetings from Nancy Schultz—Shawano County UWEX Family Living Agent

Greetings and Happy Holidays!

As I am writing this, at Fort Myers, Florida enjoying a relaxing vacation with my daughter who just finished her finals. It is gorgeous here! The white sand and the beautiful ocean have given me time to reflect on how fast life passes by without us even knowing. It is so hard to believe that we are now approaching the year of 2015, and it seemed like we had just started 2014.

New Year's is a time that many of us make resolutions to improve our health or to enjoy life more. Have you ever noticed how hard it is to keep them? It seems that life gets crazy and we fall back into our old habits. Here are a few things you could do this New Year that won't cost much and you will reap the benefits from sticking to them.

1. Pencil in time during your week for family and friends.
2. Create a budget that you can live within your means.
3. Make a commitment to improve your health by joining a "Strong Bones" class or taking a walk with a friend.
4. Choose to plant a garden this spring or make a commitment to limit eating out.
5. Volunteer to help a project within the community, such as with Home and Community Education (HCE), the Homeless Taskforce, Boys and Girls Club, or the many other opportunities here within our community. "Make a difference by helping someone else".
6. Take time to relax and reflect. Set time aside every day to reflect on all the wonderful things happening around you.

As I close this note, I want to thank each one of you for the wonderful year we had together in 2014 and I am looking forward to all the things we have planned to do in 2015.

Sincerely,

*Nancy Schultz*

Nancy Schultz, MS, CD — Family Living Educator — [Nancy.Schultz@ces.uwex.edu](mailto:Nancy.Schultz@ces.uwex.edu)

## Parenting Class

Are you "Raising a Thinking Child"? After the first of the year Nancy Schultz will once again be instructing parents on how to raise a thinking child. The 8 week course has been very popular. If you are interested in attending the class please call the office as soon as possible. Dates and location will be set right after the first of the year and space is limited.

## Strong Bones Program

The Strong Bones program will be back in session right after the first of the year. The week of January 5th will be the start of the Winter 2015 session. We have many sessions slated but would like to see groups out in Pulaski, Cecil and in the Western part of the county. If you are interested in getting a group started just call. For more information see the back page of this WWF.

## Shawano Community Education

The Shawano Community Education will be offering 5 preservation classes starting in May and running through October. The fee for the preservation classes will be \$8 per session. Instructors will be Linda Olson and Sandi Kane both of whom are Master Food Preservers and Nancy Schultz, Shawano County UWEX Family Living Educator. Topics will include:

- Intro to Canning and Food Preservation
- Jams and Jellies
- Pickling Vegetable
- Canning Tomato Products
- Canning Meats, Poultry and Fish

The March/April WWF will have more information on time, date and location. Hope to see you all there.

University of Wisconsin-Extension, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program, service or activity. No Wisconsin tax dollars were used in the printing of this publication.

## Local Food Business Planning Seminar

DATCP will continue to hold Local Food Business seminars. The closest one to Shawano County will be hosted at Stevens Point on Tuesdays. The upcoming topics are:

### Marketing—January 6th—\$15

Tera Johnson, of UW Extension Food Finance Institute & Founder of [teraswhey®](http://teraswhey.com) will share what it takes to create & sustain a valuable brand over time. Melissa Pahl of Twenty Marketing covers how to get the most out of social media as part of your communications plan. Chuck Sara from DeWitt, Ross and Stevens Law Firm will discuss the legalities of trademarks. For businesses looking to improve their marketing efforts.

### Knowing Your Buyer—February 10th—\$10

Panel discussion with panelists from each host site region representing the grocery, CSA & farmers' market, restaurant, and institutions groups. This workshop is great for businesses looking to establish relationships with various buyers to sell their products.

### Working with A Distributor—March 3rd—\$10

Hear first hand from producers on their experiences working with distributors, and how they've built relationships with them. A broadline and a regional distributor will share their point of view, and you'll learn what a services a food broker can supply. Great for businesses looking to expand their market reach.

### Finding the Dollars—March 17th—\$10

Paul Dietmann from Badgerland Financial and Tera Johnson of UW Extension Food Finance Institute will help you determine how much and what kind of money you'll need to start business, how to ask for money and what conventional lenders look for when evaluating a loan application. Ideal for startup and businesses looking to expand.