

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136. The next Strong Bones training will be in Wisconsin Dells on October 5th.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

A new class has started in Tigerton, if you would like to start out with a new class this is the one to go to!! Since there is limited space, please call the office to reserve your spot. JOIN NOW!!!!



Zion Lutheran Church
1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
Sue True & Carol Stern
Mon/Wed 8:30 am – Advanced class
Linda Olson
Tue/Thur 7:30 am – Regular & Advanced class
Kara Skarlupka & Nancy Schultz

Sacred Heart Church
302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
Jeanne Kaczorowski

Total Fitness
203 E Green Bay Street, Shawano
Mon/Wed 12:00 pm – Regular class
Sue True

St. Francis Solanus
724 Mader Street, Gresham
Mon/Thur 4:05 pm – Regular class
Sandy Schinke

Peace Lutheran Church
N6315 County Road D, Tilleda
Mon/Thur 5:15 pm—Regular class
Charlotte Schwartz

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
Kara Skarlupka

Pulaski Senior Center
486 S Augustine St. #14
Tue/Thur —7:30 am—Regular class
Kitty Kaari/Karen Barnes

Holy Family Church
202 N Ellms Street, Wittenberg
Mon /Thur 4:30 pm/-Regular Class
Deb Bahr

St. Anthony Church
430 Swanke Street, Tigerton
TBA – Regular class
Debra Brandt

Mohican Family Center
N8605 Oak Street, Bowler
Mon/Wed – 5:00 pm – Regular class

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

July/August 2017

Coconut Oil – Is It Good for You?

By Nancy Schultz, Family Living Educator, Shawano County UW-Extension



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Over the past decade you probably heard or seen many claims promoting the health benefits of coconut oil. I was amazed when I started listening to individuals promote the use of coconut oil to their friends, sharing how wonderful coconut oil was for slowing down aging, helping with your heart and thyroid, protecting against illnesses like Alzheimer's, arthritis and diabetes, and even with helping you to lose weight.

It sparked my curiosity, because when I was studying dietetics in the late 70's and early 80's, studies were saying that we should be avoiding coconut oil because it was high in saturated fats. Saturated fats are usually solid at room temperature, while unsaturated fats tend to be liquid at room temperature. The American Heart Association says we should limit our saturated fat intake to no more than 13 grams a day. That is the amount about 1 Tablespoon of coconut oil contains. So, what is the evidence behind these health claims? Does coconut oil have any health benefits at all?

What is coconut oil?

Coconut oil is solid a room temperature, unlike its name. A tablespoon of coconut oil contains 14 grams of total fat, 12 grams of which are saturated fatty acids. When compared to olive oil and butter which contain 14% and 64% saturated fat, respectively. But isn't the fat in coconut oil supposed to be good for you?

Is coconut oil good for you?

The benefits of coconut oil are often attributed to the amount of medium chain triglycerides which is about 64% of the total fat in coconut oil. According to Gans and Kauwell "Studies suggest favorable outcomes when using medium chain triglycerides oil to treat certain conditions and promote weight loss, despite its high content of saturated fat. (St-Onge and Jones 2002; Afar and Mearow 2014) Coconut oil is different than the medium chain triglycerides used in these studies. It comes from lauric acid. Lauric acid acts like an long chain triglycerides than a medium chain, and doesn't have the same effect as shorter medium chain triglycerides. (Denk and Grundy 1992). Because it acts like a long chain triglyceride, it can lead to increases in LDL cholesterol, similar to results seen in eating other types of saturated fats" (Cox et al. 1994). If you have high blood levels of total and LDL (bad) cholesterol, it will put you at risk for heart disease. Research shows that coconut oil raises both level. Some of the studies have shown that consuming coconut oil is associated with an increase in HDL (good) cholesterol. (Feranil et al. 2011; Voon et al. 2011)

Until more research is available about coconut's oils overall effect on health, it is best to get most of your fat intake from unsaturated sources, such as mono and poly-unsaturated fats that produce a more positive effect on health. Look for sources such as oils (olive, peanut, sesame, soybean, corn, sunflower) avocados, peanut butter, nuts (almonds, hazelnuts, pecans, walnuts), seeds (pumpkin, sesame, sunflower, flaxseed), fish (salmon, herring, trout, tuna, sardines, anchovies, and scallops). If you consume coconut oil do it in moderation.

References:

- Gans, W. and Kauwell, G. 2017. "Coconut Oil: A Heart Health Fat?" <https://edis.ifas.ufl.edu/pdf/files/FS/FS28900.pdf>.
- Denke, M.A. and S.M. Grundy. 1992. "Comparison of effects of lauric acid and palmitic acid on plasma lipids and lipoproteins." *Am J Clin Nutr.* 56:895–898.
- St-Onge, M. and P.J.H.Jones. 2002. "Physiological Effects of Medium-Chain Triglycerides: Potential Agents in the Prevention of Obesity." *J Nutr.* 132(3):329–332.
- Afar, F., & Mearow, K. M. 2014. "Coconut oil attenuates the effects of amyloid- β on cortical neurons in vitro." *J Alzheimers Dis.* 39(2), 233–237. doi:10.3233/JAD-131436
- Cox, C., J. Mann, A. Chisholm, and W. Sutherland. 1994. "Effects of coconut oil, butter and safflower oil on lipids and lipoproteins in persons with moderately elevated cholesterol levels." *Atherosclerosis.* 109(1–2):146–147. doi:10.1016/0021-9150(94)93598-x.
- Feranil, A.B., P.L. Duazo, C.W. Kuzawa, and L.S. Adair. 2011. "Coconut oil is associated with a beneficial lipid profile in pre-menopausal women in the Philippines." *Asia Pacific Journal of Clinical Nutrition.* 20(2):190–195.



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.

Community Programing

Pickling Vegetables

The boiling water canner method for preserving green beans is quick and fun. On this day we will make dilly beans. Recipes will be given out for the dilly beans and other pickled foods. Instructors: Sandi Kane Master Food Preserver and Nancy Schultz, Family Living Educator, Shawano County UWEX.

Wednesday, July 20 at SCHS in Room 1001
6:00 to 8:30 pm - Fee \$8.00
Plus \$5 ingredients fee to instructor.



If you are interested in signing up for any of these preservation classes please contact the SCE program at 715-526-2192 ext 3202 or register online at www.shawanoschools.org

HCE Home & Community Education

BAKE SALE: The annual HCE bake sale will take place on July 15th at the Shawano Farmers Market at Franklin Park from 8 am to Noon. Stop in for our home baked and created goodies. The proceeds will benefit our Wisconsin Bookworms™ programing.

ANNUAL FALL LEARN-IN: Shawano County will host the Annual Fall Learn-In this year. This annual event will happen on October 26th at the Main Event in Cecil. The Learn-In will start at 9 am and run to 3 pm. Ticket price is \$18 and includes an Old Style Hot Lunch Buffet with Chicken Ala King and Rice. Topics will include: Mindfulness “Taking Care of You”, Old Time Kitchen Tools, Honey Bee’s, and a show by Marti Matyska. Men and women are all welcome to attend but please RSVP by Oct. 20th at: 715-526-6136

Shawano Community Dinner

The “Shawano Community Dinner” is always held on the fourth Tuesday of the month at the First Presbyterian Church in Shawano. The church is located at 100 Presbyterian Street across from the post office. Serving begins at 5:30 pm and usually runs until 7 pm. The dinner is free, and open to anyone who wishes to enjoy a hot meal. There is no church service, and the dinner is always varied as it is served by various volunteer groups with in the community. If you have any questions or concerns e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.



Raising A Thinking Child

If you are a parent of a 3-7 year-old and your child has experienced any of the following:

Temper tantrums, Difficulty making or keeping friends, Impatience or interrupting, Not listening.

Then the *Raising a Thinking Child* workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child. Participants will learn:

- To give their children skills to solve their own problems and think about the consequences through fun games
- How to help kids care about and understand their own and others’ feelings
-

It is a refreshingly practical curriculum that helps you help your child learn *how* to think, not *what* to think. Through 8 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in a new problem-solving ways. This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator.

To register for Raising a Thinking Child, contact:
Kara Skarlupka, Staff Assistant
715-526-6136
Kara.skarlupka@co.shawano.wi.us
\$15 registration fee included materials
Scholarships Available Minimum Class Size 15



Ride the Bus to the Shawano Farmers Market!

The Shawano Farmers Market is in full swing! The grand opening of the newly renovated Franklin Park will happen on July 22nd from 8 am to Noon. Come and join in the fun for the ribbon cutting. There are other exciting events happening at the Farmers Market, here is a list for July and August.

July 1st—Earthhaven Museum—Minerals

July 8th—Boys & Girls Club of Shawano—”Best in Show” taste test

July 15th—Shawano Schools—Summer Literacy

July 22nd—Shawano Park & Rec—Grand Opening of Franklin Park

July 29th—UW Extension, WIC & Public Health—Kid’s Day at the Farmers Market & Double your Dollar day

August 5th—Shawano Fire Department will display one of their fire trucks

August 12th—Custom & Classics Mini Car Show

Shawano County Human Services is offering bus rides every Saturday to the Farmers Market for only \$1 for elderly (over 60) and disabled individuals. Pick up times begin at 8 am at the Shawano Estates and then route to: The Cottages, Nature Way Estates, Mountain Village, Waterview, Drop off at the market, The Village, Glenderry, Elizabeth Manor, Parkside, Oakridge and back to the market. If you do not see your apartment complex, please call 715-799-3222 to schedule a pickup.

Memory Cafe

On July 18th from 9 to 10:30 am at the Keshena Senior Center you can share your stories and socialize with others who have worries about their memory. Individuals with early to moderate Alzheimer’s and their care partners as well as those who worry about memory problem should attend this meeting. There will be socializing and information and networking opportunities for care partners. Being active physically, socially, and mentally is good for the brain. For more information, contact: Kristin Waukau, Community Caregiver Coordinator for Aging and Long Term Care Department. 715-799-5929 kwaukau@mitw.org.

Parent Cafe

“Parent Café” where parents come together, make friends, share parenting ideas, and learn ways to strengthen their family. If you are a parent, grandparent or anyone who works with children you are welcome to attend. All Parent Café’s will be from 5 to 7 pm and will be on the following dates: 7/11, 8/8, 9/12, 10/10, 11/14. A free dinner will be provided at all Parent Café’s. At the Café you will learn about the “5 Protective Factors” which are resilience, relationships, knowledge, support and communication. Please register at least one week in advance of each session, seats are limited so register early by contacting Danielle Hoskins at 715-524-6882 or by email at danielle.hoskins@co.shawano.wi.us.



Shawano County Human Services Aging Unit & Shawano Community Education Presents:
The 11th Annual Senior Information Day

“ARE YOUR DUCKS IN A ROW?”

FREE Thursday, July 20, 2017 **FREE**
8:30 a.m. to 2:30 p.m.
Shawano Civic Center

SCHEDULE FOR THE DAY

Sign-In & Continental Breakfast (free)

Advance Care Planning, End of Life Care and Do Not Resuscitate (DNR) with speakers:
Nancy Homburg, MD, Fox Valley Advance Care Planning Partnership
Lindsey Schindler, DO, Family Practice Resident Physician, Third Year, Fox Valley Family Medicine Residency
Beth Belmore, MSE, Clinic/Community Care Coordinator, Mosaic Family Health

Code Red – What is it? How do I get it?

Lunch (free)

“Consider the Conversation” Video & Presentation

Wrap Up

Evaluations

Door Prize Drawings

BINGO (Optional)

REGISTER ASAP! DEADLINE IS JULY 18
Call Shawano Community Education Office
715-526-2192 ext. 3202

*For more information on the WWF: Contact the Shawano County UW-Extension Office,
Room 101—311 North Main Street, Shawano, WI 54166*

• 715-526-6136 • <http://shawano.uwex.edu/> • 711 for Wisconsin Relay

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact Nancy Schultz, FLE UWEX-Shawano County. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.